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Schedule of Events: Competition opens Saturday, June 28th at 10:00 a.m. for the 114, 123 and 132 lb. weight classes. After a brief intermission lifting will continue at 3:00 p.m. for the 148, 165 and 181 lb. weight classes.

Sunday, June 29th at 9:00 a.m., competition will begin for the 198 and 220 lb. weight classes. Following the intermission lifting will continue at 2:00 p.m. for the 242, 275 lb. classes and the super-heavy weights. (Please Note: the Round System will be in effect for the squat and bench lifts only, while the deadlift will be contested in standard rotation.)

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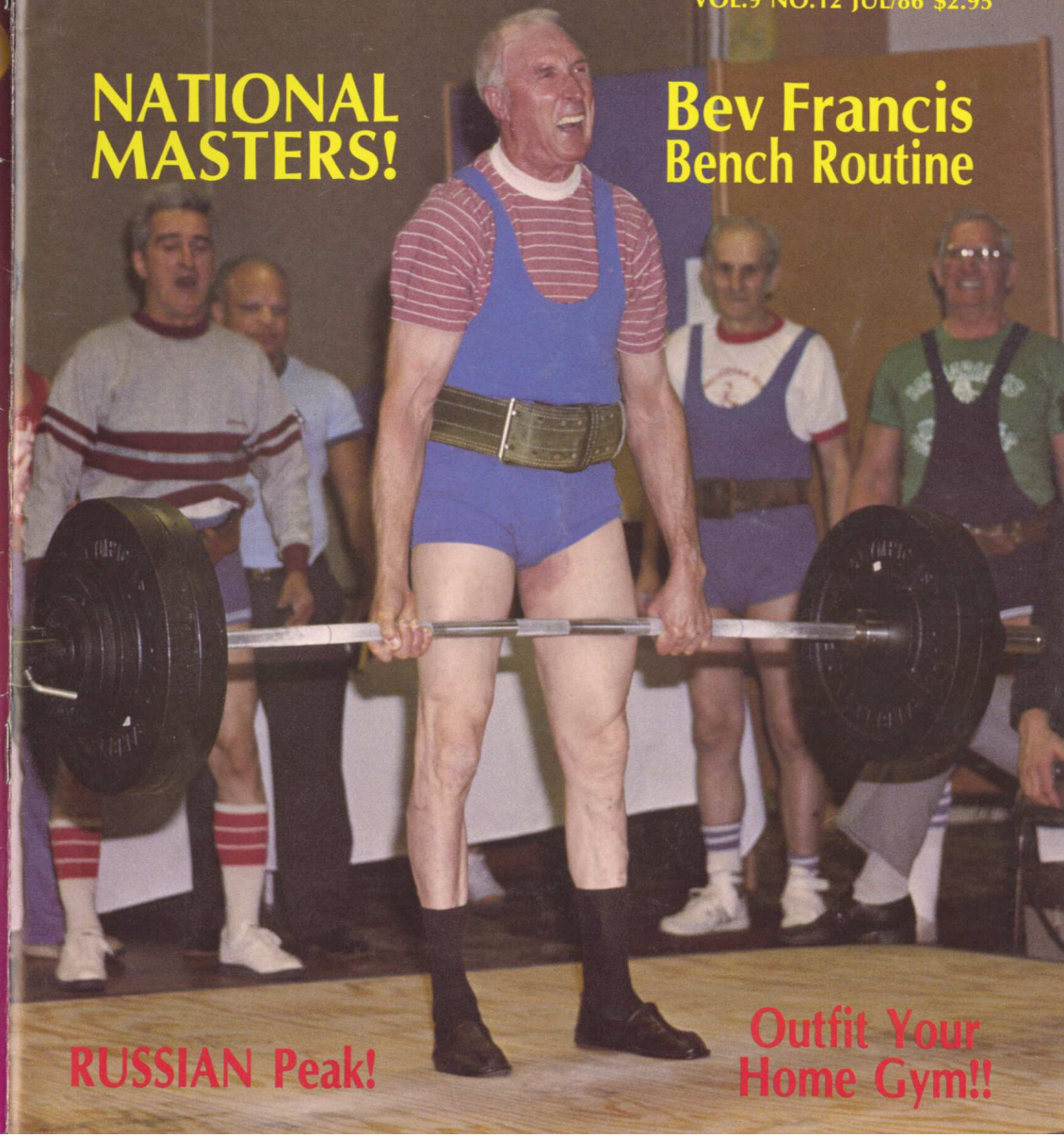
The DEADLINE for all entries is June 14, 1986. Saturday's classes will weigh in between 6-9PM Friday, June 27 at the Convention Center. Sunday's classes will weigh in between 6-9PM Saturday, June 28, same place

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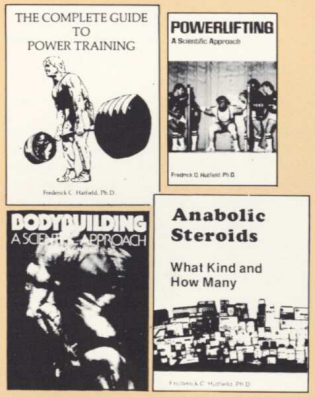
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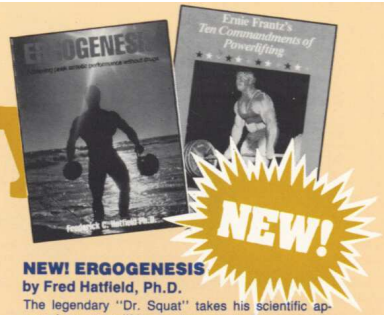


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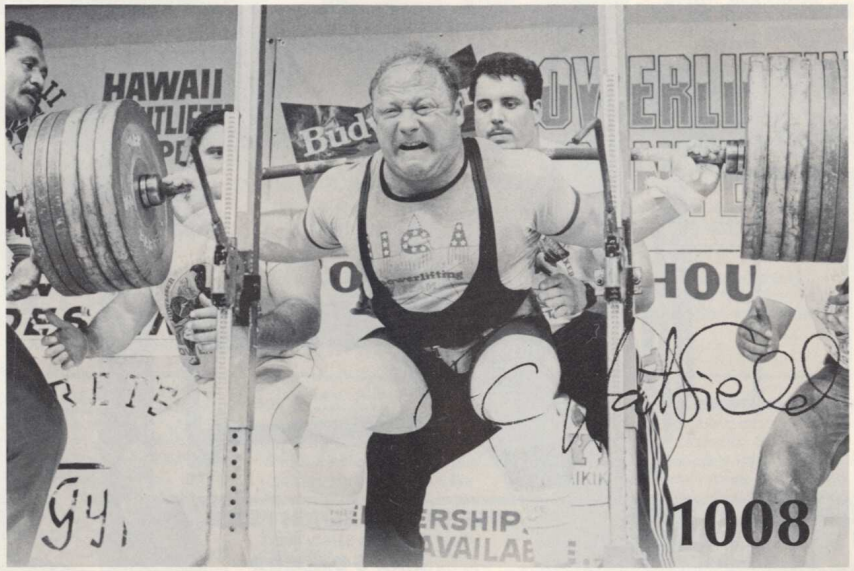
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ON THE COVER....68 year old Roy Mason pulls a 562 deadlift with the support of friends George Stevens, Don Mills, David David, and Joe Kurpiel at the National Masters.

NEXT MONTH...the Women's Worlds and MUCH MORE!

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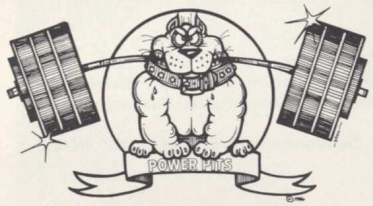
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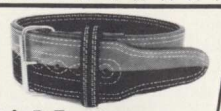
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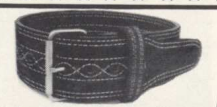
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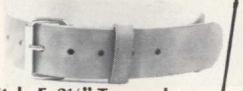

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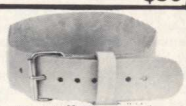

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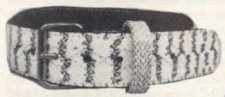

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by Mike Lambert, POWERLIFTING USA Editor

Put New York Powerlifting on the map! National Masters Championship Meet Director Chuck Wuest put his heart and soul, and all his physical power into producing a fine opportunity to do their best on the platform and enjoy themselves off it. Chuck, a fine Masters lifter himself, who bears some resemblance to Weider superphotog John Balik, was always 'up' and encouraging to all the lifters, even though he was obviously very tired at times. The meet drew well, from across the country, and Buffalo, so close to Niagara Falls and Canada, was a nice place to visit.

Due to scheduling restrictions at the meet hotel, the meet was a Saturday, Sunday, Monday affair, with the lighter classes and women lifting on the final day, but the other classes lifted in normal sequence.

In the women's division, Californians Reagan and Hartmann both did some excellent benching, and Gwen Patillo wiped out the records at 181, as she expected to the day before.

In the men's lighter division, Norb Paterniti unfortunately bombed with 440 in the squat, while Schegel and Gennaro each did a Grand Slam in National records, ending between them with 8 of the 58 new standards finally set in the meet.

There were great, veteran, lifters throughout at 132 in the 40-44, but none was a bigger surprise than Jim Finch, who lifted at a full 165 not that long ago. He and David Field both clobbered the record book as well.

There was more fine talent in the 148s, where George Niesyty, almost a neighbor living in Clarence, NY, prevailed among the 40-44 youngsters, and Larry Mintz, from New York City, did likewise in the 45-49s, followed by Dillon Maier of Oneonta, NY at 50-54. California's Phil Neyer dominated at 55-59, and Jack Van Sise came all the way from St. Paul, Minnesota for his 70-74 trophy.

The 165s was a cat fight, with the likes of Terry Dangerfield, Army



***Al Siegel**...toughed out this squat*



***Some of the Greats:** Ernie Nagy, 'Sarge' Pendley, Jim Witt, Henri Soudieres*

Rafael, and Troy Hicks scratching it out. Troy's not so secret weapon, a still awesome deadlift, was more than enough, but Army still has a chance to qualify for the World Masters team in other national meets. Mike Casatelli took the next age group, 45-49, but the Best Lifter of the Day, according to the Schwartz Masters formula, was Glenwood Crockett, 53 years young, of Salem, Virginia, whose great 567 squat propelled him to a huge victory at 50-54. Joe Liberatore and Martin Gerry had a stirring battle in a crowded 55-59 age group, decided on bodyweight. Two of the great names of Masters lifting, Berne Brand and Jim Messer chalked up one more victory apiece.

The 181s are always a tough class, but the 40-44 division at this year's meet featured two former open World Powerlifting Champions, John Welch and Bob McKee. Welch was just too good in all the lifts for Bob to overcome in his big lift, the deadlift. Newly a master, R. Keith Hartman, a chiropractor from Cary, North Carolina, showed lots of competitive spirit in 3rd. In the 45-49 division, L.B. Baker dominated each lift, and thus naturally won the class, but a pack of quality lifters had a real battle for the remaining places. It's a sure sign that the Masters movement is really taking hold when there can be such depth of competition in other than the youngest age group.

Another of the many winners from the host state, Ray Pamulo, of Astoria and the Barbarians team, did well, missing only a 578 squat and 286 bench, to secure the 50-54 category. One of the finest Masters lifters of all time, underscored by his winning the Best Lifter award by Schwartz Masters formula on the first day, is Jim Lem. The 57 year old civil engineer from San Francisco set 3 brand new records, and was well ahead in each lifting specialty. In the 65-69 age group, Francis Barrett was very impressive. His lifting style in each lift is so efficient that lifters a quarter of his age should take close notes when he lifts. He modestly credits that to his friend and coach, Bob Rood. He was in a great division, with George Buckley and Webster Starling, along with the evangelist truck driver from Red Wing, Minnesota, Roy Mason. Roy came in 2nd, but enthralled the crowd with his exceptional deadlifting prowess. Later in the meet, when Ed Coan put on a deadlifting exhibition on one platform, Roy did the same on the other, hitting 524 in the 2 finger deadlift. More great names followed in the 70-74 age category. Edmour Alix of Fall River, Massachusetts benched his way, in record setting fashion, past Masters lifting veteran George Stevens of Camden, Arkansas, and David C. David of the Ambridge team.



***Chuck North**..hauled up a record deadlift despite a painful leg injury.*

At 198, 40-44, Masters stalwarts like Ed Gillie, Kit Price, and James Rouse were challenged by a 'youngster', Tony Johnson, a great national level lifter, who just turned 40, now out of Rockport, Texas. With his head shaved, Tony looked a bit different, but he lifted as always, starting with a big squat, and following that with quality a bench and deadlift, ending up with a new masters record total. Gillie couldn't manage a 683 squat 3 times, and Tony's fellow Texan, Kit Price, only got 4 lifts passed. Jim Rouse, now 44, but still the IPF world record holder at 165 in the bench with 479, almost got a 485 in this new weight class.

Denny Taylor lifted smoothly through 7 successful lifts to nip a great one, Jerry Englebert, who also had 7 good lifts. Jerry will be 50 next year, so J.B. Adams of Mesquite, TX will have some tough competition to deal with for the next few years.

Larry McCauley didn't miss a lift after finally getting a 473 squat passed, and he out-totaled Daryl Johnson who couldn't get a big squat or big deadlift in at his new, lighter bodyweight. As usual, Mac Richards had it his way in the 60-64 age group, cashing in on 3 new masters records certificates. Fran Haley was on site to handle all record applications promptly and efficiently, by the way, and husband Don, the Masters Chairman, made sure the meet ran smoothly. He was very surprised, but pleased, with the special award presented to him in thanks for his work on the Masters program on the final day. Chuck Lee had no problem at 65-69, nor did Joe Kurpiel, 72, of Latham, New York.

Fierce competition at 220, 40-44, made John Dumont start too high in the deadlift, where Mitch Mitchell had it in hand, though he had to watch Dan Hamblet of Maine closely. He tried a 744 deadlift. Don Mills, with some injuries, took the 45-49 division again. He'll be 50 shortly, and hopes



***Big Bob Brandon**...took all of his squats well below the parallel mark.*

to make the USA world team in that category. Chuck North hurt his leg on his 1st squat, quashing any ideas of repeating the 630 deadlift he had done in training, but he came back to finish the meet and win at 50-54. Ben Parker was psyched-up as usual and came in 3rd.

Fred Lange of Northridge, CA went up a class and won easily in the 55-59 group, followed by 4 of the great names in Masters lifting, Nagy (judged Best Lifter after his 12th consecutive National Masters title), Pendley (announcing when he wasn't lifting), Witt (injured, but didn't want to disappoint his grand-daughter out of a trip to Buffalo), and Soudieres (who couldn't believe how fast his last decade of fun lifting had passed. He warned a teenager in the audience "Watch Out! You'll be 100 before you know it!").

At 242, Brian Meek of Costa Mesa, CA missed no lifts to handle his quality class of 40-44 lifters. Jerry Irvine of Mesa, Arizona took the 45-49 strongly, despite missing a 744 squat and a 749 deadlift twice. Curtis Walker of Virginia had a close call with Michigan's Don Yezbick, but prevailed at 50-54.

A man who really needs a birth certificate to get into these masters meets, is youthful looking Russ Murphy of Asheville, NC. He was coached by Charles Beane, who was in turn coached in football by Mr. Murphy when Charlie was in high school. Safreed, Leonard, and Stupp were unopposed by others, but waged victorious battles with the iron.

At 275, Bob Pleticha tied up the title comfortably, over big John Sykes, and Roger Stucker (who finished 5th in the 1970 Junior Nationals in Denver, Colorado). Chuck Braxton, soon to turn 50, has never been much over the 275 limit in re-



***Howard Stupp**..pulled a 501 at 74*

cent years, and decided to try the 275 class before he exited the age group, but he had a rough day. His squats were easy, but 744 wasn't passed twice, and it didn't go in the deadlift either. Ed Riley easily took the 50-54 group, setting a bench mark. Frank Safran of Warren, PA cruised in the 55-59s, but Masters veteran Buck Harris had a tussle in the 60-64, with Henry Fox writing his name all over the record book after it was done.

In the Supers, Bob Brandon was amazing. He sunk his squats, even the 881 he couldn't get up with, and set new Masters standards in squat, bench, and total, that will be hard to top, but his closest opponent, Bill Bradford of Sandusky, Ohio, will have 5 years to try. Sal Leonardi likes to bench, and just does what he needs to get by in the other lifts, but he had plenty to spare at total time. George Richards and Ben Glenn came away with bench records to top their fine lifting performances.

The team competition was won by Vaughn Maldfeld's Barbarians of New York, followed by the tough Ambridge VFW contingent who tied with the Keystone Iron Men, also of Pennsylvania. In 3rd position, after the tie, was the team from Valley Forge, Pennsylvania, followed by the Virginia Power team, and the Iron Masters of New York. I heard rumors that the only bid for next year's National Masters was the group in Dallas, who handled the meet in 1985 (Pettitt, Patterson, Bandera), so that might be where you eager Masters lifters should start planning to have next year's lifting vacation.



***Ladies** included Mary Glacken and Judy Watson (photo courtesy Judy).*
***Below**...Sal Leonardi tried the biggest bench of the meet, a heavy 562.*



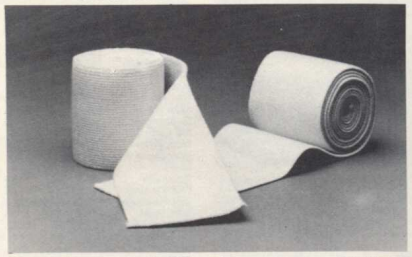
National Masters Championships
3,4,5 May 86 - Buffalo, NY (kilos)

WOMEN/56kg/40-44				
Judy Watson	127.5	75	155	357.5
Mary Glacken	72.5	47.5	115	235
45-49				
Karin Reagan	130	80*	160	370
Jeanne Redmond	105	57.5	130	292.5
67.5kg/40-44				
Danni Hartmann	155	185	190	465
75kg/40-44				
Linda Devaney	112.5	50	150	312.5
Susan Cox	107.5	52.5	145	305
82.5kg/50-54				
Gwen Patillo	95*	62.5*	142.5*	300*
MEN/52kg/40-44				
Bob Schlegel	162.5*	87.5*	180*	430*
56kg/40-44				
Terry Gillespie	125	82.5	155	362.5
Norb Paterniti				
55-59				
Tony Gennaro	87.5*	65*	127.5*	280*
60kg/40-44				
J. Finch	237.5	122.5*	237.5*	592.5*
Paul Griffith	202.5	115	177.5	495
Jerry Ringi	182.5	115	172.5	470
John McKean	170	82.5	167.5	420
65-69				
David Field	60*	50*	85*	195*
67.5kg/40-44				
Geo Niesyty	225	150	275*	650
J. Pellegrino	215	150	202.5	567.5
Fred Pfister	162.5	110	255	527.5
David Goldstein	170	110	12.5	492.5
M. Allain	177.5	120	192.5	490
45-49				
L. Mintz	247.5*	110	237.5*	595
Norm Mackay	200	145	205	550
Joe Lusk	182.5	122.5	200	505
50-54				
Dillon Maier	180	97.5	207.5	485
Harry Rome	170	100	182.5	452.5
55-59				
Phil Neyer	180*	100	230*	510*
John Morgan	110	90	132.5	332.5
70-74				
Jack Van Sise	92.5*	52.5	130	275
75kg/40-44				
Troy Hicks	265	152.5	300*	717.5
A. Rafael	272.5*	182.5	250	705
T. Dangerfield	235	162.5	247.5	645
Ken Samuel	217.5	142.5	260	620
Dave Dryden	142.5	112.5	210	465
45-49				
Mike Casatelli	227.5	127.5	237.5	592.5
Rich Beyer	172.5	97.5	187.5	457.5
50-54				
Glen Crockett	257.5	145	260	662.5
J. Wasson	170	115	182.5	467.5
55-59				
Joe Liberatore	185	122.5*	220	527.5
Martin Gerry	197.5	120	210	527.5
Dick Giller	155	130	220	505
Art Montini	150	95	212.5	457.5
John Bowen	160	92.5	205	457.5
D. Ghareeb	157.56	100	192.5	450
70plus				
Bernard Brand	147.5*	85*	160*	392.5*
80plus				
J.B.S	27.5	120	232.5	Messer
82.5kg/40-44				
John Welch	285	192.5	287.5	755
Bob McKee	250	170	305	725
Keith Hartman	262.5	125	260	660
Terry Wells	215	172.5	215	602.5
Bugs Bayer	227.5	132.5	235	595
J. Clemenger	160	92.5	240	505
Dwight Hooper				
45-49				
L.B. Baker	250	162.5	240	652.5
Ed Angstrom	207.5	160	222.5	590
John Williams	227.5	137.5	205	570
Robt Derisi	215	122.5	230	567.5
H. Hutchison	207.5	125	220	560
Tony Magliano	207.5	117.5	217.5	542.5
50-54				
Ray Pamulo	245	127.5	227.5	600
Robt Spicher	157.5	127.5	192.5	477.5
Al Wurz	162.5	117.5	177.5	457.5
55-59				
James Lem	290*	150*	265*	705*
Fred Mullin	200	122.5	227.5	550
Bobby Fulgroat	202.5	77.5	225	505
Fred Simmonds	150	90	182.5	435
65-69				
Francis Barrett	270*	105	192.5	467.5*
Roy Mason	137.5	50	255	442.5
Geo Buckley	132.5	72.5	162.5	367.5
Web Starling	107.5	82.5	145	337.5
70-74				
Ed Alix	100	100*	142	342
Geo Stevens	102.5	62.5	130	295
David David	60	65	97.5	222.5
90kg/40-44				
Tony Johnson	327.5	195	307.5	830*
Kit Price	290	212.5	272.5	775
James Rouse	262.5	212.5	2727.5	752.5
Dave Lawrence	287.5	155	272.5	715
E Godfrey	260	187.5	245	692.5
David Bouler	210	145	227.5	582.5
Jas Stuhr	207.5			
Ed Gillie				
45-49				
Denny Taylor	272.5	192.5	265	730
J. Engelbert	262.5	142.5	287.5	692.5
Hugh Morgan	240	142.5	260	642.5
John Herbein	172.5	122.5	210	505
V. Maldfeld	162.5	117.5	195	475
Harry McCoy	175	115	182.5	472.5
Brian Mooney				
50-54				
J.B. Adams	272.5	162.5	227.5	662.5
Spence Woods	192.5	115	205	512.5
55-59				
Larry McCauley	215	170*	285.5	670
Daryl Johnson	232.5	150	237.5	620
Fred Lange	195	105	210	510
60-64				
Mac Richards	190*	137.5*	197.5	525*
65-69				
Chas Lee	122.5	127.5*	192.5	442.5
E. Dorman	125	105	112.5	342.5
70-74				
Joe Kurpiel	152.5	92.5	192.5*	437.5
J. Gwozdwoski	107.5	72.5	120	300
100kg/40-44				
Mitch Mitchell	320	197.5	310	827.5
Dan Hamblet	272.5	195	317.5	800
Mike Stone	290	205	280	775
G. Roberson	272.5	172.5	260	730
Bill Clute	280	185	260	725
Larry Flynn	282.5	167.5	272.5	722.5
John Dumont	310	185		
45-49				
Don Mills	287.5	192.5	272.5	752.5
Paul Fleming	250	205	272.5	727.5
Cliff Nestleroad	272.5	170	272.5	715
Robt Rood	262.5	172.5	272.5	707.5
Jas Rummell	282.5	160	257.5	700
Paul Smith	275	180	240	695
Warren Fery	170	130	205	505
50-54				
Chuck North	207.5	137.5	262.5	607.5
Rich Taylor	205	130	205	540
Ben Parker	192.5	100	242.5	535
Dan Eakin	180	137.5	200	517.5
55-59				
Fred Lange	200	125	230	555
Geo Manly	177.5	112.5	205	495
60-64				
Ernest Nagy	200	170	220	590
65-69				
Paul Pendley	75	95	137.5	307.5
70-74				
Jim Witt	150	120	152.5	422.5
75-79				
Henri Soudieres	137.5	97.5*	160	395
110kg/40-44				
Brian Meek	297.5	187.5	290	775
Doug Burnham	275	205	275	755
Dave Ferguson	240	192.5	282.5	715
Herb Lande	222.5	150	260	632.5
Chas Iorio				
45-49				
Jerry Irvine	317.5*	167.5	327.5*	812.5
J. Fisher	245	150	265	660
John Vernachio	220	132.5	235	587.5
Greg Wiesmore	207.5	137.5	232.5	577.5
Rich Schultz				
50-54				
Curtis Walker	262.5	190*	275	727.5
Don Yezbick	272.5	185	267.5	725
Don Starr	235	147.5	245	627.5
Mike Giardina	222.5	155	205	582.5
Robt North	200	117.5	200	517.5
55-59				
Russ Murphy	240	147.5*	235	622.5
Jack Kress	210	150	227.5	587.5
Ken Todd	185	115	215	515
60-64				
Rich Safreed	175	102.5	205	482.5
65-69				
Randy Leonard	142.5	142.5	182.5	487.5
70-74				
Howard Stupp	205	107.5	227.5*	540
125kg/40-44				
Robt Pleticha	327.5	210	302.5	840
John Sykes	300	205	300	805
Roger Stucker	285.5	185	285	770
Les Cheney	285	200	250	735
Jack Lindsley	232.5	187.5	262.5	682.5
45-49				
Chas Braxton	310	175	327.5	837.5
Hal Hudson	272.5	1717.5	272.5	722.5
Joe Cummins	292.5	145	257.5	695
Ken Poole	260	135	272.5	667.5
Bill Hogan	195	127.5	220	542.5
50-54				
Ed Riley	272.5	205*	272.5	750
Jas Dunn	237.5	147.5	260	645
55-59				
Frank Safran	182.5	155	182.5	542.5
60-64				
Henry Fox	200*	157.5*	232.5*	590*
Buck Harris Jr	182.5	122.5	210	515
SHW/40-44				
Robt Brandon	377.5*	252.5*	297.5	927.5*
Bill Bradford	325	222.5	327.5	875
Terry Wallick	295	187.5	277.5	760
Duane Willson	257.56	227.5	272.5	757
Gale Baker	262.5	145	205	635.5
Sheldon Bowen	225	155	245	625
45-49				
Sal Leonardi	227.5	242.5	287.5	757.5
Roger Rood	265	147.5	250	662.5
Allan Siegel	237.5	147.5	265	650
Herman Seiling	185	145	205	535
50-54				
Geo Richards	250	180*	267.5	697.5
60-64				
Ben Glenn	65	137.5*	65	267.5

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1986 U.S.P.F. National Collegiate Team Champions...*Louisiana Tech, in both the men's and women's divisions, just as they both did in 1985. The women's team from Tech also won in 1984. The men Techsters started competing as a team as far back as 1976, when they finished 9th, but in 1978 the took 1st in team competition. 1st row (left to right) Thin Nhan (123), Billy Rogers (220), Bubba Wolford (132), Butch Dunn (Coach), Donnie Jackson (148), Carlos Toro (123). Second Row (left to right) Mandy Creel (181), Kathy McVay (123), Jennie Creel (198), Linda Thomas (105), Billy Jack Talton (Coach), Tanya Talton (105), Sharon Smith (132), Dolly Hershberger (97), Ramona Williams (123). Thanks to Billy Jack Talton for photo.*

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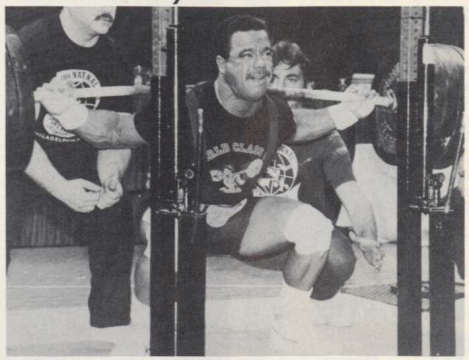
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A.P.F. NATIONALS
as told by Ted Kurlowicz



***Chuck Siler** ...took the Best Lifter award off a near perfect lifting performance.*

The American Powerlifting Federation held its inaugural National Championship, May 10 and 11 at the Holiday Inn, Philadelphia, Pa. The hosts for the contest were Rich and Pam Labbe, directors of a previous USPF nationals in Maine. One would expect an initial championship to encounter some problems, however, with the experience of the Labbes, Larry Pacifico, Diane and Ernie Frantz, and Dave Jeffrey, difficulties were kept to a minimum.

The first day of lifting exhibited one of the shortcomings of the contest, scarcity of competitors. Only 19 were entered in the first six weight categories. To their credit, many of these competitors who were lifting without real competition, were driven by pride and pushed themselves to their limits. In many cases, the competitors did have opportunities to set new world records since many of the records have not yet been pushed up to realistic levels.

At 114, Loren Chapin coasted to an easy victory over Michael Pinto setting a new squat record along the way. In the 123s, Randy Burris lifted well, missing only 2 attempts, and set a total record to boot. At 132, Ken Westbrook put together a respectable total, showing excellent future potential in the squat. It was impressive to see how disappointed he was after each failed attempt, considering he only needed to total to win what has to be the largest trophy of his career. The 148s offered one of the better battles, as a determined Abe Roman made few mistakes, to beat New Jersey veteran Paul Sacco (I've signed numerous state record certificates for this young man over the past several years). Paul was disappointed by a miss at a big squat and hampered by strange weight selections in the deadlift when pushed to a record attempt that was not to be.

The middleweights saw Charles Hultquist put together some balanced lifts to take the gold by a comfortable margin despite two misses at a new deadlift and total record. Israel Mendoza rode a ponderous bench press, which raised his own record by 7½ kilos, to hang on to 2nd on bodyweight over Bill Robinson. Veteran lifter and official Terry Dangerfield was timed out on a squat attempt that he had a good chance to make and settled for 4th. Russ Adkins and Rick Walsh finished further back to complete the field.

The lightheavyweight competition



***Ken Westbrook** did some fine squats*

should verify to the world that Tom Eiseman is for real. After benching and squatting under his capabilities, Tom entered his element, the deadlift. After toying with an opening 705, he jumped to a record 766 which came strongly off the floor, stalled momentarily, then was hauled back to completion as he seemed to shift into a higher gear. A final attempt at 799 proved too much, but an 1807 total, along with an erasure of an Ed Coan world mark from the record books makes him a force to be reckoned with at this year's USPF Seniors. Second went to a solid Derek Donahue who made a fine 440 bench and might have won on another day. Mike Delsignore, a veteran collegiate lifter and Temple alumnus, survived a shaky start and pleased the home town crowd with a 3rd place finish. Lester Maslow had a tough day, but was able to hold off for Virgilio Diaz for fourth. The first session concluded in a mere 4 hours, speeded up by the light turnout, the rounds system, and some excellent loading by powerlifting legend Jerry Jones.

The size of the crowd and the number of entries had risen to a more fitting level by Day 2. The warmup room and the audience were filled with behemoths, the likes of which I'm sure the Holiday Inn has never seen before. The opening session began with the King, Larry Pacifico, on the microphone. The 198s were the deepest class of the contest and Chuck Siler proved that making a lot of successful attempts (8) pays off. Chuck was explosive in all 3 lifts, garnering the Best Lifter trophy for his efforts. 2nd went to a double-thick Tony Kamand on bodyweight over veteran military lifter Joe Walden. 4th went to the jovial Rick Weil who raised the bench press record to a subpar, for him, 518. Ross Depencier took 5th over Tim Jennings with a desperate 3r attempt deadlift to stay in the contest.

The 220s marked a return to the platform after a five year absence for Tom Battles. Tom weighed in at an extremely muscular 207 and has a lot of room to grow into this class, with a 2100 total not being out of the question for him. Dan Helgenberger missed several attempts, but still took 2nd by a comfortable margin. 3rd went to transformed bodybuilder Bill Busby on bodyweight over Pat Brago. Pat slimmed down 20 pounds or so over the past couple of weeks before the meet, but still managed a huge 534 bench for a new APF world record. Frank Hottendorf made a fine 777 squat to take 5th place.

The heavyweights pitted the prodigious pushing force of a massive Thor Kritsky against the herculean pulling power of Bret Russell. Thor rode his huge 848 squat to an early lead, but was unable to put Russell away as his last deadlift failed inches from completion. Bret needed every ounce of what appeared to be a limit 821 for the victory. Third place in the class went to 20 year old Robert Dobrowolski ('take my picture'), who will have his day if he sticks with it. Fourth went to huge Dan Martinez when John Schaeffer was unable to negotiate any squat attempts, all of which were adventures for John and the terrified spotters. Brad Kretsch spotted Lee Jacobs a 10 kilo subtotal advantage which he easily made up with a new APF mark in the deadlift. Lee appears to be on his way to a 600 pound bench as his 567 APF record was done with no problem. 3rd went to blonde giant Paul Sheedy, down from New York to set a new squat record. 4th place finisher Dan Pollio was hampered in the deadlift by a pec tear suffered on his last bench. 5th went to Ed Riley, limping from a leg injury suffered at the previous week's National Masters meet, but always trophy hungry. Ed forced Philadelphia policeman Bob Debolt to an opening deadlift which a few ounces too heavy.

The supers offered one of those struggles that comes down to the last attempt. Huge Jim Mucciola had to repeat the winning deadlift of 749 after replacing it before the signal on a second attempt. He held on to that third one for an extra 10 seconds, just to make sure. Second placer John Gentile is a veteran of national meets and is edging his way closer to the top. The Mountaineer Barbell Club brought a huge newcomer (351 lb.) Jeff Cook to a 3rd place finish. Jeff also topped the APF record in the deadlift on his second attempt and looks like a 900 pound deadlifter of the future. Russ Barlow moved up from the 275s and took fourth place on what was obviously an off day.

The second day's activities concluded with the presentation of a beautiful award to powerlifting pioneer Jim Williams by meet director Rich Labbe. Jim addressed the audience listing a 700 pound bench press as one of his career highlights and promised he'd be back. The meet concluded none too soon for the Holiday Inn, as plaster began falling from the ceiling of an underground parking garage beneath the lifting floor, but fortunately the Labbes were able to fend off the Holiday Inn officials to finish the contest.

All in all, it was a credible effort by the APF. The meet site was first class, awards exellent, and the meet directors and organizational officials had many years of experience. The meet was easy for spectators to watch, and a good one for the lifters (the foremost requirement for any contest). However, there were some lowlights. There were obviously lifters who competed and placed in this contest without the necessary qualifying total. Secondly, only a small number of referees showed up, and some pressed into service did not have qualifications from any organization. This began to show up on the second day when many obviously (from the point of view of those in attendance) high squat attempts received deferential white lights. This is not unusual, as I remember the same thing at the inaugural ADFPA championships, however, since the APF has been touted as a lifter's organization, there are those waiting to criticize the judging as too promotional of big lifts. It's too soon to reach this conclusion, but officiating that's too loose is as unfair as officiating that's overly strict.



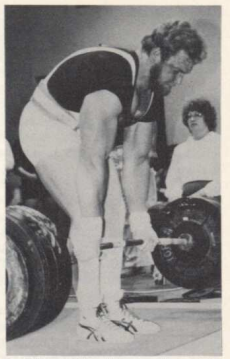
***Chip Hultquist** and friends with some of the impressive trophies awarded.*

I believe the all the lifters feel this way themselves, and feel that the APF standards will come on line. From my own point of view, I was happy to see more successful attempts and fewer early showers than has been the case with recent U.S.P.F. national championships.

I'd like to take this opportunity to get up on the soapbox and respond to, or maybe echo, the remarks of Larry Pacifico in a recent issue of POWER HOTLINE. First, I believe there is a need for two organizations, but definitely not three. I believe the sport is a relatively small one and likely to remain so, with neither the extensive human or financial resources to support three organizations. I've been around long enough to remember seeing our international teams being forced to seek donations in order to get to the World Championships. I've also seen the sport, through stupidity or otherwise, gain and then lose television money. I think that the succes of the A.D.F.P.A. indicates the chemical free powerlifting is a definite niche that has to be serviced by one organization. However, I also believe that anabolics will continue to be taken and lifters who won't be hypocrites about it will want to lift in an organization such as the A.P.F. However, in the gray area between the drug free lifters and those who openly use such substances, I believe, stands the majority of the competitors. This group can avoid the scrutiny of I.O.C. type drug testing in the U.S.P.F. simply by not participating in meets where testing is taking place, or they can lift in the A.D.F.P.A. if they can defeat the effectiveness of lie detector testing. So, I'm not convinced which of the two latter organizations should survive.

As I mentioned earlier, our sport has a lack of resources to support three organizations. This A.P.F. Championship, was, I believe, a good example of that. There was a low turnout of lifters, along with an inadequate supply of officials. I've run more than a few contests myself and I know what the Labbes went through. They've now hosted two national championships, neither one of which could have helped the family fiscal situation. It's frustrating to put the investment of labor and cash that goes into running a major championship knowing that the financial reward and the gratitude of others in the sport will be lacking. It takes a lot more than lifters and a few sets of weights to run a contest. You need the sponsorship of an established organization, officials, loaders, expeditors, and an audience. I don't believe there are enough individuals interested in the sport at this point in time to support three organizations. But, there is an enormous amount of ego and insensitivity in the sport and three organizations are what we currently have. I believe the A.P.F. was started for several reasons, with drug testing by the U.S.P.F. being only one of those. I feel that many lifters were being frustrated by the seemingly detached and unresponsive decision making structure of the organization. Again, I don't know how the individuals who formed the A.P.F. could have done anything about this problem except leave. I will say that I had fun at this meet as a spectator and reporter, and I don't remember that happening to the same degree as a spectator or official at recent U.S.P.F. championships.

There are a couple of individuals who have to be thanked. First and foremost for running this contest, Pam and Rich Labbe. I hope they continue in meet promotion as it was a pleasure to have a major contest in the Philadelphia area. I would also like to thank, on behalf of the lifters and spectators, those officials of the A.P.F. who helped over the course of the weekend: Diane and Ernie Frantz, Dave Jeffrey, Jerry Jones, Larry Pacifico and Terry Dangerfield. I would also like to thank the referees and loaders who were pressed into service for the contest and did a remarkably good job under the circumstances. Finally, thanks to the Holiday Inn for risking their parking garage to allow the meet to continue.



***Bret Russell** hauling up a huge 821 deadlift. All photos courtesy of Ted Kurlowicz and Barbara Clayton.*

A.P.F. NATIONALS 10,11 May 1986 Philadelphia, PA

114	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
Loren Chapin	167.5	175.0	~~182.5~~	87.5	92.5	~~95.0~~	287.5	145.0	160.0	~~172.5~~	447.5
Michael Pinto	~~142.5~~	~~142.5~~	142.5	72.5	~~80.0~~	~~80.0~~	215.0	145.0	~~150.0~~	---	360.0
123											
Randy Burris	162.5	170.0	~~182.5~~	107.5	112.5	115.0	285.0	170.0	190.0	~~195.0~~	475.0
132											
Ken Westbrook	192.5	222.5	~~227.5~~	92.5	97.5	~~102.5~~	320.0	192.5	207.5	~~215.0~~	527.5
148											
Abe Roman	215.0	230.0	242.5	152.5	157.5	~~160.0~~	400.0	232.5	242.5	247.5	647.5
Paul Sacco	220.0	240.0	~~252.5~~	142.5	152.5	~~157.5~~	392.5	227.5	245.0	~~252.5~~	637.5
John Shifflet	150.0	165.0	182.5	120.0	127.5	~~132.5~~	310.0	182.5	190.0	~~200.0~~	500.0
165											
Chip Hultquist	257.5	~~275.0~~	280.0	167.5	172.5	~~175.0~~	452.5	267.5	~~295.0~~	~~295.0~~	720.0
Israel Mendoza	257.5	275.0	~~280.0~~	167.5	172.5	~~175.0~~	452.5	240.0	~~262.5~~	~~270.0~~	692.5
Bill Robinson	237.5	~~252.5~~	255.0	170.0	~~182.5~~	~~182.5~~	425.0	250.0	262.5	267.5	692.5
T. Dangerfield	240.0	257.5	~~265.0~~	150.0	157.5	~~162.5~~	415.0	255.0	267.5	~~292.5~~	682.5
Russell Adkins	237.5	~~250.0~~	250.0	157.5	165.0	170.0	420.0	215.0	227.5	237.5	657.5
Rich Walsh	240.0	250.0	255.0	142.5	145.0	~~150.0~~	400.0	242.5	247.5	~~270.0~~	647.5
181											
Tom Eiseman	287.5	~~305.0~~	310.0	157.5	162.5	~~167.5~~	472.5	320.0	347.5	~~360.5~~	820.0
Derek Donahue	282.5	292.5	~~297.5~~	192.5	200.0	~~205.0~~	492.5	267.5	275.0	~~280.0~~	767.5
Mike Delsignore	~~282.5~~	282.5	300.0	170.0	~~177.5~~	177.5	477.5	260.0	272.5	~~280.0~~	750.0
Lester Maslow	275.0	~~282.5~~	~~282.5~~	155.0	~~162.5~~	167.5	442.5	277.5	~~290.0~~	~~290.0~~	720.0
Virgilio Diaz	272.5	~~280.0~~	282.5	162.5	~~167.5~~	~~167.5~~	445.0	235.0	245.0	~~250.0~~	690.0
Sy Alli	257.5	272.5	–	~~167.5~~	~~167.5~~	~~167.5~~					
198											
Chuck Siler	320.0	332.5	340.0	205.0	215.0	222.5	562.5	295.0	~~307.5~~	307.5	870.0
Tony Kamand	~~305.0~~	310.0	322.5	192.5	205.0	~~207.5~~	527.5	292.5	~~307.5~~	~~307.5~~	820.0
Joe Walden	302.5	327.5	~~335.0~~	200.0	210.0	~~217.5~~	537.5	282.5	~~302.5~~	~~302.5~~	820.0
Rick Weil	272.5	295.0	317.5	220.0	235.0	~~245.0~~	552.5	250.0	~~272.5~~	–	802.5
Ross Depencier	292.5	305.0	312.5	190.0	200.0	202.5	515.0	~~277.5~~	~~277.5~~	282.5	797.5
Tim Jennings	320.0	~~327.5~~	~~330.0~~	170.0	182.5	187.5	507.5	275.0	290.0	~~297.5~~	797.5
Steve Murdock	292.5	310.0	312.5	155.0	160.0	~~162.5~~	472.5	292.5	317.5	~~327.5~~	790.0
D. Christiansen	277.5	290.0	295.0	180.0	185.0	~~187.5~~	480.0	310.0	~~320.0~~	~~320.0~~	790.0
Ron Molden	285.0	302.5	310.0	160.0	170.0	~~175.0~~	480.0	295.0	~~305.0~~	~~307.5~~	775.0
Larry King	277.5	~~295.0~~	~~300.0~~	182.5	~~192.5~~	~~192.5~~	460.0	287.5	~~300.0~~	~~300.0~~	747.5
Mark Northcutt	~~325.0~~	~~327.5~~	~~327.5~~								
220											
Tom Battles	295.0	320.0	330.0	205.0	227.5	~~237.5~~	557.5	295.0	330.0	~~342.5~~	887.5
D. Helgenberger	322.5	~~335.0~~	335.0	205.0	212.5	~~220.0~~	547.5	317.5	327.5	~~332.5~~	875.0
Bill Busby	305.0	320.0	~~330.0~~	192.5	200.0	212.5	532.5	305.0	322.5	~~332.5~~	855.0
Pat Brago	290.0	312.5	327.5	227.5	237.5	242.5	570.0	285.0	~~300.0~~	~~300.0~~	855.0
F. Hottendorf	322.5	345.0	352.5	192.5	202.5	~~207.5~~	555.0	280.0	292.5	~~302.5~~	847.5
Marshall Moore	310.0	320.0	~~327.5~~	180.0	185.0	~~187.5~~	505.0	310.0	325.0	~~345.0~~	830.0
Al Teagle	170.0	~~180.0~~	~~180.0~~	~~147.5~~	160.0	~~180.0~~	330.0	190.0	210.0	~~227.5~~	540.0
242											
Brett Russell	~~350.0~~	352.5	367.5	207.5	~~212.5~~	~~212.5~~	575.0	367.5	372.5	~~377.5~~	947.5
Thor Kritsky	357.5	375.0	385.0	215.0	225.0	~~230.0~~	610.0	322.5	335.0	~~342.5~~	945.0
Robt Dobrowolski	~~347.5~~	347.5	~~367.5~~	200.0	212.5	220.0	567.5	322.5	340.0	~~350.0~~	907.5
Dan Martinez	295.0	312.5	325.0	212.5	222.5	~~230.0~~	547.5	330.0	~~352.5~~	352.5	900.0
John Schaeffer	~~320.0~~	~~320.0~~	~~340.0~~								
275											
Brad Kretsch	340.0	~~357.5~~	~~357.5~~	190.0	222.5	227.5	567.5	345.0	357.5	~~370.0~~	925.0
Lee Jacobs	327.5	~~342.5~~	~~342.5~~	242.5	250.0	257.5	577.5	305.0	317.5	~~335.0~~	895.0
Paul Sheedy	322.5	337.5	352.5	~~190.0~~	195.0	202.5	555.0	325.0	~~357.5~~	~~357.5~~	880.0
Dan Pollio	327.5	~~330.0~~	345.0	190.0	200.0	~~205.0~~	545.0	272.5	295.0	~~335.0~~	840.0
Ed Riley	262.5	277.5	295.0	200.0	205.0	~~210.0~~	500.0	287.5	292.5	~~307.5~~	792.5
Robt Debolt	280.0	292.5	302.5	190.0	~~197.5~~	~~197.5~~	492.5	~~297.5~~	~~297.5~~	~~302.5~~	
SHW											
Jim Mucciola	335.0	345.0	~~352.5~~	222.5	~~235.0~~	~~235.0~~	567.5	330.0	~~340.0~~	340.0	907.5
John Gentile	345.0	352.5	~~365.0~~	227.5	237.5	~~242.5~~	590.0	312.5	~~327.5~~	~~327.5~~	902.5
Jeff Cook	310.0	320.0	~~330.0~~	187.5	~~195.0~~	195.0	515.0	332.5	355.0	~~365.0~~	870.0
Russ Barlow	~~297.5~~	312.5	~~320.0~~	210.0	217.5	~~222.5~~	530.0	310.0	~~325.0~~	–	840.0

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The following assistance exercises should be done after the bench press work out.

1. Very light flyes. 2 sets of 10 reps. This is to stretch out the chest muscles only. Use a very light weight and keep the arms wide to get a good stretch. Move slowly.
2. Reverse tricep pushdowns. 3 sets of 8-10 reps. (Face away from the pulley and hold the bar behind your back. Use as heavy weight as you can handle. This exercise also stretches the anterior deltoid.)
3. Lying barbell tricep extension. 3 sets of 8-10 reps. (Bring bar down to forehead, keep elbows up. Use a light weight and strict form, putting total emphasis on triceps.)

Drop all assistance exercises for the last 2 weeks before the contest.

Week 1: Day 1: 90x10, 100x8, 110x6, 120x5, 135x10, 135x10, 135x10, 135x10, 100x10. Day 2: 90x10, 100x8, 120x5, 130x3, 140x10, 140x10, 140x10, 140x10, 105x10.

Week 2: Day 1: 90x10, 100x8, 110x5, 120x4, 135x3, 145x8, 145x8, 145x8, 110x10. Day 2: 90x10, 100x8, 110x6, 125x4, 140x3, 155x8, 155x8, 155x8, 115x10.

Week 3: Day 1: 90x10, 100x8, 120x5, 135x3, 145x2, 160x6, 160x6, 160x6, 125x8. Day 2: 90x10, 100x8, 120x5, 140x3, 155x2, 165x6, 165x6, 165x6, 135x8.

Week 4: Day 1: 90x10, 100x8, 120x5, 135x3, 145x2, 160x2, 175x5, 175x5, 140x8. Day 2: 90x10, 100x8, 125x5, 145x3, 165x1, 180x4, 180x4, 180x4, 145x8.

Week 5: Day 1: 90x10, 110x6, 130x5, 150x2, 170x1, 185x3, 185x3, 185x3, 155x6. Last set pause reps. Day 2: 90x10, 115x6, 135x3, 155x2, 175x1, 190x3, 190x3, 175x3, 155x5. Last 2 sets, do pause reps.

Week 6: Day 1: 90x10, 120x5, 135x3, 155x2, 175x1, 195x2, 195x2, 180x2, 160x5. Last 2 sets, pause reps. Day 2: 90x10, 120x5, 140x3, 160x2, 180x1, 200x1, 185x2, 165x4. Last 2 sets pause reps.

Week 7: Day 1: 90x10, 125x5, 145x3, 165x2, 185x1, 200x2, 185x3, 165x5. Last 2 sets pause reps. Day 2: 90x10, 125x5, 145x3, 165x2, 185x1, 205x2, 190x2, 170x5. Last 2 sets pause reps.

Week 8: Day 1: 90x10, 125x5, 150x3, 170x2, 190x1, 205x1, 195x2, 180x3. Last 2 sets pause reps.

Contest Day (4 to 5 days since last workout.) 90x10, 120x5, 140x3, 160x2, 180x1. 1st attempt: 195, 2nd attempt: 205, 3rd attempt: 215.



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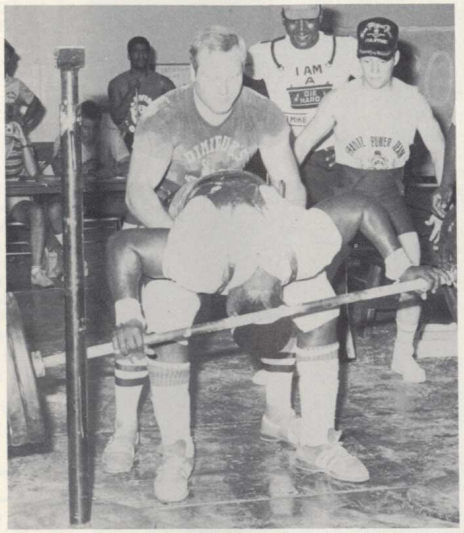
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as told by David Krall



***Where** does a powerlifter turn when he or she needs help with an injury?*

Name one powerlifter who hasn't been injured at least once during a year of training. That's tough to do. The nature of the sport, and more to the point, the nature of the competitors in the sport, dictates that injuries are going to occur. It's that simple. The old idea that it's best to avoid injury with common sense training is a good one, but realistically, how many lifters use common sense 100 percent of the time? It's apparent that lifters will need professional attention at some point. So now what? Depending on the type of injury, a chiropractor may be useful to help allow more effective healing, and possibly improve resistance to injury. Some medical doctors may grumble at these ideas. In the past, chiropractors have not been held in high esteem by the medical profession. Some doctor's gripes were probably legitimate, and some MDs still have specific reservations. Nevertheless, for the benefit of the lifter in pain, it's worth taking a look at chiropractic care.

"Chiropractic medicine is both a science and an art, very much as allopathic medicine is," says Ken Leistner, Doctor of Chiropractic. *"Another way of defining art in this context is to view it as the use of experience, insight, or intuition. There aren't just clear cut answers."* Dr. Leistner says that chiropractic treatment is a way to allow a person's nervous system to function as well as possible by maintaining an individual's structural integrity, *"as close to what is normal for that individual."*

The scientific basis for chiropractic care is, in fact, limited. Dr. Leistner says the funds for research aren't available as they are for medical schools. He adds, however, *"Experience indicates that it works and that it has a basis. Let's say we know it works because through the years people have been satisfied with chiropractic treatment. Knowing it works may be enough. You may not get scientific validation through research, but then again, it may not matter."*

MD and orthopedist Richard Herrick agrees on this point with some reservation. *"I think there's some truth in that, certainly. If it didn't help, at least temporarily, people wouldn't keep going."*

Thomas Namey, MD, is Chief of Rheumatology and Associate Professor of Medicine at the Medical College of Ohio, as well as member of the USPF Sports Medicine Committee. He disagrees with Dr. Leistner's statement. *"Surgery must be shown to be efficacious,"* says Dr. Namey, *"why should Chiropractic be exempt from rational scientific standards?"* He adds that any claims made by the chiropractic community, *"should be subject to rigorous investigation and proof. Do you want it to be a pseudo science or a science?"*

Dr. Leistner says that scientific validation, *"would be wonderful to have for practical reasons,"* and says that preliminary research has indicated that manipulative techniques have a basis, but he emphasizes the lack of funding and points out that, *"It's not as if you're giving a series of medications to a patient which could have a serious or disastrous side effects...you're dealing with a method of treatment that has proven to be effective in the overwhelming majority of patients without any negative effects."* He adds that he isn't implying there shouldn't be scientific basis, and says if the research money were available, *"I think it would indicate that the preliminary research is correct, that in fact there is a scientific basis for most manipulative therapies."*

Many patients have discovered that MDs dislike or at least have reservations about chiropractic care. They may have asked their doctor if a chiropractor would be helpful, and received responses ranging from *"There's no scientific basis for what they do"* to an icy glare that is answer enough. Dr. Leistner thinks that some of the complaints were legitimate years ago when chiropractic education may not have been as good as it should have been in every case. *"That's not true any longer,"* he says.

Dr. Namey has a specific reservation about chiropractors. *"The only problem, but this is an important problem, that I have as an MD in working with chiropractors in general, is that I think there is much more heterogeneity between chiropractic schools and individuals practicing chiropractic medicine than there is anong MD's and osteopaths...I think there is more difference between a good and bad chiropractor than there is between a good and bad MD, intellectually and from the standpoint of knowledge."* Dr. Herrick says that the quality of medical schools and orthopedic residency in the United States is high, and although it's possible to rank the schools in descending order, the worst schools are still better than most of the ones in other countries. *"Whereas with chiropractic,"* says Dr. Herrick, *"not only are the schools very unequal, but the students who come our of these schools have a much broader range of capability."* Dr. Leistner agrees with this and says he is referring to chiropractors with proven competency.

Possible disparity between the quality of chiropractic schools and their students means that it would be harder to find a chiropractor who could properly help a patient. Dr. Leistner does note that during the 1970s, chiropractic schools were brought under the eyes of the Chiropractic Council on Education which stipulated that the basic science education among chiropractic schools must be standardized and made to better comply with the education received by students of other healing practices.

Dr. Leistner received his degree from Logan College of Chiropractic in Chesterfield, Missouri, and says that the basic science curriculum was very similar to a local St. Louis medical school. He says there were some areas, such as pathology, where it was not necessary for the chiropractic students to learn as much as the medical students, but in areas such as anatomy, neuroanatomy, and nutrition, Dr. Leistner says the students at Logan received more hours than the med students. He says that many of the other sciences received as much attention as the medical students gave them. He adds that, *"Approximately 28 percent of all those men and women who begin chiropractic studies are, in fact, in practice 5 years after graduation, which menas approximately 72 percent don't make it."*

Dr. Namey strongly disagrees that there is comparability between chiropractic colleges and medical schools. *"I don't think that comparison is valid,"* he says. *"To compare the curricula is foolish because there is more to a course than simply the number of hours taught. This includes the level of the course, the level and the quality of the teacher, and the level and the quality of the students."* He says that every state requires that MDs have a minimum of training beyond their 4 years of college and 4 years of medical school and that three years is the average post med school residency. Orthopedists and Rheumatologists must have 6 and 5 years of residence respectively. Dr. Namey emphasizes the greater amount of education and training that prospective MDs receive, and the higher quality of this education and training.

Dr. Leistner counters by saying that, *"For what I treat on a day to day basis, the education I received at Logan College was adequate in all cases and excellent in most areas. I'm sure there are many things I cannot do, but I don't pretend to try and do them because I'm not knowledgeable or educated in doing them."*

He makes a point that although there are certainly good students in both chiropractic and medical schools, there are some who are not especially good, *"who are fortunate to be there and perhaps should not be there."*

Despite the discord, there are practical uses for chiropractic care. *"It's almost like a natural partner for the athlete who suffers an injury that affects the muscular or skeletal system,"* says Dr. Leistner. He says this is particularly useful for powerlifters, because training with low repetitions and heavier weights can bring about alterations in the structure of the lumbar and cervical spine. *"We can avoid destructive compensation by the body using certain rehabilitative excerises, protective exercises, and by certain technique or form changes."* Dr. Leistner says he sees a number of lifters who don't have specific problems, but who have discovered that an adjustment schedule before and after a meet helps them perform better. He is emphatic about the fact that there are certain conditions for which chiropractic treatment is unsuitable. Complete muscle belly ruptures and broken bones are obviously among these conditions.

Dr. Namey believes that chiropractic care is useful for some specific problems associated with powerlifters. He says that *"A common denominator for many types of biomechanical problems is tightness of various muslces, particularly the muscles of the buttocks and the back, and I certainly think that both for injury and the prevention of injury in the sense of keeping these muscles loose, there is some scientific and anecdotal rationale to support the concept of manipulation for prevention and treatment of muscle spasm, and pain associated with muscle spasm."*

Dr. Herrick thinks that chiropractic treatment lends itself to musculoskelatal injuries. However, while he says he has been privileged to be associated with chiropractors who are astute diagnosticians, he has reservations about most of them and their diagnostic ability. Dr. Herrick says careful diagnosis is important because he believes that although manipulation has its benefits, it also, *"Has potentially more problems than somebody who is prescribing therapy or a pill...I think the potential negative result of manipulation or spinal adjustment is so great it's even more important for them to be astute diagnosticians."*

Dr. Namey points out that any delay of proper diagnosis, treatment, or referral to a medical doctor because of a less astute chiropractor can cause problems.

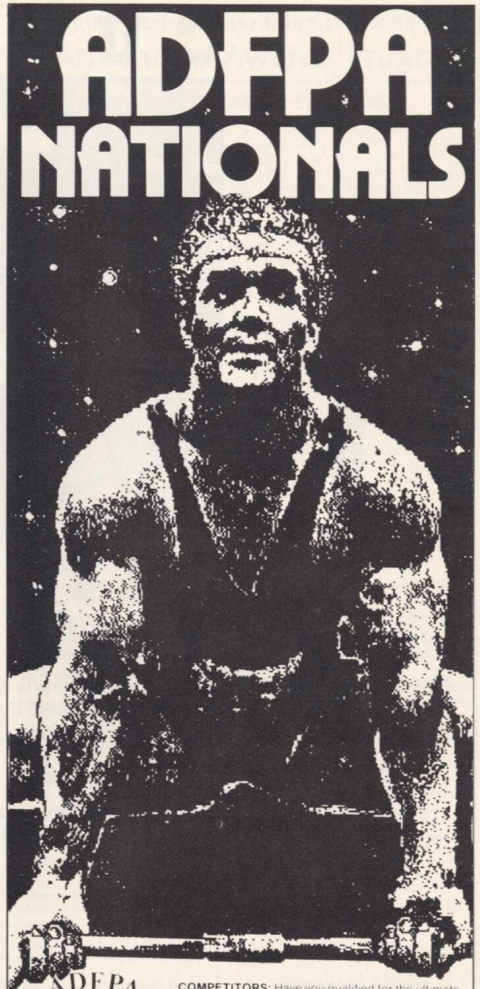
Naturally, misuse of any treatment is bad, but Dr. Namey does say that there is an overabundance of back surgery in this country (no reflection on Dr. Herrick), and that, at least, unnecessary manipulation is better than unnecessary surgery. *"...certainly it must be agreed that manipulation without benefit is better than surgery without benefit. That is really a summary statement. I do think that manipulative therapy is excellent rehabilitative therapy, and useful to prevent spasm and biomechanical injury."* Dr. Namey cannot say that chiropractic treatment will improve performance, although he thinks it may have a psychological effect in this regard, and points out that *"MD's get a lot of credit for things that resolve spontaneously."* Sometimes a sick or inured person will feel better simply because they saw a doctor, a version of the placebo effect. Dr. Namey thinks this may be part of the reason a lifter who receives adjustments for performance sake does better in training and competition, and Dr. Leistner agrees. Dr. Namey continues by noting that, *"Athletes are notoriously prone to placebo benefits. I'm talking about people who will take anything that comes along the pike..."* He adds, though, that there is really nothing wrong with psychological benefits. *"In my practice I have to deal with patients in pain, and if I do something that gives them benefits, irrespective of whether it's psychological or physical, what difference does it make?"* He says that the individual has to decide if chiropractic adjustments improve their performance.

One of the most common complaints from MD's about the chiropractic profession is that there has not been a recognition by the profession as a whole that chiropractic treatment has limitations and cannot be used to solve all sorts of medical problems. Dr. Namey has spoken with idividual chiropractors who recognize the limitations of their profession, and he feels that most understand the specific use of their treatment techniques.

"It's not that manipulation has no value," says Dr. Namey, *"and it's not that the individual chiropractor may not do the patient substantial good, it's the fact that the profession as a whole has not acknoledged the limitations of manipulation. It is reasonable to suggest that you can medically treat every condition? Of course not."*

Dr. Herrick has a stronger complaint. *"Most chiropractors, at least in my limited experience, are trained to think of using spinal adjustments to treat practically everything, whereas a few chiropractors are able to sit down and say, 'no, it's not a spinal maladjustment, but a problem with a torn muscle.' Those are the guys who are good for the sport."* Although Dr. Herrick admits that his dealings with chiropractors have been limited, his comments may reflect a fairly common belief in the medical community that began years ago when chiropractors may not have been as well trained as they should have. *"There are those chiropractors, and I think they were much more prevalent years ago,"* says Dr. Leistner, *"who felt they could treat a number of serious medical conditions through chiropractic care to the exclusion of the care provided by a regular physician. Although I don't think they've represented the majority of chiropractors or chiropractic thought, they're the ones who you would expect to make a lasting impression on the medical profession."* He says that more chiropractors recognize the limitations of their treatment, and that although a chiropractor may help a patient deal more effectively with any illness and be more comfortable during it, *"it's understood that you're not going to directly treat certain medical conditions."*

It is important to recognize what chiropractic treatment can be useful for, and to pay heed to the reservations MDs have. Chiropractic care can be useful for specific musculoskeletal injuries, or even for helping an athlete stave off injury. A good chiropractor will be able to decide whether or not he can help, and if so, devise a treatment plan that can help an injury heal more efficiently. Although going to one who knows about powerlifting may be helpful, it is more important to deal with a good chiropractor. *"The primary requisite,"* says Dr. Leistner, *"is having someone who is going to care about you as an individual and your condition, and who is going to do whatever it takes to alleviate that condition. Period."*



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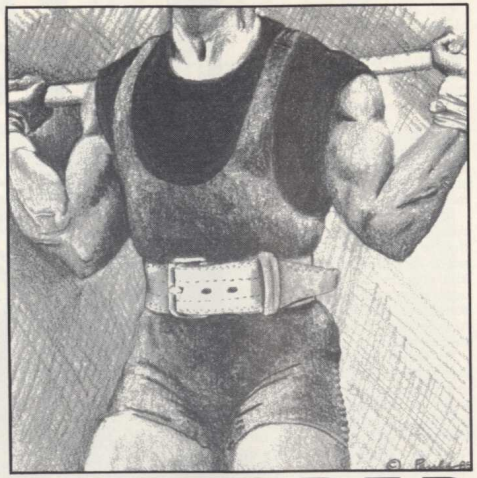
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Question & Answer

Your training questions are answered by Roger Estep, 1979 Senior National Powerlifting Champion, World Record Breaker as a Midheavyweight, and the 1985 MR. IRON MAN. For a quick response to your training question send $10 to Roger Estep, 1413 Holgate Drive, Anaheim, California 92802.

DEAR ROGER: I'm 17 years old and my weight is 160. I'm interested only in power training and have made great progress. My one problem is my bench press. I've been training since I was 13 and have followed MUSCLE & FITNESS information and PL USA to the letter. At the age of 15 I squatted 400 pounds for twenty reps, and was benching 220*2, and deadlifting 300*1. I've really gained strength, but I still can't get 300 in the bench press. I didn't have a bench when I started and relied on the behind-the neck press to build benching power using 110 pounds for five sets of 5-6 reps, which is the only exercises I do for shoulders. Recently I made progress in the behind-the-neck press. Right before school was out, I did 1 rep with 130 lbs. and a few weeks later, I pressed an incredible 150 lbs. for 1 rep just to test my strength to see if I had made any upper body progress in strength and surprised myself. One day later I did it for 3, which is a 20 lb. increase from 110. What I really want to know is how can I add 50 lbs. to my 150 behind-the-neck press so that I'll smash the 200 barrier in the shortest possible time, while also increasing my bench press? If someone can behind-the-neck press 150 shouldn't they be able to bench 300 fairly easily? I work out 5 days and sometimes 6 days a week. My routine is as follows: Monday - back and arms, Tuesday - legs, Wednesday - chest, shoulders, triceps, Thursday - legs, Friday - chest, back. I have no more weight than 150 pounds, although I'm going to purchase a 500 lb. set from Mike Bridges in a few years so I'll have more overload to place on the muscles. I also use Joe's Mega Paks and Esterol supplements. **Jeffery Call.**

DEAR JEFF: In reading your letter I find your leg strength truly amazing. 400 for twenty reps is truly an awesome feat. You might consider entering a powerlifting contest to see what you can get for a single in the squat. The way I interpret the information you gave me is that you think that there is a direct relationship between the bench press and the behind-the-neck press. This is not a correct assumption. The muscles used in the behind-the-neck press are middle and rear deltoid, traps, and triceps. The muscles in the bench are pecs, anterior deltoid, and triceps. As you can see, the only muscle used in both lifts is the tricep. So the answer to your question about how much you should be able to behind-the-neck press in order to get a 300 lb. bench just can't be answered. The question is kind of like asking an Olympic lifter how much he can bench press. He really wouldn't have any idea because he doesn't do any bench pressing. What you should do is decide what you want to do with your lifting career. Do you want to be an upright presser or a bencher. There are many articles written on bench pressing in PL USA. To improve your behind-the-neck press just adapt the same theory used in benching to the behind-the-neck press. Don't press more than twice a week or you could come up with some joint pain in the shoulders. The shoulders are probably the most sensitive joints in the body, even more so than the knees. Be sure to stretch well before your shoulder work. If you're interested in the bench press, use the behind-the-neck press only as assistance to your bench. If you put too much stress on the shoulders you're going to begin to overtrain. ***Roger Estep***

TRIVIA ANSWERS from last month's issue of PL USA: 1. Robert Young, 2. 4 times, once as a Superheavyweight, 3. Kazmaier, 330 lb. bodyweight, 661 lb. bench press, 4. Danny Wohleber, 5. Bill West.

FOR YOUR REVIEW: Titan Suits is giving away free squat routines by Hideaki Inaba, no purchase is necessary, and they are available worldwide. (There's even a Japanese language edition!) According to Pete Alaniz, President of Titan, "any interested person can call our office at 1-800-527-3145 for a free routine; 1-512-991-6749 in Texas and Alaska. There will be NO sales pitch to worry about when calling." The routine covers Inaba's year round preparation for lifting, which keys on the World Championships. All the reps and sets are also specified, as well as (thanks to the translation services provided by Japanese Powerlifting Association Secretary, Susumu Yoshida) Inaba's innermost feelings about lifting. At the end he proclaims that he will be in training til he's 60, even if he's only lifting a stick!

USE YOUR HEAD...any exercise or training routine you see must be suitable for your particular lifting capabilities, before you should attempt to use it. Be sure that you are in good health before training with weights, and when you suffer an injury, please consult with an appropriate medical practicioner. Follow their advice. If you come back too soon after an injury, you can reinjure yourself, and limit the potential for full recovery to the point that this same injury could haunt you for the rest of your lifting career and life. In the long run, safe and sane training is the very best way to train.

United States Powerlifting Federation
Classification Awards Program

MEN'S CLASSIFICATION STANDARDS

CLASS	114	123	132	148	165	181	198	220	242	275	SHW
Elite	1064	1157	1246	1394	1527	1642	1731	1824	1890	1946	2033
Master	981	1064	1146	1279	1400	1505	1593	1675	1736	1786	1857
Class I	882	953	1025	1152	1257	1350	1422	1505	1554	1598	1670
Class II	777	838	904	1009	1102	1190	1257	1323	1367	1411	1472
Class III	672	733	788	887	965	1036	1097	1157	1196	1229	1279
Class IV	590	639	689	772	838	904	953	1003	1047	1075	1119

TEENAGE MEN'S CLASSIFICATION STANDARDS

CLASS	114	123	132	148	165	181	198	220	242	275	SHW
Elite	1014	1097	1180	1323	1450	1549	1637	1731	1786	1841	1918
Master	910	987	1064	1191	1301	1395	1477	1554	1610	1654	1725
Class I	799	866	932	1042	1147	1224	1295	1367	1411	1455	1510
Class II	678	733	794	882	970	1036	1097	1158	1196	1235	1284
Class III	546	595	640	711	783	838	882	932	965	992	1036
Class IV	408	441	474	529	579	618	656	689	717	733	766

WOMEN'S CLASSIFICATION STANDARDS

Class	97	105	114	123	132	148	165	181	198	198+
Elite	639	683	733	782	827	909	981	1053	1130	1190
Master	579	623	667	711	749	827	893	959	1025	1080
Class I	518	562	601	639	672	744	805	865	920	970
Class II	463	496	535	568	601	661	716	766	821	865
Class III	402	435	468	496	524	579	623	672	716	755
Class IV	347	375	402	424	452	496	535	573	617	650

AWARD: Classification patch and/or certificate (Elite only) to athletes who qualify.

1. **Powerlifting totals must equal or exceed the totals listed in the tables above for the respective body weight classes.**
2. **All totals must be made in a bonafide, U.S.P.F. Sanctioned Contest.**
3. **Application must be signed by the State Chairman or the Regional Chairman or the Chief Official of the meet. The Meet Director's signature will not be accepted.**
4. **Master and Elite award applications require the signature of at least one certified national or international referee present for the judging.**

TO APPLY: Send the following to the classifications award chairman:

1. **Completed Application form.**
2. **Five dollars ($5.00) for each patch desired (includes classification tab). Any number of patches may be ordered at $5.00 each.**
3. **All checks must be made payable to: USPF Emblem Account.**
4. **A stamped, self-addressed envelope (4½ x 9½).**
5. **Send all the above to: Conrad P. Cotter, 2103 Langley Ave., Pensacola, FL 32504.**

Patches will be sent directly to the athlete unless otherwise requested.

Name of Athlete _____

Street Address _____

City _____ State _____ Zip _____

Bodyweight (kilos) _____ U.S.P.F. # _____

Met requirement for:

☐ Men ☐ Class IV
☐ Teenage ☐ Class III
☐ Women ☐ Class II
☐ Class I
☐ Master
☐ Elite

Squat _____ lbs. _____ kgs.
Bench _____ lbs. _____ kgs.
Deadlift _____ lbs. _____ kgs.
Total _____ lbs. _____ kgs.
*note: use 2.2046 to convert kgs. to lbs. list both to the nearest tenth (.1).

Date of Meet _____

USPF Sanction # _____

Name/Location of Meet _____

☐ Natl Ref
Signature of official _____ ☐ Inatl Ref

This form supercedes all previous versions May 1984 NWFJ. This form may be reproduced.

THE DEADLIFT

Advanced Routine

as told by World Champ, John Kuc



***John Kuc** has pulled out many a victory with his great deadlifting power.*

Most lifters think of the deadlift as a necessary evil. It is something they do not want to train, but must in order to compile a competitive total. A few light sets once a week or a crash deadlift routine beginning six weeks before a contest quells the conscience of these potentially good lifters. They are satisfied with their training until the contest is over; then the crying starts. "I had him in the squat and bench. What happened?"

Being an excellent deadlifter has many advantages. In a contest. you may fall behind after the squat and bench. but if the difference in subtotal is within reason, then ninety nine percent of the time the lifter with the better deadlift will prevail. A good deadlifter always has an ace in the hole. It is difficult for other lifters to plan their strategy against it. The nicest part about being the better deadlifter is that you get to make the last move. With all the positive elements associated with a good deadlift, why does it still remain as the lift most neglected? Aside from the complexity of the squat, and the high incidence of injury associated with that lift, the deadlift is probably the toughest and heaviest of all the lifts to train. By the time a lifter trains the squat and bench press, he or she feels there is not much left for the deadlift. They say "To hell with it, it's only one lift out of three." The true champion is not afraid to train this difficult lift, the hardest of the three.

Becoming a better deadlifter is a tough road to travel. It will take intestinal fortitude, sacrifice and lots of basic, plain heavy work. It also takes much thought to pull heavy deadlifts. Many lifters think all you do is grab the bar and pull like hell. The deadlift is a complicated lift involving a complex interaction of intelligent training with physiological and psychological factors. Natural leverages have a lot to do with how good your deadlift can become. Not everybody is capable of setting world records, but anybody can greatly improve their deadlift. Improvement will only result from careful planning and ton upon ton of back breaking work. When you finish a deadlift workout your whole body should ache. If it doesn't, you did not train hard enough. Do not waste your time looking for a gimmick. There are no gimmicks. Three words to keep in mind when training the deadlift are PLAN, EXECUTE, and ACHIEVE. These three words are what you must do if you want world records and champion status.

The successful deadlifter cannot depend on someone else's training plan to achieve success. You have to do some honest thinking for yourself. Ask yourself "What are my strong points?" "What are my weak points?" "Do I work hard enough?" "Do I easily get distracted from my training and contest plan?" Give yourself some honest answers to these questions.

There are many types of deadlift routines. The routines giving the best results are not secret routines containing complex arrangements of many repetitions. They are the low rep, low set, heavy poundage routines supplemented with intelligence and common sense. The heart of a simple, heavy routine lies in doing as much useful work as possible during one workout. In this way, more is done in a shorter period of time and recovery is more dependable, because there is a week of rest between deadlift workouts. Two or three deadlift workouts per week will ruin your mental drive. The deadlift can wear out your mental drive more easily than the other two lifts. A possible reason for this may lie in the fact that the deadlift is the only lift that we begin without any prior movement of the bar. The bar just sits there, looking impossible to move. You must approach the bar every time with the belief that the bar is movable, and that it will go up rapidly when you apply force. If your mind is burnt out from too many deadlifts, it cannot motivate your body to pull the next heavy one no matter how good your lower back might feel. The power of the mind can be depleted from too many workouts, just as the power of the body can.

Here's some sample deadlift routines with fictional poundages for comparison and development of your own routine:

Example 1: 10-225/ 6-300/ 4-375/ 3-450/ 2-525/ 4-615/ 4-635/ 4-655. Lifter's maximum deadlift is 700 lbs.

Example 2: 10-175/ 6-225/ 4-325/ 3-400/ 2-450/ 4-475/ 4-500/ 4-510. Lifter's maximum deadlift is 550-575 lbs.

Example 3: 10-225/ 6-325/ 4-425/ 3-525/ 2-650/ 4-725/ 4-750/ 4-785. Lifter's maximum deadlift is 800 to 900 lbs.

Do not let some of those poundage substitutions scare you off. If you train hard someday you will use what seems impossible for the present. You must start with weights that are heavy, but ones you can handle workout after workout. Over the years you will steadily increase the poundages, a little at a time. There should not be much variation in your routine during your powerlifting career, with the exception of assistance work, resting, or injury. If a routine, after it is given a fair chance, produces results, stay with it.

Using the three words PLAN, EXECUTE, AND ACHIEVE as key guide words, we will go into an imagined scenario of preparing a deadlift for a contest. If you plan your lifting like the following example, you will do very well as a powerlifter.

PLAN: Your best deadlift from a previous contest is 450 pounds. The next meet is six months off, and you want to deadlift 500 pounds. A fifty pound increase in six months is not unrealistic, depending upon your weight class and how close you are to record poundages. On your first training day you must convince yourself that 500 pounds is possible and you will accomplish it.

Divide the deadlift into three parts: 1. The start/off the floor to just below the knee, 2. Transition/slightly below the knee to slightly above, 3. The finish/above the knee to lockout.

Analyze your past training and contests. Determine what your weak points are and work on them. Decide what your problems are and overcome them with different assistance work. Use the breakdown of the deadlift to help you decide on the proper assistance exercise to use.

EXECUTE: The first three months will be for working on your weak points. During this period do not worry about how much your actual deadlift is. Your emphasis will be on assistance work, so your deadlift may decrease. This is normal because you cannot push assistance work and regular deadlifts at the same time and make progress in both. Deadlifts are done first and assistance work follows. Both are done on the same day, once per week. You have put in three hard months of assistance work and deadlifting.

When the assistance work phase is finished, for the next six weeks you will work on a good, low set, low rep deadlift routine. These next six weeks are not for pushing. Increase each set by a small amount every week. Work with three sets of three at 400 pounds and increase five pounds per week until you reach three sets of three with 425 pounds. Do not do any heavy singles or very heavy reps. You are already repping 80 to 90 percent of your goal: 500 pounds. You will rest up during this lull in your training, and your mind will not be burdened with facing a large increase at every workout. The final six weeks will be tough on you. The only lower back work you will do will be deadlifts. Here is the training schedule for the next 6 weeks: Week 1: 3x3x420, Week 2: 3x3x440, Week 3: 3x3x400 (Light Week - Rest!), Week 4: 3x3x450 - Push!, Week 5: 3x3x460 - Push!, Week 6: 3x3x400 - Light Week - before a contest, Contest: 1st attempt 460 - 2nd attempt 500.

ACHIEVE: When you are at a contest, choosing attempts is very important. Winning or losing can be the result of how well or poorly you pick your attempts. Your attempts will be chosen wisely because the training you have done over the past six months will have a lot to do with the poundages you choose. Consider the fact that not too many lifters make three out of three in the deadlift. Most of the time two out of three are made. Prepare yourself for two meaningful attempts. Take 460 or 470 for you opener. It will go up easy because you have done it nine times in training only two weeks before. The easy 460 will warm your back up and give you tremendous confidence for your goal of 500 pounds. The poundages and reps used for the last six weeks will guarantee success with 500. You have achieved!

My personal deadlift training consisted of heavy singles when I was a superheavy, and heavy sets of three or four when I lifted in the 242 pound class. As a super heavy my leverages favored the squat and went against the deadlift. The squat was easy and a pleasure to train; the deadlift became a nuisance and very uncomfortable. The heavy single deadlift routine I used as a super was the result of being trained out by the time my squat routine was over, and the inability to get into a good deadlift starting position, hold that position, then explode out of it. Putting on my own lifting shoes was impossible at a body weight of 330 pounds. Deadlifting was just as bad. Even with the small amount of time given to the deadlift, it was not too bad of a lift for me. I was complacent with an 850 pound max. It could and should have been higher, but I relied on a high squat and bench to win contests. My deadlift training philosophy at that time was bend down and grab the bar, pull like hell and stand up as soon as I could. This attitude was not too conducive to improvement. My superheavy deadlift routine was 325x8, 425x4, 525x3 and 850x1, done once per week.

After I reduced to the 242 pound class, I was surprised that unlike the squat and bench press, my deadlift did not decrease. The same strength was there and I felt I could push the lift to greater heights in my new weight class. The deadlift workout was fun to do once again. I began to work it as hard as I could. Using my old superheavy routine I soon hit a sticking point. Working up to a heavy single once a week and quitting was not going to work at my lower body weight. When I was a super, I relied on high bodyweight, increased girth of arms, legs, and midsection and the extra strength that 100 pounds of body weight produces. All the advantages of being a superheavy were now a thing of the past. Any new routine I was to develop had to be simple, no nonsense, gimmick free, and a genuine strength builder. I settled on a program which had three sets of four reps or four sets of three reps. These low rep, heavy sets were the heart of my new deadlift routine. They were done as heavy as possible, once per week. I have been working this same deadlift routine from 1973 to the present, making progress all along. Assistance work consisted of heavy lat work: dumbell rows, lat pulldowns, and high rep pullups. Bicep curling movements with heavy weights were also done for the deadlift. With the exception of the pullup, all assistance work was done for four sets of six to eight reps on each exercise twice per week. Assistance work was discontinued ten weeks before a contest.

The new deadlift routine I developed for my lighter bodyweight is the following: 225x8, 325x6, 425x4, 525x3, 650x2, 725x3, 750x3, 700x3. Every week I would try to increase one of the four sets, so I would be doing more work, even if minute in amount. If I felt good on a given workout day I would take a big jump. The weight used for this successful set of triples or fours would be the weight I would be aiming to surpass with future heavy attempts. A heavy single or triple was taken before every contest. These attempts were near maximum, not actually maximum. Their purpose was to give me an idea of an opening attempt. The single or triple was done thirty days before a contest so my back would have ample time to recover. Thirty days before the 1980 World Championships, I pulled 825x3 as my last heavy weight before the meet. After this heavy attempt (single or triple), I would always take things easy for a week, then begin to build my triple back up over the remaning two weeks of actual training time. My absolute last deadlift was done ten days before the contest. Something in the area of 750x1 would usually do it. The last squat was done three days later (7 days before the contest). After that it was total rest for the back and legs. No significant increase in strength can be built in the last 30 days. If I tried to build more strength I would surely bring on a condition of overwork. By resting and slowly working my deadlift back up, I had nothing to lose. I had strength and the confidence of a rested back to gain. I could always feel a good deadlift coming on, a few days before I actually did it. My lower back would have mild spasms and pain which I could not attribute to any known cause. The deadlift is an explosive lift for some, slow and deliberate for others. It is the lift which best represents overall body power. The mind plays a large part in the success or failure of a deadlift. It is imperative to approach the lift with a positive frame of mind. There cannot be any doubt in your mind. The only things stopping your impending victory over the weight are the necessity of the other lifter's attempts and setting yourself up for the lift. When these things pass, the lift will be yours.

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Ask the Doctor

This column will answer questions about drugs used by athletes and the available 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. Certainly I welcome any questions in which the lifter feels I might be of some help. Please send all questions and comments to: Mauro Di Pasquale, M.D., 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0

Dear Mauro: A lot of competitive bodybuilders and lifters trying to lose weight or cut up use thyroid hormones to help them. Most of the use a drug called Cytomel because they feel it's more effective than any other thyroid preparation. How useful is thyroid? **Peter J.**

Dear Peter: *Thyroid hormone is used by some bodybuilders and powerlifters to reduce bodyweight and/or to reduce percentage bodyfat, thus allowing the lifter to compete at a lower weight category and the bodybuilder to become more defined. In practice, however, the net effect is counterproductive. The lifter suffers significant strength loss while the bodybuilder loses needed size. Also, prolonged use of large doses of thyroid may result in several serious side effects, including muscle wasting and heart problems. Thyroid hormone is marketed under several forms; dessicated thyroid, levothyroxine - the one used most clinically (e.g. Synthroid adn Eltroxin), and liothronine, the shorter acting form (e.g. Cytomel). The advantage of Cytomel is ists relatively short duration of action, allowing more control in adjusting dosages.* ***M.G.D.***

Dear Mauro: I have been competing for eight years now, the last five with the use of anabolic steroids. I have not laid off for more than months and usually I'm on eight weeks and off four to eight. I stack with Anavar, Deca, Dianabol, and testosterone. I also use Nolvadex daily. Since I am only 25 years old I am worried that I might not be able to father children since I haven't given my testicles time to recuperate. What are my chances of being sterile and how can I get it checked out to see if my testicles are working normally once I go off the steroids.

Dear Sir: *Although your concerns were covered in a previous column, I've had so many letters since that I will enlarge on my previous reply. I doubt if the use of anabolic steroids has permanently affected your ability to father children. Your testicles and sperm count should return to normal 2 to 4 months after stopping the steroids. The only way to be sure, however, is to get a sperm count done a few months after stopping the steroids. If the count is low then get it repeated 3 or 4 months later. If the count is still low, and this is unlikely, then the integrity of your hypothalamic-pituitary-testicular axis must be investigated to find out where the problem lies. (Because of the possible complexity of this investigation, I would recommend seeing an endocrinologist). There is, of course, always the possibility than any sterility present after the use of anabolic steroids may have been present all along, but just wasn't diagnosed.* ***M.G.D.***

Dear Mauro: I am a bit confused about steroids. I have talked to many users who say *Anadrol 50* is a very toxic drug. In one book I read it says that it should be used with extreme caution, if at all, whereas in another one I read, the author says side effects are very limited. Also, about *Anavar*, one author indicates a dosage of up to 50 mg per day, while another book says only up to 15 mg, a big difference. Any light you can shed on his subject whould be appreciated. **(Name Withheld)**

Dear Sir: *Very little is positively known about the long or even the short term effects of any of the anabolic steroids. Anadrol 50, possibly because fo the large amount of steroid in one tablet - 50 milligrams - has gotten a reputation of being hepatoxic (toxic to the liver). Anadrol 50 was once available in a 5 mg tablet. If it were still available in this dosage, it might not now be considered any more toxic, mg per mg, than the other oral anabolic agents such as Dianabol, Halotestin, Maxibolin or Anavar. Anadrol 50 was formulated to treat life threatening refractory anemias in which large doses of the anabolic steroid are used. The possible side effects were naturally considered to be secondary to its hoped for therapeutic effect. At the doses used to treat these anemias (in adults the usual daily dose is 100 to 300 mg) there can be significant hepatic side effects, including coma and death.*

Anavar, I feel, is not as hepatoxic or as anabolic, on a mg per mg basis, as some of the other anabolic steroids. At the higher doses, however, there can be significant liver involvement. At the doses necessary to get the same anabolic effect there may not be too much difference in toxicity between Anadrol 50 and Anavar. The doses used would depend on the lifter and the situation. My answers have, perhaps, only muddied the waters further. However, until more specific research is done, I would suggest that you treat all recommendations, such as the dose and type of steroid to use, as opinions only, based on anecdotal evidence, not facts. ***M.G.D.***

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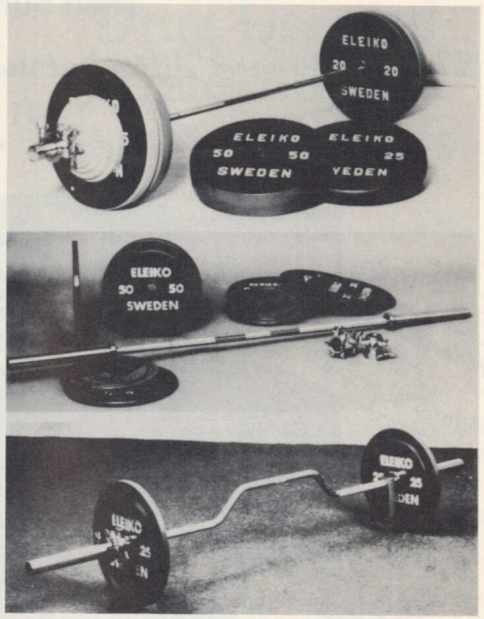
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May/1984....Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Forum, Calcium, Consumer Guide for Exercises, Referee's Corner, TOP 100 275s.

Jun/1984.....Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladnier Profile, Joe Ladnier Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Chairwoman, ADFPA Top 20 181s, TOP 100 SHWs.

Jul/1984....Women's World Championship Report, Jim Cash Deadlift Workout of the Month, Dave Schneider Profile, S.T.H. by Jeff Everson, Power Gym Directory, Drug Free Top 20 198s, Bob Wahl Power Profile, Masters Records list, TOP 100 114s, First Meet Impressions.

Oct/84...Medical Research Review, Jim McCarty Profile, Gus Rethwisch Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Offseason Training, TOP 100 148s, Drug Free 275 TOP 20.

Jul/85...Steroid Forum, The Big Business of Anabolic Steroids, Variable Split Training, National Masters, Bret Russell Deadlift Routine, High School Nationals, ADFPA National Collegiates, 2000 Total club, ADFPA TOP 20 220s, TOP 100 Bantamweights, Debbie Poston benches 332.5

Nov/85...Dr. Fred Hatfield and the Magic Leg Machine, Randall Kea Drug Free Squat Program, Magruder the Magnificent, Ask the Doctor on Drug Testing, World Masters, Reidar Steen Profile, D.M.S.O., Intermediate Training by John Kuc, TOP 100 181s, ADFPA TOP 20 114s.

Dec/85...(BACK IN STOCK, BUT LIMITED SUPPLY!), Paul Anderson Profile, Bev Francis Profile, Two Roads Diverged, John Kuc on Intermediate Training, Fred Higgins Bench Routine, Nutrition Primer, Russian Peaking Routine, Junior World Championships, TOP 100 198s, ADFPA TOP 20 123s

Jan/86...World Championships Report, Cees DeVreugd Profile, Psyching Up, Ed Coan Deadlift Workout, Athletic Acromegaly by Dr. William Taylor, Predicting Strength Loss by Dr. Fred Hatfield, Bob Rood Profile, Nutrition Primer Part 2, TOP 100 220s, ADFPA TOP 20 132s.

Feb/86...YMCA Nationals (Weil Benches 551 at 181), Meet Judging Standars, World Team Coach's Report, Hal Hudson's Workout of the Month, Training Without Lifting Aids, TOP 100 242s, ADFPA TOP 20 148s.

Mar/86...1986 Power Preview, John Kuc on the Squat, Imagery Techniques, Lifting on a Busy Schedule, Saul Shocket Squat workout, Gynecomastia, Fling/Swing Warmup, TOP 100 275s, ADFPA TOP 20 165s

Apr/86...USPF Women's Nationals, Women's TOP 20, Lamar Gant Speaks, Randall Kea Bench Press Workout, Rick Crilly Profile, Inosine Info, John Kuc Advanced Bench Routine, ADFPA TOP 20 181s, TOP 100 SHW.

Jun/86...ADFPA Women's Nationals, the Hawaii Meet (Hatfield's 1008 squat, Kenady's 903 deadlift), USPF National Collegiates, Mike Shines Profile, Intellectual Training, Stress & Nutrition, APF Women's Nationals, Max Efficiency Routine, TOP 100 132s, ADFPA TOP 20 220s

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★WHO'S WHO IN POWERLIFTING★

Whether you're Big Name or No Name, send your picture and details ('Who's Who', Box 467, Camarillo, CA 93011) to this popular feature.



Rick Branch recently made a 600 squat as a drug free lifter in the 181 lb. class at the A.D.F.P.A. Delaware Valley Open, a goal he has had for many years. He lifts for the Dynamo Barbell Club in Maryland, but would like to let all his friends back at Coffee's Gym in Atlanta that he is doing well and that he and his wife Carol are expecting their first child.



Bob Kaufman, who is currently training at the Workout Plus Gym in Dedham, Massachusetts, won the 1985 Region I along with the 1985 and 1986 Massachusetts Championships. At 132 lbs. he holds state records in the squat, deadlift, and total. In March he qualified for the U.S.P.F. Sr. Nationals and plans to compete representing Workout Plus.



Jim Cleveland lifted in his first powerlifting competition, the A.D.F.P.A. North American Championships held in Wilkes-Barre, Pennsylvania, and got new personal records with a 380 bench and 535 deadlift in the 242 lb. class. Jim's 1365 total placed him 3rd in the Novice Division. Thanks to Louis Lombardo for photo & information.



An experienced powerlifting meet attendee is Michael Pacyga Jr., the son of lifters Mike and Jeanna Pacyga of Chicago, who compete widely across the Midwest and often. This photo was take at the Power Plus Open in Zanesville, Ohio and was provided courtesy of National YMCA Meet Director (a meet that Jeanna lifted in), Mr. Garry Benford.



Rick Vickers is a native of Aurora, Illinois, and since he began training with Ernie Frantz at the Frantz Health Club in Aurora, he has won 20 bench press championships. He started bodybuilding in 1977, but turned to powerlifting in 1980 after entering the Oktoberfest Bench Press Contest in La Crosse, Wisconsin. He has since won that contest 4 times in a row. He recently reached a major goal in his lifting career by benching 570 pounds at a bodyweight of 230 pounds. Thanks to Frantz Sports for photo & information.

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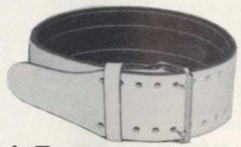
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STARTIN' OUT

A special section dedicated to the beginning lifter

Outfitting A Home Gym

as told by Doug Daniels

Years ago, before the dawn of Nautilus and Keyser, there existed some very strong men. I am talking about Reinhoudt, Cole, Kuc, and Williams. These men lifted awesome weights even by today's standards. Their equipment was not high-tech by even the farthest stretch of the imagination. No compressed air or hydro-pressurized machines with comfortable padded benches or seats, just heavy barbells.

Even with the proliferation of 'high-tech' equipment that manufacturers will swear are superior to barbells, we can see that for years the strongest men and women in the world trained on 'low-tech' barbells and power-lifting movements. Building basic strength or strength for competitive powerlifting does not require a great variety of equipment. My training partners and I learned that after our gym burned down a few years ago.

After the fire, we obviously needed somewhere to train for powerlifting competition. There were several gyms in the area, but none were conducive to power training. Either the benches were terrible, there weren't enough plates to go around, or the mood of the place wasn't right.

The next week we went to Ernie Frantz's gym in Aurora, Illinois to take an interim workout. I was amazed at the relatively spartan facilities. I was more amazed at the lifters present in the gym at the time. The best in the area and the world were there; Ernie Frantz, Bill Seno, Dennis Reed, Bill Nichols, and Ed Coan. These men are present day examples that to build matchless power, you don't need or want 'high-tech'.

Taking this as an example, we decided that our solution was to buy our own equipment and start a private gym in my buddy's garage. Equipment selection and outfitting the gym would, we now knew, be little trouble. What is needed for a productive powerlifting gym is a very limited amount of equipment:

1. 500-1000 pounds of plates (2½ to 100 pound plates)
2. Competition bench
3. Power bar and collars (dumbbells optional)
4. Adjustable squat stands (jack style)
5. Power rack (pins and chinning bar)
6. Non-slippery lifting platform and surface
7. Torpedo heater for winter
8. Fan for summer

The amount of plates suggested will allow you to load the bar for heavy squats, deadlifts, and rack work. Buy at least 2 one hundred pound plates, but depending on the near term strength levels of your partners, you may need up to 6. One hundred pound plates are more secure on the bar, and are usually used in competition for attempts over 300 pounds. At least 2 pairs of forty fives, 1 pair of thirty fives and twenty fives, 4 tens and fives, and 2 two and a halves should round out your plate collection. If you use dumbbels, you will need more small plates to make them up. Remember, if you want to use olympic plates, you have to buy olympic dumbbells and collars.

Buy a very strong competitive sized bench. Be sure that it is regulation. It makes no sense to train on a bench unlike one you will use in competition. Choose a bench with the supports far apart. Also, the weight holders should be at a height suitable for most people.

A regulation power bar is next. Don't use an olympic bar. They are a little different size wise and have more spring. Make sure it has marking on the knurling for the legal bench press grip. This makes it easy for you to train with the grip allowable in competition. Buy a name brand. Cheap bars have a tendency to bend. Sturdy spin collars are also needed. Also available are quick on and off collars for training. If you have room in your budget, pick up a pair, but use your heavy spin collars for your heavier lifts for safety reasons.

Next are adjustable squat stands. Picking the right stands is critical. We chose jack type stands. They come with up and down adjustment via a mechanism like a car jack. If you are cheap and buy squat stands with removable pins, you will have to lift the weight off the stands one side at a time while someone pulls the pins out and inserts them at the right height for different lifters. Start squatting with 500-600 pounds and this will be a tiresome and time consuming task. Jack stands will allow quick height changes for all height lifters. of course, be sure they can bear at least 1000 pounds and are on a base that will be hard to tip. The adjustability feature of the stands make them useful for seated presses also.

A power rack is a very useful item for a power gym. Having one will enable you to perform heavy partial movements. Like everything else, be sure it is sturdy. Look for one with many pin height positions. The more positions there are the more heights available to set the pins at. A rack with a chinning bar can be a plus. Make sure that the power rack is supported so it will not tip.

You will need a platform to lift on. I'm sure no one will want hundreds of pounds crashing down on their floor. Build a wooden platform. A little carpentry skill might be needed. Also, the platform should have a non-slippery surface. We are using rolls of hard rubber padding. Experiment using different surfaces. Safety should be your major concern here.

Another concern is heating and cooling. If you are lifting in a garage, you will need to insulate it a bit. It can get awfully cold in a garage in the winter. A torpedo heater is a good solution. Safety should be observed in using one and make sure there is adequate ventilation. Of course if there is heating in the garage already, no problem. In the warm months, a fan wouldn't hurt. Be sensible and maintain a safe and comfortable training environment.

Other small items needed would be a clock, lifting straps, chalk, powder, thermometer, rugs, mats and stands to store weights. Any other additions are up to you.

These guidelines are a starting point. After these necessities are taken care of, add equipment as your needs and budgets allow. If you decide to lift in a commercial gym, use these guidelines as minimum requirements for joining. Remember, the results that basic equipment has produced past and present. Everyone that has trained at our gym has made excellent progress and we have produced several state records and national caliber competitors. The key is to train hard, and that's no compressed air.



***BELOW**...top power gyms emphasize basic equipment, like the one at Villanova University, a long time producer of National Collegiate Powerlifting talent. Photo by Schick.*

THE STEEL TIP

A Newsletter for Strength and Fitness from Dr. Ken E. Leistner

"I greatly admire the independent and controversial position you've stood by over the years. Thanks again for the great information."

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More From Ken Leistner

One question frequently asked of me relates to the timing of attempts, both in the warmup room, and on the platform. Most top lifters and coaches have their own methods, but I have recommended a procedure that has proven effective for lifters of every weight category and level of proficiency. The two most common approaches are the "minutes rule" and the "attempts rule".

I have never used the former, feeling that there are too many factors beyond the control of the lifter or coach. In this approach, the lifter is given a certain time period to warmup for his or her lift. Using the squat as an example, the coach may assume that it will take forty five minutes for his athlete to warmup adequately for his opener. If the lifter is most comfortable taking six warmup sets, each warmup will occur every eight to nine minutes. After six warmup sets, the lifter will then be ready, but additional time is needed depending upon how long it takes to wrap, pull up the suit straps, put the belt on, inhale ammonia, and psyche up. If the coach wants the lifter on the platform seven minutes prior to the first attempt so that adequate platform preparation can be completed, the total warmup time is fifty two minutes.

Although this seems like a fairly cut and dried package, and how most of the "top" lifters do it, I have never been comfortable with this technique. Too many things can go awry. First, many lifters get into a groove of doing an attempt every eight to nine minutes, yet, I've seen lifters walk to the platform, and have to sit for up to 20 minutes as a result of equipment failure or the mistakes and repeated attempts of other lifters. Having trained and then warmed up with the security borne of practice and repetition, many lifters come apart and lose their edge. Further, most lifters become very dependent upon their handler and behaviours that could fall under the heading of 'meet superstitions'. Any alteration in pattern usually proves to be distracting and is reflected in poor attempts. Altering the timing of your openers relative to warmups is one such distraction and many do not cope with this well.

In our approach, we first determine the number of warmup attempts the lifter is comfortable with. The warmup should prepare the lifter for a maximum single attempt without fatiguing him or her to the point where any poundage is sacrificed during the warmup process. Again, assume that the lifter is most comfortable with six warmup attempts. It is necessary to note the number of projected attempts that will be taken before your lifter's opener, and the responsibility of the handler is to know the competition. Prior to each major meet, we try to secure entry lists, and then go back approximately one year to reveiw any meets that the competitors in our class have lifted in. Based on this review, and perhaps judiciously placed phone calls to secure more recent information about the training lifts of some of the top people that will be met, we form a pre-meet plan which tells us more or less what can be expected of each competitor.

At the warmup site, the handler must be aware of those lifters who are closest to his own in ability. I usually keep a closer eye on the competitors than on my own lifter. After all, I know the capabilities of the man or woman I am working with, not those of the competition. One of our lifters took a third attempt deadlift that left many of the so-called experts wondering because it was well within the striking range of the competitor's top mark. However, a missed third attempt squat by our competition made the decision for us. The way in which the lift was missed, taking what I thought would be at least ten kilos out of his ability to deadlift later due to the stress placed directly on the lumbar spine, in conjunction with the knowledge that in two previous national meets, missing a second or third attempt squat in a similar manner had caused a reduction in the deadlift by approximately ten to fifteen kilos from this man's training best, allowed what was a very wise decision.

With such knowledge, we can project the approximate number of attempts that will precede our lifter's opener. We then plan, in the squat, to take one warmup attempt every six platform attempts. When the warmup poundages are lighter, we may go every five, especially for the first two or three warmups. The final three or perhaps four warmup attempts will take place every six platform lifts. Again, we try to project missed attempts from the competition's warmups and initial platform attempts so that there is, more or less, the same time span between all of the final warmup attempts by our lifter. It matters not if some warmups are 7 minutes apart, or 12, as long as we stay on pace with the attempts being made on the platform. The final squat warmup will be taken with seven platform attempts remaining. Our lifter will be on the platform with six attempts remaining, and ready to lift when called.

In the bench press, the platform lifts and the warmups can and do go quicker, with perhaps 4 platform attempts between the first 3 warmups, and five for the last few. The deadlifts may take fewer warmup attempts, depending on the lifter. In either case, if one attempts to keep pace, not with the clock, but with the lifts being made on the platform, the lifter will not feel rushed nor stalled should anything out of the ordinary take place. Missed lifts while on the platform will not be a problem, if they have been figured into the equation as an expected attempt or attempt and a half. The lifter will not be rushed nor impatient, and should be ready to do the best lifting possible.

(NOTE: this article does not address a meet conducted under the Rounds System. Obviously, the procedure in that case would be different)

TRAINING

Russian Peak

Dave Fillman and his training partner Kim Gardner put the Russian Style Peaking Program described by Dr. Fred Hatfield and Dave Keaggy into practice and got exceptional results

The results that a friend of mine and I experienced on the Russian Routine were astounding. We started the routine with weights based on the maximums that we had done the week before. I feel this was they key, as an accurate max figure assures success. We never missed a workout and paid strict attention to form.

My training partner's squat went from 345 to 400. His bench went from 245 to 275. His goal was to hit these maximums several months later. Instead, he did it in 6 weeks with this routine. He is a novice lifter, but I still think this is astonishing progress.

My squat went from 400 to 450, and if I had worn a tight lifting suit I think I could have done 500 with no problem. I have squatted 510 some time ago, but had a low back injury shortly after that, and I never thought I would see these numbers again. My bench went from 325 to 345 in 6 weeks, which is unbelievable to me. One observation: we noticed that the 6 sets of 2 at 80 percent of max weight were always very hard. We would just be able to do the sets, but on the "heavy" days, the weights always felt very light, and the maximum at the end of the cycle felt very solid, well within the projected limit. I feel the key is never going below 80 percent, which has been established as the threshold of strength building, and 6 sets of 2 seems to be good for keeping a feel for the heavy weight, training for form, and developing the motor pathways.

Enclosed are the actual workouts my partner and I did. Sometimes the weights are not exactly 80 percent of max, however, they were as close as we could load on the bar at the time. My training partner's name is Kim Gardner and we both trained at the American Athletic club in Saint Louis, Missouri. Kim weighs 195 (he put on 12 lbs. in the 6 weeks!), and I weigh 210.

Dave's Workouts

Week 1: Day 1: Squat 400x1 (100%). Day 2: 325x3x6 sets (80% max weight). Day 3: 325x2x6 (80%). Day 1: Bench 330x1 (100%). Day 3: 265x3 x 6 sets (80%) max.

Week 2: Day 1: Squat 325x4 for 6 sets (80%). Day 2: 325x2 for 6 sets (80%). Day 3: 325x5 for 6 sets (80%). Day 1: Bench Press 265x2 for 6 sets (80%). Day 2: 265x4 for 6 sets (80%). Day 3: 265x2 for 6 sets (80%).

Week 3: Day 1: Squat 325x2 for 6 sets (80%). Day 2: 325x6 for 6 sets (80%). Day 3: 325x2 for 6 sets. Day 1: Bench 265x5 for 6 sets (80%). Day 2: 265x2 for 6 sets (80%). Day 3: 265x6 for 6 sets (80%).

Week 4: Day 1: Squat 350x5 for 5 sets (85%). Day 2: 325x2 for 6 sets (80%). Day 3: 375x4 for 4 sets (90%). Day 1: Bench 265x2 for 6 sets (80%). Day 2: 280x5 for 5 sets (85%). Day 3: 265x2 for 6 sets (80%).

Week 5: Day 1: Squat 325x2 for 6 sets (80%). Day 2: 375x3 for 3 sets (90%). Day 3: 325x2 for 6 sets (80%). Day 1: Bench 300x4 for 4 sets (90%). Day 2: 265x2 for 6 sets (80%). Day 3: 300x3 for 3 sets (80%). Day 3: 280x2 for 6 sets (80%). Day 1: Bench 200x5 for 6 sets (80%). Day 2: 200x2 for 6 sets (80%). Day 3: 200x6 for 6 sets (80%).

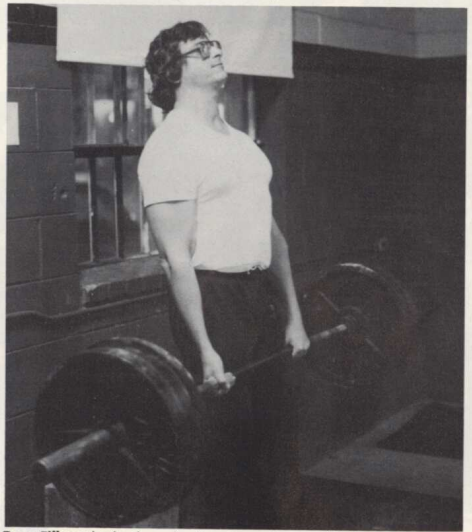
Week 4: Day 1: Squat 300x5 for 5 sets (85%). Day 2: 280x2 for 6 sets (80%). Day 3: 315x4 for 4 sets (90%). Day 1: Bench 200x2 for 6 sets (80%). Day 2: 215x5 for 5 sets (85%). Day 3: 200x2 for 6 sets (80%).

Week 5: Day 1: Squat 280x2 for 6 sets (80%). Day 2: 315x3 for 3 sets (90%). Day 3: 280x2 for 6 sets (80%). Day 1: Bench 225x4 for 4 sets (90%). Day 2: 220x2 for 6 sets (80%). Day 3: 235x3 for 3 sets (90%).

Week 6: Day 1: Squat 350x2 for 2 sets (100%). Day 2: 280x2 for 6 sets (80%). Day 3: 400x1 (105%). Day 1: Bench 200x2 for 6 sets (80%). Day 2: 250x2 for 2 sets (100%). Day 3: 200x2 for 6 sets (80%).

Week 7: Day 1: Bench 275x1 (105%). 280x1 narrow miss.

Summary: 345 - beginning max squat, 400 end max. 245 - beginning max bench, 275 end max.



***Dave Fillman** broke through a long term plateau with the 'Russian Peak'*

Week 6: Day 1: Squat 415x2 for 2 sets (100%). Day 2: 325x2 for 6 sets (80%). Day 3: 435x1, 450x1 (105%). Day 1: 265x2 for 6 sets (80%). Day 2: 330x2 for 2 sets (100%). Day 3: 265x2 for 6 sets (80%).

Week 7: Day 1: Bench 345x1 (105%).

Summary: Squat: 400 max at beginning, 450 max at end. Bench: 330 beginning max, 345 end max.

Kim's Workouts

Week 1: Day 1: Squat 345x1 (100%). Day 2: 280x3 for 6 sets (80%). Day 3: 280x2 for 6 sets (80%). Day 1: Bench 245x1 (100%). Day 3: 200x3 for 6 sets (80%).

Week 2: Day 1: Squat 280x4 for 6 sets (80%). Day 2: 280x2 for 6 sets (80%). Day 3: 280x5 for 6 sets (80%). Day 1: Bench 200x2 for 6 sets (80%). Day 2: 200x4 for 6 sets (80%). Day 3: 200x2 for 6 sets (80%).

Week 3: Day 1: Squat 280x2 for 6 sets (80%). Day 2: 280x6 for 6 sets (80%). Day 3: 280x2 for 6 sets (80%). Day 1: Bench 200x5 for 6 sets (80%). Day 2: 200x2 for 6 sets (80%). Day 3: 200x6 for 6 sets (80%).

Kim's bench really jumped, as he is a novice and had never really trained his bench seriously. His chest development improved rapidly. I feel that 30 lbs. increase in 6 weeks is phenomenal. In both cases we did our maximums on the 1st week to base everything on. I would suggest that lifters do their maximums within 1 month of starting the program. This will insure that all of the percentages are extremely accurate, and thus keep you from ever missing a weight.

In my case, you can see the squat took large leaps in progress as I was able to go above the proposed weights and percentages throughout the whole cycle. The bench stayed exactly as proposed. The bench was closer, I believe, because 330 has always been a sticking point for me. Since I had squatted 510 before, I had room for progress, but I hadn't squatted more than 325 for reps for a whole year since my injury. If I had suited up, 500 would have been no problem. We didn't wear wraps until we hit 85%.

Our assistance work was done for the first 3 weeks only. Every week we tried to increase the amount of work, so that we peaked out on volume by the time we hit 80% for 6 sets of 6. We considered this the buildup of the *volume phase*. Generally 4 sets of 8 were used for all assistance. When the reps started dropping at Week 4, 80% at 5 sets of 5, then 90% at 4 sets of 4, 3 of 3, and 100% of 2 sets of 2, and 105% for a single, we considered this the *intensity phase* and eliminated all but the competition movements. The speed of the movements increases steadily as the volume decreased, as Veroschansky prediced in the Delayed Training Effect theory. It seems the less you do at the end, the faster the weight moves at cycle's end. Speed/Strength seems to manifest itself with volume drop.

Assistance Work: (Ab work done every day) **Week 1:** Heavy Bench: Lying Extensions and Curls. Light Squat: Rows, Leg Curls, Calves. Light Bench: Shoulders, Close Grips. Heavy Squat: Rows, Calves. Heavy Bench: Lying Extensions, Curls. Light Squat: Traps, Leg Curls, Calves. **Week 2:** Light Bench: Close Grips, Curls. Heavy Squat: Leg Curls, Traps, Calves. Heavy Bench: Lying Extensions, Curls. Light Squat: Rows, Leg Curls, Calves. Light Bench: Shoulders, Close Grips. Heavy Squats: Rows, Calves. **Week 3:** Heavy Bench: Lying Extensions, Curls. Light Squat: Rows, Leg Curls, Calves. Light Bench: Shoulders, Close Grips. Heavy Squat: Rows, Calves. Heavy Bench: Lying Extensions, Curls. Light Squat: Traps, Leg Curls, Calves.

Also, we both advocate the use of the product INOSINE. The product is phenomenal. We took it in the form of Twin Labs *Maximum Performance Endurance Formula*. Over the years, I have tried everything made to give me energy and I have never experienced a surge of power like I did from this product. I was astounded at the recuperative powers it gave me.

Message from the U.S.P.F. President

"We get a lot of letters from fellows who are appreciative of our policy of trying to keep the truth as the primary object of our publication." Peary Rader, "Readers' Round-up", IRON MAN, XLV, No. 5 (July 1986) p. 76.

Peary and Mabel Rader are two of the most upright people in our sport. I have never heard even a hint of impropriety touching on them personally, their publication of IRON MAN, or in their business dealings. It bothers me when I find people taking advantage of their friendship with the Raders to enlist them unwittingly in some scurrilous attack.

Once again, it is one of the Todds, this time Jan, who has within her report on the 1986 Women's Nationals, *Op. Cit.*, pp. 52-54, taken undue liberties with the truth, as she further embellishes an old theme, the immorality of the USPF leadership. We are not caviling because her review was at times critical, as, for example, when she referred to the meet as a "non-event". We are not concerned about factual errors that anybody could make, as, for example, when she confuses the Mormom Tabernacle and the Mormon Temple. We are concerned about calumny.

Mrs. Todd undertakes to explain how we came to have drug testing at this event. *"But what finally did what the yearly requests of the old U.S.P.F. Women's Committee, the creation of a separate drug-free federation and ethical considerations could not do, were two ultimatums from the I.P.F. These ultimatums finally forced the U.S.P.F. to implement a testing program. What apparently happened was that the I.P.F. first sent a message to the U.S.P.F. last summer telling the U.S.P.F. that they would have to institute drug testing if they wished to stay within the I.P.F. Then, this fall, the I.P.F. sent further word, following the U.S.P.F.'s loss of the team titles at both the Men's and Junior World Championships, that the U.S.P.F. would not be allowed to send any athletes to the world events unless those athletes had been drug tested at the appropriate national event. And so,...the U.S.P.F. tested..."*

First, neither our delegates to the I.P.F. World Congress nor I have any knowledge of either the summer or fall ultimatums. We are confident that they exist only in the imagination of the Todds. It is the first word we have had of the I.P.F.'s alleged twin threats to yank our membership and to deny the U.S. teams the opportunity to participate in any of the several World championships. Perhaps the Todds, who are building what purports to be the most complete strength library in this hemisphere, will be able to provide us with copies of these two documents. Not only would they edify, proof of their existence would give us the opportunity to apolgize publicly for ever having doubted.

Secondly, we had compulsory drug testing at the Women's Nationals in Austin, Texas, two years ago. The reason we had it there was the same reason we had it at Salk Lake City this year: Jan Todd asked that it be placed on the agenda of the National Committee meeting in July of the preceding year and the motion to test passed. Until 1985, the vote on testing was close, each side being able to marshal about twenty votes. Sometimes the pro-testing faction would win and at other times the anti-testing faction would eke out a close victory. In 1985, on Jan's motion, the pro-testing group amassed 22 votes, an increase, compared with previous years of one to three votes. The other side, however, perhaps because its chief lobbyist was indisposed, crumbled. For the first time the vote was not close.

Thirdly, Jan Todd's request to have drug testing placed on the agenda of the National Committee last year could have come no later than mid-June. It was probably in my hands prior to the June 10 deadline. The National Committee met July 5. That the U.S.P.F. had lost the team title at Helsinki was not known prior to December. Thus, even if the Todds have the two I.P.F. ultimatums suitably framed and hanging on the wall of their research library, because of the dates Jan Todd attributes to them, they could not have influenced our decision to test.

We must assume that the unsubstantiated charges by the Todds are part of their continuing effort to sully the image of powerlifting; that theirs is a personal vendetta against the sport; that the publication of their charges does not credit them with any reliability and the the publishers of IRON MAN do not, by the publication of the charges, endorse or affirm their veracity.

Dr. Conrad Cotter, USPF, Box 18485, Pensacola, FL 32523

PROPOSED AMENDMENTS TO THE U.S.P.F. BY-LAWS

1. Article II of the By-Laws to be amended by adding the following: Section 2.1 (v) *police officer and fire fighter*. Police Officer and fire fighter members are those individuals employed full-time as either a police officer or a fire fighter. (By Jimmy L. Stewart).

2. Amend Article II of the By-Laws by adding the following: Section 2.1 (vi) *associate*. Associate members are those who do not wish to compete in power meets but who may be willing to contribute some funds toward travel, etc. (By Mike Lambert)

3. Amend Section 14.4 to read as follows: Section 14.4 *Indemnification*. (1) The Federation shall indemnify any person who was or is a party, or is threatened to be made a party to any threatened, pending or completed action, suit or proceeding, whether civil, criminal, administrative or investigative (other than an action by or in the right of the Federation) by reason of the fact that he or she is or was a director, officer, employee or agent of the Federation, or who is or was serving at the request of the Federation as a director, officer, employee or agent of another corporation, partnership, joint venture, trust or other enterprise, against expenses (including attorney's fees), judgments, fines and amounts paid in settlement actually and resonably incurred by the individual in connection with such action, suit or proceeding, if he or she acted in good faith and in a manner he or she reasonably believed to be in, or not opposed to the best interest of the Federation and, with respect to any criminal action or proceeding, had no reasonable cause to believe his or her conduct was unlawful. The termination of any action, suit or proceeding by judgment, order, settlement, conviction, or upon a plea of *nolo contendre* or its equivalent, shall not, of itself create a presumption that the person did not act in good faith and in a manner which he or she reasonably believed in or not opposed to the best interests of the Federation, and, with respect to any criminal action or proceeding, had reasonable cause to believe that his or her conduct was lawful.

(2) The Federation shall indemnify any person who was or is a party, or is threatened to be made a party to any threatened, pending or completed action or suit by or in the right of the Federation to procure a judgment in its favor by reason of the fact that he or she is or was a director, officer, employee or agent of the Federation, or is or was serving at the request of the Federation as a director, officer, employee or agent of another corporation, partnership, joint venture, trust or other enterprise, against expenses (including attorney's fees) actually and reasonably incurred by the individual in connection with the defense or settlement of such action or suit, if he or she acted in good faith and in a manner he or she reasonably believed to be in, or not opposed to the best interests of the Federation, and except that no indemnification shall be made in respect of claim, issue or matter as to which such person shall have been adjudged to be liable for negligence or misconduct in the performance of his or her duty to the Federation, unless, and only to the extent that the court in which such action or suit was brought shall determine upon application that, despite the adjudication of liability, but in view of all the circumstances of the case, such a person is fairly and resonably entitled to indemnity for such expenses as the court shall deem proper.

(3) To the extent that a director, officer, employee or agent of the Federation has been successful, on the merits or otherwise, in the defense of any action, suit or proceeding referred to in paragraphs (1) and (2), or in defense of any claim, issue or matter therein, he or she shall be indemnified against expenses (including attorney's fees) actually and reasonably incurred by the individual in connection therewith.

(4) Any indemnification under paragraphs (1) and (2) (unless ordered by a court) shall be made by the Federation only as authorized in the specific case, upon a determination that indemnification of the director, officer, employee or agent is proper in the circumstances because he or she has meet the applicable standard of conduct set forth in paragraph (1) or (2). Such determination shall be made a) by the Executive Committee by a majority vote of a quorum consisting of members who are not parties to such action, suit or proceeding, or b) if such a quorum is not obtainable, or, even if obtainable, a quorum of disinterested directors so directs, by independent legal counsel in a written opinion, or c) by the National Committee.

(5) Expenses incurred in defending a civil or criminal action, suit or proceeding may be paid by the Federation in advance of the final disposition of such action, suit or proceeding, as authorized by the Executive Committee in the specific case, upon receipt of an undertaking by or on behalf of the director, officer, employee or agent to repay such amount, unless it shall ultimately be determined that he or she is entitled to be indemnified by the Federation as authorized in this By-Law.

(6) The indemnification provided by this By-Law shall not be deemed exclusive of any other rights to which those seeking indemnification may be entitled under any By-law, agreement, vote of the members or disinterested directors, or otherwise, both as to action in his or her official capacity and as to action in another capacity while holding such office, and shall continue as to a person who has ceased to be a director, officer, employee or agent, and shall inure to the benefit of the heirs, executors and administrators of such person.

(7) The Federation shall purchase and maintain insurance on behalf of any person who is or was a director, officer, employee or agent of the Federation or who is or was serving at the request of the Federation as a director, officer, employee or agent of another corporation, partnership, joint venture, trust or other enterprise against any liability asserted against the individual and incurred by the individual in any such capacity or arising out of his or her status as such, whether or not the Federation would have the power to indemnify the individual against such liability under the provisions of this By-Law. (By Dick Herrick)

4. To repeal Section 12.6 (A). (By Steve Sulzer)

5. To amend Section 4.7 of the By-Laws by deleting "Referee's Committee" and "Technical Committee". (By John Pettitt)

6. To amend Section 14.4 (1), line 6 to read "...including attorney's fees approved in advance by the National Committee or the Executive Committee,..." (By George Zangas)

7. Amend Section 14.6 by adding: (3) the other provisions of this section notwithstanding, these articles may be amended at any meeting of the Executive Committee by a two-thirds vote of the members present, provided that any such amendment is deemed by the Executive Committee to be necessary to meet the requirements of the United States Olympic Committee. (By Conrad Cotter)

New Washington State U.S.P.F. Chairman....Roger Kuebler, 11724 23rd Dr. S.E., Everett, WA 98204, 206-337-1455.

Official Candidates for the position of U.S.P.F. President are Nate Foster and Conrad Cotter. Official Candidate for the position of U.S.P.F. Treasurer is Nate Foster. Declarations of candidacy were made prior to January 31st.

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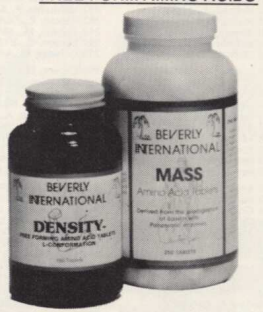
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L-Phenylalanine	125 mg
Smilax Officianalis	100 mg
Beta Sisterol (Phystosterol)	40 mg

Arginine-Ornithine growth hormone releasors stimulate muscle growth and burn body fat. Phenylalanine growth hormone factor releasors and pain suppressant for harder workouts. Smilax Officianalis, an herbal testosterone, to raise testosterone levels. Beta Sisterol, a natural steroid, important to muscle development.

FREE FORM AMINO ACIDS





STAMINA $38/250 tabs

L-Arginine	500 mg	Potassium Aspartate	125 mg
L-Ornithine	250 mg	Magnesium Aspartate	125 mg
DL-Phenylalanine	200 mg		

Arginine-Ornithine growth hormone releasors stimulate muscle growth and burn body fat. Phenylalanine growth hormone factor releasors and pain suppressant for harder workouts. Aspartates expediates reduction of uric acid to workout longer before fatigue sets in.

DENSITY $36/150 tabs

L-Isoleucine	500 mg	L-Phenylalanine	500 mg
L-Leucine	500 mg	L-Threonine	500 mg
L-Lysine	500 mg	L-Tryptophan	500 mg
L-Methionine	500 mg	L-Valine	500 mg

Free form amino acids L-conformation of highest quality. Key to rebuilding of muscle tissue torn down during today's intense training sessions. Also gives you that ripped look.

GROWTH $17.50/120 tabs - $32/250 tabs

L-Arginine	500 mg	L-Ornithine	250 mg

Growth Hormone Releasors to stimulate muscle growth and burn body fat.

MASS $23/250 tabs - $39/500 tabs

L-Alanine	38.6 mg	L-Leucine	116.0 mg
L-Arginine	44.0 mg	L-Lysine	168 mg
L-Aspartic	84.0 mg	L-Methionine	36.0 mg
L-Cystine	10.6 mg	L-Phenylalanine	25.3 mg
L-Glutamic	260.1 mg	L-Proline	124.9 mg
L-Glycine	24.0 mg	L-Serine	60.0 mg
L-Histidine	33.3 mg	L-Threonine	46.6 mg
L-Isoleucine	6.8 mg	L-Tryptophan	14.6 mg

ULTRA-GROWTH $40/250 tabs

L-Arginine	500 mg	L-Tryptophan	125 mg
L-Ornithine	250 mg	L-Lysine	125 mg

Arginine and Ornithine growth hormone releasors stimulate muscle growth and burn body fat. Tryptophan stimulates release of growth hormones and makes the Arginine and Ornithine combination more effective. Lysine increases effectiveness of entire gland system.

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POWERLIFTING USA MAGAZINE TOP 100

132 lb./60 kg. — for USA lifters competing May 1985 to April 1986

	SQUAT	BENCH	DEADLIFT	TOTAL
1	551 Lawson, C...2/12/86	358 Covington, A...6/1/85	650 Gant, L...12/14/85	1460 Gant, L...12/14/85
2	523 Handsor, C...7/6/85	347 Kea, R...7/6/85	599 Carr, J...4/19/86	1438 Handsor, C...7/6/85
3	525 Pell, R...2/22/86	341 Handsor, C...11/7/85	578 Lawson, C...7/6/85	1416 Lawson, C...2/12/86
4	515 Wolford, B...12/14/85	335 Lawrence, J...12/7/85	567 Handsor, C...7/6/85	1355 Kea, R...7/6/85
5	510 Gant, L...12/14/85	330 Detore, P...4/19/85	550 Steinshouer, R...3/1/86	1339 Covington, A...7/20/85
6	501 Wong, B...5/19/85	325 Curtin, M...12/16/85	534 Caputo, R...7/6/85	1300 Alford, S...2/8/86
7	501 Kea, R...7/6/85	325 Conners,...1/31/86	529 Covington, A...6/1/86	1300 Curtin, M...2/12/86
8	500 Alford, S...1/18/86	325 Couch, R...2/1/86	525 Morishige, M...2/15/86	1284 Caputo, R...7/6/85
9	496 Edmonson, D...3/1/86	320 Polvic, S...9/8/85	523 Ingram, M...6/1/85	1278 Carr, J...4/19/86
10	479 Alford, B...7/6/85	319 Walker, J...2/1/86	507 Kea, R...7/6/85	1273 Ingram, M...6/1/85
11	479 Curtin, M...2/12/86	315 Young, A...4/19/86	507 Weinstein, L...7/20/85	1262 Alford, B...7/6/85
12	475 Westbrook, K...6/29/85	314 Alford, B...7/6/85	507 Taylor, T...11/17/85	1260 Morishige, M...2/15/86
13	470 Le, P...4/86	310 Polke, S...7/13/85	501 Sylvia, J...6/1/85	1250 Jeter, R...7/20/85
14	462 Ingram, M...6/1/85	310 Shillinglaw, T...11/9/85	500 Williams,...5/14/85	1246 Wong, B...5/19/85
15	462 Sylvia, J...6/1/85	310 Drago, J...3/16/86	500 Holland, T...11/3/85	1234 Sylvia, J...6/1/85
16	462 Lewis, D...6/1/85	305 Jeter, R...7/20/85	496 Lusk, J...11/23/85	1230 Pell, R...2/22/86
17	462 Covington, A...7/20/85	305 Alford, S...2/8/86	496 Curtin, M...2/12/86	1225 Steinshouer, R...3/1/86
18	462 Kimura, M...10/26/85	305 Brown, M...3/22/86	496 Pickle, D...3/86	1221 Wolford, B...12/14/85
19	457 Segal, S...4/12/86	303 Kimura, M...10/20/85	495 Jeter, R...7/20/85	1218 Kimura, M...10/20/85
20	457 Devor, D...6/28/85	303 Pagan, J...10/20/85	490 Westbrook, K...6/29/85	1212 Edmonson, D...3/1/86
21	457 Caputo, R...7/6/85	303 Kanamoto, R...4/19/86	490 Benoit, B...2/1/86	1210 Holland, T...11/3/85
22	451 Olson, B...7/20/85	300 Gant, L...12/14/85	485 Padget, S...11/23/85	1195 Lewis, D...6/1/85
23	451 Payne, W...4/12/86	300 Franklin, F...2/22/86	485 Payne, W...4/12/86	1190 Williams,...5/14/85
24	450 Williams,...5/14/85	300 Johnson, B...3/15/86	480 Alford, S...1/18/86	1185 Westbrook, K...6/29/85
25	450 Jeter, R...7/20/85	300 Capillupo, M...3/22/86	480 Pell, R...2/22/86	1184 Lusk, J...11/23/85
26	450 Holland, T...11/3/85	292 Manicchia, P...6/28/85	479 Johnson, W...3/1/86	1179 Taylor, T...11/17/85
27	450 Morishige, M...2/15/86	292 Caputo, R...7/6/85	475 Kaufman, B...11/23/85	1175 Le, P...4/86
28	450 Bowers, K...2/15/86	292 Thomas, M...10/19/85	475 McCarty, T...11/23/85	1168 Payne, W...4/12/86
29	450 Steinshouer, R...3/1/86	292 Lawson, C...2/12/86	475 Lalande, L...3/1/86	1165 Houle, R...3/15/86
30	440 Wolford, T...8/17/85	292 Ochsner, M...4/12/86	475 Houle, R...3/15/86	1162 Weinstein, L...7/20/85
31	440 Mason, M...11/23/85	290 Capece, D...10/6/85	473 Edmonson, D...5/19/85	1162 Morgan, J...3/1/86
32	440 Morgan, J...3/1/86	290 Robertson, K...2/22/86	473 Karlberg,...2/12/86	1162 Segal, S...4/12/86
33	440 Lalande, L...3/1/86	288 Morales, J...5/14/85	470 Rose, M...5/18/85	1160 Landry,...5/14/85
34	440 Guzman, P...4/86	286 Ingram, M...6/1/85	470 Thomas, B...3/1/86	1160 Capillupo, M...3/22/86
35	435 Landry,...5/14/85	286 Prendimano, A...11/17/85	468 Wong, B...5/19/85	1157 Deyor, M...11/9/85
36	435 Kunjara, P...2/22/86	286 Yoon, S...11/23/85	468 Alford, B...7/6/85	1150 Kaufman, B...11/23/85
37	430 Kaufman, B...11/23/85	285 Hodges, T...6/1/85	463 Segal, S...4/12/86	1150 Padget, S...11/23/85
38	430 Pullum,...2/14/86	285 Kestler, A...10/12/85	463 Kerr, L...4/12/86	1146 Manicchia, P...3/1/86
39	429 Steenrod, V...6/1/85	285 Allen, R...11/9/85	462 Liggett, M...11/9/85	1140 Olson, B...7/20/85
40	429 Lusk, J...11/23/85	285 Fronzaglia, D...12/7/85	462 Blevins, B...2/22/86	1140 Wolford, T...8/17/85
41	429 Boyer, M...12/7/85	285 Dixon, J...1/12/86	457 Yi, M...3/22/86	1140 Pullum,...2/14/86
42	429 Manicchia, P...3/1/86	285 Lynch, T...1/25/86	455 Olson, B...5/4/85	1135 Boyer, M...12/7/85
43	426 Griffith, P...3/9/86	285 Morishige, M...2/15/86	455 Freecorn, M...7/20/85	1135 Larue, J...3/22/86
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45	425 Smith,...5/14/85	285 Mukite, J...4/13/86	455 Doss, M...3/8/86	1130 McCarty, T...11/23/85
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50	424 Stelmach, M...3/1/86	280 McCarty, T...5/4/85	451 Schroeder, J...1/17/85	1125 Smith,...5/14/85
51	424 Carr, J...4/19/86	280 Neale, J...6/30/85	450 Landry,...5/14/85	1120 Dorn, F...3/1/86
52	420 Hodges, T...2/1/86	280 Gonzalez, P...2/1/86	450 Gregg, K...6/15/85	1120 Doss, M...3/8/86
53	420 Dorn, F...3/1/86	275 Landry,...5/14/85	450 Frantz, D...6/30/85	1118 Pagan, J...10/20/85
54	420 Houle, R...3/15/86	275 Smith,...5/14/85	450 Fronzaglia, D...12/7/85	1118 Walker, J...2/1/86
55	420 Karakashevich, J...4/86	275 Wong, B...5/19/85	450 Lumpkins,...1/23/86	1115 Glenn, D...10/19/85
56	418 Lewis, J...8/10/85	275 Holland, T...6/1/85	450 Beck, E...2/1/86	1115 Pullman,...1/23/86
57	418 Delgallo,...11/24/85	275 Kang, Y...6/2/85	450 Dorn, F...3/1/86	1107 Steenrod, V...6/1/85
58	418 Baber,...12/14/85	275 Henson, D...6/8/85	450 Capillupo, M...3/22/86	1107 Smith, T...8/17/85
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61	415 Frantz, D...6/30/85	275 Glenn, D...10/19/85	446 Morgan, J...3/1/86	1102 Karlberg,...2/12/86
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63	415 Glenn, D...10/19/85	275 Smith, W...2/6/86	440 Bright, B...5/4/85	1102 Kanamoto, R...4/19/86
64	415 Pullman,...1/23/86	275 Steinshouer, R...3/1/86	440 Hynson, G...5/4/85	1100 Averbach, J...6/85
65	415 Doss, M...3/8/86	275 Edmonson, D...3/1/86	440 Smith, C...5/11/85	1100 Conners,...1/31/86
66	415 Larue, J...3/20/86	275 Morgan, J...3/1/86	440 Trujillo, P...5/11/85	1096 Larson, M...10/12/85
67	413 Smith, T...8/17/85	275 Naughton, M...3/1/86	440 Lewis, D...6/1/85	1095 Hodges, T...2/1/86
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71	410 Beck, E...2/1/86	275 Torres, A...4/19/86	440 Smith, T...8/17/85	1085 Scisney, K...3/29/86
72	410 Capillupo, M...3/22/86	275 Le, P...4/86	440 Burgess, L...10/19/85	1085 Torres, A...4/19/86
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83	402 Jones, M...10/5/85	270 Houle, R...3/15/86	435 Self, D...11/16/85	1070 Bell, J...3/22/86
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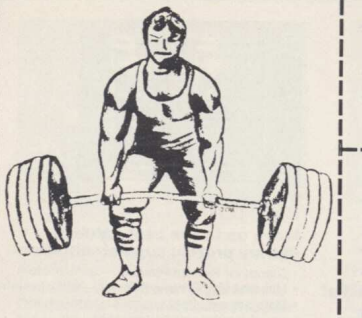
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Kelly Jumper	255	Brian Marshall	380
Gary Hoenig	255	Jon Myers	370
R.Brothess	255	Andrew Brough	365
S.Shanebrook	245	Randy Olinger	350
Rod Kuhns	225	Chet Sell	285
165		Larry Johnson	285
Tom Locke	350	Bill Thorpe	275
Wes Lippy	345	242	
Joe Carbone	345	Dennis Brillhart	410
Keith Kohler	320	Pat Brady	400
Ken Hill	315	Shawn Casson	385
Tagg Shiley	310	Chris Gebhart	325
Bryan McCreary	275	John Schmidt	290
Jim Leregian	265	Carl Wike	290
Terry Bream	260	275	
Greg Lawrence	260	Marv Kehr	505
Kevin Bowers	190	Steve Wiley	410
John Pope	235	Ted Walke	405
181		Chris Hartsock	375
D. Rosenzweig	410	Dan Thomasco	340
Arnold Leisher	385	Keith Lightner	325
Tom Grebs	360	SHW	
Tim Singleton	350	Rich Hankey	515
Frank Pizzuto	350	Bob Miller	400

The Meet director was Dennis Brillhart and Mason-Dixon Sports co-sponsored the contest with the Hanover YMCA. 82 lifters attended the contest and about 300 spectators viewed the meet which took 3½ hrs to complete. The Mason-Dixon Sports team was the team winner and outstanding lifter of the contest was Marv Kehr in the 275 lb class with a lift of 505 lbs at a bodywt of 244 lbs. Marv represents Mason-Dixon sports. (Thanks to Robert C. Miller for results)

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Ohio State Championships
9 Feb 86 - Ravenna, OH

	SQ	BP	DL	Total
Sr. Division				
123				
Brett Phillabaum	330	190	370	890
132				
Robert Krause	400	250	425	1075
148				
Jim Finch	570	305	570	1445
Ronald Marosan	510	305	495	1310
Kevin Hillman	460	300	475	1235
Jon Davis	415	250	415	1080
Steve Paciorek	385	275	405	1065
Mike Digangi	350	220	450	1020
165				
Robert Wahl	620	320	640	1580
William Baird	550	335	545	1430
Mike Easton	530	305	565	1400
Mick Chaffee	490	340	570	1400
Nick Carono	460	240	480	1180
181				
John Parrillo	625	390	630	1645
Wayne Fair	640	340	650	1630
Steve Nervo	615	415	575	1605
Norm Cairl	550	390	615	1555
Steve Snyder	620	355	575	1550
Jeff Perkins	560	330	570	1460
198				
Robert Williams	655	435	665	1755
Ron Warner	675	375	660	1710
Tim DiPietro	625	400	625	1650
Paul Yupa	555	365	575	1495
Ramon Cruz	540	290	600	1430
Michael Miller	—	—	—	—
Mark Sacy	—	—	—	—
220				
Vince Anello	600	475	740	1815
Edgar Bright	650	365	705	1720
Danny Blatnik	—	—	—	—
David Kenne	—	—	—	—
Reno Contipelli	—	—	—	—
242				
John Florio	780	480	705	1965
Steve Kovacs	590	340	585	1515
272				
Keith Spartano	740	440	550	1730
David Kavulick	585	465	600	1650
Les Cheney	615	415	575	1605
Super Sr.				
Matt Dimel	820	535	750	2105
D. Schweinfurth	680	435	705	1820
Terry Wallick	660	425	625	1710
Steve Lindway	715	330	600	1645
Jr. Division				
123				
Brett Phillabaum	330	190	370	890
Brian Miller	245	100	250	595
148				
Ronald Marosan	510	305	495	1310
Kevin Hillman	460	300	475	1235
Pete Sengos	440	265	490	1195
Michael Bradley	420	290	440	1120
Steve Paciorek	385	275	405	1065
Mike Digangi	350	220	450	1020
165				
John Brunner	475	335	505	1315
Jon Young	450	340	480	1270
Ben Reed	455	290	500	1245
Nick Carono	460	240	480	1180
Brad Cailor	395	270	515	1180
John Migliozzi	360	265	400	1025
181				
Norm Cairl	550	390	615	1555
Brian Billman	560	355	560	1475
Jeff Perkins	560	330	570	1460
Dick Engle	460	310	535	1305
Joe Bartone	405	310	435	1150
Louis Trinkus	360	305	450	1115
198				
Ron Warner	675	375	660	1710
Norm Kirkendall	535	365	625	1525
Paul Yupa	555	365	575	1495
Mike Jarrett	570	350	560	1480
Eric Hall	510	385	585	1480
Joey Justice	550	390	535	1475
Chuck Paros	540	350	560	1450
Ramon Cruz	540	390	600	1430
Tom Madar	500	325	550	1375
Drew Huff	440	390	540	1370
Alan Henderson	450	295	500	1245
Mark Sacy	—	—	—	—
220				
Edgar Bright	650	365	705	1720
Antoine Davis	625	405	640	1670
Tom Waddle	600	350	640	1590
David Butler	560	360	635	1555
Duke Ramnytz	550	325	615	1490
Kirk Bardos	500	360	600	1460
Chuck LaMantia	470	360	540	1370
242				
Steve Kovacs	590	340	585	1515
275				
David Kavulick	585	465	600	1650
Les Cheney	615	415	575	1605
Super				
D. Schweinfurth	680	435	705	1820
Carl Barber	575	460	610	1645
Gale Baker	595	300	400	1295
Over 40 Master				
Ernie Fleischer	450	300	490	1240
Terry Wallick	660	425	625	1710
Les Cheney	615	415	575	1605
Thom Tittle	520	340	540	1400
Gale Baker	595	300	400	1295
Bill Thompson	500	340	—	—
Over 50 Master				
Charles Lee	285	275	410	970
Chuck North	510	285	580	1375
Frank Safran	475	340	450	1265
Robert North	405	240	405	1050

Outstanding Senior lifters: Jim Finch and John Florio. Senior Team champions: Bodybuilders Inc. Outstanding Teenage: Pete Sengos. Outstanding Junior lifters: Norm Cairl and Ron Warner. Junior Team champions: Bodybuilders Inc.

The 1986 Ohio State Jr., Sr. and Master Powerlifting Championship was another highly successful undertaking by the Kent State Weight Club. This was the fourth consecutive year kent State has hosted the contest. Lifting began at 10:00 with 78 lifters and trophies were handed out by 5:30. Once again Bill Stiff of Michigan brought his Hastings squat racks and equipment which saves at least an hour of squatting time.

Lifting was highlighted by Senior division lifters Jim Finch's total of 1445 at 148 lbs. with near misses at 600 lbs. in the squat and deadlift and John Florio's performance at 242 lbs. of 1965 lbs. as well as Matt Dimmel's 2105 at Super. In the Junior division, Norm Cairl's 1555 at 181 and Ron Warner's 1710 at 198 highlighted the lifting. Team Champions in both divisions were Bodybuilders Inc. of Akron. Chuck North in the Master division pulled a world record exceeding 580.

Many positive comments were received comparing the contest to many national contests the lifters had competed in. Excellent officiating was provided by international officials. Dave Jeffrey and Vince White and national judges Dave Sheffield and Mark Schmidt and local judges Dave Karam, Jim Harris, Stuart Thompson and Loretta LaMantia. Thanks to M.C. Russ Iona and expeditors Dawn Davis, Sue Cramer, Kim Moss, Toni Knight and a special thanks to Jennifer Beasley for all her extra help. (Thanks to Todd Monroe for results.)

Wisconsin State Meet
5 Apr 86 - Eau Claire, WI

	SQ	BP	DL	Total
Womens				
Lori Verhagen	277	257*	302	836
Lorri Tommerup	275	145	312	729
Cathy Muenich	240*	115	230	585
Masters				
Jan Goulet(40)	572*	422*	567*	1561*
Brian Briggs(43)	477	272	487	1236
Open				
132				
John Ross	292	205	325	822
148				
Robert Triphahn	542	307	517	1366
Jim Hebbe	472	292	522	1286
Galen Killam	277	267	—	—
165				
Dave Brehm	537	377	557	1471
John Boysen	497	302	562	1361
Tim Kinney	482	287	492	1261
Dan Cramer	452	272	432	1156
181				
Scott Johnson	632	372	667	1671
Bill Becker	607	372	622	1601
D. Constantineau	542	362	577	1481
Bruce Larson	567	327	532	1426
Steve Korff	562	357	502	1421
198				
Randy Ledvina	527	462*	537	1526
Pat Lavelle	582	347	547	1476
David Castiglia	512	342	547	1401
Hugh Perone	552	317	507	1376
Bryan Forest	562	317	492	1371
Rich House	472	287	502	1261
George Villarreal	472	312	472	1256
220				
Ray Moran	702	472	702	1876*
Jim Adamski	712	482	602	1796
John Alder	642	382	602	1626
Dave Verbracken	592	417	572	1581
Paul Belke	462	297	317	1076
242				
Dan Sperger	722	457	692	1871
Jim Verhagen	672	482	647	1801
Randy Dunbrury	582	407	592	1581
John Goulet	572	422	567	1561
Mark Konczel	532	327	562	1421
275				
John Brick	807*	457	502	1766
Andy learn	552	417	492	1461
Super Heavy				
Steve Hall	682	517	647	1846
R. Sadowski	602	302	607	1511

*-State record. (Do not know about Brian Briggs records.) Best lifter lightweight- Scott Johnson. Best lifter heavyweight- Ray Moran. I would like to thank West Wis. Distributing for sponsoring the awards. I would also like to thank all of the spotters and loaders, and all of the other people from the YMCA Weight Training Center. Without your help this meet would not have been possible. Thank you, Meet Director: John Brick.

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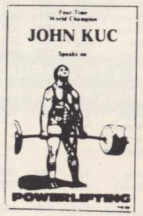
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ADFPA North Americans
5,6 April 86 - Wilkes-Barre, PA

	SQ	BP	DL	Total
OPEN Division				
114 lbs.				
Joe Catalfamo	285	245$	350	880
Todd Paules	230	145	280	655
Karen Johnson	210	85	270	565
Jose Ramos	165	150	235	550
Jason Rosetta	150	145	215	510
123 lbs.				
Rich Manges	295	220	335	850
Ken VanDoren	265	180	370	815
132 lbs.				
Bob Civis	350	250	415	1015
Tim Murray	360	220	380	960
Fred Glass	340	160	435	935
P. Verrastro	325	225	360	910
Chuck Miceli	270	200	350	820
Chris Antonucci	250	145	320	715
Kurk Sokolski	230	170	305	705
Susan Horton	250	125	250	625
148 lbs.				
Gerald Raccio	445	330$	535	1310$
Lloyd Weinstein	445	290	525	1270
T. V. Smith	470	270	480	1220
John Audia	375	330$	500	1205
Paul Romanko	390	260	470	1120
L. Verrastro	345	300	420	1065
Carlos Marques	400	270	380	1050
Greg Ruth	380	240	350	1005
Russ Harvey	325	255	425	1005
165 lbs.				
Leonard Murray	550	340	620	1510
Jon Donmeyer	500	335	575	1410
Steve Earle	505	320	540	1365
Bill Clayton	470	320	510	1300
Joe Masher	400	315	490	1240
Todd Wendling	390	300	435	1125
Ron Falcone	370	320	415	1105
181 lbs.				
John Kicinski	580	380	540	1500
Dave Wilson	500	375	535	1410
Mike Tiano	535	310	530	1375
Bernie Kristoff	485	310	560	1355
Marc Liciardello	530	285	535	1350
Brian Callahan	500	310	505	1315
Terry Groman	475	280	550	1305
Joe Cabrera	440	350	480	1270
Leo Devito	425	355	450	1230
Dave Banik	420	260	545	1225
Dan Pfeffer	440	295	480	1215
Gary Verhovsek	400	300	445	1145
198 lbs.				
Mark Girton	660	430$	620	1710$
George Bornn	625	380	550	1555
Mark Kachmarsky	545	395	600	1540
Joe Valchine	545	325	555	1425
Marv Weaver	470	340	510	1320
Nick Cemprola	405	260	500	1165
Jim Goodell	365	290	440	1095
V. Maldfeld	350	250	400	1000
220 lbs.				
Glen Wilkins	600	425	600	1625
Tony Lusardi	545	420	610	1575
Paul Dick	530	370	620	1520
Roy Marshall	550	330	630	1510
Tony Powell	320	255	450	1025
242 lbs.				
Kirk Karwoski	780$	410	620	1810
Tom Schott	660	370	570	1600
Joe Polvinale	600	290	630	1520
Charles Lategano	560	355	600	1515
Ross Sherman	525	350	525	1400
Brian Lachell	490	280	460	1230
275 lbs.				
Eric Arnold	845$	510$	700$	2055$
Ray Foreman	705	390	650	1745
Chuck Wagner	640	440	625	1705
John Carroll	650	440	600	1690
Craig Carvin	650	355	670	1675
Tom Giordani	600	420	630	1650
Pete Gisondi	575	400	630	1650
Dave Tolve	480	375	640	1495
C.J. Batten	530	390	555	1475
Bill Miller	590	370	510	1470
B.J. Rozzi	365	325	520	1210
Ralph Galvin	155	550*!**	155	860
Super Heavy Wt.				
Mike Hall	905*!**	600*!**	745*!**	2250$
Vic Kennedy	770	445	585	1800
Sergio McCook	600	415	550	1565
Oscar Jensen	500	375	550	1425
CLASS I Division				
114 lbs.				
Todd Paules	230	145	280	655
Karen Johnson	210	85	270	565
Jose Ramos	165	150	235	550
Jason Rosetta	150	145	215	510
123 lbs.				
Ken VanDoren	265	180	370	815
132 lbs.				
P. Verrastro	325	225	360	910
Chris Antonucci	250	145	320	715
Kurt Sokolski	230	170	305	705
Susan Horton	250	125	250	625
148 lbs.				
Paul Romanko	390	260	470	1120
L. Verrastro	345	300	420	1065
Carlos Marques	400	270	380	1050
Greg Ruth	380	240	350	1005
Mike Battaglia	330	200	470	1000
Harp Heffernan	375	230	355	960
Larry Patrisso	350	185	400	935
Kyle Brew	275	155	300	730
165 lbs.				
Dave Peters	435	225	550	1210
Mark Godfrey	380	270	480	1130
Pete Litterio	405	260	460	1125
Dan Fields	325	275	425	1025
Herman Elsasser	280	220	410	910
181 lbs.				
Andrew Semple	410	335	500	1245
Walt Bird	465	245	490	1200
Greg Grammes	400	240	500	1140
Ed Fellin	335	260	485	1080
198 lbs.				
Jim DeRogatis	420	340	525	1285
John Znaczko	450	270	520	1240
Carmen Forte	420	315	465	1200
John Sigler	430	280	480	1190
Dave Glass	420	265	505	1190
John Dunham	375	285	440	1100
Dave Earle	400	250	440	1090
Bob Tomasetti	315	250	440	1005
V. Maldfeld	350	250	400	1000
220 lbs.				
Louis Lombardo	545	305	515	1365
Paul Kraucheunas	400	385	475	1260
Bob VanCleve	460	320	475	1255
John Petrini	505	280	460	1245
Steve McQuay	470	275	490	1235
Rich Snyder	415	250	545	1210
Tony Noce	380	270	505	1155
242 lbs.				
Terry Tulip	550	300	540	1390
Mark Jackson	490	330	550	1370
Jim Cleveland	450	380	535	1365
Brian Lachell	490	280	460	1230
Mike Geiger	400	265	400	1065
275 lbs.				
Chuck Wagner	640	440	625	1705
Dave Tolve	480	375	640	1495
Ed Bobnar	535	345	500	1380
B.J. Rozzi	365	325	520	1210
Charles Romano	455	270	450	1175
Super Heavy Wt.				
Terry McFadden	400	295	450	1145
Women's Light Weight				
Barb Falconio	250	125	325	700
Sue Horton	250	125	250	625
Karen Johnson	210	85	270	565
Bobbie Beebe	185	110	210	505
Women's Heavy Weight				
Jeannie Marques	400*	175	390	965
Cathy Spellman	305	180	335	820
Alyssa Bickler	205	125	305	635
Teenage Light Weight				
George Athias	480	250	515	1245
Andrew Semple	410	335	500	1245
Randy Earle	425	260	425	1110
Mike Bonner	420	250	400	1100
Todd Paules	230	145	280	655
Kurt Sokolski	230	170	305	705
Chuck Miceli	270	200	350	820
Toby Dick	350	205	350	905
Jose Ramos	165	150	235	550
Susan Horton	250	125	250	625
John Korbul	275	200	335	810
Jason Rosetta	150	145	215	510
Teenage Heavy Weight				
Kirk Karwoski	780$	410$	620$	1810$
Hick Cemprola	405	260	500	1165
Jim Goch	400	215	415	1030
Seve Goch	425	205	425	1055
Masters Light Weights				
Joe Pyra	520!	305	570	1375!
Fred Glass	340!	160!	425!	935!
Jack Stevens	425	255	490	1170
Richard Vinenski	365	245	425	1035
Dave Malkin	350	215	380	945
Masters Heavy Weight				
Joe Polvinale	600	290	630	1520
C.J. Batten	530	390	555	1475
Oscar Jensen	500	375	550	1425
Sal Verdolino	470!	310!	500!	1280!
Frank Stapleton	400!	340!	475!	1215!
Vaughn Maldfeld	350	250	400	1000

* - American Record, ! - Masters Record, $ - Teenage Record, ** - Meet Record.

The ADFPA 1986 North American Championships were held at Hanover Area High School in Wilke-Barre, Pennsylvania. This year's competition was limited to 80 lifters per day with Open, Below Class I, Women, Teenage and Masters. The competition featured some outstanding lifting with numerous records set.

In the Women's Light Weight Division, 47 year old Barb Falconio was the star of the show. Not only did Barb set Master Records in all three lifts, she also won the division. In 2nd place with a 625 lb. total was Sue Horton, followed by Karen Johnson and Bobbie Beebe.

The Women's Heavy Weight Class featured a fine battle between Jeannie Marques and Cathy Spellman. Marques squatted a new American Record 401 lbs., benched 175 and deadlifted 390, for a fine 965 lb. total and the win. Spellman did 305-180-335 for a total of 820 for second place. Alyssa Bickler is her first contest finished third.



FIRST A.D.F.P.A 600 BENCH!...by Mike Hall at the NorthAms. Pyra photo

In the light weight Teenage Division there were 12 competitors. The first place winner was George Athias from Paris, France, attending school in the United States. Athias totaled 1245 and edged Andrew Semple on bodyweight. Randy Earle, Mike Bonner and Todd Paules were 3rd, 4th, and 5th respectively.

Kirk Karwoski of Gambrills, Maryland dominated the Teenage Heavyweight Division and the 242 lb. Open Division. Kirk made 780-410-620, for a final total of 1810, all Teenage American Records. Nick Cemprola was 2nd and Hanover Area High School athletes Jim and Steve Goch were 3rd and 4th.

The Light Weight Masters had 5 competitors and a number of new records. Joe Pyra of Budd Lake, New Jersey was the overall winner with a 1395 total and a new American Master Squat Record with 520 lbs. In 2nd place was Fred Glass who set records in all three lifts. Jack Stevens of Wilkes-Barre was 3rd with Rich Vinenski in 4th and Dave Malkin in 5th.

There were 7 competitors in the Masters Heavy Weight Division. Joe Polvinale was the overall winner with a 1520 total. Joe also set Squat, Deadlift, and Total Records. C.J. Batten was 2nd with a 1475 lb. total. In 3rd, 4th, and 5th places were Oscar Jensen, Sal Verdolino and Frank Stapleton. Verdolino and Stapleton each established new records in all three lifts.

At 114 Joe Catalfamo wanted a qualifying total for the Nationals. He took only one squat and one deadlift, but did take a shot at the American Record in the Bench Press. It didn't go at this time, but should be obtainable in the near future. Joe was gracious enough not to accept his first place trophy and had it awarded to the 2nd place finisher, Todd Paules. Karen Johnson and Jose Ramos and Jason Rosetta were 2nd, 3rd, and 4th.

At 123 Rich Manges totaled 850 and edged out Ken VanDoren.

The 132 lb. class had 10 entrants with 8 totaling. Bob Civis took 1st place, with a 1015 total. Tim Murray was 2nd and had a class high 360 lb. squat. Civis had the highest bench at 250 and 49 year old Fred Glass had the highest deadlift at 435. Pasquale Verrastro was 4th with a 910 lb. total. Verrastro was the winner of the below Class I division.

The 148 lb. Class featured a good battle with the outcome undecided until the final deadlift. Gerald Raccio totaled 1310 for the win. In second place was Lloyd Weinstein with a 1270 total, followed by Todd VanBodegon Smith and John Audia with 1270 and 1205 respectively. Paul Romanko took first in the Class I Division.

Leonard Murray came down from Connecticut and completely dominated the 165 lb. class. Murray totaled 1510 with lifts of 550-340-620 and missed a try at 660 which would have been a new American Record. Jon Donmeyer totaled 1410 for 2nd place. Steve Earle and Bill Clayton finished 3rd and 4th. Dave Peters with a 1210 total took the Class I Division.

John Kicinski was the winner at 181 lbs. with a fine 1500 lb. total. Kicinksi had a class high 580 squat and a 380 Bench Press. Dave Wilson was 2nd with 1410 and Mike Tiano 3rd with 1375. Bernie Kristoff was 4th and had the class high deadlift with 560. Andrew Semple won the Class I Division.

Mark Girton coasted to the win at 198 with an easy 1710 lb. total. Mark got an American Record attempt of 460 in the Bench out of the groove and suffered a slight pec injury. Girton has been working on his deadlift, and made an easy 620. Mark is looking for a big total at the Nationals. George Bornn was 2nd with a 1555 total and Mark Kachmarsky was 3rd with 1540. Joe Valchine of the Ironmasters finished 4th. The winner of the Class I Division was Jim DeRogatis.

The 220 lb. Class saw Glen Wilkens take first with a 1625 total and class highs in the squat and bench press with 600 and 425 respectively. Tony Lusardi of Lusardi's Fitness Center was 2nd with 1575, Paul Dick came in 3rd with 1520 and Roy Marshall 4th with 1510 and a class high deadlift of 630 lbs. Louis Lombardo was the easy winner of the Class I Division with a 1365 total.

19 Year Old Kirk Karwoski dominated the 242 lb. Class with an 1810 lb. total. Kirk squatted 780 on his 2nd attempt and took a try at 805. Karwoski hopes to go over 800 before his 20th birthday. Tom Schott was 2nd with a 1600 lb. total. Masters Champion, Joe Polvinale was 3rd with 1520 and Charles Lategano came in 4th with 1505. Terry Tulip edged Mark Jackson for the Class I division.

1985 National Champion at 242 lb., Eric Arnold, has moved up to the 275 lb. class and was an easy winner with a 2055 total. Arnold broke John Kuc's American Record in the squat with a successful 845. Eric benched 510 and deadlifted 700. Ralph Galvin made the long trip in from Michigan to break the American Bench Press Record. The record fell on his first attempt with an easy 525. Ralph missed his next attempt at 550, but made it easily on his 3rd effort. Rhode Island's Ray Foreman was 2nd with a 1745 total. Chuck Wagner and New Jersey State Champion Joe Carroll were 3rd and 4th.

The Super Heavyweight Class featured Seaford, Delaware's Mike Hall. Mike was looking for a 2350 total, but wasn't quite there. Hall squatted 905 and missed 940 twice. His 600 lb. bench press was a new American Record. Hall finished with a 745 lb. deadlift to total 2250. Vic Kennedy finished 2nd with 1800 and Sergio McCook and Oscar Jensen were 3rd and 4th respectively. Terry McFadden was the winner in the Class I Division.

The overall meet ran well each day finishing up about 5:30 P.M. I would like to personally thank all of my invaluable help. Without these people the meet could not be held. The MC's were Brenda Siegel, Tom Giordani and Joe Pyra. Scorekeepers were Tony Mottern, Jack and Kathy Stevens, Shirley Glass, Marie Schroeder and Andy Pozda. Officials for the meet were Bill Clayton, Walt Bird, Joe Kane, Doug Haines, Scott Edmiston, Al Siegel, Brenda Siegel, Charlie Schroeder and Andy Pozda. Also a special thank you to Mr. and Mrs. Frank Peters, Tanky Mathews, J.D. Gaynor and Jason Fino, the loaders and spotters from Hanover Area High School, Fred's Gym and the Freeland YMCA. These people were the real stars of the meet. Our drug testing was done by Mr. Jim Charley. We are looking forward to seeing everyone at next year's competition. *Bob Gaynor, Geri Gaynor, John Kuc*

(Thanks to Joe Pyra for results and reprot)



Michigan JR/Teen Women's
8 Mar 86 - Swartz Creek MI

14-15 Div

97

T. Serrels	410		
105		C. Ray	385
T. Mathis	560*	114	
A. Miltich	480	D. Schecter	595
A. Hasman	460	J. Schafer	525
L. Miller	385	A. Sheets	380
Alisha Cogo	380	123	
L. Wells	345	D. Osborn	595
114		S. Tirschel	590
Shawn Badder	510	Lee Mathis	540
L. Manasco	505	132	
J. Bruhowski	465	T. Rickman	660
N. Wipp	465	J. Oddo	460
K. Paluszek	460	T. Skatzka	420
T. Condon	430	165	
S. Adams	380	Andrea Potter	870*
T. Tschirret	225	Jr Div	
123		97	
A. Klann	590	T. Serrels	410*
T. Putnam	550	105	
A. Bono	545	T. Mathis	560*
T. Maloche	545	A. Miltich	480
M. Laho	520	A. Cogo	345
C. Collins	510	114	
L. Mindling	470	D. Schecter	595*
C. Scholl	425	S. Badder	510
132		L. Manasco	505
N. Fuller	550	J. Bruhowski	465
T. Strychar	475	T. Condon	430
L. Veenstra	470	123	
M. Theeck	395	J. Parry	695
148		A. Klann	590
T. Judson	625	A. Bono	545
S. hatton	560	M. Laho	520
C. Boyer	495	C. Collins	510
J. Goldstein	480	C. Garbacz	430
K. Kruzman	460	132	
165		T. Rickman	660
D. Pusz	720	N. Fuller	550
M. Rollins	630	J. Oddo	460
J. Boughton	590	148	
W. Kull	495	T. Judson	625
181		S. Hatton	560
K. Helm	535	J. Goldstein	480
S. Henson	430	K. Kruzman	460
R. Boeve	340	165	
198		M. Rollins	630
T. Henry	765*	J. Boughton	590
D. Couch	610	181	
SHW		K. Helm	535
E. Eberhardt	770*	S. Henson	430
17-19 div		198	
105		D. Couch	610
A. Perovich	610	SHW	
L. McAuliffe	430	E. Eberhardt	770

'The 1986 Michigan women's teenage and Jr champinoships are now history. A total of 60 young ladies competed and the records fell like rain. Tricia Mathis from Swartz Creek HI set 4 records in each end of the competition and won the 14-16 best lifter award as well. Andrea Potter of So Lyon won the 17-19 BL award with a fine 870 total and her teammate Amy Perovich captured the champ of champions award for her fine lifting. Julie Squires Parry won the Jr div BL trophy and showed the crowd how to squat and DL. So Lyon Hi beat Swartz Creek by a margin of 53-51 for the team title. There are a large no. of people I would like to thank for the help they gave me in setting up the equipmt, judging, spotting, announcing, cleaning up the facility when we were finished and everything else that goes with holding a meet. There were a large no. of you and I wish to extend my warmest thanks.

The next meet which will be held at Swartz Creek Hi will be the 1986 Natl Women's Pl championships and this event will be held on June 21, 1986. After coaching teens for the past 6 yrs and holding mets for the past 5 on a regular basis, I have decided to retire and turn the reins over to someone else, whoever that may be. I have many reasons for this but the primary one is that I feel fresh blood is needed to perpetuate the program, both locally and on a natl basis. There are things which I have not succeeded at and one is getting what I feel is adequate publicity for the youngsters. When and where teen Pling is concerned, results are so often condensed into a classified ad format that leaves a sour taste in the mouths of these youngsters and as a coach, I feel frustrated. After all the outstanding teens of today will be tomorrows super stars and they are not going to develop without some encouragement which means P.R. Perhaps someone else can do this facet of the job. I fully intend to continue to compete with the masters and I hope to do more officating, but that will be the extent of my Pling involvement. Working with these kids has been very rewarding from many aspects, but again–I am frustrated and feel a change is in order.' (Thanks to Lloyd Coon for results)

ADFPA Women's St./Midwest Open
8 Mar 86 - Rice Lake, WI

	SQ	BP	DL	Total
Women				
104				
Sheila Beiderman-BL	200	125	240	565
S. Whiting-M	200	105	225	530
111				
Therese Plewa	180	95	255	530
Angela Garcia-T	185	100	240	525
154				
Bonnie Arbegust	305	155	305	765
Jyll Anderson	250	120	265	635
176				
Cyndi Regan	405	235	400	1040
Lorri Tommerup	255	135	305	695
Men				
114				
Roger Thompson	205	170	390	790
123				
Vince Garramone	355	200	345	900
Terri Marsaa-F	275	165	330	770
132				
Michael Doss	415*	250	455	1120
Paul Kinney	360	200	385	945
148				
Robert Triphahn	505	285	530*	1320
Tom Dorn	430	260	490	1180
D. Lauersdorf	435	275	410	1120
J. Wisniewski-T	350	225	380	955
Dan Schroer	305	215	330	850
165				
Rob Ciaciura-BL	615*	280	555	1450
Bob Poetzel	475	325	500	1300
Rick Bancroft	460	330	485	1275
181				
Tom Schuerman	585*	305	560	1450
198				
Marty Becker	610	345	550	1505
Paul Spiess	520	340	580	1440
Dave Gilman	565	310	525	1400
Jim Lindner	500	325	540	1365
Joel Hager-T	500	290	525	1315
Glenn Steffen	475	285	525	1285
Brian Briggs-M	480	275	470	1225
220				
Randy Duxbury	540	385	570	1495
Tom Mittl	555	320	605	1480
James Geiger	520	350	465	1335
Alex Nelson	500	315	490	1320
Tom Gregor	455	305	525	1285
242				
Casey Rennert-BL	650	480	600	1730
Jess Rooney	540	335	600	1475
John Irish-M	450	275	450	1175
275				
Paul Reece	575	360	625	1560
Thom Martin	565	335	625	1525
Bob Miller	600	360	560	1520
SHW				
Mike Dobson	620	400	600	1635
Roger Volland-M	735*A	400	500	1635
Richard Sadowski	620	290	600	1510
Andy Learn	550	420*	400	1370

*-Men's Record. M-Master's Record. F-Female. T-Teenage. A-Master's American Record. BL-Best Lifter. Thanks to lee Graese for results.

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SIGNATURE X

Ozark Open/MO State
15,16 Mar 86 - Bridgeton, MO (kilos)

	SQ	BP	DL	Total
Missouri Women				
Sue Yeager	120	60	127.5	307.5
Sharon Davis	125*	75*	130	330*
Missouri Men				
114				
Todd Rayburn	117.5t	70	130	317.5
123				
Ron Drainer	117.5	72.5	157.5	347.5
132				
Buddy Evans	142.5	82.5	182.5	407.5
Dennis True	135	115	155	405
Steve Cissell	145	85	147.5	377.5
Joe Presson	130	75	130	335
148				
Kevin Bolen(BL)	262.5	147.5	262.5	672.5
Steve Lewis	195	132.5	192.5	520
Jim Johnson	160	95	170	425
Kendal Tade	137.5	115	170	422.5
165				
Steve Wachter	227.5	155	252.5	635
Rod Scholz	220	140	210	570
G. Krockenberger	220	125	212.5	557.5
Jeff Jacques	190	142.5	—	—
Randy Bunga	190	145	175	510
Larry Wassam	175	—	—	—
181				
Norm Wasser	265	155	245	665
Lindsey Sample	230	142.5	270	642.5
Tim Chibnali	215	130	230	575
Norm Judd	—	—	—	—
Chuck Ford	—	—	—	—
198				
Mike Barnes	290	180	267.5	737.5
Mark Slivinski	285	155	267.5	707.5
Brad Bales	265	165	250	680
Leonard Sample	227.5	160	285	672.5
Mike Roderick	257.5	147.5	257.5	662.5
Louis Bolander	227.5	132.5	230	590
220				
Al Slivinski	305	212.5	310	827.5
Tracy Mitchell	300	177.5	272.5	750
Mike Larson	260	182.5	275	717.5
Dan Walton	245	162.5	280	687.5
242				
Bill Davis(BL)	355	220	335	910
Jerry Manula	245	170	255	670
Jerry Pledger	230	140	265	635
Ron Plummer	—	182.5	—	182.5
Solomon Mageo	—	—	—	—
275				
John Kruszynski	337.5	182.5	342.5*	862.5
300				
John Ware(BL)	392.5*	240*	360*	992.5*
Ron Harris	292.5	187.5	272.5	752.5
Tim Smith	240	170	237.5	647.5
Ozark Women				
Diva Hart(47.4)	107.5	47.5	125	280
Donna Long(58.7)	135	55	130	320
Sue Yaeger(59.1)	120	60	127.5	307.5
S. Davis(70.2)	125	75	130	330
D. Delarosa(55.7)	90	47.5	112.5	250
C. Newbury(56.3)	82.5	47.5	110	240
Carrazana(51.7)	80	37.5	92.5	210
Kathy Arnold(70)	75	47.5	97.5	220
Ozark Open				
114				
Diva Hart	107.5	47.5	125	280
123				
Nick Gonzales	132.5	100	145	377.5
Bud Chaplin	120	77.5	150	347.5
Ron Drainer	117.5	72.5	157.5	347.5
132				
Buddy Evans	142.5	82.5	182.5	407.5
Dennis True	135	115	155	405
Steve Cissell	145	85	147.5	377.5
Joe Presson	130	75	130	335
Donna Long	135	55	130	320
148				
Kevin Bowen(BL)	262.5o	147.5	262.5o	672.5o
Steve Lewis	195	132.5	192.5	520
Terry Peach	217.5	112.5	182.5	512.5
Jim Johnson	160	95	170	425
Kendal Tade	137.5	115	170	422.5
165				
Steve Wachter	227.5	155	252.5	635
Jim Hart	225	132.5	247.5	605
G. Krockenberger	220	125	212.5	557.5
Jeff Jacques	190	142.5	—	—
181				
Doug Petersen	312.5o	165	290	767.5
Norm Wasser	265	155	245	665
Randy Presswood	272.5	127.5	250	650
Lindsey Sample	230	142.5	270	642.5
Ken Neimeyer	255	122.5	257.5	635
Sam Greco	245	137.5	230	612.5
Chas. McClain	235	135	237.5	607.5
T. Polocandriutus	220	127.5	240	587.5
198				
Paul Lanzante	350o	170	250	770
Mike Barnes	290	180	267.5	737.5
Steve Melvin	282.5	152.5	282.5	717.5
Mark Slivinski	285	155	267.5	707.5
Brad Bales	265	165	250	680
Leonard Sample	227.5	160	285	672.5
Mike Roderick	257.5	147.5	257.5	662.5
Greg Christich	245	160	240	645
Louis Bolander	227.5	132.5	230	590
220				
Rick Wickham	335	205	312.5	852.5
Al Slivinski	305	212.5	310	827.5
Steve Hutkowski	300	222.5	287.5	810
Tracy Mitchell	300	177.5	272.5	750
Mike Larson	260	182.5	275	717.5
Scott Parker	260	162.5	280	702.5
Randy Rule	257.5	160	255	672.5
Bob Firtos	227.5	145	242.5	615
John Sarkis	222.5	25	215	562.5
Rudy Pyle	—	197.5	260	457.5
242				
Bill Davis(BL)	355	220	335	910
Mark Sampson	297.5	180	245	722.5
Mike Kreke	262.5	172.5	285	720
Greg Faulkner	255	150	262.5	667.5
Dan Nadeau	200	107.5	215	522.5
Solomon Mageo	—	—	—	—
275				
John Kurszynski	337.5	182.5	342.5b	862.5
Bob Morrison	327.5	197.5	320	845
Scott Workley	290	160	317.5	767.5
Russ Saltsgayer	205	120	230	555
SHW				
John Ware(BL)	392.5o	240o	360o	992.5o
Jim Hunt	352.5	162.5	307.5	822.5
Ron Harris	292.5	187.5	272.5	752.5
Tim Smith	240	170	237.5	647.5
Ozark Class II				
114				
Todd Rayburn	117.5	70	130	317.5
Diva Hart	107.5	47.5	125	280
123				
Nick Gonzales	132.5	100	145	377.5
Bud Chaplin	120	77.5	150	347.5
Ron Drainer	117.5	72.5	157.5	347.5
Mike Deloach	110	67.5	130	307.5
Mike McGuirk	155	100	170	425
Buddy Evans	142.5	82.5	182.5	407.5
Dennis True	135	115	155	405
Steve Cissell	145	85	147.5	377.5
Joe Presson	130	75	130	335
148				
Steve Lewis	195	132.5	192.5	520
Vince Garza	185	105	200	490
Jim Johnson	160	95	170	425
Kendal Tade	137.5	115	170	422.5
Steve Werner	140	92.5	175	407.5
Dan Barbatti	130	90	150	370
Rick Fowler	117.5	87.5	127.5	332.5
165				
Rod Scholz	220	140	210	570
G. Krockenberger	220	125	212.5	557.5
Jeff Jacques	190	142.5	—	—
Roger Petzoldt	170	130	227.5	527.5
Randy Bunga	190	145	175	510
Ed Peek	182.5	125	200	507.5
Tom Tocco	187.5	110	170	467.5
Terry Follmer	142.5	130t	192.5	465
Eric Friedrich	135	115	197.5	447.5
Ron Green	—	—	—	—
181				
Ken Niemeyer	255	122.5	257.5	635
Tom Carnaghi(BL)	222.5	162.5	242.5	627.5
Chas. McClain	235	135	237.5	607.5
T. Polocandriutus	220	127.5	240	587.5
Tim Chibnall	215	130	230	575
Bill Oliver	210	140	220	570
Gary Bagley	215	115	230	560
Matt Werges	202.5	107.5	230	540
Clint Bohn	165	95	205	465
Norm Judd	—	—	—	—
Chuck Ford	—	—	—	—
198				
Mike Roderick	257.5	147.5	257.5	662.5
Greg Christich	245	160	240	645
220				
Mike Larson(BL)	260	182.5	275	717.5
Scott Parker	260	162.5	280	702.5
Dan Walton	245	162.5	280	687.5
Randy Rule	257.5	160	255	672.5
Clay McCurdy	222.5	147.5	272.5	642.5
Bob Firtos	227.5	145	242.5	615
John Sarkis	222.5	125	215	562.5
Steve Niswonger	162.5	117.5	197.5	477.5
242				
Mark Sampson	297.5	180	245	722.5
Jerry Manula	245	170	255	670
Greg Faulkner	255	150	262.5	667.5
Frank Faulkner	255	147.5	262.5	665
Phil Eiberger	240	155	245	640
Dave Hollis	160	130	247.5	637.5
Jerry Pledger	230	140	265	635
Roger Deason	200	127.5	217.5	545
Dan Nadeau	200	107.5	215	522.5
Ron Plummer	—	182.5	—	182.5
275				
Bill Duncan	215	137.5	212.5	565
Russ Saltsgayer	205	120	230	555
300				
Tim Smith	240	170	237.5	647.5

*-MO state record. t-MO teenage record. o-Ozark record. Team trophies: 1st-Renaissance, 2nd-H&B, 3rd-Fort Knox. An error was made in entering the correct Schwart's formula to determine best lifter so both John Ware and Bill Davis were recognized as best lifters. Thanks to Mike Cissell DDS for results.

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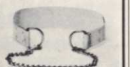

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160	120	125	130	130	135	140	145	150	150
165	125	130	130	135	140	145	150	155	155
170	130	130	135	140	145	150	155	155	160
175	130	135	140	145	150	155	160	160	165
180	135	140	145	150					
185	140	145	150	155					
190	145	145	150	155					
195	145	150	155	160					
200	150	155	160	165					
205	155	160	165	170					
210	160	165	170	175					
215	160	165	170	175					
220	165	170	175	180					
225	170	175	180	185					
230	175	180	185	190					
235	175	180	190	195					
240	180	185	190	200					
245	185	190	195	200					
250	190	195	200	205					
255	190	200	205	210					
260	195	200	210	215					
265	200	205	210	220					
270	205	210	215	225					
275	205	215	220	225					
280	210	215	225	230					
285	215	220	230	235					
290	220	225	230	240					
295	220	230	235	245					
300	225	235	240	250					
305	230	235	245	250					
310	235	240	250	255					
315	235	245	250	260					
320	240	250	255	265					
325	245	250	260	270					
330	250	255	265	270	280	290	295	305	315
335	250	260	270	275	285	295	300	310	320
340	255	265	270	280	290	300	305	315	325
345	260	265	275	285	295	300	310	320	330
350	265	270	280	290	300	305	315	325	335
355	265	275	285	295	300	310	320	330	335
360	270	280	290	295	305	315	325	335	340
365	275	285	290	300	310	320	330	340	345
370	280	285	295	305	315	325	335	340	350
375	280	290	300	310	320	330	340	345	355

PERCENTAGE	MAX	75	77½	80	82½	85	87½	90	92½	95
REPS		10	9	8	7	6	5	4	3	2
	380	285	295	305	315	325	335	340	350	360
	385	290	300	310	320	325	335	345	355	365
	390	295	300	310	320	330	340	350	360	370
	395	295	305	315	325	335	345	355	365	375
	400	300	310	320	330	340	350	360	370	380
		335	345	355	365	375	385			
		340	350	360	370	380	390			
		340	355	365	375	385	395			
		345	355	370	380	390	400			
		350	360	370	385	395	405			
		355	365	375	385	400	410			
		360	370	380	390	400	415			
		365	375	385	395	405	420			
		365	380	390	400	410	425			
		370	385	395	405	415	430			
		375	385	400	410	420	430			
		380	390	405	415	425	435			
		385	395	405	420	430	440			
		390	400	410	425	435	445			
		390	405	415	430	440	450			
		395	410	420	430	445	455			
		400	410	425	435	450	460			
		405	415	430	440	455	465			
		410	420	435	445	460	470			
		415	425	440	450	465	475			
		420	435	445	460	470	485			
		430	440	455	470	480	495			
		435	450	465	475	490	505			
		445	460	475	485	500	515			
		455	470	480	495	510	525			
		460	475	490	505	520	530			
		470	485	500	515	525	540			
		480	495	510	520	535	550			
		485	500	515	530	545	560			
		495	510	525	540	555	570			
	610	460	475	490	505	520	535	550	565	580
	620	465	480	495	510	525	545	560	575	590
	630	475	490	505	520	535	550	565	585	600
	640	480	495	510	530	545	560	575	590	610
	650	490	505	520	535	555	570	585	600	620
	660	495	510	530	545	560	580	595	610	625
	670	505	520	535	555	570	585	605	620	635
	680	510	525	545	560	580	595	610	630	645
	690	520	535	550	570	585	605	620	640	655
	700	525	545	560	580	595	615	630	650	665

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4. Find weight lifted in rep column.
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2. Find current max in max column.
3. Read weight at intersection of max row and percentage column.

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1. Find column for number of reps desired in heading.
2. Find current max in max column.
3. Read weight at intersection of max row and rep column.

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Errors...Susan Allen should have gotten credit for a 350 squat, 200 bench, and 375 deadlift on the Women's TOP 20. Sue Freeman should have received credit at 165 for a 360 squat, 245 bench, 460 deadlift and 1065 total as well. Julie Squires-Parry made a 330 deadlift at 123 that should have been on the Women's TOP 20, and Peggy Everett's bench of 225 was not recorded at 181 on the list either. Perry Liles lifts of 606 380 569 at 198 should have been on the ADFPA TOP 20 198 list in the May PL USA. The address for Dick Burke, Hall of Fame Committee, should be corrected to 62nd St. rather than 61st in Oklahoma City. In the results of the All-Service meet, Mr. Garcia actually finished 2nd at 114, rather than 1st.

Impressed was Jeff Copland after his lifting at the Lake Erie meet, hosted by Dave Waddington, whom Jeff feels is one of the premier 'nice guys' in PL. He picked Jeff up at the airport and treated him like a V.I.P., and did much of the work on the meet on his own. Dave certainly is a class guy.

POWER HOTLINE...is the twice monthly newsletter of Powerlifting and the Iron Game, sent to its readers via 1st class mail, so it has the news when it is still new. The latest edition of POWER HOTLINE had stories on which American lifting organization received $800,000 recently, which lightweight PLer feels capable of a 1700 total in the near future, whether or not the drug testing at the U.S.P.F. National Collegiates led to any positives, which state powerlifting champ will be going to Russia for a strength training seminar, how Mary Ryan cracked the 1000 barrier in total, how Olympic lifters will be paid $3250 if they finish in the top 6 at the World Championships, which European woman recently busted the continental bench record at nearly 60 years of age, what new weight class John Kuc will be lifting in, when Tony Fitton will be getting out of federal confinement, which new magazine on Powerlifting Larry Pacifico will be supporting, how recent snags in International Olympic Committee recognition of Powerlifting have been worked out, which woman lightweight benched 250 to lead the nation and world, how many reps Ed Coan did in the deadlift with 782 recently, what kind of special strength competition may pull Dave Waddington away from the Seniors this year, plus speedy coverage of Matt Dimel's 1010 lb. squat, the Masters Nationals, the APF Nationals, and the Women's Worlds (6 of our girls won and the USA took the team title home!) Each issue is packed with up to the minute information that you and your friends are dying to know. Send $28.00 for the next 24 issues of POWER HOTLINE, payable to Powerlifting USA, Box 3238, Camarillo, California 93011

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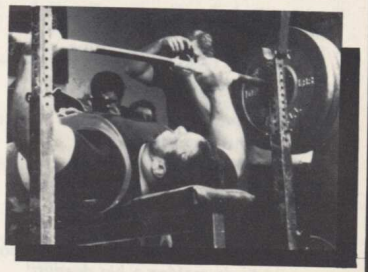
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Tri-Valley Area ADFPA
1,2 Mar 86 Oneida, NY

	SQ	BP	DL	Total
Women				
Linda Jo Belsito	300*	185*	325*	810*
Lisa Corsica	180*	80*	195*	455*
Julie Pavia	120	90	180	390
Open				
114 lbs.				
Marc Smith	200t	115t	260t	575t
123 lbs.				
Randy Zehr	320*	220*	415*	955*
Brian Weir	280t	140t	300t	720t
132 lbs.				
Mike Neughton	240	275*	320	835
Kevin Kodya	160t	125t	265t	550t
148 lbs.				
Steve Torsythe	420	315	500	1235
Tred Pfister	350	235	570	1155
Dan Benfante	410	260	450	1120
Gino Escudero	385	250	390	1025
Tom Tarney	330	230	450	1010
Larry McEhieny	320	235	360	915
165 lbs.				
Steve Earle	475	330	525	1330
Anthony Tumaro	460	330	535	1325
Joe Dudon	440	305	500	1245
Tim Weir	450	260	525	1235
Gene Rendino	460	270	465	1195
Randy Earle	400	260	425	1085
Dave Smolka	360	235	380	975
Scott Hajdasz	300	225	400	925
181 lbs.				
Paul Benfanti	540	330	535	1405
Bernie Kristoff	510	300	560	1370
Bill Butler	480	325	550	1355
Pete Allard	475	255	475	1205
198 lbs.				
Mark Krieger	630	320	610	1560
Al Williamson	560a	360a	600a	1520a
Roger Winton	595	330	570	1495
Wayne Stanton	540	320	530	1390
John Gage	520	275	550	1345
Dan Cottom	415	280	505	1200
Rick Crandall	400	280	470	1150
Dave Earle	415	265	425	1105
220 lbs.				
Bob Marshall	650*	400*	660*	1710*
Don Hickey	570	350	580	1500
Steve McDermott	485	375	485	1345
Andy Cozda	495	290	530	1315
Mark Kodya	430	325	420	1175
John Dunham	400	280	400	1120
242 lbs.				
M. VanDer Karr	650	440*	625	1715
Joe White	670*	385	620	1675
Terry Tulip	500	275	535	1310
275 lbs.				
Kevin Albern	640	420	630*	1690*
SHW				
Vince Vardine	660*	460*	580	1700*
Sergio McCook	575	410	550	1535
Ed Levingston	470	410	450	1330

n - state masters record. a - american state masters record. t - state teen record. * - state record. Those in attendance saw many quality performances that include 60 state records, 9 national qualifying totals, and 4 american masters records. The women started the first day's lifting with Linda Belsito going for a an easy win over the two first timers. Local lifter Marc Smith posted 9 state records in the 16-17 age division at 114. Randy Zehr hit a fine 955 to qualify for the nationals at 123. Brian Weir broke 7 state records in the 14-15 age division of this class while qualifying for the teen nationals. At 132, Mike Naughton had an easy time of it with Tom Tarney failing to make weight. Steve Torsythe got himself back on track after having problems with his squats. At 165, Steve Earle won a hard fought battle with Anthon Tumaro. The 181's were bunched up with both Bill Butler and Bernie Kristoff taking attempts that would have changed the placings. Mark Krieger missed final attempts in all 3 lifts and still qualified for the nationals. Al Williamson had a 600 squat turned down on a technicality! At 220, Bob Marshall set new state records across the board and qualified for the nationals with ease. At 242, Mar Van Der Karr won a hard fought batle with crowd favorite Joe White who tried the deadlift he needed for the win. Both men qualified for the nationals, as did Kevin Albern at 275. Unable to make weight at 275, Vinnie Vardine as a light super and did the best lifting of his life.

One of the distinguishing features of this meet was the sense of camaraderie everyone shared. A special thanks to Vinnie Vardine, Tom Piazza, Bruce Herb, Mike Winton, and Bob Dunn for keeping my mind on lifting in the meet instead of worrying about running it. Thanks to members of the Oneida Chemical People Task Force - they did everything asked of them and more. Also thanks goes out to the lifters who offerred their services: Marc Smith, Kevin Kodya, Paul Benfati, Pal Keisor, Al Williamson, Kevin Albern, Vince Vardin, Sergio McCook, and Randy Leonard. Equipment donated by Walt Bird, Jim Kart, Rick Borek, Oneida High School, Charlie Schroeder, and the Syracuse YMCA.

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HIGH SCHOOL ATHLETE? (Y N) COLLEGIATE ATHLETE? (Y N) U.S. CITIZEN? (Y N) USPF CLUB NAME MONTH DAY YEAR DATE OF BIRTH AGE SEX (M F)

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I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE U.S. POWERLIFTING FEDERATION. SIGNATURE X

SCORERS: Kim Smith, Val Kardyss ANNOUNCER: Walt Bird TIMEKEEPER: Paul Tellous, Paul Kodya CHALKBOARD: Kevin Kodya, Tom Drake, Warrn Smith REFEREES: Alesia Constantine, Glen Stevans, Tony Cardillo, Jim Hart, Charlie Schroeder, Walt Bird, Mark Kodya SPOTTERS: Bob Dunn, Lee Costom, Bill Goodhee, Mike Winton, Paul Telbows, Rod Marsh, Gat Keisor, Paul Benfanti. Thanks to all others to numberous to mention.
(Results supplied by Co-Meet Directors Bruce Herb and Mark Kodya.)

Greater Mr. Arkansas Meet
1,2 Mar 86 - El Dorado, AR (kilos)

	SQ	BP	DL	Total
Ladies				
97				
D. Hershberger	775.	47.5	97.5	222.5
105				
A. Watkins	65	40	92.5	197.5
114				
L.Thornton	150	77.5	140	367.5
M. Heard	62.5	40	107.5	210
123				
Terry Calvert	147.5	65	155	367.5
Kathy McVay	105	52.5	117.5	275
R. Williams	97.5	55	107.5	260
L. McDavid	72.5	37.5	87.5	197.5
132				
Carla Maxwell	65	40	82.5	187.5
148				
Paula Archer	110	47.5	122.5	280
165				
R. Johnson	127.5	57.5	132.5	317.5
S. Tyus	125	47.5	132.5	305
Joan Barrow	85	52.5	110	247.5
Rosemary Hill	77.5	52.5	112.5	242.5
S. Bland	97.5	47.5	92.5	237.5
181				
Amanda Creel	127.5	62.5	137.5	327.5
L. Orville	100	52.5	115	267.5
SHW				
B. Richardson				
Masters				
198				
Paul Pendley	95	85.5	137.5	315
220				
Daryl Johnson	270	150	277.5	697.5
Ben Lockett	210	155	260	625
Jas Witt	150	117.5	165	432.5
242				
Jas Hodges	250	150	310	710
275				
Lonnie Shows	237.5	192.5	287.5	717.5
SHW				
Jim Starr	295	145	252.5	692.5
Open Div.				
114				
Rusty Osborn	130	57.5	137.5	325
Steve Ryan	105	65	112.5	282.5
123				
Kevin Jones	162.5	97.5	170	430
Terry Calvert	147.5	65	155	367.5
132				
P. Manicchia	195	127.5	197.5	520
Willie Johnson	155	70	217.5	442.5
Pat Meinert	152.5	107.5	167.5	427.5
Bryce Crum	137.5	97.5	167.5	402.5
148				
Doug Holland	210	115	227.5	552.5
Bob Morgan	172.5	125	185.5	483
Terry Miller				
165				
T. Jorden	247.5	150	262.5	660
Mark Fowler	252.5	152.5	245	650
J. McDaniels	217.5	132.5	260	610
G. Arnold	207.5	137.5	250	595
John Jarvis	197.5	150	237.5	585
Jim Rhodes	220	135	227.5	582.5
Gary Crum	220	135	227.5	582.5
Mike Barkil				
181				
Jack Wilson	287.5	192.5	292.5	772.5
Chris Aycock	265	147.5	262.5	675
J. Frazier	175	190	277.5	642.5
Leo Gordon	235	120	237.5	592.5
Sid Scott	235	140	215	590
Wayne Short	220	122.5	232.5	575
R. Dresbach	180	145	240	565
Randy Penny	185	127.5	212.5	525
David Pratt	190	115	190	495
Russ Oaks	190	107.5	192.5	490
Greg Barron	162.5	110	205	477.5
Phil Wylie				
Dan Gay				
198				
Rich Bettin	330	185	302.5	817.5
Tony Meyer	300	202.5	290	792.5
Rick Farmer	290	290	285	765
Bill Debusk	277.5	160	272.5	710
W. Johnson	240	150	237.5	627.5
Todd Leuba	202.5	170	235	607.5
Greg Jumper	217.5	165	215	597.5
Jas Bramlett	212.5	145	212.5	570
Keith Wages	200	137.5	227.5	565
220				
Larry Mistric	340	220	345	905
Jeff Lyons	292.5	190	277.5	760
John McDowell	287.5	170	297.5	755
Ed Ross	305	172.5	260	737.5
Daryl Johnson	270	150	277.5	697.5
Frank Wooley	255	165	262.5	682.5
Gary Hargens	237.5	165	250	652.5
242				
Frank Christman	317.5	202.5	307.5	827.5
Rich Ard	312.5	182.5	305	800
Ricky Osborn	320	190	272.5	782.5
Wm Shipp	275	182.5	282.5	740
Joe Regaldo	300	152.5	272.5	725
Jas Hodges	250	150	310	710
Allen Cook	227.5	160	250	637.5
Milton White	222.5	172.5	222.5	617.5
275				
Scott Warman	390	220	390	1000
Geo Watson	2927.5	205	305	807.5
Randy Lindsey	290	187.5	305	782.5
Lonnie Shows	237.5	192.5	287.5	717.5
SHW				
Jim Starr	295	145	252.5	692.5
Jeff Ware	250	192.5	230	672.5
B. Richardson				
CLASS II				
114				
Rusty Osborn	130	57.5	137.5	325
Steve Ryan	105	65	112.5	282.5
Thayer Spencer	120	87.5		
123				
Antonne Patton	102.5	70	100	272.5
Ancel Donley				
132				
Bryce Crum	137.5	97.5	167.5	402.5
Ken Sims	110	62.5	147.5	320
148				
Bob Morgan	172.5	125	185.5	483
Tim Horlacher	160	120	160	440
Orrin James	122.5	72.5	182.5	377.5
Byron Curry				
165				
Greg Arnold	207.5	137.5	250	595
Gary Crum	190	125	212.5	527.5
S. Lisenbey	192.5	85	207.5	485
181				
C. Aycock	265	147.5	262.5	675
Sid Scott	235	140	215	590
Wayne Short	220	122.5	232.5	575
B. Dresbach	180	145	240	565
Mark Holmes	197.5	110	240	547.5
Randy Penny	185	127.5	212.5	525
Russ Oaks	190	107.5	192.5	490
Greg Barron	162.5	110	205	477.5
Dante Elmore	140	107.5	205	452.5
Todd Beck	170			
Phil Wylie				
W. Lavergne				
198				
Todd Leuba	202.5	170	235	607.5
Gregg Jumper	217.5	165	215	597.5
Jordan Beni	215	130	250	595
Ken Moorehead	220	117.5	240	577.5
Jas Bramlett	212.5	145	212.5	570
Fred Harmon	1897.5	160	220	567.5
Keith Wages	200	137.5	227.5	565
Lance Wedlock	182.5	115	230	527.5
I. Hurst				
220				
Frank Wooley	255	165	262.5	682.5
Gary Hargens	237.5	165	250	652.5
Ben Lockett	210	155	260	625
Alan Holmes	215	110	222.5	547.5
Norman McLaney	202.5	115	222.5	540
242				
Wm Shipp	275	182.5	282.5	740
Allen Cook	227.5	160	250	637.5
Milton White	222.5	172.5	222.5	617.5
275				
Randy Lindsey	290	187.5	305	782.5
Lonnie Shows	237.5	192.5	287.5	717.5
SHW				
Jim Starr	295	145	252.5	692.5
Jeff Ware	250	192.5	230	672.5

Best lifters: Jack Wilson, Scott Warman, Luanne Thornton, Daryl Johnson, Chris Aycock. New American record: 859 DL at 275 by Scott Warman; new American Masters records: Daryl Johnson (220, 55-59) 594 squat, 611 DL, 1537 total. (Thanks to John Pettitt for results).

Biggest Bench in the Southern Tier
8 Mar 86 - Elmira, NY

WOMEN					
114					
Marcy Madigan	85	181			
123		Mike Phillips Sr			475
C. Limoncelli	110	Bob Pavelka			325
MEN		Mark Hess			310
114		198			
Phil Wytra	150	David French			430
123		J. Commereski			375
J. Vandyke	170	Roger Roulstin			345
Paul Coleman	165	220			
C. Hollenbeck	165	Marcus Babb			400
132		Brian King			350
Brad Olson	270	Mike Troy			350
Andy Giannino	265	242			
Jeff Shaylor	220	John Rich			400
148		Bob Grantier			400
John Ogden	275	Ken Otis			345
M. Wesco	260	275			
M. Phillips Jr	200	Gary Lee			450
165		Ray Vanfleet			370
Chas Panko	330	SHW			
Dan Burt	320	Harry Cooper			475
Ron White	310	Geo Gilbert			415

This was the 1st time that a BP contest has been held in the Elmira, NY area. The meet attracted lifters from Rochester, Buffalo, Auburn and Glens Falls. 53 lifters in total attended. Mike Phillips Sr, 181, had a BP of 475, barely missing 500. He was the only experienced lifter besides Harry Cooper, who also did 475. Most of the lifters were novices, and some had 2 or 3 meets under their belts. Gary Lee, weighing 275, this being his 1st meet, had a BP of 450. Also, Geo Gilbert, who plays for USFL, had his 1st meet with a BP of 415. The team trophy went to Southport Fitness Ctr with 30 pts. Club Nautilus of Horseheads, NY had 17 pts. I would like to express my sincere thanks to the referees, scorekeepers and especially to Doris Farmer of the Southport Fitness Ctr in Elmira, NY for being the sponsor of this meet. A special thanks to the PL USA magazine for advertising this meet. Thanks again. (Thanks to Mike Giardina, meet director, for results)

Southern States Championship
12,13 Oct 85 - N. Miami Beach, FL

	SQ	BP	DL	Total
Open Division				
132				
Scott Segal	375	225	425	1025
148				
Sherman Johnson	500	325	550	1375
Ray Perez	475	335	450	1260
165				
Anthony Mueller	610	365	590	1565
Tim Donovan	600	390	515	1505
Larry Scorinci	525	355	500	1380
181				
Mike Barquera	695	425	620	1740
Roy Pistone	630	335	575	1540
Virgilio Diaz	600	370	545	1515
Kelley Collier	580	330	580	1490
Garry Lawson	545	385	545	1475
Victor Rival	560	335	550	1445
Scott Bowles	485	350	530	1365
Dennis Farr	470	360	500	1330
A. Velazquez	540	—	—	—
James Sammarco	620	—	—	—
198				
David Wilkinson	735*	425	690	1850
Skip Falcone	620	405	700	1725
Lee Haber	600	460	590	1650
Dirk Beverland	630	410	585	1625
Wayne Conoly	490	450	600	1590
Al Acebo	605	370	605	1580
Robin Stockton	580	365	585	1530
Tom Higgins	630	370	—	—
220				
Pat Gentry	705	455	710	1870
Michael Oropeza	660	470	640	1770
John Castro	570	370	620	1560
242				
Andrew Jackson	765	445	630	1840
John Sykes**	570	435***	650	1715
Jorge Garcia**	630	430	650	1710
Jim Gaczewski	590	345	590	1525
Peter Bouchard	535	485	650	1670
275				
Lee Jacobs	740	560	700	2000
Nick Reeb	605	490	640	1735
Tom Acker	630	425	575	1630
Mark Quinn	645	—	—	—
SHW				
Fred Crowley	765	385	600	1750
William Page	—	—	—	—
Novice Division				
114				
Stephen Soukup	255	215	300	770
123				
Joe Williams	310	225	350	885
Michael Rolle	290	200	330	820
S. Perez**	300	190	320	810
148				
John Mills	440	250	550	1240
Craig Harting	455	375	410	1240
Leo Fleming	420	290	420	1130
Tony Howard	350	235	450	1075
Kyles Murphy	355	245	470	1070
Pete Valiento	335	240	465	1040
Stanley Croy	400	225	410	1035
Thomas Hyde**	300	270	415	985
Tony Marsicano	250	215	450	955
Mark Williams	310	200	400	910
Richard Thomas	315	215	375	905
Emmerson Bodie	320	190	390	900
Gary Hilleshiem	340	240	330	910
Michael Bremer	265	175	330	770
Chris Follenius	145	340*	145	630
165				
Joe Calandra	475	310	530	1315
Eric Friar	430	320	515	1265
Keith McDuffie	450	330	485	1265
Michael Lerman	440	305	515	1260
David Hall	440	300	460	1200
Bradley Lolus	445	240	500	1185
Michael Jarsen	415	250	440	1105
Mark Cronk	360	245	470	1075
Andy Morzella	400	280	385	1065
Allen Dunnigan	375	275	405	1055
H. Cunningham	350	250	390	990
Jimmy Cozza	335	225	375	935
Walton Harris	275	110	315	700
181				
Jamie Tucker	540	350	475	1365
Garry Heimrich	520	285	560	1365
Norman Wayne	485	305	535	1325
Al Lane	530	320	470	1320
Jeff Kingree	470	285	510	1265
Daniel DiVona	460	245	475	1180
Coleman Hodapp	400	275	410	1085
H. Hutchinson**	470	265	490	1225
William Vargas**	500	285	440	1225
Mike Stein**	405	240	480	1125
198				
James Grilione	530	360	500	1390
Alfredo Morales	505	330	545	1380
Steven Beck	510	340	520	1370
Ed Garcia	495	300	555	1350
Mike Van Ness	520	315	515	1350
Brian Gaudette	500	315	500	1315
Andy McLeod	440	355	520	1315
Roy Cochran	490	325	450	1265
Charles Sanders	450	315	490	1255
Willie Lee	450	310	475	1235
Bobby Hough	450	280	500	1230
Ron Breener	460	325	405	1190
Wm Roberts**	440	225	500	1165
220				
Gary Drigo	690	535	620	1845
Mark Baker	635	435	630	1700
Matt Prince	625	470	525	1620
Darin Pratt	570	400	590	1560
Richard Gelineau	550	360	630	1540
Scott Rappeport	515	390	505	1510
Dean Eakin	575	375	555	1505
John Sammarco	550	370	575	1495
Vance German	550	375	540	1465
Gary McCartney	500	365	525	1390
Dick Armatrout	510	320	535	1365
Charles Merrit	390	265	475	1130
Jack Dempsey	560	360	—	—
Paul Smith**	620	430	505	1555
Robert Thomas**	425	320	465	1210
B. Champagne**	400	280	445	1125
242				
David Rosenblum	575	375	640	1590
Louis Baltz	600	375	580	1555

From the Referee's Committee Chairman

The "unspeakable lawsuit" will cause us to pull in our financial horns in the U.S.P.F. for a time. Up to now, we have attempted to provide free, the Referee's Textbook, to all referees. Through the good graces of Ted Herring, most of the copies were produced and mailed out at no cost to the U.S.P.F. For 8 months now, the U.S.P.F. has given the books to National and International Referees that had been left off Ted's list. The time has come to shut the water off on that, as it costs the U.S.P.F. $12 to $13 to copy, package, and mail a copy to a referee. The plan was to give them to all referees, but that had to be altered to National and International Refs only. From now on, any referee who does not have a Referee's Textbook will have to buy a copy from the U.S.P.F. at $15.00 a copy. The extra $2 or $3 will go into the U.S.P.F. Treasury. I did not charge the U.S.P.F. for writing the work. Any profits have always been earmarked for the U.S.P.F. Treasury. We are looking into a low cost printing opportunity which can lower the price. The book is not only written for referees, but meet directors, lifters, and coaches alike. There are job descriptions for every position in a meet (both the meet director's machine and the referee's machine). The cost of U.S.P.F. State and U.S.P.F. National tests with textbook are raised from $20.00 to $25.00 to keep the U.S.P.F. in the black in this matter. State and National tests without the book are still $10.00. The Category I Evaluatros who will conduct the Category II evaluations on all Category IIs in the next 2 years and the Category I Candidate Evaluation when requested by the Chair of the Referees Committee, are as follows: Don Haley, John Pettitt, Bob Packer, Dennis Burke, Dick Burke, Tom Eldridge, Bill Hartmann, and Bud Mucci. Beginning now, I am asking them to evaluate ALL Category IIs at any meet they go to; the senior Category I making the assignments. These reports are in Appendix J of the Ref's Textbook (page 34). As we only have 2 years to evaluate over 100 Category IIs, the job becomes pressing. I will soon ask the Executive Committee to align National Referee's renewals to 5 year periods (1990, 1995, etc.). So, National Refs please note the renewal requirements will be, if approved, to referee at at least two National meets within the renewal period. This is a prior warning only at this time. Referees are reminded the Referee's Textbook should accompany you to ALL meets. Although there were several referees at the recent Collegiate Nationals, no one seemed to have any American Record application forms (Appendix G, Pages 29-30). The U.S.P.F. application form has been included in the latest copies, since sometimes there are no application forms at meets. Referees are reminded to implement the new U.S.P.F. rule addendum at less than National level meets. Soon questions from this addendum plus questions from the Referees Textbook will be included on all State and National tests. So, aspiring referees, take note! The dual path to National Referee remains in effect until 1 July 1987 at which time the only route will be 3 years successful service as a U.S.P.F. State Referee. State Chairman are reminded to get the copies of the U.S.P.F. State test from Jaska Parviainen and that patches and books are now awarded to successful State Referee candidates. Category IIs who wish to take the Category I test must petition the Chairman of the Referee's Committee in writing, and a Category II Evaluation and a Category I Candidate Evaluation will be set up. If the candidate passes both evaluations and is approved by the Referee's Committee, a Category I practical will be set up at an international or world meet.

Nate Foster, Chairman, U.S.P.F. Referee's Committee

P.S. Coaching Techniques Committee Members: the resonse to the first request for persons desiring membership on the Coaching Techniques Committee to send me resumes was next to nil. Please apply to Nate Foster, 204 Harvey Dr., Manhattan, Kansas 66502.

Ed Ferguson	580	330	480	1390
Michael Giddens	575	290	525	1390
Joe Cozza	550	330	510	1390
Dennis Annicario	450	300	505	1255
V. Torrisi**	240	185	425	850
275				
D. Langworthy	570	410	610	1590
John Heidt	480	350	535	1365
SHW				
Dewey Forte	560	500	620	1680
Todd Findley	650!	390!	550!	1590
Womens Open				
105				
Janet Belton	270	150	325*	745
114				
Sonja Bowles	280	115	285	680
Vikki Hunt	230	150	290	670
123				
Sandra Asbury	230	170*	305	705
132				
Tammy Baltz	300	180*	350	830
Cindy Manning	330	140	360	830
165				
Susan Freeman	360	245	465	1065
Jo Wood	135	*303*	135	573
198				
Mary Dorman	350*	215*	370*	938
Women				
Class II & below				
97				
Kim Pyeatt	155	75	205	435
Eleanor Lambert	135	70	205	410
105				
Tracey Messina	145	80	200	425
114				
Jennifer Stark	235	95	250	590
Gloria Harrison	185	110	250	545
Renee Grimes	155	80	245	500
123				
Deb Edmonson	290	145	300	735
Kim Webb	185	100	260	545
132				
Rhonda Lundstedt	265	180*	295	740
Cheryl Grimes	240	100	270	610
Willa Mitchell	195	85	235	515
148				
C. Roydhouse	230	160	300	690
Anita Tallarico	200	140	315	655
Jackie Weathers	200	115	245	560
165				
Sharrol Powell	340	190	380	920
181				
Deidra Parrish	280	145	315	740

*- State Record. **- Masters Division. ***- Masters State Record. !- State Teenage Record. *303*- World Record. Open Best Lifter 132-181: Mike Barquera. Open Best Lifter 198 SHW- David Wilkinson. Open Team Trophy- Suncoast Gym, Tampa, FL. Novice Best Lifter 114-181: John Mills. Novice Best Lifter 198 SHW- Gary Drigo. Novice Team Trophy- All American Gym, Lakeland, FL. Womens Open Best Lifter- Janet Belton. Womens Team Trophy- All American Gym, Lakeland, FL. Best Women Novice- Debbie Edmonson. Overall standings: Masters division 114-181: 1-Harry Hutchison, 2-William Vargas, 3-Sebastian Perez, 4-Thomas Hyde, 5-Mike Stein, 6-Walton Harris. 198-SHW: 1-Paul Smith, 2-Bill Roberts, 3-Robert Thomas, 4-Dennis Annicario, 5-Bill Champagne, 6-Vittorio Torrisi. (Thanks to Suncoast Gym for results.)

BOOK REVIEW

Rick Weil's ***THE BENCH PRESS*** is now available. It contains an introduction to Rick by Stan Morey, PhD, which includes some new information, and there are 7 chapters covering the lift itself, How to Develop the Bench Press Muscles, Setting Goals, Training for the Bench Press, Injuries, Contest Preparation, and a Conclusion. Spread throughout the book are numerous photos, demonstrating exercises, etc. Some of the most interesting are of Rick when he was 15, bodweight 140, and benching 300; and a pair indicating very dramatically that Rick is not a large boned person. There is extensive instructional material in the book on all aspects of benching. Underlying this is Rick's obvious commitment to help as many people as he can to improve their lift, and at the end of the book, in fact, is Rick's invitation to contact him if they have questions. The book is available from Rick Weil, Box 40332, St. Petersburg, FL 33743 for $11.45 postpaid, and if you are interested in the Bench, we recommend this book.

Eastern States Novice
7 Dec 85 - Whitman, Mass.

	SQ	BP	DL	Total
Womens				
Linda Williams	300	120	315	735
Sheridan Oldham	235	115	300	650
Susan Weiner	260	155	310	725
Karen Rapchuck	250	140	300	690
Chris Cruenola	185	95	260	540
Mens				
114				
Noel Frattasio	245	140	250	635
Seth Frattasio	190	105	240	535
132				
Gregory Gould	250	250	405	905
Jon Latulippe	165	115	225	505
Jason Whalley	275	—	—	—
148				
Paul Fluegel	430	330	440	1200
Horace Guidry	390	260	425	1075
Louis McDonald	370	270	425	1065
Jim Kennedy	380	260	420	1060
Tom Kennedy	275	240	400	915
Paul Gonicberg	265	210	400	875
Rob Whalley	300	220	320	870
Steven Bruno	—	—	—	—
Adam Nulman	—	—	—	—
165				
Tim Heitzman*	540	390	570	1500
Scott Hamlen	510	285	505	1300
Stephen Baldini	475	280	460	1215
Kris Vokes	265	275	475	1215
Charles Alaconis	480	280	450	1210
Donald Smith	415	250	520	1185
Ike Nieves	440	290	450	1180
Thomas Taylor	400	270	505	1175
Bill Devanna	410	260	475	1145
Wm Calia Jr.	390	260	430	1080
Glen Vitullo	355	245	450	1050
Larry Maida	350	230	360	940
Timothy Nees	290	205	345	840
John Jallette	260	165	330	755
Ricky Knowles	265	200	275	740
William Denbin	—	—	—	—
David Pearlstein	—	—	—	—
181				
Jim McGlynn	495	380	580	1455
Timothy Curran	500	350	585	1435
Kevin Wickham	575	285	550	1410
Rob Adams	430	320	590	1340
Garry Menissian	420	305	525	1250
Don McCauley	510	265	475	1250
David Arsenault	440	260	475	1175
Gil Martins	440	285	440	1165
P. Dambakelis	440	270	425	1135
Paul Sires	360	270	400	1030
Richard Sylvia	385	230	385	1000
Robert Petty	365	210	400	975
C. Leadbetter	—	—	—	—
Gary Bridson	—	—	—	—
198				
Butch Barrows	540	400	650	1590
K. Parsons Jr.	550	345	630	1525
D. Dechello Jr.	580	370	540	1500
M. Piscatelli	550	370	540	1460
Paul Oslowski	525	365	525	1415
Thomas Dempsey	440	300	510	1250
Robert Conecchio	500	270	480	1250
Scott Peterson	475	290	475	1240
Andrew Corier	400	255	560	1215
Paolo Catucci	430	295	480	1205
Gerald Groff Jr	460	265	445	1170
Michael Nees	400	270	—	—
Ed Wells	145	—	—	—
220				
Herb Nunes	620	395	565	1580
David pope	600	400	580	1580
Martin Barbosa	650	325	600	1575
Leon Marion	600	335	600	1535
Marc Cavigioli	550	320	575	1445
Dave Brown	550	375	510	1435
R. Jennings	500	275	570	1345
Randy Raymond	350	225	420	995
Gary Geoffrey	520	300	—	—
G. Horsefield	—	—	—	—
242				
Scott Braley	670	375	655	1700
Cash Haskinson	600	425	615	1640
Jim Ford	560	440	515	1575
Calvin Latham	540	355	560	1455
Steven Noons	460	230	450	1140
275				
Bob Grock	610	430	655	1695
Erasmo Melendez	600	400	570	1570
David Ackerman	515	400	600	1515
Robert Marsh	540	275	600	1415
Dave Carlow	530	300	570	1400
John Macombe	—	—	—	—
*David Stanley	720	480	725	1925
(guest lifter)				
Superheavy				
Len Androws	540	370	470	1380

Outstanding Lifters: 114-181 lb. class-Tim Heitzman. 198-Superheavys-Butch Barrows. Team Champions: Nautilus Plus of Danvers/Revere. I would like to apologize to all the lifters involved for these results being so late. I would also once again like to thank John Buckley for his tremendous support of Region I Powerlifting and also George and Carol Meyers for their continued support. A big thanks to my wife Kathy and also everyone else involved with making this contest a successful one once again! USPF Sanction number 1366-85. Thanks to Gregory M. Kostas, meet director, for results.

A.D.F.P.A. TOP 20 100 kg. 242

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from April 1, 1985 to April 1, 1986.

Please send a copy of all ADFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1.	794 E. Arnold 7/22/85	500 C. Rennert 12/7/85	805 C. Klemm 1/19/86	1968 G. Welch 11/23/85
2.	771 G. Welch 9/28/85	490 G. Welch 9/28/85	722 G. Welch 11/23/85	1879 E. Arnold 7/22/85
3.	733 P. White 4/20/85	480 T. Brice 2/22/86	715 B. Gillespie 4/13/85	1815 T. Brice 2/22/85
4.	705 K. Thompson 11/24/85	475 J. Stein 12/7/85	705 K. Thompson 11/24/85	1810 B. Marshall 4/13/85
5.	700 T. Holder 3/2/86	470 J. Jefferson 4/13/85	685 T. Brice 2/22/86	1808 K. Thompson 11/24/85
6.	700 B. Marshall 4/13/85	452 M. Hodges 1/19/85	683 D. Ference 7/22/85	1800 B. Gillespie 4/13/85
7.	680 B. Gillespie 4/13/85	450 A. Slovin 9/8/85	680 B. Marshall 4/13/85	1797 P. White 4/20/85
8.	680 W. Hammes 11/9/85	450 G. Payne 11/23/85	672 L. Shepard 9/28/85	1750 J. Stein 12/7/85
9.	680 T. Schott 2/8/86	441 E. Arnold 7/22/85	670 R. Ball 11/9/85	1747 J. Messinger 7/22/85
10.	672 J. Messinger 7/22/85	440 F. Paulson 5/4/85	667 P. White 4/20/85	1730 J. Jefferson 4/13/85
11.	670 J. Jefferson 4/13/85	440 M. Van DerKarr 5/4/85	661 C. Koehrsen 1/19/85	1720 C. Rennert 12/7/85
12.	670 L. Shepard 2/1/86	440 D. Tomasky 10/13/85	660 B. Olguin 3/29/86	1720 L. Shepard 2/1/86
13.	661 T. Ardito 5/11/85	440 J. Carroll 11/17/85	650 M. Hodges 4/20/85	1700 M. Hodges 11/9/85
14.	661 S. Magee 5/18/85	435 M. Kimbrough 4/20/85	650 M. VanDerKarr 5/4/85	1690 M. VanDerKerr 5/4/85
15.	660 J. Stein 12/7/85	435 P. Parks 4/20/85	650 J. Robinson 11/23/85	1680 T. Holder 3/2/86
16.	650 G. Krueger 11/9/85	435 L. Luke 3/22/86	650 D. Tolve 11/23/85	1675 J. Carroll 1/17/85
17.	650 J. White 11/23/85	430 B. Marshall 4/13/85	650 J. Smith 2/1/86	1675 D. Ference 7/22/85
18.	650 H. Skiba 2/8/86	430 G. Resnik 4/20/85	645 M. Smolinski 4/20/85	1670 T. Ardito 5/11/85
19.	650 T. Brice 2/22/86	430 R. Vivier 4/20/85	645 E. Arnold 7/22/85	1670 W. Hammes 11/9/85
20	645 B. Rask 12/7/85	430 J. Messinger 7/22/85	645 J. Messinger 7/22/85	1670 J. Robinson 11/23/85

Coors Atlantic States Open
23 Nov 85 - Whitman, Mass.

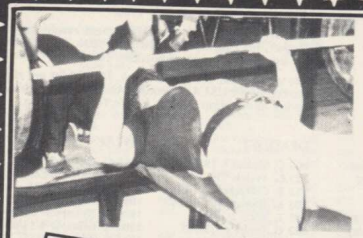
	SQ	BP	DL	Total
Womens				
Donna Sylvia	320	115	345	780
Sandy Easter	250	105	300	655
Linda Williams	290	120	275	685
Michelle Peterson	255	105	245	605
Holly Williams	205	115	305	625
Randy Sue Tye	—	—	—	—
Mens				
114				
Noel Frattasio	—	—	—	—
123				
Dino Raposa*	490	235	440	1165
132				
Sean Padget	425	240	485	1150
Robert Kaufman	430	245	475	1150
Thomas McCarty	375	280	475	1130
Paul Macedonio	295	225	400	920
Kenneth Joyce	300	200	415	915
148				
John Capece	425	300	500	1225
Mike Street	285	170	350	805
Andrew Hamel	500	305	—	—
165				
Craig Houston	510	275	620	1405
E. Fitzgerald	540	320	520	1380
C. Kupperstein	500	305	565	1370
Chuck Maida	515	340	455	1310
Larry Ravech	500	275	500	1275
Ted Haggerty	470	290	500	1260
Richard Porro	465	290	500	1255
Marc McGee	435	275	490	1200
Tom Marchand	385	240	pass	—
181				
Richard Masison	630	360	615	1605
Chris Street	580	395	560	1535
John Anastasi	515	355	570	1440
Mike Zerbe	550	300	565	1415
Dennis Coholan	530	320	555	1405
Don McCauley	490	265	455	1210
Jeff Butts	450	290	460	1200
Vinny Quinterno	—	—	—	—
George Leal	—	—	—	—
Paul Sires	—	—	—	—
198				
Jim Vickers	650	425	625	1700
Douglas Davies	560	520	585	1665
John Haggerty	550	385	675	1610
Robert Street	605	355	635	1595
Ayres Sequeira	610	325	620	1555
Evan Young	575	355	600	1530
Ricky Saddler	525	340	625	1490
Scott Peterson	500	275	465	1240
Steve Smith	470	—	—	—
Charles lennick	560	—	—	—
220				
Bill Giancola	720	430	560	1710
Wayne Hersey	575	390	685	1650
Dennis Maroney	555	385	635	1575
Steven Oslowsky	610	365	585	1560
Henri Lanciaux	660	365	520	1545
Dave Brown	600	360	575	1535
R. Krystopolski	550	385	595	1530
Joe Clapp	575	375	550	1500
C. Barker	560	380	500	1440
Rick Delancey	530	355	550	1435
242				
Oscar Dupre	640	425	635	1700
Tom Hevner	625	420	600	1645
Chris Parker	600	420	600	1620
Patrick leahy	525	325	600	1450
Louis Modestino	—	—	—	—
275				
Kevin Kiley*	730	570	720	2020
George Marinos	800	470	710	1980
Rob Dempsey	770	440	740	1950
Ray Foreman Jr	760	400	700	1860
Bob Archambault	675	375	650	1700
Keith Lang	—	—	—	—
Ken Desimone	—	—	—	—
Superheavy				
Jim Zarella	430	400	575	1405

Outstanding Lifters: 114-181 lb. class- Dino Raposa. 198-Superheavys- Kevin Kiley. Team Champions: Workout Plus of Dedham, Massachusetts. USPF Sanction number 1365-85. I would like to apologize to all the lifters for these results being so late. I would like to thank John Buckley, George and Carol meyers, my wife Kathy, Randy Sue Tye and everyone else involved with making this a successful contest. Also a big thanks to all the individuals who were loaders, spotters, scorers, and referees for this contest. I couldn't do it without all of you! Thanks to Gregory M. Kostas, meet director, for results.

Oklahoma State Meet
22 Feb 86 - Tulsa, OK

	SQ	BP	DL	Total
114				
E. Peskitt(w)	231	170w	242	611
123				
Wilton Smith	242	110	358	710
132				
Buck Blevins	402	225	462	1069
Mike Barnett	330	214	402	947
Danny Black	303	242	369	914
Rob Ryan	281	209	407	898
Pat Gotcher	280	225	347	859
Ray Webb	270	176	325	771
148				
George Baker	440	314	440	1195
Mike Jones	457	236	507	1168
Rob Robinson	407	253	501	1162
Rodney				
Thompson	424	214	479	1118
Todd Jones	413	253	440	1113
Pat Starks	374	225	440	1041
David Wacker	380	231	380	992
Betsy Lough(w)	325	143	347	815
M. Welch(w)	137	104	242	485
165				
Bryan Gregory	529	374	529	1432
Michael Barkil	473	336	529	1339
Frank Coffman	429	270	473	1173
George Elias	468	231	457	1157
Jim Brownfield	352	242	473	1069
Kevin Smith	236	150	250	636
181				
Rickey Crain	677	407	661	1747
Joe Csaky	473	380	595	1548
Steve Gold	617	319	595	1532
Don Jones	573	286	529	1388
Pete Aguirre	457	336	490	1284
Kord price	479	292	462	1234
Vern Woodward	286	154	380	832
198				
Mike Baker	705	479	622	1807
Jerry Grant	600	358	633	1592
Randy Henshaw	584	363	540	1488
Steve Woods	446	369	589	1405
Randy Hedrick	462	385	518	1366
Jim Childers	501	303	545	1350
D. Willingham	485	319	490	1295
Richard Carlson	407	319	507	1234
John Driver	407	225	413	1047
Bryan Hallman	303	236	435	975
220				
Lee Nauman	683	462	727	1874
Ken Jones	677	451	644	1774
Richard Peters	639	440	628	1708
Jack Caldwell	644	424	633	1703
M. Bossa	661	396	595	1653
Jerry Miller	551	402	523	1477
S. Rodenburg	501	363	573	1438
Robert Ritter	435	308	479	1223
C. Overstreet	308	214	501	1025
James Wood	385	242	468	1097
242				
Danny Burton	777	473	650	1901
C.VanLandingham	683	485	617	1785
Stan Fields	672	424	485	1581
Bill Blake	573	413	578	1565
Chris Conarty	622	363	567	1554
David Wilbur	374	236	418	1030
275				
Doug Furnas	936	545	799	2280*
Dennis Brooks	843	507	760	2110
Ray Pierce	771	584	727	2083
Alfred Thomas	529	330	578	1438
Rocky Fowler	504	374	529	1405
Al Warner	418	314	529	1262
Super				
Kotcha Doonkeen	738	573	688	2000
Carl Schroeder	672	440	650	1763
Gary Polson	655	319	600	1574
David Alexander	628	385	501	1515

The



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GEORGIA STATE

500 C. Dunbar
310 C. Dunbar
425 C. Dunbar
1235 C. Dunbar

520 C. Dunbar
320 C. Dunbar
460 R. Kea
1250 C. Dunbar

500 R. Kea
335 R. Kea
520 H. Coney
1335 R. Kea

545 H. Coney
335 R. Gettone
565 H. Coney
1380 H. Coney

650 G. Herring
390 Sidney Jones
665 G. Herring
1700 G. Herring

750 G. Herring
490 G. Herring
675 G. Herring
1915 G. Herring

720 C. Leslie
525 D. Duncan
720 G. Whitehead
1799 C. Leslie

765 R. Potts
611 P. Dicks
775 B. Duke
1960 B. Duke

800 J. Wood
605 P. Dicks
735 J. Wood
2070 J. Wood

865 J. Wood
614 T. Hardman
780 J. Wood
2195 J. Wood

780 S. Hawks
535 T. Hardman
710 S. Hawks
1995 S. Hawks

NEW HAMPSHIRE

350 L. Chapin
195 L. Chapin
370 D. Nguyen 845
L. Chapin

355 M. Hudon
255 D. Duval
445 M. Hudon
980 M. Hudon

445 R. Houle
292 R. Houle
490 R. Houle
1220 R. Houle

480 A. Wood
315 J. Wooten
525 A. Wood
1255 A. Wood

560 A. Wood
330 R. Bendix
600 A. Wood
1440 A. Wood

680 M. Roy
390 M. Roy
610 M. Roy
1680 M. Roy

740 M. Roy
420 R. Bouley
640 B. Ward
1775 M. Roy

788 M. Roy
465 J. Mantos
675 P. Boucher
1835 M. Roy

750 D. Miller
450 F. Bosch
685 D. Miller
1815 D. Miller

685 D. Miller
425 M. Connors
680 D. Miller
1765 M. Connors

710 W. Andrews
440 L. LaPoint
705 W. Andrews
1786 W. Andrews

VIRGINIA ADFPA

270 J. Nugyen
185 J. Nugyen
325 J. Nugyen
780 J. Nugyen

330 C. Biele
200 C. Biele
390 C. Biele
920 C. Biele

380 S. Zerbe
230 J. Shifflett
405 M. Kim
990 S. Zerbe

460 R. Adkins
300 R. Adkins
500 C. Gee
1185 R. Adkins

545 J. Rossin
375 S. Wetzel
605 J. Rossin
1480 J. Rossin

535 A. Turrissimi
340 S. Beniger
600 A. Turrissimi
1430 A. Turrissimi

611 G. Ferstler
385 G. Hollis
660 L. Jones
1600 L. Jones

650 W. Link
390 F. Hinnant
650 M. Craven
1610 M. Craven

680 W. Link
430 I. Minter
700 I. Minter
1760 B. Gillespie

680 I. Minter
480 R. Weaver
685 I. Minter
1805 R. Weaver

650 J. Steward
400 J. Steward
600 D. Coleman
1600 J. Steward

COLORADO STATE

350 Hayashi
255 Sandoval
400 Saunders
955 Sandoval

451 Gant
308 Gant
611 Gant
1372 Gant

573 Gant
361 Trujillo
650 Gant
1554 Gant

534 Koveleskie
370 Zarie
600 Gant
1427 Koveleskie

578 Bonner
415 Maecker
640 Montoya
1504 Bonner

749 Wright
485 Wright
677 Shepard
1868 Wright

730 Wright
500 Shepard
722 Shepard
1873 Shepard

700 Sadler
510 Shepard
730 McCluskey
1915 McCluskey

755 Ponzi
551 Ponzi
760 Ponzi
2015 Ponzi

780 Ponzi
565 Ponzi
755 Linde
2065 Ponzi

771 Chapman
560 Yaklich
730 Gaebl
2000 Chapman

114 SQ	200 Colwell	
114 BP	165 Owens	
114 DL	300 Owens	
114 T	655 Owens	
123 SQ	391 Cloud	
123 BP	205 Buttons	
123 DL	418 Cloud	
123 T	1014 Cloud	
132 SQ	345 Ferron	
132 BP	240 Meyer	
132 DL	425 Ferron	
132 T	995 Ferron	
148 SQ	551 Cloud	
148 BP	315 Cloud	
148 DL	529 Cloud	
148 T	1385 Cloud	
165 SQ	555 Cloud	
165 BP	380 Walker	
165 DL	570 Marchion	
165 T	1425 Cloud	
181 SQ	545 Romasko	
181 BP	370 Walker	
181 DL	615 Wettach	
181 T	1475 Romasko	
198 SQ	595 Quesenberry	
198 BP	375 Kantback	
198 DL	644 Fuller	
198 T	1598 Fuller	
220 SQ	705 Quesenberry	
220 BP	450 Willis	
220 DL	665 Quesenberry	
220 T	1765 Quesenberry	
242 SQ	800 Gullickson	
242 BP	473 Willis	
242 DL	725 Gullickson	
242 T	1955 Gullickson	
275 SQ	725 Estep	
275 BP	530 Estep	
275 DL	700 Estep	
275 T	1955 Estep	
SHW SQ	510 Feicht	
SHW BP	375 Feicht	
SHW DL	575 Feicht	
SHW T	1460 Feicht	

MONTANA STATE

REGION 1 USPF

400 J. Redding
240 J. Steinfeld
445 J. Redding
1050 J. Redding

402 D. Raposo
260 G. Kucipak
424 D. Raposo
1058 D. Raposo

400 L. Mabie
295 L. Mabie
530 L. Mabie
1225 L. Mabie

468 G. Niesyty
360 G. Magiera
584 G. Niesyty
1371 G. Niesyty

605 H. Hoffman
375 J. Leonardis
665 H. Hoffman
1635 J. Hoffman

634 M. John
440 J. Klostergaard
610 F. Gomes
1593 M. John

744 J. Rizza
480 E. Wells
720 N. Carola
1865 N. Carola

788 M. Roy
460 M. Burch
777 S. Backus
1889 S. Backus

776 C. Snitkin
485 B. Horwitz
777 M. Reusch
1937 C. Snitkin

672 A. Garritano
440 E. Hackett
670 A. Garritano
1780 E. Hackett

750 H. Fera
510 H. Fera
700 H. Fera
1960 H. Fera

COLORADO ADFPA

350 Hayashi
175 Hayashi
380 Hayashi
905 Hayashi

260 Trujillo
175 Trujillo
405 Trujillo
840 Trujillo

465 Glenn
290 Glenn
460 Glenn
1215 Glenn

505 Green
320 Green
496 Green
1286 Green

518 Torres
335 Calvert
518 Calvert
1325 Calvert

550 Parker
350 Estrada
555 Parker
1435 Parker

600 Greenwald
400 Gonzales
700 Steele
1640 Steele

650 Keller
407 Keller
575 Mitchell
1587 Keller

610 Olguin
400 Owen
660 Olguin
1600 Olguin

570 Brown
400 Brown
630 Brown
1600 Brown

IPF WORLD RECORDS (Kilos)

242.5 Cunha, J.
146.5 Cunha, J.
233.0 Inaba, H.
567.5 Inaba, H.

237.5 Inaba, H.
152.5 Isagawa, H.
289.5 Gant, L.
625.0 Gant, L.

295.0 Bradley, J.
180.0 Bradley, J.
296.5 Gant, L.
707.5 Bradley, J.

297.0 Wahl, R.
194.0 Hulecki, K.
312.5 Valineva, R.
732.5 Bradley, J.

327.5 Bridges, M.
217.5 Rouse, J.
325.5 Coppin, E.
850.0 Gaugler, R.

379.5 Bridges, M.
240.0 Bridges, M.
357.5 Kumpuniemi
952.5 Bridges, M.

375.0 Hatfield, F.
255.0 MacDonald, M.
372.5 Thomas, W.
927.5 Bridges, M.

400.0 Hatfield, F.
261.5 MacDonald, M.
377.5 Cash, J.
952.5 Cash, J.

393.5 Wohleber, D.
270.0 Magruder, J.
395.0 Kuc, J.
1000.0 Kuc, J.

412.5 Waddington
278.5 Hardman, T.
385.0 McCormick, T.
1005.0 Hackett, E.

445.0 Fely, D.
300.0 Kazmaier, B.
402.0 Kazmaier, B.
1100.0 Kazmaier, B.

Lost Pines Classic
1,2 Mar 86 - Bastrop,TX

	SQ	BP	DL	Total
TEENAGE DIVISION				
165 lbs.				
K. Reuland	424	259	391	1074
R. Duran	325	231	374	931
A. Duran	297	226	363	887
181 lbs.				
W. Taylor	496	270	474	1240
G. Taylor	446	270	451	1168
198 lbs.				
S. Wagner	518	330	534	1383
L. Hanson	474	303	490	1267
C. Yancy	413	292	518	1223
D. Jeans	429	270	440	1140
M. Watts	402	264	435	1102
220 lbs.				
J. Compton	556	363	584	1504
P. Deshay	402	314	407	1124
242 lbs.				
J. Childress	501	341	518	1361
D. Muns	529	292	518	1339
CLASS III DIVISION				
123 lbs.				
L. Bolden	248	192	330	771
132 lbs.				
T. Walker	270	187	314	771
148 lbs.				
W. Foster	374	281	435	1091
B. Pierce	407	176	418	1003
R. Rubio	325	237	413	975
J. Whiddon	352	248	363	964
M. Weems	286	214	336	837
165 lbs.				
G. Green	380	248	474	1102
J. Neef	380	242	429	1052
M. McMillian	374	242	413	1030
M. Soester	314	165	341	821
181 lbs.				
H. Millsap	490	336	507	1333
P. Pardron	474	330	485	1289
T. Cruce	463	281	468	1212
T. Bruner	424	286	496	1207
J.C. Folkner	402	314	474	1190
R. Walker	451	253	479	1185
B. Perez	385	259	490	1135
G. Gordon	369	237	451	1058
M. Tharp	380	242	407	1030
M. Collier	380	220	413	1014
198 lbs.				
D. Baird	529	352	551	1433
R. Payne	518	303	490	1311
G. Lewis	501	281	501	1284
D. Gordon	352	220	418	992
220 lbs.				
S. Murray	501	369	534	1405
M. Masrangel	512	325	534	1372
A. Figueroa	485	303	485	1273
P. Deshay	402	314	407	1124
275 lbs.				
M. Lord	451	369	540	1361
HIGH SCHOOL DIVISION				
114 lbs.				
K. Mathews	198	126	226	551
123 lbs.				
R. Hernandez	286	170	303	760
132 lbs.				
T. Wilson	275	187	330	793
D. Gunel	220	181	292	694
C. Pauler	220	203	253	677
148 lbs.				
M. Dean	330	226	418	975
J. Chadwick	330	226	407	964
W. Weber	325	203	363	892
B. Simmons	303	203	336	843
D. Manning	253	226	303	782
C. Shelton	242	187	242	672
165 lbs.				
L. Neef	369	214	396	981
J. Shelby	259	253	319	832
G. Cox	237	220	374	832
M. Kirby	297	192	319	810
A. Peoples	264	192	341	799
T. Brown	286	181	319	788
E. Cruz	209	165	319	694
181 lbs.				
M. Dillard	341	231	363	937
K. Jarmon	292	253	380	925
B. Bradford	303	220	402	925
J. Dinscore	303	214	391	909
C. Seach	319	214	363	898
M. Maedgen	325	181	385	892
R. Watson	325	203	341	870
C. Crisp	275	203	341	821
B. Green	259	164	319	743
G. Westbrook	253	176	292	722
198 lbs.				
M. Gardner	463	286	578	1328
H. Ngo	424	275	429	1129
J. Gerick	385	286	391	1063
M. Daniels	402	253	374	1030
L. Lynce	380	242	347	970
J. Gerick	303	231	402	937
J. Jones	352	181	374	909
J. Browning	297	214	374	887
S. Parks	275	214	369	859
J. Pauler	259	181	341	782
G. Filla	281	198	248	727
220 lbs.				
R. Dinwiddie	391	253	341	986
R. Potter	336	242	380	959
242 lbs.				
V. Martinez	308	275	374	959
A. Chance	220	187	281	688
275 lbs.				
M. Chance	380	308	413	1102
WOMEN				
114 lbs.				
G. Simmons	203	82	220	507
E. Synder	192	93	209	496
J. Sanegerman	143	110	242	496
123 lbs.				
R. Clark	192	93	253	540
132 lbs.				
L. Beverly	203	115	270	589
148 lbs.				
S. Diamond	170	82	220	474
MASTERS				
165 lbs.				
R. Fly	358	214	380	953
181 lbs.				
J. Christian	341	264	463	1069
198 lbs.				
T. Johnson	722	418	655	1796
220 lbs.				
S. Helton	132	413	132	677
242 lbs.				
A. Wykoff	413	325	424	1162
OPEN DIVISION				
148 lbs.				
D. Arrendondo	440	281	457	1179
181 lbs.				
B. Roventini	600	363	578	1543
D. Larson	540	325	523	1388
T. Page	545	264	518	1328
198 lbs.				
M. Northcutt	738	440	633	1813
J. Hendix	562	407	595	1565
L. Stanfield	523	297	551	1372
220 lbs.				
M. Meza	622	424	584	1631
T. Bruner	529	346	628	1503
B. Terral	501	402	501	1405
T. Whitten	501	275	512	1289
E. Kushing	474	297	518	1289

We had 118 lifters total, 46 of these being on high school teams. This was the first USPF meet to host the high school teams. All high schools were on one platform and all others on a second platform. We had a real good meet with Tony Johnson setting Masters records. Tony just turned 40 years old. James Compton set several teenage records. He is a senior at Bandera High School. He was coached by Tony Johnson who was once his football coach at Bandera. I would like to thank all my helpers. You can't put on a good meet without a lot of people donating their time. The Bastrop High School Athletics did all the spotting and loading during the day, doing a fine job. John Bumass, Peggy Box, Rick Krenzke, did most of the judging on the high school platform; helping the boys along, with most of them being in their first meet. Great job guys. Glen Venator, our fine state chairman was here. Glen always comes to my meets; couldn't do them without him. Jan and Terry Todd brought several U.T. lifters and also helped where needed. Thanks to Jan and Terry. David Perkins helped judge all day as well as my good friend, Matt Henderson. John Jones, Pat Lee and so many others helped. Hope I didn't miss too many people. Bob McGee came to show us how to use an IBM computer. He set up a program for all the meets thanks Bob.

Last, but not least, all my family helped in so many ways. Without their help and support the meets could not be held. Thanks to all the lifters that lifted I hope they enjoyed the meet as much as we did putting it on.

P.S. Steve Helton set yet another bench press record. He now has 11 state and 1 national records for the bench press.

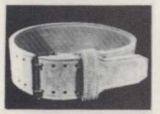
(Thanks to Jim Griffith, Meet Director for results.)

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4-3 A-3-S-E $89


4-2 A-1-S $68


4-3 A-2 $66

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Model	No	Price	OPTIONS
2.5	1	$25	A Double prong buckle....NC
3	1	$25	B Single prong buckle....NC
4	1	$30	1 Style stitching 1.....$3
4	2	$50	2 Style stitching 2.....$6
4	3	$60	3 Style stitching 3.....$9
Dip Belt		$30	S Suede.....$15
			D Black dye edging.....$3
			E 2 color suede.....$5
			F 3 color suede.....$10


4-2 A-3 $59

All Belts are 100 mm (approx. 4 in) wide & IPF/USPF legal.

Colors of Suede: black, navy blue, royal blue, light blue, maroon, dark green, light green, dark brown, medium brown, light brown, rust, red, grey, gold, sand.

Style Stitching 1 — One row of stitching around edge of belt.

Style Stitching 2 — One row of stitching around edge of belt, and two rows down the middle of the belt.

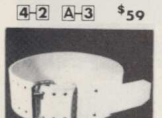
Style Stitching 3 — One row of stitching around edge of belt, and four rows down the middle of the belt.

5% Discount on purchase of any 2 belts.

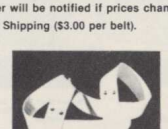
Customer will be notified if prices change.

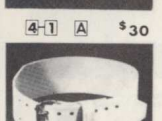
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4-1 A $30


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MC/VISA /COD Accepted



Best Lifter *at the California Drug Tested Championships was Nancy Belliveau, here with her trophies and meet director, Alan Kirshner. Photo by Manny Burruel with Al's camera.*

Calif. Drug Tested Championships
22,23 Mar 86 - Fremont, CA

	SQ	BP	DL	Total
WOMEN				
97 lbs.				
K. Lindstrom	132	115	203	451
111 lbs.				
S. Gutierrez	281*	154*	297	733*
C. Slaughter	220	115	264	600
116 lbs.				
N. Belliveau	292*	154*	358*¹	804*
C. Peterson	270	143	330	744
S. Gerhardt	226	110	259	595
S. Erlich	170	110	226	507
122 lbs.				
F. Krauss	297*	154	330*	782*
S. Emerson	231	121	314	666
J. Gulseth	214	115	2892	622
129 lbs.				
P. Brighton	203	93	275	573
139 lbs.				
A. Balogh	314	187*	347	848*
P. Wagner	303	176	347	826
J. Cain	270	148	319	738
154 lbs.				
C. Kling	358*	181	385*	925*
M. Scoma	264	143	325	733
176 lbs.				
C. Sorenson	363*!	187*!	385!	936*!
L. Beaudette	368	170	374	903
J. Cheng	330	148	385*	865
176 lbs.				
J. Gregory	391*	220*	352	964*
M. Cortez	248	121	264	633
OPEN				
114 lbs.				
D. Seymour	154	104	181	440
123 lbs.				
S. Graham	413	248	402	1063
B. Sato	325	209	391	925
J. Sevangli	264	181	314	760
132 lbs.				
M. Yi	407	242	457*	1107*
T. Drozdowski	330	242	330	903
M. Orias	270	231	391	892
J. Arenberg	270	259	358	887
148 lbs.				
R. Tsutsui	440	352*	440	1234
M. Oshiro	391	336	485	1212
J. Backhman	402	303	440	1146
B. Uyeoka	396	275	440	1113
K. Tanaka	391	281	418	1091
M. SanAgustin	281	292	385	959
D. Johnson	325	181	330	837
J. Draper	137	330	137	606
165 lbs.				
A. Guidry	573*	319	622*	1515*
R. Cirigliano	501	319	589	1410
A. McCallon	589	275	529	1394
J. Kline	468	270	440	1234
A. Cruz	474	308	440	1223
A. Trejo	463	231	529	1223
A. Maleta	429	281	462	1173
W. Weiss	435	237	463	1135
C. Hoskins	347	264	485	1096
S. Ricci	352	220	402	975
M. Mathews	319	209	435	964
181 lbs.				
P. Markle	534	374	573	1482*
D. Faccini	551	325	600*	1477
S. Vanotti	501	385*	507	1394
P. Magallanez	440	275	562	1278
R. Chavez	440	336	479	1256
D. Hunt	446	270	534	1251
F. Siebert	385	358	501	1245
J. Quaglino	424	314	446	1185
T. Tognietti	369	303	496	1168
K. Ching	402	325	435	1162
B. Derr	374	231	451	1058
L. Pawlak	374	264	407	1047
F. Byrum	347	214	407	1394
D. Carmingnani	308	170	308	788
198 lbs.				
J. Dentice	540	380	606	1526
D. Georges	501	374	540	1416
J. Waters	452	286	556	1295
R. Chevez	468	314	507	1289
D. Kelly	468	314	457	1240
J. Chamness	418	286	523	1229
F. Santoya	440	303	446	1190
P. Ray	385	248	523	1157
R. Root	341	303	474	1118
220 lbs.				
T. Pinelli	584	402	578	1565
D. Feuerhahn	578	352	628	1559
N. Burich	567	363	573	1504
K. Keene	573	341	551	1466
R. Munsee	529	363	551	1444
G. Kimbrough	501	319	617	1438
J. Fischer	501	330	606	1438
J. Tunney	518	347	518	1383
R. Verdugo	402	286	518	1207
242 lbs.				
L. Luke	606	435*	606	1647*
T. Gilman	573	429	633*	1636
B. Hanning	633	352	611	1598
A. Morgan	606	363	578	1548
S. Johnson	573	336	600	1510
A. Hejnal	485	341	606	1433
R. Hamamoto	501	330	545	1383
J. Presley	143	424	143	711
275 lbs.				
D. VanBrocklin	644*	407	540	1592
N. Staats	325	490*!	143	959
SHW				
H. Miller	463	330	463	1256
R. Moore	137	512*!	143	793
TEENAGE DIVISION				
114-132 Weight/14-15 Age Group				
D. Seymour	154	104	181	440
114-132 Weight/16-17 Age Group				
J. Sevangli	264t	181t	314t	760t
148-181 Weight/16-17 Age Group				
D. Carmingnani	308	170	308	788
148-181 Weight/18-19 Age Group				
D. Johnson	325	181	330	837
198-220 Weight/14-16 Age Group				
T. Rezai	479t	242	496	1218
198-220 Weight/17-19 Age Group				
J. Tunney	518t	347t	518t	1383
M. Ecsedy	451	292	551t	1295
M. Wilson	363t	264t	540t	1168
M. Beer	385	264	430	1080
242-SHW Weight/17-19 Age Group				
R. Rosas	584t	413t	474	1471t
WOMEN'S MASTERS DIVISION				
C. Sorenson	363*!	187*!	385*	936*!
P. Brighton	203	93	275	573
MEN'S MASTERS DIVISION				
148-181 Weight/40-44 Age Group				
857	264!	507!	1229!	Duran
W. King	474	286	512	1273
F. Byrum	347	214	407	1394
148-181 Weight/45-49 Age Group				
P. Wilson	446	231	440	1118
E. Magin	385	264	396	1047
B. Seymour	319	231	374	925
G. Ogilvie	336	248	959	
148-181 Weight/50-54 Age Group				
D. Douglas	308!	198!	380!	887!
C. Hubler	259	198	347	804
198-220 Weight/40-44 Age Group				
J. Waters	451	286	556	1295
D. Dye	474	275	501	1251
198-220 Weight/45-49 Age Group				
G. Llacuna	440!	341!	440!	1223!
P. Wagner	352	275	413	1014
198-220 Weight/50-54 Age Group				
B. Grotenroth	330	242	352	925
242-SHW Weight/40-44 Age Group				
R. Rossi	440	341	485	1267

Symbols: ¹ ⁵ American Record, ! ⁵ American Masters Record, * ⁵ State Record. t ⁵ Teenage State Record. Best Lifters: Women's Division: Nancy Belliveau. Open Division: Alvin Guidry. Judges: Jo Dentice (ADFPA National), Don Haley (ADFPA National), Gary Hunnicutt (ADFPA National), Alan Kirshner (ADFPA National), Jim Waters (ADFPA National), John Dumont, Fran Haley, Lev Kirshner, Jim Lem, Wayne Prodger, Mike Sorenson, Mateo Mariano, Ron Morris. Drug Testers: Rick Cope (polygraph), Gayle Hall (women's urine), Alan Kirshner (men's urine). Announcers: Bob Packer, Joan Lester, Frank Siebert, Alan Kirshner, Joe Dentice. Loaders and Spotters: Ron Schmidt, Eric Debus, Wayne Prodger, John Hairston, Mateo Mariano, Manuel Burrell, Dan Buckingham, Mike Yi, Mike Orias, Rick Pavlik, Sean Warren, Paul, Alvin Guidry, Matt Keller, Leon Reali, Mark Cash, Jane Robinson, Jane Taylorson, Norma Platt.

Helpers: Pat Brighton, Chris Gutierrez, Kathleen Wade, Sandy, Paul Mack, Israel Orais, Mike Yi, Ransom Roscoe, Betty Hunnicutt, Susan Fisher-Kirshner, Jody Prodger, Ben Hart, Kris Bevins, Chris Sorenson, Rosetta Hairston, Pam Manriquez, Sue Morton, Ron Morris, Lynn Morris, John Nuckels, Chris Bell, Dru Hamblin, Wayne Prodger, Gary Hunnicutt, Jim, Gayle Hall, Rich Ceralo, Mateo Mariano, Dave Georges, Dave Seymour and his mother, Helen Zechmeister and her husband, all the Sorenson children, the Ohlone College Women's Basketball Team and their assistant coach, Lydia.

I know I must have left out dozens of names of those individuals who made this third annual California Drug Tested Powerlift Championships a roaring success. Last year I complained about those individuals who promised to help and never showed up. Well, this year not only did everyone appear, but even some volunteers whom I never asked appeared to offer their services. Any individual I have forgotten to name, please rest assured that I truly appreciated your help. I once again must select out Ron and Lynn Morris along with Manuel Burruell for special thanks for their willingness to lend their equipment for the warm up area. The contest could not have gone on without them. I provided six fully equiped warm-up platforms, a necessity from my viewpoint to run a successful round system contest.

The contest would have never been as well-organized if my wife, Susan, hadn't typed and organized the weigh-in cards and the score sheets. Of course, Gary Hunnicutt, ADFPA Region Chairman, still remains my right arm in producing this championship each year. Certainly, the vast experience and expertise of Don and Fran Haley who came up from Los Alamitos, California on their own initiative and their own expense added to the success and legitimacy of drug tested contests, my special thanks and enduring gratitude. By the way, if this report is beginning to sound like Oscar night, perhaps it is because I just finished watching the awards.

I did get an opportunity to test the Ivanko weights I bought for the ADFPA Nationals I am holding in San Jose this summer. They are right on weight. I also tested a number of power bars with these weights to see which would suit the lifters best.

I am very pleased with the service and quality of the trophies produced under my specifications by Ralph Sesso of Olympic Trophy. I have seen other companies offer a bit cheaper prices with plastic bases and false wood stands. Ralph also did an outstanding job on my T-Shirts (with a price I couldn't match anywhere else). I might note that I bought double what I thought I would sell because I figured I could offer the leftovers at my ADFPA Nationals. I sold out every T-Shirt, but a few smalls the first day of the meet.

A contest this size could not have gone as smoothly if I didn't obtain the services of so many people dedicated to drug free lifting. Every aspect of the contest ran smoothly. All four sessions went off on time much to the detriment of a few lifters who found themselves unprepared because they were use to contests starting late or running overtime. Once again, the Drug Tested Championships produced the year's largest turnout of lifters. My original satisfaction that arose from so many lifters competing and no failures on the polygraph (in previous years at least two lifters failed) turned to gloom when I received a call from The Sports Sciences Group Laboratory in Chicago and learned that one of the women lifters showed positive on 19-Nortestonsterone. I continue to hope that lifters will put aside their egos and allow those of us who want to compete without strength enhancing drugs alone. I guess I will remain an idealist. I will continue to use the name "Drug Tested" rather than "Drug Free" as it more realistically reflects the contest.

The only negative this year remains the lack of press coverage. In previous years all of the bay newspapers provided the athletes with excellent pre-meet and post-meet publicity. Except for a Santa Cruz T.V. cameraman who came to do a story on his friend and an Oakland newspaper press photographer, the meet attracted little media coverage. Perhaps drug free lifting isn't as newsworthy because of the momentum we have achieved in offering a healthy alternative over the last few years. In fact, we are no longer the alternative. A new powerlifting association now offers no drug testing as the alternative. I feel great to be part of the status quo.

(Thanks to Alan M. Kirshner, Ph.D., Meet Director, for results.)

North Carolina ADFPA State Meet
19 Apr 86 - Davidson, NC

	SQ	BP	DL	Total
114				
Stikeleather-F	135w	115w*	170w	420w
123				
Jon Clary-T	300t	160t	340t	800t
Isabel Sykes-F	365w	120w	305w	690w
Terry McClain-T	—	—	—	—
Jon Harring-T	—	—	—	—
J. Farabee-F	—	—	—	—
132				
Jessie Rodriguez	350	200	420	1015
Darrel Self-T	300	250t	400t	950t
Scott Wood-T	300t	205	355	860
B. Burford-F	250w	110w	290w	650w
148				
Donnie Kiefer(BL)	530*	315*	490*	1335*
Thomas Taylor-M	400m	265m	465m	1130
Rick McLean	405	260	415	1070
Fred Miller	340	215	385	940
Doug Parrish-T	280t	215t	365	860t
Brad Ellis-T	275	175	290	740
Wanda Wiley-F	260w	150w	325w	735w
165				
Kent Walton	535	295	540	1370
Rick Cloninger	455	330	500	1285
Rusty Pace	400	405a*	470	1275
Roy Alderman	430	260	470	1165
Pete Eller	400	220	425	1045
Chuck Akers	—	—	—	—
Todd Wood-T	—	—	—	—
William Wood-T	—	—	—	—
Underwood-GL	520	340	530	1390
181				
Bill Schmidt-BL	650*	385*	665*	1700*
Emory Sampson	540	365	590	1495
Ethell Bell	550	290	575	1415
Jeff Gray	580	290	500	1370
Lee Thompson	465	290	560	1315
Bill Nusbaum	475	285	540	1300
David Abbott	460	320	500	1280
John Patterson	405	310	475	1190
Tim Weiss	435	210	540	1185
Art Lewis	385	225	500	1110
Bob Hoagland-M	380m	220m	420m	1020m
John Barlow	350	275	375	1000
Joe Hutchins	—	—	—	—
198				
Frank Hinnant	535	360*	550	1445*
Rick Whaley	565	290	550	1405
Al Gerard	490	290	600*	1380
Jon McMahon	500	345	530	1375
Donnie Haddock	400	315	475	1190
Charlie Cochran	305	240	390	935
Mike Tilley	—	—	—	—
Lee Glass	—	—	—	—
220				
Gary Hingleton	630*	340	575	1545
Bobby Powell	505	350	540	1395
Charlie Harris	500	330	520	1350
Wm Dickerson-M	450m	330m	500m	1280m
Bob Fultz	455	280	470	1205
Phillip Steed	435	285	480	1200
C. Pressley-M	535	350	—	—
K. Cornwell-GL	—	310	—	—
242				
Tony Moore-T	540t	370t	500t	1410t
Warren Patton	450	385	500	1335
L. Lyczkowski-M	500m	305m	505m	1310m
H. Wilson-M	350	275	475	1100
Marcus Allen	135	410*	145	690
R. McWhorter	—	—	—	—
J. Messinger-GL	640	410	620	1670
275				
Glenn Hill	620*	450*	635*	1705*
Carroll Clark	615	430	630	1675
Phillip Jordan	610	375	615	1600
SHW				
Larry West-M	520m	330m	530m	1380m
Vince Harrelson	—	—	—	—
Don Simmons-M	—	—	—	—

BL-Best Lifter, F-Female, T-Teenager, M-Master, a-American Record, *-State Record, m-Master's State Record, w-Women's State Record, t-Teen State Record. Meet directors: Donnie Kiefer, Vince Harrelson. Thanks to Debbie Kiefer for handling all the details, and to the Davidson College Football Team for doing all the physical work. Great meet with 60⁵ lifters. Rusty Pace broke the American bench press record in 165's with an easy 405. We appreciate all the lifters and hope to see you next year. Special thanks to Dave Ungerer. Thanks to Donnie Kiefer for results.

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Comp-Bench: MW $140.00,HW $167.50 SHW $187.50, Pin Adj. Uprights $35.00 Jack Adj. Uprights $80.00, Spotters Platform $35.00, Safety Pins $10.00

Comp-Bench: MW $140.00 HW 167.50 SHW 187.50, Pin Adj. Uprights $35.00 Jack Adj. Uprights $80.00. Spotters Platform $35.00, Safety Pins $10.00

Incline Bench: w/o Bar Supports MW $100.00, HW $125.00, SHW $145. With Bar Support MW $200.00, HW $265, SHW $305. Safety Pins $10.00, Adj.Seat angle $80.00, Pin Adj. Uprights $35.00, Jack Adj. $80.00

Decline Bench: w/supports MW $220.00, HW $255.00, SHW $292.50. Pin Adj. $60.00. Jack Adj. Uprights $60.00. Adj.Seat Angle $80.00, Safety Pins $10.00.

Incline Bench: w/o Bar Supports MW $100.00, HW $125.00, SHW $145. With Bar Support MW $200.00, HW $265, SHW $305. Safety Pins $10.00, Adj.Seat angle $80.00, Pin Adj. Upright $35.00, Jack Adj. $80.00

Step Squat Rack: MW $255.00, HW $315.00, SHW $382.50

Leg Sled: HW $1090.00 With 300 Lbs. Sel. Stack HW $1610.00

Seated Preachers Curl: MW $160.00 HW $172.50, SHW $195.00.

Plate Holder Qty. or small Hole MW $65.00, HW $72.50.

Roman Chair Hyper. Ext MW $170.00, HW $190.00 SHW $220.00

Squat stands: Pin Adj, MW $140.00 HW $160.00, SHW $182.50 Squat Stands Jack Adj., MW $182.50 HW $205.50, SHW $232.50.

Dumbell Rack: MW: 4pr-$87.50, 5pr-$102.50, 6pr-$115.00 HW:4pr-$102.50, 5pr-$115.00, 6pr-$132.50. With Individual Holders:MW 4pr-$115.00, 5pr-$132.50, 6pr-$145.00, HW: 4pr-$132.50, 5pr-$45.00, 6pr-$160.00

T-Bar Rowing Machine: MW $160.00, HW $182.50, SHW $220.00. With 300 Lb. Sel. Stack: MW $730.00 HW $790.00, SHW $847.50

Seated Calf Machine: MW-$170.00, HW-$195.00, SHW-$225.00

Let us Equip Your Gym With the Best Free Weight Equipment Your Money Can Buy. Most Equipment is offered in Middle Weight, Heavy Weight, and Super Heavy Weight. MW is constructed of 2" Square tubing with 1/8" Wall thickness. HW is of 2" Square Tubing with 3/16" Wall Thickness. SHW is of 2½" Square Tubing With 3/16" Wall thickness. Prepayment is required on most orders, with 5% discount on orders totaling $1000.00, with 10% Discount for orders Totaling $3000.00, with 15% Discount For orders totaling $6000.00. Send For Catalog of Our Complete Line of Gym Equipment not pictured in this AD. Customer is responsible For all shipping from Fowler, Indiana. Factory direct Dealers welcome to any certified Sports Fitness or Gym Equipment sales.

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Four Station Gym: free hanging carriage $650.00. With guide rod carriage for plate loaded $1132.50. With Sel. Stacks $2340.00 (2 Lat. Pulls 250 lb. ea) (1 Seated Row 300 Lb.) (1 Tricept Press Down 200 Lb.) $2340.00

Power Rack: HW $272.50, SHW $300.00, SHW $382.50. Custom heights offered at no extra charge.

High Pull-Low Pull: Plate Loaded, MW $332.50, HW $390.00, SHW $432.50 With 300 lb. Sel. stack- MW $780.00 HW $827.50, SHW $870.00.

Tapered Dip Rack: MW $175.00 HW $205.00, SHW $232.50, Vertical Knee Raise Insert $110.00

Peck Deck: Plate Loaded, MW $585.00, HW $645.00, With 150 Lb. Sel. Stack: MW $840.00, HW $900.00.

Lat.Deltoid: Plate Loaded-MW $585.00, HW $645.00. With 100 Lb. Sel.Stack-MW $840.00, HW $900.00.

Standing Calf: MW $275.00, HW $315.00. SHW $ 360.00. With 400 Lb. Sel. Stack- MW $ 817..50, HW $875.00, SHW $950.00

Seated Military Bench:MW $212.50, HW $250.00, SHW $292.50, Pin Adj.Uprights-$35.00, Jack Adj.$80.00, Safety Pins $10.00.

Let us Equip Your Gym with the best free Weight equipment your money can buy. Most equipment is offered in Middle Weight, Heavy Weight, and Super heavy Weight. MW is constructed of 2" Square tubing with 1/8" wall thickness. HW is of 2" square tubing with 3/16" wall thickness. SHW is of 2½"square tubing with 3/16 wall thickness.
Prepayment is required on most orders, with 5% discount on orders totaling $1000.00, with 10% discount for orders totaling $3000.00, with 15% discount for orders totaling $6000.00.
Standard paint is black and seat covering is offered in your choice of blue, red, black, or tan. Custom paint and upholstery are offered at extra charge. Send for free catalog of our complete line of Gym equipment not pictured in this AD. Customer is responsible for all shipping from Fowler, Indian. Factory direct Dealers welcome to any certified Sport Fitness or Gym Equipment Sales.

Leg Ext. Leg Curl: Plate loaded MW $360.00, HW $410.00, With 200 Lb. Sel.Stack-MW $677.50, HW $937.50.

Boomer Classic
29 Mar 86 - Norman, OK (kilos)

	SQ	BP	DL	Total
Open				
123				
D. Prator	132.5	65	137.5	335
165				
B. Anderson	232.5	120	212.5	565
M. Hickman	127.5	87.5	147.5	362.5
181				
M. Barkil	220	162.5	250	632.5
K. Price	227.5	130	212.5	570
198				
E. Ross	310	167.5	255	732.5
220				
S. Rodenberg	257.5*	155*	260	672.5
242				
B. Blake	272.5	195	272.5	740
R. Wolf	215	165	262.5	642.5
Below Class II				
165				
B. Browder	155	100	172.5	427.5
B. Hammers	—	—	—	—
181				
B. Rich	182.5	115	182.5	480
220				
G. Lewis	227.5	120	260	607.5
B. Bailey	205	115	235	555
242				
A. Tanner	275*	152.5*	275	702.5
Below Class III				
148				
J. Craun	152.5	97.5	205	455
165				
T. Gilliam	182.5	87.5	170	440
W. Anderson	140	87.5	165	392.5
R. Stewart	135	105	147.5	387.5
B. Hammers	—	—	—	—
181				
P. Holliday	145	—	—	—
198				
B. Hallman	137.5	107.5	202.5	447.5
R. Davis	182.5	127.5	—	—
220				
S. Kim	247.5	157.5	242.5	655
275				
T. Smith	257.5	172.5	205	635

* 18-19 Teenage State Record. Thanks to Rich Peters for results.

New Hampshire Championships
15 Mar 86 - Concord, NH

	SQ	BP	DL	Total
Womens				
L. Demers	200	90	310	600
L. Piper	200	155	275	630
E. Longe	155	90	240	485
N. Scoggins	165	75	190	430
V. Boykin	205	110	275	590
Masters				
R. Makarawicz	570	385	570	1525
C. Spaulding	475	285	515	1275
J. Piper	435	290	475	1200
D. Paul	450	275	475	1200
R. Gullage	325	140	385	850
B. Johnson	380	230	410	1020
E. Jacques	320	225	360	905
J. Morin	280	185	355	820
114				
L. Chapin	350*	195*	300	845
123				
D. Duval	310	255*	370	935
J. Shifrin	290	135	300	725
132				
R. Houle	420	270	475	1165
148				
D. Mullikin	475	300	495	1270
U. Lamoreaux	430	235	500	1165
H. Martineau	370	255	435	1060
A. M. Croteau	385	225	440	1050
E. Beland	330	265	405	1000
E. Eckler	335	270	390	995
R. Clark	285	190	370	645
N. Mackay Jr.	—	—	—	—
165				
R. Cuddlhy	500	280	515	1295
J. Johnson	410	325	450	1185
E. Sonnenberg	430	290	405	1125
D. Lown	350	275	455	1080
T. Hogan	380	235	440	1055
K. Allain	370	210	435	1015
S. Clark	325	195	365	885
181				
A. Wood	615	325	585	1525
J. DeLucci	550	350	575	1475
J. Ward	525	285	500	1310
J. Wheeler	485	265	550	1300
R. Piotrowski	450	290	550	1290
D. Labrie	480	295	510	1285
R. Mantos	425	350	475	1250
E. Waller	425	320	500	1245
J. Marcoux	460	275	500	1235
W. Colby	440	265	430	1135
T. Patoine	380	265	455	1100
D. Gorges	300	235	435	970
R. Gullage	325	140	385	850
J. Morin	280	185	355	820
G. Greeberg	—	—	—	—
198				
M. Roy	740	410	625	1775
B. Ward	580	315	640*	1535
B. Estabrook	530	390	575	1495
R. Rogers	500	330	600	1430
C. Spaulding	475	285	515	1275
W. Cordani	455	320	490	1265
J. Clough	375	315	530	1220
J. Piper	435	290	475	1200
J. Koskellar	405	225	405	1035
B. Burris	—	—	—	—
E. Shepard	—	—	—	—
220				
J. Mantos	700	465*	605	1770
P. Boucher	605	355	675*	1635
R. Todt	510	400	575	1485
A. Edmunds	540	315	605	1460
P. Banclanza	525	315	580	1420
J. Kelley	490	300	540	1330
L. Donaldson	450	245	485	1180
J. Romane	135	135	670	940
E. Jacques	320	225	360	905
242				
R. Makarawicz	570	385	570	1525
J. Sellar	465	350	525	1340
275				
D. Miller	685*	385	600	1670
C. Scuggins	585	375	515	1475
E. Metzler	450	365	485	1300
D. Paul	450	275	475	1200
M. French	425	225	450	1100
B. Johnson	380	230	410	1020
Super Heavy				
W. Andrews	710*	370	640	1720
L. Lapoint	600	430	520	1550
P. Dellelis	520	335	525	1380

*-State Record. Thanks to Don's Physical Fitness Center for results.

Oregon State Meet
15 Feb 86 - Ontario, OR

	SQ	BP	DL	Total
Women				
105				
Riki Hemenway	130	55	200	385
132				
Sheri Brannan	215	140	260	615
Donna Keim	200	110	275	585
Tiffany Wallace	135	85	215	435
Karen Livingston	190	—	—	—
148				
R. Hemenway	220	110	300	630
Debbie Marker	225	105	255	585
Brenda Brown	200	135	245	580
Men				
123				
Ryan Paulson	230	135	300	665
132				
Marc Morishige	450	285	525	1260
Jamie Wuda	370	215	420	1005
148				
Rhett Tipton	330	210	430	970
165				
Steve Simpson	515	365	525	1405
Ron Robertson	450	255	425	1130
Brian Ozboru	365	230	400	995
Matt Sirrine	340	255	380	975
Steve Kipling	300	195	425	920
Gust Tsiatsos	300	190	360	850
181				
Scott Webb	520	310	580	1410
Ignacio Jaramillo	400	145	440	1025
Robert White	300	230	530	940
198				
Darrin Erickson	575	400	575	1550
Sven Sorenson	430	330	525	1285
Ben Werner	575	380	—	—
220				
T. Christianson	625	420	625	1670
Jerry Davis	450	300	500	1250
242				
Tony Franklin	385	225	430	1040
SHW				
Russell Wade	460	300	475	1235

Teams: Tony's Weightlifting 65, TRG Mount. 32, OHS 30, SHS 24. Women: Tony's Weightlifting 32, TRG Mount. 16. Best Lifters: light- Marc Morishige (132), heavy- Todd Christenson (220), High school- Jamie Wuda (129), women- Sherie Brannan (128), women High school- Ronya Hemenway (146). Judges: Joe Gastanugh, Tom Keim, Ron Park, Doug Sheppard, and Tim Leanord. Emcee- Roger Cates. Help- Max and Sheri Taggart. Spotters: David Myer, Dave Borlnu, Gene Glenn, Dan Johnson, Mike Fitzpatrik, and Robert Coronado. Special thanks, we could not have done it without your help, Melody Stark. (Thanks to Tony's Gym for results.)

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- 2½" Single Tongue
- Heavy-Duty Buckle

(Natural Leather) Brown Only

STYLE 120 — $25.95
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(Natural Leather) Brown Only

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- Heavy-Duty Double Tongue Buckle
- Brushed Suede Outside

(Diamond Stitching $2.00 EXTRA)

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- Heavy-Duty Double Tongue Buckle
- Brushed Suede Inside & Out

(Diamond Stitching $2.00 EXTRA)


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210


220


310

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M	28"-38"	33"
L	31"-41"	36"
XL	34"44"	39"

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Illinois Jr. State
23 Feb 86 - Galesburg, IL

	SQ	BP	DL	Total
Women				
V. Lester	325	180	375	880
B. Rester	245	145	280	670
C. Newbury	180	100	225	505
Men				
114				
R. Krasnek	285	160	290	735
132				
P. Pemberton	250	180	280	720
148				
J. Taylor	370	235	475	1080
M. Johnson	390	240	425	1055
G. Johnston	275	200	335	810
G. Millhouse	45	365**	—	—
165				
T. Denton	550	320	580	1450
B. O'Connell	470	335	465	1270
R. Dayao	500	235	460	1195
M. Scheckel	425	260	450	1135
181				
L. Trammell	500	325	475	1300
S. Seiberlich	425	315	500	1240
R. Wilson	430	255	430	1115
D. Roberts	350	175	390	915
C. Jones	—	—	—	—
198				
R. Reszel	655	395	660	1710
H. Hutchens	610	375	580	1565
P. Allen	630	385	525	1540
R. Egli	580	415	540	1535
A. Pena	575	390	535	1500
S. Fergusson	500	360	500	1360
R. Boyd	450	240	500	1190
R. Klossing	—	—	—	—
220				
B. Stevenson	735*	450	685	1870*
D. Swanson	620	375	685	1680
J. Facer	605	455	585	1645
P. Goldsmith	525	405	640	1570
D. Gibbons	530	400	515	1445
242				
M. Patterson	730*	505*	650	1885*
F. Carson	675	435	580	1790
N. Lagen	645	360	650	1650
R. O'Bryant	605	365	650	1620
J. Young	500	400	500	1400
R. McGarry	430	300	450	1180
G. Prince	450	270	450	1170
D. Hazen	—	—	—	—
275				
D. Pool	700	470*	600	1770
A. Falcon	525	400	650	1575
J. Presley	480	375	550	1505
SHW				
K. Johnson	475	475*	650	1600
D. Walker	560	380	550	1490
T. Payne	500	370	500	1370
A. Boffo	525	—	—	—

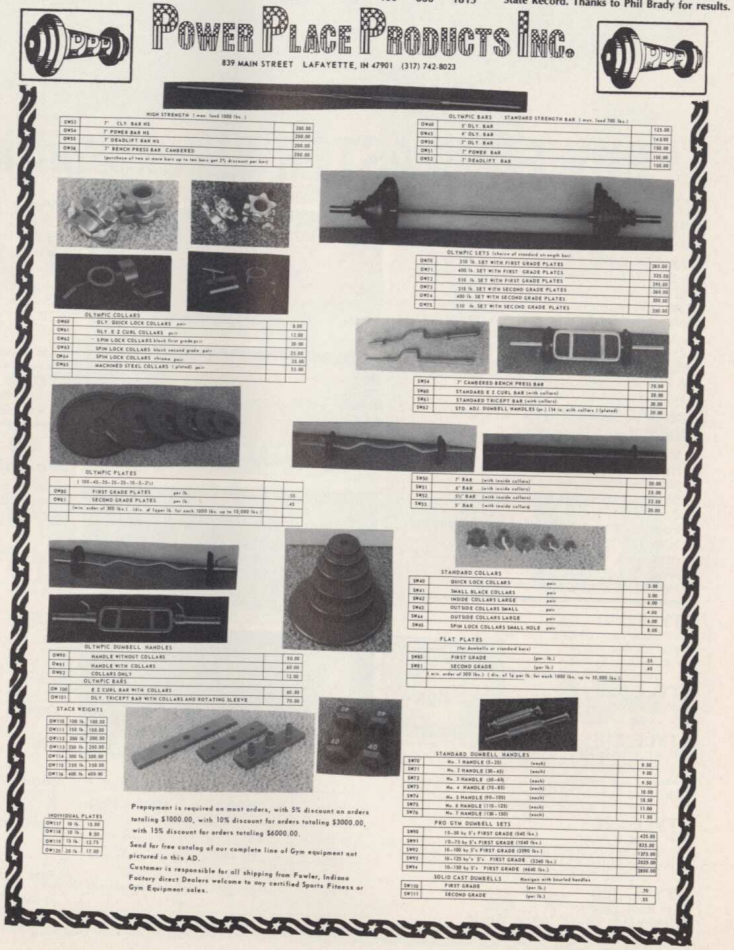
* New meet record. ** Unofficial Teenage National record. Best Lifters: light- Tom Denton, Heavy- Brad Stevenson. Team awards: 1st- Brad's Gym, Galesburg, 2nd- Central Ill. Powerlifting, Peoria. It was a snowy Midwestern day, but that didn't keep people from showing up in large numbers. Over 500 spectators came to watch as 50 of Illinois' finest lifters competed for top honors. In the women's division Vickie Lester just missed getting her Elite total at 148, Barb Rester made her Master total at 114, and Cheri Newbury had a fine day for her first full meet. At 114, 15-year-old Ron Krasnek had a pretty easy time of it for his first full power meet. At 132, Pat Pemberton who started powerlifting only a month ago went 9 for 9 at his first meet. At 148, Jimmy Taylor came from behind with a big deadlift to edge out Mike Johnson. Gerald Millhouse of Macomb benched 365 to set a new teenage record but due to the weather not all of the national judges could make it, so unfortunately the record didn't count. At 165, Tom Denton finally put together the total needed to win this meet and got Best Lifter all at the same time. 181 showed Luke Trammell and Scott Seiberlich having very well balanced days. At 198, we saw the most competitive class. Robert Reszel just missed a record breaking deadlift and total. Hutchens, Allen, and Egli all had good days and anyone of them could have taken second. At 220, Brad Stevenson found out just how hard it is to lift in your own meet. Brad just barely got in the record breaking squat on his opener and just missed a record breaking deadlift but still finished with an 1870 total, this also being a new meet record. Brad got best lifter and his qualifier for the U.S.P.F. Jr. Nationals. Darrell Samson just missed a record breaking deadlift as did Jeff Facer did in the bench. At 242, we saw the biggest lifter of the meet. Mike Patterson's 730 squat, 505 bench, and 1885 total were all new meet records. Frank Carson made his Master total and 20-year-old Nick Lagen had a very fine day and made his collegiate national qualifier. At 275, Doug Pool had expected to do better but still walked away with a new bench record of 470 which broke the old record of 450 which he also held. Falcon and Presley also had troublesome days, but were fine, supportive competitors. At SHW, Kevin Johnson did very well in his first full meet and walked away with a new bench record of 475. Walker and Payne had well balanced days.

This meet was a huge success and many thanks go out to all the people of Brad's Gym who helped put it on, they did a very fine job. Special thanks to Roger and Judy Gedney whose presence added a touch of class to the meet. Most of all thanks to all the lifters who put on a very good show and brought powerlifting such a grand entrance to this part of the state. (Thanks to Brad Stevenson for results.)

Colorado State Championship
22 Mar 86 - Littleton, CO

	SQ	BP	DL	Total
Men's Open				
123 lbs.				
R. Trujillo	260	175	400	835
T. Luera	250	185	375	810
132 lbs.				
M. Capillupo	410	300	450	1160
B. Cordova	325	235	415	975
R. McComb	310	245	395	950
S. Medina	325	195	390	910
148 lbs.				
K. Aragon	405	285	485	1175
B. Mendoza	380	315	475	1170
M. Sigala	390	280	485	1155
P. Clowdus	420	275	445	1140
E. Bravo	375	290	455	1120
B. Lerner	355	235	480	1070
C. Burmeister	365	245	440	1050
165 lbs.				
S. Eitzel	420	330	460	1210
B. Powers	430	280	490	1200
B. Vitale	430	330	440	1200
F. Williams	450	250	450	1150
181 lbs.				
B. Bonner	590	415	595	1600
K. Elliott	570	425	570	1565
J. Draper	520	380	570	1470
R. Applehans	500	325	525	1350
D. Anderson	485	365	485	1335
198 lbs.				
Dale Boies	640	430	630	1700
W. Lattimore	480	365	590	1435
T. Needham	550	320	530	1400
B. Hawkins	525	315	555	1395
S. Millsapps	425	300	500	1225
220 lbs.				
B. McClusky	695	490	730*	1915*
K. Shepard	700	500	715	1915
S. Zwaanstra	675	460	600	1735
C. Hinkson	660	360	605	1625
D. Scholtz	500	400	620	1520
242 lbs.				
B. Gruenwald	720	500	680	1900
M. Carter	555	480	655	1690
T. Zapico	540	370	600	1510
J. Coons	550	365	580	1495
M. Hepp	600	330	560	1490
275 lbs.				
K. Smith	705	460	705	1870
B. Tarras	675	480	660	1815
T. Ringgold	585	400	200	1185
Teenage (Light)				
Chris Parker	525	325	570	1420
Robt. Applehans	500	325	525	1350
Tim Lentz	370	235	385	990
Fred Kapp	370	255	435	1060
Adam Auerbach	260	195	345	800
Joe Kautzman	250	195	300	745
Teenage (Heavy)				
Chris Hinkson	660t	360	605t	1625t
Mike Hepp	600t	330	560	1490
Mike Murray	485	275	555	1315
Tim Ringgold	585t	400	200	1185
Women (Light)				
Susan Haag	200	155	290	645
Karen Walker	220	125w	230	575
Renee Stout	170	110	250	530
Women (Heavy)				
Lee Fay	150	110	260	520
Masters (Light)				
Dave Anderson	485m	365m	485	1335m
Bruce Powers	430m	280	490m	1200m
Rich McComb	310m	245m	395m	950m
Masters (Heavy)				
Jack Kress	450m	320m	485	1255
Phil Lambert	440	360	500	1300
Bill Pearce	410	200	450	1060

BEST LIFTER: Bill Bonner (light), Bryan McCluskey (Heavy). Team Standings: 1st - Judoka Family Fitness Center (6th year in a row), 2nd - The Gym. * - State Record, m - Masters State Record, t - Teenage State Record, w - Women's State Record. Thanks to Phil Brady for results.



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CRESCENDO -- A dynamic anabolic-metabolic enhancer. Each 900 mg capsule contains: L-Carnitine for increased muscle function and greater resistance to fatigue; Branched Chain Amino Acids (L-Leucine, L-Isoleucine, and L-Valine) to promote anabolic / catabolic muscle action, and provide a positive nitrogen balance; Aspartic Acid, Alpha-ketoglutaric Acid, and Citric Acid to generate cellular energy; Plus Vitamin B-6, Vitamin C, Magnesium, and Lysine.
Crescendo - 90 capsules $15.50; 180 capsules $27.50; 270 capsules $39.95

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Mytagen AM - 90 capsules $12.50; 180 capsules $23.50, 270 capsules $34.50

MYTAGEN PM - Maximum Growth Hormone Releasers. The natural way to maximum muscular development. Nighttime Formula - Each capsule contains: L-Arginine 500mg, L-Ornithine 250mg, L-Tryptophan 100mg, Niacinamide, and Vitamin B-6. Niacinamide and Vitamin B-6 are added to enhance the metabolism of L-Tryptophan into the essential neurotransmitter Serotonin, a powerful releaser of growth hormone.
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CHI POWER - This Chinese discovery increases energy and endurance. Taken ½ hour before a workout it will give tremendous power, allowing the hardworking bodybuilder to train at maximum intensity.
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AMINOPURE - Contains 19 free form amino acids including the essential 8 the body can not create. These free form amino acids are rapidly assimilated without digestion, enabling the bodybuilder to build pure muscular tissue without added bodyfat. L-form Free Amino Acids 740MG.
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MUSCLE PUMP -- This product is formulated to help increase blood circulation to working muscles (body part) allowing the bodybuilder to obtain a greater pump. Factors of endurance and stamina are inherent in the product.
Muscle Pump - 90 capsules $9.50; 180 capsules $16.50.

ENERGIZER -- Formulated to increase energy and stamina for the hard working bodybuilder. This product combines the latest findings in ergogenic aids, bee pollen, liver, B Vitamins, and Korean Ginseng root.
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MEGATON -- A dynamic strength and endurance enhancer. Each 900 mg capsule contains Inosine, Gamma Oryzanol, Creatine, Dimethyl-glycine, and Siberian Ginseng, which enable you to train like an animal, and really pack it on.
Megaton - 90 capsules $15.50; 180 capsules $28.50; 270 capsules $41.50

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MYTAGEN - PM-90 capsules $13.00 ( ) 180 capsules $24.50 ( ) 270 capsules $36.00 ( )
LIVER EXTRACT - 150 capsules $9.50 ( ) 300 capsules $16.50 ( )
DEFINITION - 90 capsules $9.95 ( ) 180 capsules $17.50 ( )
CHI POWER - 45 capsules $9.95 ( ) 90 capsules $17.50 ( )
AMINOPURE - 100 capsules $12.95 ( ) 200 capsules $24.00 ( ) 300 capsules $33.00 ( )
MUSCLE PUMP - 90 capsules $9.50 ( ) 180 capsules $16.50 ( )
ENERGIZER - 90 capsules $9.50 ( ) 180 capsules $16.50 ( )
GLAND TONER - 90 capsules $12.95 ( ) 180 capsules $23.50 ( )
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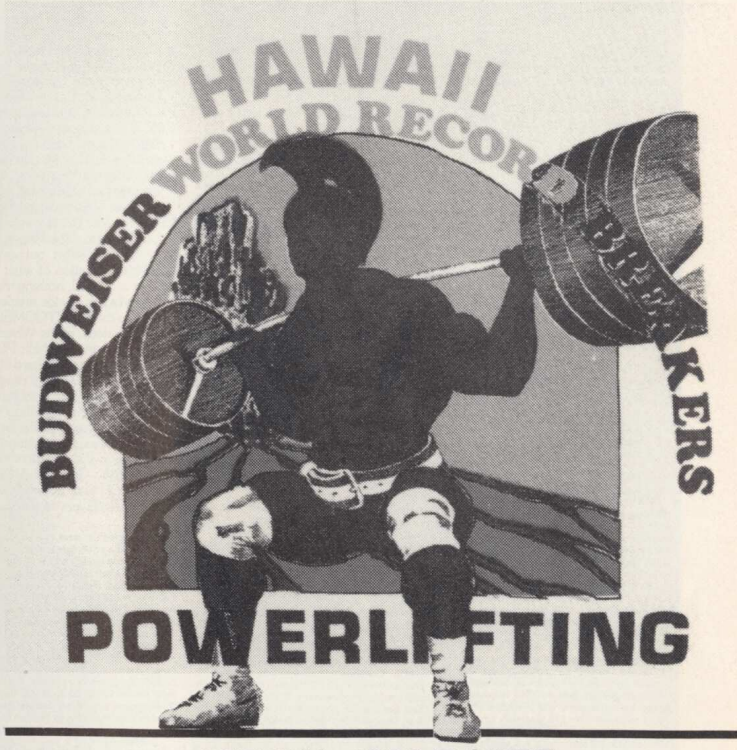
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Lake Erie Open
3 May 86 - Sandusky, OH

	SQ	BP	DL	Total
Women's				
Kim Baron (114)	250	130	280	660
Men's				
132				
Bill Hettrick	250	150	330	730
148				
Joe Pulizzi	550	300	500	1350
165				
Mick Chaffee	480	330	500	1310
181				
John Smoker	665	315	580	1560
Tim Cottier	410	275	450	1135
198				
John Wolf	640	335	575	1550
Ron Grinold	575	390	550	1515
Drew Huff	495	400	550	1445
220				
Dave Ward	720	475	605	1800
Edgar Bright	680	390	720	1790
Joe Matoes	670	405	710	1785
Dan Blatnick	650	420	635	1705
242				
Steve Kovacs	650	355	600	1605
Jeff Copland	585	325	605	1515
Bill Baron	585	300	620	1505
Dave Mahl	525	240	500	1265
275				
Steve Wilson	775	570	800	2145
Brett Stager	810	465	725	2000
D. Schweinfurth	715	445	715	1875
Jeff King	685	390	725	1800
SHW				
Matt Dimel	1010	530	760	2300
Bill Hoop	730	475	605	1810
Steve Lindway	700	290		

At 181 Jon Smoker, had a narrow miss with a 680 squat. A clean lifter, and a gentleman, he helped some younger guys, that to me represents being a true champion. At 220, there was a great battle. 2nd placer Edgar Bright was in only his 2nd contest, and is a Walter Thomas look alike, very strong. At 242, Jeff Copland came in from New York, and just missed making weight at 220. He got the crowd really up, an exciting lifter. At 275, Steve Wilson tore his thigh on an 825 squat, but still stifflegged an 800 deadlift. He should be alright for the Seniors, and should be on for a 600 bench press, as 570 was very easy. Brett Stager made an 860 squat twice, but was just a tad high. Dave Schweinfurth has, within the last 2 years, torn both biceps, but has come on strong from both surgeries by the same doctor that did Steve Wilson's. In the Supers, Matt Dimel opened at an easy 870, but was called for depth on 950. 1010 in my view was good. So, now there are 4 1,000 squats, 2 from Ohio, and 3 made in our state, counting Moran's in Dayton. Matt weighed 319 and I think he will do 1050 in the next few years, with added bodyweight. Steve Lindway re-tore his pec in the bench press.

As for myself, if I am chosen for the Mark 10 Strongman contest in Canada this September 12th, I will pass on the Seniors. I lifted at the Budweiser Open in Michigan, and did my last warmup on stage with 775. I went to 905, tore my lifting suit, and called it a day. Thanks to Lom Lazzara, Tim Dreschel, Bill Gosser: MCs at the meet. (Thanks to Dave Waddington for results).

Connecticut ADFPA Meet
26 Feb 86 - New Haven, CT

	SQ	BP	DL	Total
111				
Suzanne Hardisty	225*	90*	245*	560*
122				
Susan Harkins!	210*	115	270	595*
139				
Marie Marks!	250*	105*	285*	640*
Sandy Norman	210	90	265	550
154				
Sharon Norman	205*	105*	285*	595*
Janet Specht	120	95	250	465

* New State Record. ! Best lifter. Team Championships- World Gym East, 53 points. Best lifter- Susan Harkins, World Gym East. Best High School Lifter- marie Marks, World Gym East. Meet Director- Joseph F. Steele. Head Judge- Larry Chernoff. Announcer- Joseph Steele. Sanction number: 86-41. Side Judges: Joseph Steele, Al Carticchi. (Thanks to Joe Steele for results.)

Ct ADFPA High School Meet
16 Mar 86 - New London, CT

114			
Joe Mugovero	320	C. Monteleone	835
Tom Moran	320	Steve Lavoie	825
Wendy Norman	185	Richj Sylvia	680
123		**181**	
N. Capichiano	680	Tony Macalus	1045
P. Broniek	590	Eric Chaptman	965
Guy Zegarelli	535	Tod Frazer	820
Mike Caster	445	Al Cretacci	795
132		**198**	
Ed Azzaro	750	Doug Harkins	1060
Harold Lee	725	Tom Colby	1010
Steved Payne	650	B. Graylick	960
148		Steve Helt	935
B. Battista	910	S. Scacciaferro	925
John Badurek	800	**220**	
Chris Scarpa	765	Chris Ladd	935
Chris Pomroy	725	Rich Smith	550
Dan Matheson	690	**242**	
Marie Marks	585	Jerome Furman	800
Sharon Norman	545	Derek Reynolds	755
Warren Cartmel	375	**SHW**	
165		A. Stoddard	1020
John Chelico	870	Vic Formica	580

Best lifter lt: Barney Battista; hvy: Tony Macaluso; best woman: Marie Marks; 1st place team: Wilbur Cross Hi School; second: Waterford HS; third: New Fairfield HS. Thanks to the meet sonsors, the letter carriers of the Waterford, Ct Post Office. 'Connecticut's 1st drug free Hi school PL championships went off smoothly except for one mishap. Sandy Norman of Wilbur Cross HS injurd her knee in the squat. Determined as she was, after visiting the local hospital, she returned and finished the meet. We wish her a speedy recovery. As a meet director who has competed more than 100 times, I try not to show favoritism to any one lifter or wt class. This time though, in my opinion, the 114 lb class stole the show. Fourteen yr old Wendy Norman of Wilbur Cross HS earned third place with squat 50 lbs, BP 45 and 90 lbs in the DL. Second went to Tom Moran of Waterford. The 11 yr old squatted 105 lbs, benched 65 and DL'd 150. 1st place went to Joe Mugovero III. This nine year old represented New London with a squat 100, BP 65 and a DL of 155. Marie Marks of Wilbur Cross broke the state record in the DL with 290 lbs. Best lifter (lt) Waterford Hi's Barney Battista. Best lifter hvy, went to Tony Macaluso of Weston H. First place Hi school went to Wilbur Cross with 88 pts. Second place team went to Waterford HS with 79 pts. In third with 42 pts, New Fairfield HS. I am indebted to the following people. Without their help I could not have run a quality meet: Door lady Karen Mugovero, scorers and judges Jennifer Lennon, Jennifer Zarkos, Bob Sollo, Mark Hourigan, Jerry Raccio and Andy Bram. Special thanks to Alan Moran, Waterford Hi school's asst. football coach for all his help. One huge thanks to the letter carriers of the Waterford Ct Post office who sponsored the meet. Without their donation the entry fee would have been double. The letter carraiers also paid for the 3 hi school team trophies. (Thanks to Joe Mugovero Jr for results.)

POWER PUBLICITY is letting the public know just how great a sport Powerlifting is. Here are some recent examples of publicity gained for PL in various areas of the country. How about your state? Aren't there any deserving lifters in your neighborhood? Let the local media know you exist!

Louisiana...a nice photo of ADFPA record man Gerald Welch previewed the first ADFPA Louisiana State meet in the DAILY SENTRY NEWS. Essentially a press release, it's free publicity that can help all meet directors.

Wisconsin...Paul Immekus got on television after indicating to two local stations that Powerlifting had been accepted as an Olympic sport. As part of his talk about the sport and its competitors, he did a demonstration squat of 827 pounds, weighing 227, with the lights and camera right in his face!

Connecticut...Joe Steele got a photo and announcement of his State A.D.F.P.A. banquet in THE ADVISOR, honoring the finest A.D.F.P.A. lifters in the state. Over 220 people attended. Could you do the same in your area?

Louisiana...Doug Holland got a tidbit in the RUSTON MORNING PAPER indicating that he was looking for lifters to form a team. The result: three new team members. The smaller the paper, the easier it is to get publicity!

New Jersey...Joe Baynard, who is shooting for a 500 bench in 1986, got a nice photo and article in the EXAMINER, a newspaper put out by his employer, the Educational Testing Service. How about where you work? Joe also got a photo of himself and a friend in a local paper after a contest.

Louisiana...Bob Hafner got a nice photo and article in the TIMES PICAYUNE, which was used to highlight an upcoming competition at the YMCA where Bob, a geologist, trains. This was absolutely FREE publicity!

Ohio...Harry Nixon got full page, multi-photo coverage of his Buckeye Open meet in THE MESSENGER's Community Section. When a power meet takes place in a community, it is almost automatically newsworthy. Just ASK!

North Carolina...full meet results and a photo from the North Carolina State meet were published in the Roanoke Rapids DAILY HERALD. Meet Director Cleve Baker made sure his local media knew what was going on.

Louisiana... Joe Mapes, a Baton Rouge native, got a nice photo and article about his short, but very successful career in PL in a local paper. Just a basic explanation of what the sport is about and how one trains for it is all that is needed, nothing more than that. You can do it in your area easily!

Maryland...a nice article on a public safety employee's power meet appeared in the MONTGOMERY JOURNAL, highlighting the excellent lifting of Vic Kennedy, of the Wheaton-Glenmont Police District. Randy Crittenden sent in this article which PROVES: LOCAL NEWS IS BIG NEWS!!!

Alabama...Dr. Richard Herrick sent in a clipping from the BIRMINGHAM POST-HERALD with a report on Tom Owen winning his 6th Southeastern Championship. Tom established the King's Ranch children's shelters in 4 counties, which helps in getting your name in the paper.

Pennsylvania...Jake Boyer's gym got a double page, three color spread in a local newspaper section, indicating how his gym helps all sorts of people, through the experiences of two of Jake's younger trainees.

Virginia...Curtis and Barry Walker got a nice article in the TIMES-DISPATCH after donating some of their time to demonstrate the powerlifts to football players at Virginia State University. Can't you do the same?

Upcoming National Meet Qualifying Totals

Men's Contests	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*220*	*242*	*275*	*SHW*
USPF Seniors (revised)	841	974	1127	1300	1483	1580	1697	1769	1850	1927	1947
USPF Master Open	981	1064	1146	1279	1400	1505	1593	1675	1736	1786	1857
APF Seniors	880	1000	1150	1270	1430	1590	1750	1875	1950	2050	2060
ADFPA Nationals	845	955	1070	1235	1370	1480	1555	1610	1640	1675	1760
ADFPA Teen Nationals 14-15	620	720	785	875	925	975	1000	1045	1070	1095	1120
ADFPA Teen Nationals 16-17	675	770	880	1025	1075	1145	1220	1270	1295	1310	1330
ADFPA Teen Nationals 18-19	700	815	940	1080	1190	1325	1380	1410	1420	1440	1450
USPF Teen Nationals 14-15	625	720	785	875	925	975	1005	1050	1075	1100	1125
USPF Teen Nationals 16-17	700	795	905	1050	1100	1175	1250	1300	1325	1340	1360
USPF Teen Nationals 18-19	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505

ADFPA Women's	*97*	*104*	*111*	*116*	*122*	*129*	*139*	*154*	*176*	*176+*
Teen Nationals 14-16	402	430	457	468	491	513	546	595	656	733
Teen Nationals 17-19	463	496	518	540	562	584	623	678	750	838

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Region 8 Championships
5 April 86 - Norman, OK (kilos)

	SQ	BP	DL	Total
Below Class II				
123				
T. Lipscomb	75	60	137.5	272.5
132				
B. Helms	77.5	47.5	122.5	247.5
M. Janzen	—	—	—	—
165				
V. Balderas	197.5	132.5	230	560
181				
D. Panter	240	125	272.5	637.5
D. Stout	235	142.5	250	627.5
198				
T. George	285	195	245	725
D. Scott	240	137.5	260	637.5
Women				
105				
A. Napoli	112.5	60	137.5	310
132				
B. Black	50	32.5	87.5	170
148				
S. Jahad	77.5	40	122.5	240
198				
D. Ware	47.5	30	100	177.5
SHW				
R. Cox	45	42.5	107.5	195
Open				
123				
R. Dillon	155	85	150	390
A. Stout	125	92.5	145	362.5
132				
L. Knotts	155	100	172.5	427.5
148				
R. Thompson	182.5	100	202.5	485
165				
V. Balderas	197.5	132.5	230	560
181				
R. Kinnamon	272.5	170	280	722.5
D. Panter	240	125	272.5	637.5
D. Jones	265	120	245	630
D. Stout	235	142.5	250	627.5
P. Aguirre	242.5	152.5	222.5	617.5
198				
T. George	285	195	245	725
220				
M. Barman	272.5	145	310	727.5
242				
M. Farney	295	200	320	815
275				
J. Pavlicek	290	185	297.5	772.5
T. Stout	280	187.5	295	762.5

Thanks to Rich Peters for results.

Japanese Women's Nationals
30 Mar 86 - Toyama City (kilos)

	SQ	BP	DL	Total
44				
N. Aso	100	55	117.5	272.5
M. Saitoh	90	42.5	140j	272.5
E. Suzuki	102.5	45	112.5	260
	107.5*			
48				
H. Yoshida	137.5	60	142.5	340
K. Nishio	135	57.5	137.5	330
M. Kimura	95	45	110	250
52				
N. Hasegawa	147.5j	65	140	352.5j
N. Shirasaka	125	70j	145	340
Y. Dobashi	105	60	120	285
M. Wakabayashi	95	45	125	265
Y. Ishikawa	90	40	110	240
56				
K. Miyazaki	122.5	72.5*	130	325
Y. Miyazawa	90	62.5	105	257.5
M. Miyauchi	80	45	105	230
T. Ueno	70	30	80	180
60				
K. Ishikawa	152.5	75	150	377.5
M. Wakabayashi	110	57.5	140	307.5
Y. Moriya	110	52.5	100	262.5
67.5				
U. Kunihiro	165	90j	192.5j	447.5j
I. Yoshida	110	60	145	315
H. Ishii	125	55	130	310
75				
H. Yanai	137.5	77.5	145	372.5
Y. Muramatsu	130	75	160	365
Over 75				
K. Shiina	150	75	130	355
R. Horikawa	147.5	60	132.5	340

* Junior record, j Japanese record. The Members of the world team: 44 kg class Keiko Nishio, 60 kg class Kazuko Ishikawa, 67.5 kg class Umeyo Kunihiro. For the first time, we carried out drug tests in Japanese powerlifting competition. As the test's cost is so high, only 3 lifters took the tests. We decided the test members among the winners by drawing lots in public. Three ladies, Aso (44 kg), Miyazaki (56 kg), Ishikawa (60 kg) took the tests and were found negative.

From this year we will carry the drug tests at all national level competitions. Japan has very good laboratory which is certified by IOC. We can know the test results within 24 hours. The drug tests of Mr. Universe will be done at this same laboratory. (Thanks to Susumu Yoshida for results.)



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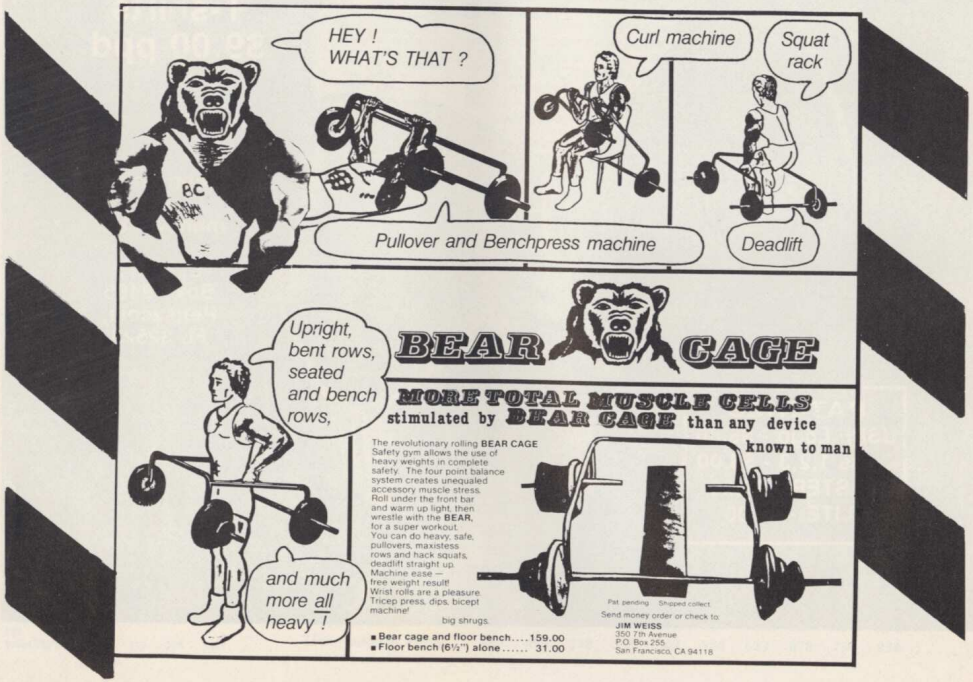
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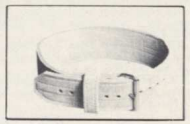
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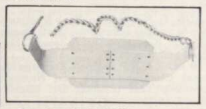
Style C: $53 double thickness leather, double buckle. State size.



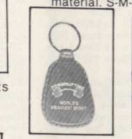
Style D: $30 single thickness, leather, double buckle. State size.



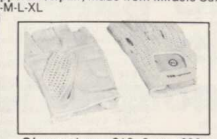
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Coming Events

MEET DIRECTORS...this list is published as a FREE service to publicize your contest to lifters everywhere each month. Send details in at least 3 months prior to your competition to 'Coming Events', Box 467, Camarillo, CA 93011 to obtain proper advance notice for your event. You'll reach many more entrants.

21 JUN, Leadbelt Championships (ADFPA 85-86), Open, Women's, Teenage, Gary Van Doren or Debi Ajemian, Lyceum Health & Racquet Club, 98 Federal Plaza, Flat River, MO 63600, 431-6090.

21 JUN, Central Florida Open Bench Press, Todd Stroud, Univ. of Central Florida, Gemini Blvd. Bldg. 39, Orlando, FL 32816, 305-275-2027

21 JUN, Power Meet, Open, Below Class II, Drug Free Divisions (Sioux City, Iowa), Rich Peters, Box 1753, Norman, OK 73070

21 JUN, California State Masters Championships, Robbie Roberts, Depot Special Services, Bldg 13, MCRD, San Diego, CA 92140. 619-225-5313 after 1pm

21 JUN, Virginia State A.D.F.P.A., John Shifflett, P.O. Box 303, Quinque, VA 22965, 804-985-3932.

21 JUN, (new date) ADFPA Class III Open, B&W Gym, Dennis and Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.

21 JUN, U.S.P.F. Teenage Women's National Championships, (tentative) Lloyd Coon, 5119 Worchester Rd., Swartz Creek, MI 48473, 313-635-4206

22 JUN, East Coast Open Bench Press Championships, Joe Steele, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212.

22 JUN, Omaha Open Powerlifting Championships (Omaha, Nebraska), Rich Peters, Box 1753, Norman, OK 73070.

22 JUN, U.S.P.F. Ohio State Meeting, Black's Health World, 3rd floor, 11934 Lorain Ave., Cleveland, OH 44111.

22 JUN, Chicago Heights Park District and The Gym Bench Press Classic, David Dunne, Chicago Heights Park District, 1400 Chicago Rd., P.O. Box 232, Chicago Heights, IL 60411, 312-755-1351.

22 JUN, No Boys Allowed meet, all women's weight classes and all Masters weight classes and age groups, plus Pennsylvania State Women's Championships, Siegel Engraving Co., 109 E. Market, Clearfield, PA 16830, 814-765-3214 (24 hours)

26-27 JUN, California State Police Olympics, Jerry White, Box 7000, Newport Beach, CA 92548, 714-644-3724.

28 JUN, West Coast Open & Novice Bench Press, Bob Packer, 2512 East Lansing, Fresno, CA 93726, 209-227-8588.

28 JUN, U.S.P.F. Alabama State Teenage Championships, Sweat Shop Gym, 206 1st Ave. S.E., Cullman, AL 35055, 739-6786 after 5PM (John Dyer or Norman Adams).

28 JUN, Georgia State Women's Championship, John Coffee, 1033 Franklin Rd., Marietta, GA 30067, 404-952-1744.

28 JUN, Lemon Bay High School Total Athlete Open Bench Press, Kevin Farber, 3189 Wilmington Blvd., Englewood, FL 33533, 813-474-6026

28,29 JUN, Region IV ([N, WV, MI, OH, IL, KY) Championships (Teenage Boys & Girls, Men, Women, Masters), Sports Director, MSAD, Ft. Knox, KY 40121 or James C. Hart, 502-624-8428 or 2214.

28,29 JUN, ADFPA Teenage Nationals in Madison, Wisconsin, Denns and Sandi Brady, B&W Gym, 5920 N. Ridge Ave., Chicago, IL 60660, 312-561-9692 or Lee Graese, 19 East Gates, Rice Lake, WI 54868, 715-234-2545.

28,29 JUN, 1st Annual Evergreen Cougar Classic, Teenage, Master, Open, Mike Carter, 12646 W. Atlantic Pl., Lakewood, CO 80228, 303-988-7836.

28,29 JUN, Summer Nationals (USPF), Rich Peters, Box 1753, Norman, OK 73070

28,29 JUN, APF Senior Nationals, Larry Pacifico, Box 14152 N.R. Br., Dayton, OH 45414, 513-898-7245

JUN, Ohio Police Olympics, Henry Troupe, Akron Police Dept, Laura Dodd, Co-Director, Columbus Police Dept., 614-222-4670

JUN, ADFPA Class III/Novice State Championships and Pure Meet, Casey Rennert, 1315A Rahr Ave., Oshkosh, WI 54901, 414-685-6724.

5 JUL, Best Bench on the Belmar Beach (Men and Women), Joel Waldman or Joe Berard, Iron City Gym, 917 Main St., Belmar, NJ 07719, 201-681-8998.

5 JUL, 4th of July Spectacular (Lenexa, KS), Rich Peters, Box 1753, Norman, OK 73070.

5 JUL, Firecracker Classic Bench Press and Deadlift Contest (separate competitions), L. Cramer, P.O. Box 1188, Slidell, LA 70459, 504-649-2347.

5,6 JUL, Bench Press Contest, Women, Teen, Master and Open, Ernie Nagy, 70 Bennett Drive, Weirton, WV 26062, 304-748-6383.

5,6 JUL, (new date), California State Jr. (Class II and Below) Championships, Bob Taketa, 4252 Birgit Way, Sacramento, CA 95825, 916-488-1243 (evenings).

5,6 JUL, USPF Senior National Championships, Ralph Sesso, Olympic Trophy, 4408 N. Milwaukee, Chicago, IL 60630, 312-545-0449

5,6 JUL, 4th of July Spectacular (Lenexa, KS), Rich Peters, Box 1753, Norman, OK 73070

6 JUL, APF 2nd Annual Haynes Apperson Festival Championships, Open Men's and Women's, Jeff Lamberson, 1735 S. Dixon Rd., Kokomo, IN 46902, 317-459-0381 (work 8-6) or 317-459-3052 (home)

12 JUL, Hill City Open Bench Championships, Open & Novice, Joe Quinn, 1925 Huntington Place, Rock Hill, SC 29730, 803-329-5406 or Don Foster at 803-581-0618.

12 JUL, (new date), Can Am Open Deadlift, Mario Torrez, 1970 N. Harrison, East Lansing, MI 48823, 517-332-5130.

12 JUL, 1st Annual Oklahoma Open Summerfestival (open to out of state lifters), Kim Brownfield, P.O. Box 35, Dewar, OK 74431, 918-652-7032.

12 JUL, Carlsbad Open and Below Class II (Carlsbad, New Mexico), Rich Peters, Box 1753, Norman, OK 73070

12,13 JUL Texas Grand in Austin, Texas (Open, Class II, Masters, Teenage, Women), Jim Griffith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5:00 pm

13 JUL, California State Firemen's Championships, Craig Gamma, 981 Wembley Way, Manteca, CA 95336, Home 209-823-9386, Work 408-988-0761.

13 JUL, Las Cruces Open Powerlifting (Las Cruces, New Mexico), Rich Peters, Box 1753, Norman, OK 73070.

18,19 JUL, U.S. Master Class Open, Eddie Bodkin, 5517 Ringgold Rd., Chattanooga, TN 37412, 615-892-9978

19 JUL, A.P.F. Class II & Below & Women, Albert Falcon, 428 Greenbay Rd., Highwood, IL 60040, 312-948-9753.

19 JUL, Janesville Athletic Club Bench Press, Open, Men, Women, Jim Lawrence, 1301 Blackridge Rd., Janesville, WI 53545, 608-756-3737 or 754-5352 (home).

19 JUL, APF Teenage National Powerlifting Championships, Pool's Gym, 1820 Stevenson, Springfield, ILL 62703, 217-529-8117.

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19 JUL, 6th annual Sooner Invitational, Rich Peters, Box 1753, Norman, OK 73070.

19 JUL, Omni 41 Summer Open Bench Press, Phil Santino or Joe Maglish, 222 S. Rt. 41, Schererville, IN 46375, 219-865-6969.

19 JUL, California State Women's Championships (Open to All States Division also), Tom Carey or Don Amini, West Coast Fitness Center, 2149 Taraval St., San Francisco, CA 94116, Tom Carey (415-566-7086) or Don Amini (415-647-4477)

19 JUL, Belpre Homecoming Bench Press, Mike Leikari, 214 Locust St., Belpre, OH 45714, 614-423-8312

19 JUL, Can Am Open Deadlift, Mario Torrez, 1970 N. Harrison, East Lansing, MI 48823, 517-332-4642

21 JUL-22 AUG, National Strength Research Center Sports Conditioning Camps, Office of Education Extension and Public Service, Attn: Rhonda Blood, 3084 Haley Center, Auburn University, AL 36849, 206-826-4483.

26 JUL, First Coast Powerlifting Championships (Men and Women), Jerry L. Williamson, Jacksonville Police Academy, 2556 Huffman Blvd., Jacksonville, FL 32216, 904-389-4438.

26 JUL, Ohio State ADFPA State Meet and Columbus Open (Columbus, OH), Rich Peters, Box 1753, Norman, OK 73070.

26 JUL, Senior Masters Sports Festival, Masters Only, Men and Women, Wes Pierson, 4515 Souza St., Eugene, OR 97402, 503-688-8124.

26 JUL, Open Bench Press, 5 wt. classes, Masters, Women's, Sweat Shop Gym, 206 1st Ave. S.E., Cullman, AL 35055, 205-739-6786 after 5PM, John Dyer or Norman Adams.

26 JUL, Top of the World Bench Press Championships, Power Performance Productions, 3880 Haines St., San Diego, CA 92109, 619-273-7024.

26 JUL, West Penn Open, Leo Nobile or Richard Hurlbert, Box 99901, Pittsburgh, PA 15233, 412-761-1955, ext 267.

26 JUL, Cincinnati Open, Below class II, and Drug Free (Cincinnati, OH), Rich Peters, Box 1753, Norman, OK 73070

27 JUL, Northern California Annual Awards Picnic, Jim Lem, 875 Broadway No. 6, San Francisco, CA 94133, 415-433-2376 after 9:15 PM.

27 JUL, Evansville Bench-Deadlift Meet (Evansville, Indiana) Rich Peters, Box 1753, Norman OK 73070

29 JUL, BP-DL Weeknite Workout (Terre Haute, IN), Rich Peters, Box 1753, Norman, OK 73070.

30 JUL, BP-DL Weeknite Workout (Chicago, IL), Rich Peters, Box 1753, Norman, OK 73070.

31 JUL, BP-DL Weeknite Workout (Chicago, IL), Rich Peters, Box 1753, Norman, OK 73070.

JUL, 2nd Annual Tri-State Open, Open to all WV,OH, PA registered lifters, Jeff Cook, 3169 Walnut Ave., Fairmont, WV 26554, 304-363-8516.

2 AUG, Glens Falls Open High School meet, Al Roberts, Glens Falls High, Glens Falls, NY 12801, 792-6564 or 798-3740.

2 AUG, Springfield Open Powerlifting (Springfield, Illinois), Rich Peters, Box 1753, Norman, OK 73070.

2 AUG Tri State Bench & Deadlift contest, Bob Horn, 2003 State St., Bettendorf, Iowa 52722, 319-359-9861

2 AUG, Toledo Open (Men, Women, Masters), Harry Cummins, 6101 Holly Glenn, Toledo, OH 43612, 419-476-8195

2,3 AUG, Canadian Men's Nationals, John Sarich, 711 Westmount Hills Dr., London, Ontario, N6K 1B3, Canada, 519-471-1105.

3 AUG, Indianapolis Open Powerlifting (Indianapolis, Indiana), Rich Peters, Box 1753, Norman, OK 73070.

3 AUG, Open Bench Press Contest, Andy Putrello, 125 Hawthorne Ave., Utica, NY 13502, 315-732-8936.

8,9,10 AUG, A.D.F.P.A. National Championships, Dr. Alan Kirshner, 66 Indian Hill Place, Mission San Jose, CA 94539, 415-657-1586 or Gary Hunnicut 415-793-5964

9 AUG, Senior Olympics Powerlifting, Jay McVeagh, 13212 Ponoco Rd., Apple Valley, CA 92308, 619-247-6473.

9 AUG, Omaha Open Powerlifting Championships (Omaha, Nebraska), Rich Peters, Box 1753, Norman, OK 73070.

9 AUG, Ft. Knox Millitary Men's & Women's Open (active duty military only), Sports Director, MSAD, Ft. Knox, KY 40121 or James C. Hart, 502-624-8428 or 2214

9,10 AUG, U.S.P.F. Boy's Teenage National Championships and National Referee's Test (contact Dr. Michael Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367 for details on test), John T. Petroff, 2412 Hartland Ave., St. Louis, MO 63114, 314-426-0205

9 AUG, Flint YMCA Open Bench Press, Dave Common, 2212 Seneca Rd., Flint, MI 48504

10 AUG, Des Moines Championships (Des Moines, Iowa), Rich Peters, Box 1753, Norman, OK 73070.

10 AUG, East Coast Open Bench Press Championships, Joe Steele, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212.

16 AUG, South Jersey Open, Wade's Athletic, Delsea Dr., Rt. 47 & Woodbury Rd., Glassboro, NJ 08028, 582-0001

16 AUG, (new date) 1st Iowa State Fair Bench Press, Open, Novice, Women's, Masters, Teen, Jeff Baird, 2800 Fleur B-4 Apt 109, Des Moines, IA 50321, 515-280-8275.

16 AUG, Parkersburg Homecoming Bench Press Championships, Mike Leikari, 214 Locust St., Belpre, OH 45714, 614-423-8312

16 AUG, Amarillo Bench Deadlift (Amarillo, TX), Rich Peters, Box 1753, Norman, OK 73070.

17 AUG, Norman Bench Press Championships, Rich Peters, Box 1753, Norman, OK 73070.

23 AUG, ADFPA Regional 6 (LA, TN, TX, MS, AR), Men, Women, and Masters, L. Cramer, P.O. Box 1188, Slidell, LA 70459, 504-649-2347.

23 AUG, Cheyenne Open, Below Class II, and Bench Press Meet, (Cheyenne, WY), Rich Peters, Box 1753, Norman, OK 73070

23 AUG, 3rd Annual Muscles for Muscles, Steve Kehrer, U.S. 31 South, Charlevoix, MI 49720, 616-547-5242

24 AUG, Grand Island Open, Below Class II, and Bench Press Meet, (Grand Island, NE), Rich Peters, Box 1753, Norman, OK 73070

24 AUG, 5th Annual Kennebec County Open (1st 20 entries), Brad Shaw, Box 2161, 185 Water St. Rear, Augusta, Maine 04330, 622-4068 after 9PM

30 AUG, 2nd Annual Biggest Bench on the Lake, Tim Misewicz, c/o Total Fitness Center, P.O. Box 5, Camdenton, MO 65020, 314-346-3878.

30 AUG, Indianapolis Open Bench-Deadlift Meet (Indianapolis, Indiana), Rich Peters, Box 1753, Norman, OK 73070.

31 AUG, Grand Rapids Open Powerlifting (Grand Rapids, Michigan), Rich Peters, Box 1753, Norman, OK 73070.

31 AUG, Maryland State Super Open Power Bench Press, Rickis Clark, P.O. Box 683, Glen Burnie, MD 21061, 301-760-9158.

6 SEP, Des Moines Open (Des Moines, IA), Rich Peters, Box 1753, Norman, OK 73070.

7 SEP, 2nd Albert Lea Open (Albert Lea, MN), Rich Peters, Box 1753, Norman, OK 73070.

12 SEP, "Le Defi Mark Ten" International Strong Man Competition, Les Productions Sportives Lakeview, Inc., P.O. Box 1570, Station B, Montreal, Quebec, CANADA, H3B 3L2, 514-879-1027.

13 SEP, Twin Cities Open, Ben Hart, 1267 Joseph St., Yuba City, CA 95991, 674-3061.

13 SEP, Tyler Open (Tyler, Texas), Rich Peters, Box 1753, Norman, OK 73070.

13 SEP, Budweiser Augusta Open, Open, Class II, Teenage, Bench Press, Military, Collegian, Women, Masters, Tom King, 2618 Berkshire, Augusta, GA 30904, 404-738-3924.

13 SEP, D'Amico's 2nd Annual Bench & Deadlift Meet, Open & Masters, John Dzimiera, 119 Adams Ave., Canonsburg, PA 15317, 412-746-1431 (evenings).

13 SEP, Dallas Rec. Dept. Class III and Below, Wayne Kemp, Reverchon Rec. Dept., 3505 Maple, Dallas, TX 75219, 214-521-2690.

13 SEP, Central Carolina Championships, Johnny Howle, c/o Enterprise Productions, 209 Meyers St., Monroe, NC 28110, 704-289-4940

14 SEP, Austin Open (Austin, Texas), Rich Peters, Box 1753, Norman, OK 73070.

14 SEP, Connecticut Open A.D.F.P.A. Bench Press Championships, Joe Steele, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212.

20 SEP, 3rd Annual Open Bench Press, Fitness World, 412 W. Main, Havelock, NC 28532, 919-447-3297.

20 SEP, 8th Annual MCRD Open, Robbie Roberts, Depot Special Services, Bldg 13, MCRD, San Diego, CA 92140, 619-225-5313.

20 SEP, Biggest Bench in Ohio (Ohio residents only), Mike Leikari, 214 Locust St. No. 1, Belpre, OH 45714, 614-423-8312.

20 SEP, 10th Oklahoma Grand, Rich Peters, Box 1753, Norman, OK 73070.

20 SEP, Las Vegas Class II and Below Meet, Jim Wright, Box 70988, Las Vegas, Nevada 89170, 702-399-0223 or Paul Murray 702-736-6857

27 Sep, ADFPA Region 10 (Colorado Springs, CO), Rich Peters, Box 1753, Norman, OK 73070.

27,28 SEP, Region II ADFPA, Open & Class I (limited to first 50 entries per day), Sally Brandt or Larry Parisso, Wayne County YMCA, 105 Park St., Honesdale, PA 18431, 717-253-2083 (9-5) or 717-253-5558 (after 5).

4 OCT, (new date), Fire/Police U.S. National Championships (USPF), Gene E. Nelson, I.F.P.P.A., 9036 Mt. Shasta South Dr., Indianapolis, IN 46234, 317-271-2415.

4 OCT, ADFPA Indianhead Open and Masters State Championships, Lee Graese, 19 East Gates, Rice Lake, WI 54848, 715-234-2545 or 1496.

4 OCT, Cape Giradeau Open (Cape Giradeau, MO), Rich Peters, Box 1753, Norman, OK 73070.

5 OCT, Memphis Open (Memphis, TN), Rich Peters, Box 1753, Norman, OK 73070.

6 OCT, Bench Press Contest, U.S.A. Super Fitness, 125 Capital Dr., W. Springfield, MA 01089

11 OCT, Central California Open, Gene Estrada, 527 Dana St., No. 4, San Luis Obispo, CA 93401, 805-544-0155.

11 OCT, 3rd annual Amarillo Open (Amarillo, TX), Rich Peters, Box 1753, Norman, OK 73070.

11,12, OCT Texas Cup in Austin, Texas (Open, Class II, Masters, Teenage, Women), Jim Griffith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5:00 pm

12 OCT, Albuquerque Open (Albuquerque, New Mexico), Rich Peters, Box 1753, Norman, OK 73070.

18 OCT, Northern California Open and Novice Bench Press, Christy Kling, 1220 Ash St., Napa, CA 94559, 707-224-6895.

18 OCT, USPF-MSSA Fall Nationals (Pittsburgh, PA), Rich Peters, Box 1753, Norman, OK 73070.

18 OCT, Hampton Open, Bob Crist, 19 Barnes Ct., Hampton, VA 23664, 804-451-6394.

25 OCT, 2nd annual ADFPA MidAmerica Powerlifting Extravaganza, Open, Class II and Below, Iowa Championship Division, Pure, Teenage, Master, Women's, Collegiate, plus many special awards, Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313.

25 OCT, 2nd annual East Coast Bench Press Championships, Open, Women's, Masters, Ken Ryder, 113 Scott Dr., Manassas, VA 22111, 703-361-2202.

25 OCT, Southern California Class II and Below, Bernie Gagne, 310 E. 231st St., Carson, CA 90745, 213-835-5972.

25 OCT, ADFPA Blue-Gray Championships, John R. Davis, Route 27, Box 150, Montgomery, Al 36116, 205-288-9264

25 OCT, Open ADFPA Meet, Men, Women, Masters, Open, Novice, Teenage, Siegel Engraving Co., 109 E. Market, Clearfield, PA 16830, 814-765-3214 (24 hours).

25 OCT, Tyler Open (Tyler, TX), Rich Peters, Box 1753, Norman, OK 73070.

25,26 OCT, APF Hawaii State Meet, Gus Rethwisch, Box 1838, Pearl City, HI 96782.

26 OCT, Houston Open (Houston, Texas), Rich Peters, Box 1753, Norman, OK 73070.

OCT, Pittsburgh Open Bench Press, Det. Tom King, 14 Wood St., 6th Floor, Pittsburgh, PA 15222, 412-355-8130.

1 NOV, Northern California Novice (Class 3 and Below) and High School Powerlifting Meet, Chris See, 2100 Monument Blvd., No. 18, Pleasant Hill, CA 94523, 415-672-2147 (days).

1 NOV, Oklahoma Bench-Deadlift Championships, Rich Peters, Box 1753, Norman, OK 73070.

2 NOV, Wichita Open Powerlifting/Bench Press Meet (Wichita, Kansas), Rich Peters, Box 1753, Norman, OK 73070.

2 NOV, Maryland ADFPA State Championships, Seniors, 93308, 399-7967.

3 NOV, Thanksgiving Open A.D.F.P.A. Bench Press, Joe Steele, 54 Chamberlain St., New Haven, CT 06512, 203-469-5212.

8 NOV, Ft. Knox Class II and Below Open Men, Women, Teenage, Masters, Sports Director, MSAD, Ft. Knox, KY 40121 or James C. Hart, 502-624-8428 or 2214

8 NOV, 2nd Annual U.S.P.F. Cullman Powerlifting Championships, Sweat Shop Gym, 206 1st Ave. S.E., Cullman, AL 35055, 205-739-6786 after 5PM (John Dyer or Norman Adams).

8 NOV, San Marcos Bench Deadlift meet (San Marcos, TX), Rich Peters, Box 1753, Norman, OK 73070.

9 NOV, Waco Open Bench Deadlift meet (Waco, TX), Rich Peters, Box 1753, Norman, OK 73070.

15 NOV, Whittier Open (Class 2 and Above) and Novice (Class 3 and Below), Richard Gill, Uptown Gym, 12712 Philadelphia St., Whittier, CA 90601, 213-698-5196.

15,16 NOV, Eastern USA Open (Class II, Women, Masters), Bill Clary, Carolina Fitness Equipment, 1632-A N. Market Dr., Raleigh, NC.

15,16 NOV, Kansas City Open - ADPFA Region 5 (Lenexa, KS), Rich Peters, Box 1753, Norman, OK 73070.

16 NOV, ADFPA All-America Bench Press Championships, Bob or Geri Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-474-6111.

22 NOV, Florida State Bench Press Championships, Teenage, Women's, Masters, Senior Masters, and Open, Rick Weil or Debra Poston, Athlete's Fitness Center, 13539 N. Florida Ave., No. 8, Tampa, FL 33613, 813-961-0595.

22 NOV, Des Moines Open (Des Moines, Iowa), Rich Peters, Box 1753, Norman, OK 73070.

23 NOV, Cornhusker Open Powerlifting/Bench meet (Omaha, Nebraska), Rich Peters, Box 1753, Norman, OK 73070.

29 NOV, El Paso Open (El Paso, Texas), Rich Peters, Box 1753, Norman, OK 73070.

29 NOV, Thunder Bay Open, Tom Foley, 557 Cambrian Cres., Thunder Bay, Ontario, Canada P7C 5C2, 807-577-3919

29,30 NOV, ADFPA National Masters (new location in St. Louis, MO), Randy or Marty Frazier, Hillbilly Fitness, Rt. 1, Box 291, Cadet, MO 63630, 314-438-2363.

30 NOV, New Mexico Open (Carlsbad, New Mexico), Rich Peters, Box 1753, Norman, OK 73070.

NOV, WPC World Championships

6 DEC, 17th Annual Mid-West Power Open, Tom Beadle, Rec. Dept., Box B, Anamosa, IA 52205, 319-462-3504.

6 DEC South Jersey Open, Wade's Athletic, Delsea Sr., Rt. 47 & Woodbury Rd., Glassboro, NJ 08028, 582-0001

6,7 DEC, Iron Man/Woman Open Powerlifting and Bodybuilding, Don Amini, 2632 Great Highway, San Francisco, CA 94116, 415-566-5588.

6,7 DEC, Wisconsin State ADFPA Men's Championships, Casey Rennert, 1315A Rahr Ave., Oshkosh, WI 54901, 414-685-6724.

6 DEC, Sooner Invitational, Rich Peters, Box 1753, Norman, OK 73070.

7 DEC, (new date), New Jersey State ADFPA, Hank Sisca, 5A Brookside, P.O. Box 24, Mt. Freedom, NJ 07970, 201-786-5999.

7 DEC, Western Open Class I & Below and Masters Championships, Robbie Roberts, Depot Special Services, Bldg 13, MCRD, San Diego, CA 92140, 619-225-5313.

13 DEC, Southeastern Cup Championships Open, Class II, Women, Masters, Buddy Duke, 201 N. Banwell, Adel, GA 31620, 912-896-3988 (work) 912-896-3989 (home after 9PM)

20 DEC, Gator Bowl Classic (Jacksonville, FL), Rich Peters, Box 1753, Norman, OK 73070.

20,21 DEC, Glens Falls Open Teenage, Juniors, Submasters, Masters, Al Roberts, Glens Falls High, Glens Falls, NY 12801, 792-6564 or 798-3740.

21 DEC, Daytona Open Bench/Deadlift Meet (Dayton, Florida), Rich Peters, Box 1753, Norman, OK 73070.

27 DEC, Belfast Open, Ed Flanders, Box 54, Belfast, Maine 04915, 207-338-BODY

27 DEC, Orange Bowl Powerlifting Championships (Miami, Florida), Rich Peters, Box 1753, Norman, OK 73070

28 DEC, Key West Open Bench/Deadlift Meet (Key West, Florida), Rich Peters, Box 1753, Norman, OK 73070.

17 JAN, Ft. Knox Open Bench and Deadlift Championships (separate contests), Men's, Women's, Teenage, Masters, Sports Director, MSAD, Ft. Knox, KY 40121 or James C. Hart, 502-624-8428 or 2214

24 JAN, Glens Falls Open High School Championships, Al Roberts, Glens Falls High, Glens Falls, NY 12801, 792-6564 or 798-3740.

31 JAN, 5th Annual California State Bench Press, D.A. McCutcheon, 6719 Lucille Ave., Bakersfield, CA 93308, 399-7967

31 JAN, Louisiana State Meet, Henry Pitard, 2905 LaSalle St., Monroe, LA 71201, 318-325-4720.

7,8 FEB, Texas State Meet, Open, Class II & Below Master, Women, Teenage (Austin, Texas), Jim Griffith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5PM

14 FEB, Las Vegas Open/Coed Championships, Jim Wright, Box 70988, Las Vegas, Nevada 89170, 702-399-0223 or Paul Murray 702-736-6857

2 MAR, (tentative), Budweiser World Record Breakers Meet, Sheraton Waikiki Hotel, Gus Rethwisch, Box 1838, Pearl City, HI 96782.

7 MAR, New York State High School Championships, Al Roberts, Glens Falls High, Glens Falls, NY 12801, 792-6564 or 798-3740.

14 MAR, Stroh's Power Day III, Carl Seeker, 18 Interstate Pkwy, Bradford, PA 16701, 814-362-6236 after 9PM.

11,12 APR, New York State Teenage, Juniors, Submasters and Masters Championships, Al Roberts, Glens Falls High, Glens Falls, NY 12801, 792-6564 or 798-3740.

If your meet is sanctioned by a national body, send in a copy of the sanction, and we will publish the sanction number on this list.

P.S. when writing a meet director for information always include a stamped, self addressed envelope (except for Canadian and other foreign meets) for him to return an entry blank to you, and, please, if you call the meet director for info, don't call collect.

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Typical analysis of amino acids: (3 tablespoons)

Isoleucine*	698 mg.	Alanine	510 mg.
Leucine*	1,200 mg.	Arginine	890 mg.
Methionine*	380 mg.	Aspartic Acid	1,400 mg.
Phenylalanine*	663 mg.	Cystine	195 mg.
Threonine*	594 mg.	Glutamic Acid	2,000 mg.
Tryptophan*	223 mg.	Glycine	1,050 mg.
Lysine*	1,019 mg.	Proline	900 mg.
Valine*	749 mg.	Serine	700 mg.
Histidine	340 mg.	Tyrosine	600 mg.

*Essential Amino Acids

Price $7.90 1.2 lb. can

C. CARBOPLUS

CarboPlus is composed of complex carbohydrates derived from grain ideally suited for obtaining immediate high energy levels, lasting two to three hours.

The body needs carbohydrates in the daily diet so that vital tissue-building protein is not wasted for energy when it might be needed for growth and repair. Mixes instantly with any fluid.

Price $9.95 2.2 lb. can

D. LIVER PLUS (with B-12)

Each 1 gram tablet of high quality Argentine calves liver is an excellent source of protein.

Great for increased energy, eliminating stress and also a blood builder and detoxifying aid.

Price $13.75 500 tablets

E. Amino 3 (G.H. Releaser)

Amino 3 combines arginine and ornithine to effectively burn body fat while providing maximum gains in muscle size and strength.

Each tablet also contains lysine which aids overall growth, tissue repair, antibodies, enzyme and hormone production.

Each tablet contains:

Arginine	500 mg.	Ornithine	250 mg.
Lysine	50 mg.		

Price $22.50 180 tablets

F. AMINO PLUS (1000 mg. per tablet)

These amino acids are derived from the predigestion of casein with pancreatic enzymes.

Scientifically profiled free and peptide bond amino acids for use during periods of intense physical demand, to provide high nitrogen balance which is essential for tissue repair.

Amino Plus is a quality product which will help the body achieve the size, strength and low body fat levels you're after during intense training.

Each two tablets contain:

Isoleucine*	106.8 mg.	Alanine	61.8 mg.
Leucine*	185.6 mg.	Arginine	70.4 mg.
Methionine*	57.6 mg.	Aspartic Acid	134.4 mg.
Phenylalanine*	40.4 mg.	Cystine	17.0 mg.
Threonine*	74.6 mg.	Glutamic Acid	416.2 mg.
Tryptophan*	23.4 mg.	Glycine	38.4 mg.
Lysine*	268.8 mg.	Proline	198.4 mg.
Valine*	130 mg.	Serine	96 mg.
Histidine	53.2 mg.	Tyrosine	29.8 mg.

*Essential Amino Acids

Price $11.95 250 tablets

G. ULTIMATE PAK (For Men)

Designed to provide every athlete with the high potency sustained release vitamins and minerals the body requires during peak output and recovery.

Pak includes: Vitamins A & D, B complex, Vitamins C & E, minerals, super glandulars, herbs and digestive enzymes.

Great pak for muscle growth, tissue repair, high energy levels, better protein assimilation, and overall healthy feeling.

Price $17.90 30 day supply

H. DAILY PAK

Vitamins and minerals designed to cover your daily nutritional requirements without using mega doses. All tablets are continuous release for maximum utilization by the body.

Pak includes: Vitamins A & D, B complex, Vitamins C & E and minerals.

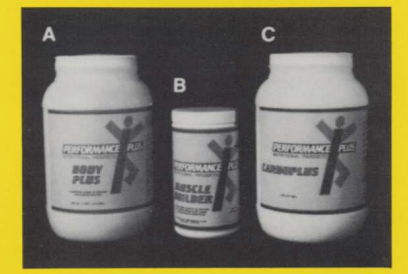
Price: $10.75 30 day supply

I. ULTIMATE PAK (For Women)

Specially formulated for the active woman, providing high potency sustained release nutrition with an extra supply of iron, calcium and herbs essential to women.

Pak includes: Vitamins A & D, B complex, Vitamins C & E, minerals, glandulars, and digestive enzymes.

Price $17.90 30 day supply







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300 tabs $25.00 + $2 handling
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*Kidney . . . . . 300 mg.
*Heart . . . . . 300 mg.
*Pancreas . . . . . 300 mg.
*Spleen . . . . . 300 mg.
*Beef Peptone . . . . 600 mg.

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300 tabs $33.00 2000 tabs 185.00
500 tabs $52.50

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