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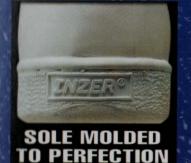
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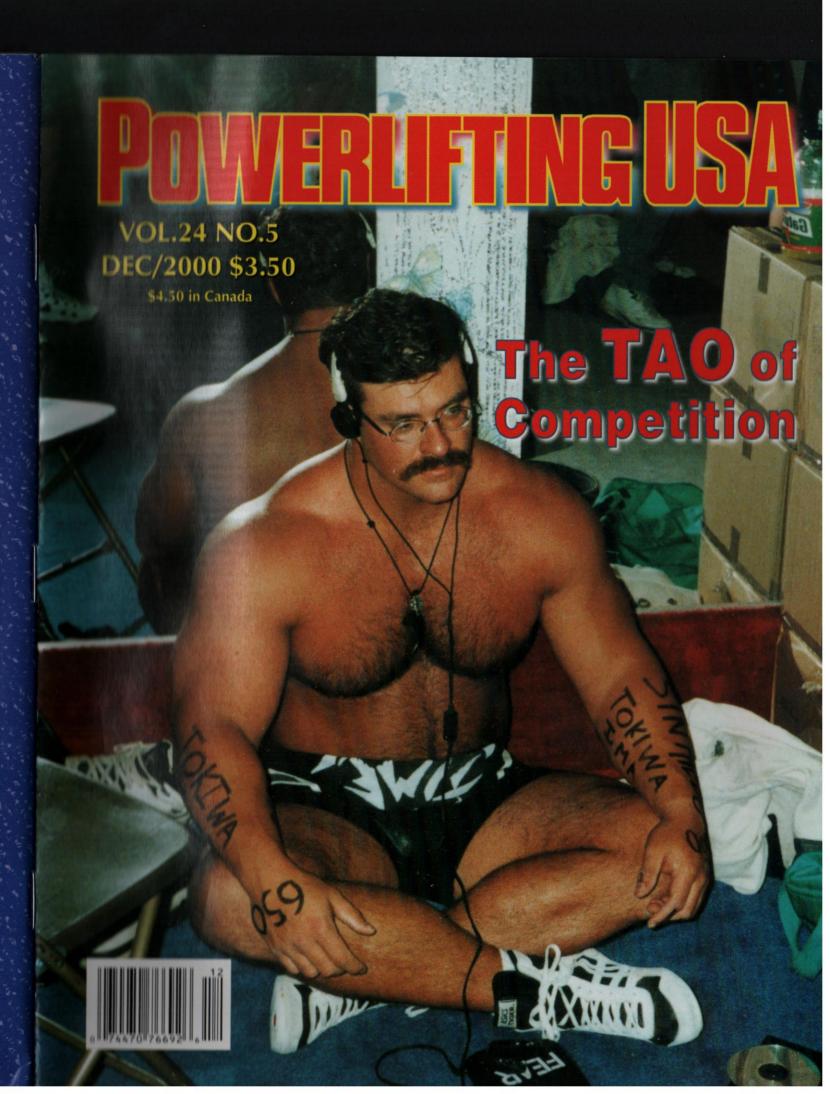
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MUSCLE MENU

- Volume 24, Number 5 - December 2000 -

| THE TAO OF COMPETITION, PT. 1J.M. Blakley6 |
|---|
| IPF JUNIOR WORLDSJim Ford8 |
| USAPL BENCH PRESS NATIONALS13 |
| IPF MASTERS WORLDSPeter Thorne14 |
| POW!ER SCENENed Low17 |
| APA NATIONALSScott Taylor18 |
| HARRISON BENNER PROFILELeo Stern20 |
| OVERHEAD LIFTINGMarc Cavigioli22 |
| MOREWORLD RECORD BENCHESLouie Simmons24 |
| THE BENCH PRESS SHIRTDoug Daniels27 |
| WPC EUROPEANSPeter Pacas32 |
| DR. JUDDJudd Biasiotto Ph.D34 |
| WORKOUT OF THE MONTHPaul Wrenn35 |
| ASK THE DOCTORMauro Di Pasquale M.D37 |
| NASA WORLD CUPLindell Smith39 |
| MEN'S ALL TIME TOP 50 132sHerb Glossbrenner40 |
| COMING EVENTSMike Lambert49 |
| UNCLASSIFIED ADS86 |
| TOP 100 LIGHTHEAVIESMike Lambert87 |
| |

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

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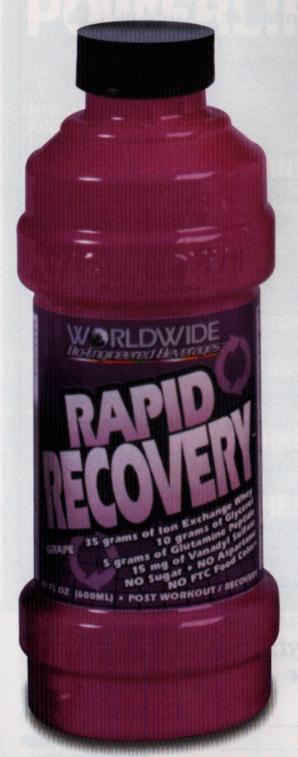
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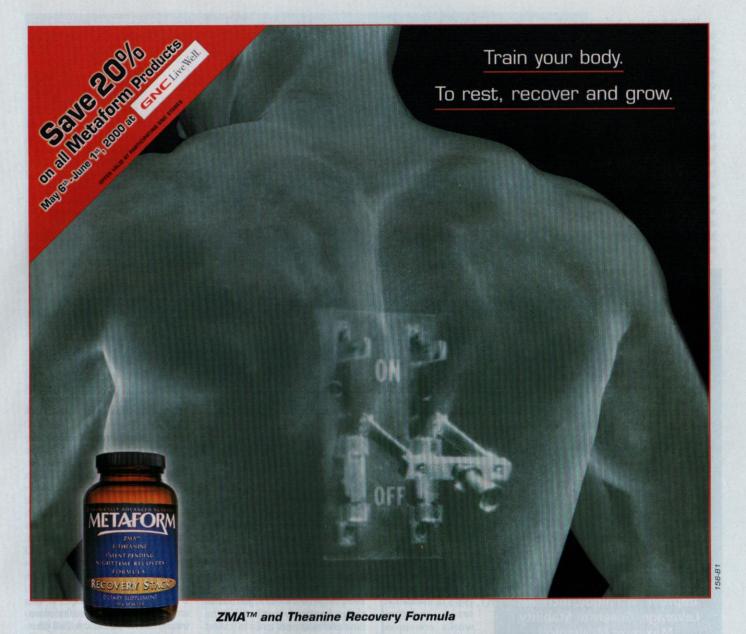
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Improving your performance is more than sets and reps and biomechanical technique. In fact it can be much more. But one thing is sure: everyone is looking for improved performance, and if you're not, why the heck are you reading PL USA?

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



The TAO of Competition Pt. I

as told to Powerlifting USA by J.M. Blakley

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

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

They are truly among mutreasures. STAY OPEN - A monk visited the Master seeking to learn the secrets of enlightenment. The monk viewed himself a pious and evolved soul and had made much spiritual progress. He came to the Master after vears of meditation. prayer, and good works convinced that with the Master's help he would finally reach Nirvana. Upon their first meeting the monk respectfully asked for the Master's teaching. Joshu (the Master) said they would begin with a cup of tea. The monk held out his tea cup and Joshu began to pour. He poured until the cup was full to the very brim and then, to the monk's great surprise, the Master continued to pour tea into the cup which was now overflowing onto the monk's hands and down to the floor.

Finally, the monk

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

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

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

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

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

You cannot compete against the weight because the weight is not against you; nor is it for you. It just is. It will not be your opponent even if you try to vilify it or ascribe value to it. It does not act good or evil could not contain anymore than it acts for or against you. You can say to yourself "I will do battle against the Iron" but rest assured it doesn't play along. It just is. You play that game alone.

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

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

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



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

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

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

RIGHT ACTION - What constitutes victory is right action. You must strive for excellence in your actions and disconcern yourself with outcomes. You must concern yourself only with your actions and be unaffected by other competitor's actions. You have no effect on what they do. But you have total effect on what you do. Remember to stay focused on the true opponent: yourself. Only you can change what actions you will take and to what extent. Don't let your actions or choices be influenced by others. At the meet pay no attention to outside events (unless you are there to learn from others in which case you will sacrifice performance and focus for knowledge, which would be better served if you were helping another and not competing yourself) and keep your thoughts on exactly what it is you must do at each moment to do your best. Set goals for yourself that are not linked to outcomes but rather to actions. For example: Wrong goal: bench 400. Right goal: keep elbows tight and stable. Wrong goal: beat so and so. Right Goal: Drive hard from the chest and kick the triceps in early. Wrong goal: be national champion. Right goal: stay focused, keep calm until it is time, don't waste my energy. If you fill your attention with all the things you should be concentrating on, you won't have time to get caught up in the external bullsh**. You'll be busy! Fill your-

self with right action.

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

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

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

had thought. And above all you will enjoy this more than you can imagine. PRACTICING - Next time: practical application of these concepts. How to put these ideas on the line!

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On September 12-17, 2000 the IPF held it's annual World Junior Powerlifting Championships, this year hosted by the Chinese Taipei Powerlifting Association in beautiful Chiavi

City, Taiwan. The USA fielded a complete team this year; 21 lifters + 1 alternate/coach. Along with coaches Larry Maile and Jim Ford, we brought in Tod Miller of Michigan and Paul Boutte of Texas to help out. Our USA team started it's trip in Austin, Texas, with 12 of its team members throwing a sendoff dinner for our team sponsors, Tim Bruner and Mike & Micki Scheffler, at a local eatery. Tim, Mike, and Micki really hustled for us in the months preceding our trip, getting donations, renting hotel rooms, etc., and the team felt it was fitting to honor their efforts. Beautiful plaques, donated by "Siegel Engraving, of Clearfield, PA, were awarded to our sponsors, although Tim couldn't make it due to an obligation to assist big Anthony Clark at a meet in Daytona the same weekend. The 12 team members flew out of Austin to San Francisco where we met the remainder of our team, who flew in from all across the country. Dr. Maile's group of 4 from Alaska and P.J. Couvillion from Hawaii completed our group for a total of 41 team members and family for the 13 1/2 hour flight over to Taipei. Taiwan is a beautiful, tropical island paradise with people that are

the friendliest anywhere. We took a 3 1/2 hour bus ride down the island to the meet city Chiayi, where we stayed at a hotel right in the heart of the city. Our inn keeper, Mr. James, never missed an opportunity to help us or have Chinese tea. You had only to go out the front door to get the flavor of this far eastern city. The amount of travel takes its toll; and this must be noted as a factor in these kinds of sporting events, as it wore down some of our young lifter's stamina, but they were all willing to accept the challenge and represent our country to the best of their abilities. The distance to be traveled to this meet was a factor for other

IPF JUNIOR WORLDS

as told to Powerlifting USA by Jim Ford



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

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

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

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

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

48 kg. - This class was the first chance for the USA to show it's lifting talent and we did that with one of our

finest, young Jennifer Maile. Always improving, Jennifer swept this class and the Gold meda with a 375 kg total and a bench of 87.5 kg for this 105 lber. Jenn broke all the Teenage American Records and tied the Women's Open records in Bench Press & Total. Silver went to V. Renuka of India with a 340 kg total. First time IPF lifter, Kim Goff of the USA, made a fine showing, capturing the Bronze. This LA Tech lifter went home with a best DL medal when she pulled 150 kg. Kim was an alternate and a great addition to the USA squad. 52 kg - Kuan-Ting Chen of

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

56 kg. - This was a battle of

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



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

lock up the silver overall, with just 5 kg. between the two. Shadrina's finish left her 3rd out for best overall lifter. Michelle Amsden of USA took 6th with a 360 kg total; and Tricia Rude of USA, just 17 years old, finished in 8th with a 347.5 kg total. I must say I have seldom seen the poise and confidence of these two first time USA lifters in an IPF competition. In the past we have not had depth in this division, but these two give us a glimpse

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

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

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

IPF Junior World Championships

13-17 SEP 00 - Chia Yi/Taiwan

have been a hotly contested class between the great Elena Yurik of Russia Guminska of the Ukraine, and Hsieh of Chinese Taipei. To our surprise, at the nominations meeting, Yurik went to 82.5 kg to do battle with Manakova of the Czech Republic; Guminska dropped to 67.5 kg; and Hsieh also went to 82.5s. This was a great opportunity for the USA squad who had two fine lifters, Julia Loya of the Naval Academy; and veteran Christy Newman of LTU (filling in an alternate spot). It was Loya with 447.5 kg. for the Gold, and Newman with 407.5 kg. for the silver medal. Both had meets that were in the range of their best totals and Newman punched out a big

107.5 kg Bench in the process. It was

especially rewarding for Christy, as this

was her last year of eligibility for the Jr.

Worlds. Julia, just 20 years old, has great

potential for the future. The bronze went

to Rani Babita of India with 387.5 kg.

odd matchups. Originally, this would

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

Rupindr 181 lb.

Yurik RU Hsieh TA Chen TAI

Sliwinska Mure JP! Krivenko Hasizum Ford USJ. Manakon 198 lb. Kurina R Tsai TAI Busby GI Watkins Hugdal N Lee TAI SHW Avilkina

Greenup Alvarado v.d. Meul Team Ch USA 57, J 24, Frans Britain 8, lia 4. Cha Vitsevska Men 114 lb. ck Wszola F Hsu TAI Kondoh J 123 lb. Hsieh TA Koga JPN Cunning Tinebra I Kuan TAI Sinde IN 132 lb.



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

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

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

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

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

| WOMEN | 34 | DI | DE | |
|--------------------|-----|-----|-----|--|
| 97 lb. weight cla | 55 | | | |
| Chen TAI | 330 | 121 | 363 | |
| Lepanse FRA | 248 | 159 | 297 | |
| Teran VEN | 264 | 110 | 281 | |
| 105 lb. | | | | |
| Maile USA | 308 | 192 | 325 | |
| Renuka IND | 292 | 137 | 319 | |
| Goff USA | 270 | 99 | 330 | |
| 114 lb. | | | | |
| Chen TAI | 341 | 192 | 319 | |
| Cobos VEN | 330 | 165 | 352 | |
| Gayfulina KAZ | 292 | 154 | 347 | |
| Irin IND | 330 | 99 | 330 | |
| Tani IPN | 209 | 110 | 264 | |
| 123 lb. | | | | |
| Shadrina RUS | 396 | 226 | 385 | |
| Malyugina UZB | 413 | 187 | 396 | |
| many a Britan a Za | | | | |

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

| PN | 330 | 154 | 330 | 815 | Latish IND | 462 | 292 | 507 | 1262 |
|------------------|------|-----------|---------|----------|-------------------------|-----|-----|-----|------|
| IND | 314 | 121 | 308 | 744 | Yang TAI | 429 | 242 | 573 | 1245 |
| | | | | | Kytola FIN | 473 | 259 | 485 | 1218 |
| IS | 429 | 319i | 451 | 1201 | Fujita JPN | 418 | 275 | 440 | 1135 |
| U | 485 | 297 | 418 | 1201 | Peng TAI | | | | |
| 1 | 418 | 242 | 413 | 1074 | 148 lb. | | | | |
| POL | 407 | 253 | 391 | 1052 | Lapshin KAZ | 606 | 374 | 512 | 1493 |
| N | 396 | 253 | 374 | 1025 | Huang TAI | 518 | 369 | 573 | 1460 |
| RUS | 385 | 192 | 396 | 975 | Spychala POL | 551 | 308 | 562 | 1421 |
| e JPN | 396 | 209 | 352 | 959 | Maile USA | 600 | 308 | 451 | 1361 |
| A | 330 | 209 | 347 | 887 | Kenis CZE | 485 | 314 | 496 | 1295 |
| va CZE | | | | | Higashi JPN | 473 | 308 | 473 | 1256 |
| | | | | | Kearnton GB | 462 | 236 | 446 | 1146 |
| US | 529i | 231 | 452 | 1212 | Hoerner USA | 589 | | | |
| | 440 | 242 | 385 | 1069 | 165 lb. | | | | |
| B | 396 | 192 | 385 | 975 | Caprari USA | 551 | 369 | 672 | 1592 |
| USA | 418 | 203 | 352 | 975 | Andersson SWE | 562 | 380 | 628 | 1570 |
| NOR | 407 | 209 | 352 | 970 | Nikolenko UKR | 617 | 396 | 551 | 1565 |
| | | | | | Nowak GER | 573 | 385 | 529 | 1488 |
| | | | | | Hsieh TAI | 595 | 325 | 545 | 1466 |
| RUS | 556 | 292 | 473 | 1322 | Robbins USA | 556 | 341 | 556 | 1455 |
| USA | 473 | 225 | 418 | 1118 | Darco FRA | 534 | 341 | 545 | 1421 |
| VEN | 507 | 198 | 385 | 1091 | Haddou FRA | 551 | 341 | 518 | 1410 |
| len HOL | 385 | 242 | 374 | 1003 | Summers CAN | 496 | 319 | 562 | 1377 |
| ampions | | | | ipei 59. | Bowman GB | 485 | 319 | 540 | 1344 |
| apan 37, I | | | | | Nelville AUS | 485 | 358 | 501 | 1344 |
| ce 21, Uz | | | | | Chen TAI | 485 | 297 | 485 | 1267 |
| Poland 7 | | | | | Szabolcz AUS | 457 | 292 | 485 | 1234 |
| mpion of 563.30, | Cham | pions: Gu | ıminska | | Yasukawa JPN 181 lb. | 496 | 308 | | |
| , | SQ | BP | DL | Total | Shiyakhta UKR | 677 | 396 | 738 | 1813 |
| lass | | | | | Brauer GER | 639 | 369 | 622 | 1631 |
| POL | 496 | 270 | 402 | 1168 | Milutyn UKR | 639 | 418 | 567 | 1625 |
| | 385 | 242 | 485 | 1113 | Chang TAI | 617 | 374 | 551 | 1543 |
| IPN | 418 | 270 | 402 | 1091 | Loricourt FRA | 578 | 319 | 606 | 1504 |
| | | | | | Kirketeig NOR | 562 | 336 | 529 | 1427 |
| U | 479 | 303 | 556 | 1339 | Wendt USA | 507 | 336 | 518 | 1361 |
| V | 429 | 270 | 479 | 1179 | Mishra IND | 468 | 314 | 550 | 1333 |
| ham USA | | 253 | 485 | 1179 | McGowan GB | 507 | 303 | 518 | 1328 |
| FRA | 468 | 270 | 429 | 1168 | 198 lb. | | | | |
| 1 | 457 | 225 | 479 | 1162 | Baluev RUS | 661 | 424 | 666 | 1752 |
| D | 385 | 214 | 462 | 1063 | Hornik CZE | 606 | 440 | 661 | 1708 |
| | 303 | - | 402 | 1003 | Tylutki USA | 633 | 341 | 650 | 1625 |
| sev RUS | 518 | 325 | 501 | 1344 | Arakawa JPN | 578 | 396 | 617 | 1592 |
| ND | 518 | 314 | 473 | 1306 | Poulich USA | 573 | 440 | 578 | 1592 |
| AD. | 310 | 314 | 4/3 | 1300 | rounch OSA | 3/3 | 440 | 370 | 1076 |

| Kishimoto JPN | 573 | 501j | 518 | 159 |
|---------------------------|------------|---|-----------|---------|
| | 4th | 529j | | |
| Ogg GB | 595 | 358 | 628 | 158 |
| Kahn IND | 551 | 341 | 595 | 148 |
| Achkit HOL | 551 | 325 | 556 | 143 |
| Mathew IND | 485 | 297 | 485 | 126 |
| 220 lb. | | | | |
| Chovanec USA | 622 | 407 | 661 | 169 |
| Omland NOR | 650 | 396 | 606 | 165 |
| Arakawa JPN | 573 | 429 | 611 | 161 |
| Tesaki JPN | 611 | 385 | 567 | 156 |
| Dhillon IND | 540 | 358 | 540 | 143 |
| 242 lb. | Lines | 1 | F | - |
| Dedulia RUS | 815j | 496 | 716 | 202 |
| Fateyev KAZ | 782 | 479 | 738 | 200 |
| Kopola FIN | 672 | 451 | 722 | 184 |
| Green USA | 600 | 473 | 639 | 171 |
| Lin TAI | 639 | 435 | 551 | 162 |
| Visser HOL | 595 | 374 | 578 | 154 |
| 275 lb. Malanichev RUS | 015 | 496 | 738 | 205 |
| | 815 755 | 518 | 733 | 200 |
| Borg SWE | 760 | 512 | 705 | 197 |
| Cardella USA | | | 573 | 7.75 |
| Yamanoto JPN | 650 | 446 | 200 | 166 |
| Correya RSA | 606 | 429 | 551 | 164 |
| Diack CAN | 462 | 330 | 551 | 134 |
| Hoffman GER SHW | 705 | | | |
| Serebyakov RUS | 771 | 473 | 716 | 196 |
| Kunish RUS | 738 | 496 | 688 | 192 |
| Richards USA | 744 | 396 | 771 | 191 |
| Tallqvist FIN | 749 | 462 | 688 | 190 |
| Zint GER | 661 | 529 | 650 | 184 |
| Fullerton GB | 617 | 385 | 639 | 164 |
| Masuda JPN | 595 | 418 | 507 | 152 |
| Hsieh TAI | 617 | 330 | 573 | 152 |
| Team Competitio | n: Russ | ia 69. U | SA 56, | Chines |
| Taipei 50, Japan | 46. Ind | ia 34. U | kraine : | 28. Ge |
| many 22, Kazahks | tan 21 | Finland | 21, Po | and 2 |
| France 20, Swed | en 18, | G. Bri | tain 16 | Czec |
| Republic 15, Nor | way 14 | . Canad | a 7, Ho | lland : |
| Republic of South | Africa | 6, Aus | tralia 2 | Chan |
| pion of Champio | ons: He | sieh 561 | .93, SI | lyakhi |
| 553.87, Dedulia 5 | 45.56. | (results | of this c | ompel |
| | | (,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,, | 1 | MI |

TEAM UKRAINE: (I-r) Ivan Zbandut, Larvsa Vitsevska (runner-up Best Lifter Women), Ivan Shlyakhta (runner-up Best Lifter Men), Konstyant Milutyn (bronze at 82.5 kg), Artem Nikolenko (bronze at 75 kg), Lesya Guminska (Best Lifter Women), Coach Dmytro Solvyov (J. Ford photo)



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

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

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

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

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

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

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

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

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

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

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



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



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

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

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

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

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

Christian Bauer of Germany followed with the Silver; and Ukrainian teammate Konstvant Milutun took the Bronze

90 kg. - This class had some great

lifting and exciting moments. Aleksey Baluey of Russia won Gold by 20 kilos over Jiri Hornik of Czech Republic The USA had two lifters, Angelo Poulich from Pennsulvania: and Nick Tulutki, an alternate from Minnesota, Angelo, from Penn State, was helped in his prepara tions by the very experienced Steve Mann; and he came ready to lift. He is a very easy going, likeable young man who becomes ferocious when it is his time to lift some iron. There was a tense few moments when he got to the Deads and was red lighted on his first two tries. But Angelo, with all his teammates cheering him on, pulled his last attempt with 262.5 kg for whites! A humble Angelo, acknowledged afterwards that it was a dumb mistake on his part to change gear at the last minute, and promised to never make that mistake again! Oh yes, one more comment on Angelo, this guy can Bench Press! His 200 kg BP was good for the bronze. He came away with a respectable 5th place finish. Our alternate Nick Tulutki, is a rough cut diamond, just waiting to be polished to perfection! Brad Madvig warned me of Nick's potential, and now I'm a believer. Nick put together a 287.5 kg Squat (Silver) and a 295 kg Deadlift (Bronze) for 3rd overall and the Bronze medal. Nick agrees that with some hard work on his BP he will have the whole package. He already shows the poise and confidence of a much experienced lifter. Way to go Nick! There is no way to conclude this class with out giving mention to Yoichi Kishimoto of Japan who set a Junior world Record Bench Press of 227.5 kg (501.5 lb.); and on a 4th attempt completed, for two white lights, 240 kg (529 lb.)! Yoichi is one of the Bench Pressing perfectionists that the Japanese have been turning out lately with incredible technique and perfectly tailored shirt (Crain, I believe). He smashed the old record by many kilos, and finished 6th overall in a field of 10.

100 kg. - After final nominations the

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

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

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



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

a strong Martin Borg of Sweden, who came in light at 115 kgs. bodyweight. Cardella and Malanichev had met once before at '98 Jr. Worlds in Guor, Hungary; with the Russian walking away with the victory; and Tony finishing 4th. Malanichev missed his opener on depth. while Cardella aced all his squats in perfect fashion; for all whites! Tony's final was with 345 kg and Borg managed 342.5 kg. On a questionable depth call, Malanichev was given whites on his final with 370 kg. Cardella and Borg traded Benches, with Borg ending with 235 kg and Cardella closing with 232.5 kg. It was apparent that had Tony taken a minimum of 5 more kgs. he would have easily won Gold for the Bench. It was that easy! Nevertheless, Tony's calls were perfect as he was 6/6 at subs. It was Malanichev with 595 kg and Cardella and Borg tied at 577.5 kg. Malanichev pulled 335 kg to secure the Gold with a meet high total of 930 kg. Cardella made a valiant effort of 335 kg for the Silver and was inches of completion; but he stalled at the top. This made Borg's 332.5 kg a second place finish and the Silver Medal. Tony had a near perfect meet, going 8/9, and had he completed those last few inches on his third attempt, he would have finished his Junior career with the Silver. All who watched Tony were impressed with his composure. It must be in great part due to his adviser and sage - the great Ed Coan. I, for one, have had the great privilege to work with and assist Tony for the last three years at the Jr. Worlds and I will say he will be greatly missed on our team. He is one of the original team members that competed in the '98 Jr. Worlds when the USAPL first got the IPF membership and, in a hurry, put together a Jr. team for the Worlds. With Newman, Hoerner, and Cardella graduating out, it only leaves Jenn Maile and Katie Ford from the original group. Tony will bring a wealth of talent to the Men's open Division.

125+ kg. - As the big bous made

ready to finish the competition, it was

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

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

ous. You do us a great honor with your generosity. Please thank your country man for all the friendliness and hospital ity. Thank you Mister James for providing our home away from home, in your hotel. Enough can't be said about P.J Couvillion who traveled all this way at his own expense, to referee and support our team. I can still hear P.J. telling the young lifters who weren't happy with their performance to keep it all in perspective and to remember that the idea of this sport is to have fun and enjoy your participation, regardless of placing. I used to think he was the strictest referee around I now think he is the most "consistent" & "fair" referee out there. He has a great sense of justice and balance about his decision making. Thanks again P.J.I Thanks to all the family and friends who traveled to far away Taiwan for this memorable experience. Thanks to all you coaches and trainers back home who put in long hours with these team members. Also, to you who through the internet sent your support and best wishes. Thanks Steve Mann for our web site. Let me once again bring up our Sponsors who put their money where there mouths are Mike & Micki Scheffler Tim Bruner INZER ADVANCED DESIGNS, TITAN SUPPORT SYSTEMS and Pete Alaniz, CRAINS MUSCLE WORLD LMT. and Rickey Dale Crain, SIEGEL ENGRAV-ING and Al Siegel Bastron Travel Inc. LaQuinta Hotels, United Airlines, and all of you who unselfishly made a contribution to the travel fund of these young

perfect. The USA was second with 56

points; and Chinese Taipei was third

with 50 points. It was the USA's finest

showing in many years and the best ever

BEST LIFTERS - Tsung-Ting Hsieh

Chinese Taipei - 561.93 points; Ivan

Shlyakhta, Ukraine - 553.87 points,

Genady Dedulia, Russia - 545.56 points.

pionships were a great success; due in

no small part to many people: including

all our team members who trained and

worked so hard, making the sacrifices

needed to get us to Taiwan and back

with many Medals and 2 Victory Cups!

This includes a special group of alter-

nates who stepped in to fill slots: Kim

Goff, Christy Newman, Clay Grubbs

(lifter & Coaching), Brad Robbins, Nick

Tulutki and Frnie Richards Larry Maile

and I were helped greatly with coaching

help from Todd Miller and Paul Boutte:

along with team members that stepped

in to help where needed. Thank you to

Miss Brenda, our interpreter and liaison

from the Taiwanese government and

the Chinese Taipei PLing Federation.

On a personal note, thanks to Chen-Yeh

Chow, a great lifter and coach of the

Taiwanese team. Her gifts to myself and

I arry Maile were far to lavish and gener-

The 2000 IPF Junior World Cham-

finish by a USAPL fielded team.

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

11

lifters. You truly helped to make

"America's Team" possible.

Good lifting to you all.



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

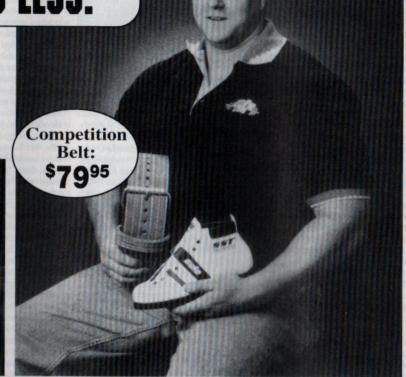
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- 4 time National Super Heavyweight Champion
- IPF World Silver Medalist





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USAPL Bench Press Nationals

16-17 SEP 00 - St. Louis, MO

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E. Peterson Lifetime T. Callahan Police & Fire E. Peterson 40-44 M. Post 45-49

T. Rosencrantz 40-44 A. Sortwell

C. Van Dyke 40-44

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R. Donschesl N. Crabbe M. Porter

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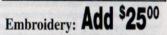
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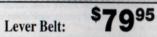
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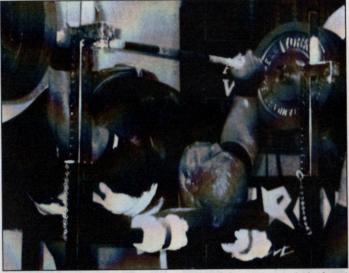
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USAPL Bench Press Nationals



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



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



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

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

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

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

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



the USA teamtake the team win. Ruth Welding - picking up points

IPF MASTERS WORLDS

as told to Powerlifting USA by Peter Thorne



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

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

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

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





Mike Roy won silver at 165 lbs.

with 48 points. For the first time in a while, the Russian women were second to the USA. Now the men had their

The Masters 1 (40 to 49 years) was next. In the 56 kg class, the USA's Denny Barleen, another Alaskan, picked up the bronze medal. Johnny Corsello was 5th in the 60 kg. class.

In the 67.5 kg class Lloyd Weinstein, from Connecticut, made a personal best 237.5 kg (523 lbs.) squat to pull out the silver medal for team USA. In the 75 kg. class Niccolini of Italy was the winner. Mike Roy and Alan Cayer battled it out for 2nd place. Alan tried for the gold with a 633 lb. deadlift in an attempt to tie the Italian lifter and win on bodyweight. He did not get the lift and had to settle for the bronze. Maine's Mike Rou had another silver for the USA. Khosravi from Iran was veru strong and a possible winner, but missed what would have been winning lifts on technical errors.

16 lifters showed up for the 82.5 kg class, which included USAPL Vice President and often time USA coach, Larry Maile. This time the Alaskan showed up as a lifter and demonstrated how it should be done. Larry went 9 for 9 and a totaled 722.5 kg. 21/2 kg. (5 pounds) more than his Kazakhstan rival, Kazhakov. Larry's winning deadlift was 15 kgs (33 lbs.) more than his previous best lift. Bill Scully from New Jersey placed 5th. In the 90 kg. class USA's Gary Ferstler placed 7th, making only 5

In the 100 kg. class the hosts were quite happy as Jan Benes of the Czech Republic took the gold over Colorado's Scott Roberts who gathered up another USA silver medal. Jan Benes tried a master's world record deadlift and almost pulled it with the Czechs loudly cheering. 18 lifters competed in the 110 kg class. Shawn Cain needed and got a perfect day for the gold. Shawn went 9 for 9, pulling a winning 330 kg (727 pound) deadlift. He and the Russian, Koblov, tied and Shawn won by being the lighter man. Koblov hit 225 kgs (496 lbs) for a personal best bench and was ahead of Shawn by 40 kgs going into the deadlift. Then Sean pulled exactly what he needed for the victory.

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

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

missed it twice before making the 507

The Masters II classes for lifters over 50 are now reported. 56 kg class: The ever present Mr. Hideaki Inaba treated all his fans to another great performance and another gold medal to add to his vast collection. Mr. Inaba, at age 56, totaled 557.5 kgs (1.229 lbs). He weighed in at 53.2 kgs, and he is the only IPF master lifter, of any age, to total more than 10 times his body-

competitors.

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

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

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

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

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



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

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

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

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



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

other Alaskan, placed

125 kg class: Charles Clonce was the final performer for the American team, and finished 5th in his division. Romashkin of Russia was the winner.

The 125 kg plus class was won by Oscar Soria of Argentina. Kochatov of Russia and Smague of France followed him. In 4th place was Dr. George Bostrom of Sweden. The only time Dr.

Bostrom has ever been seen without his cigar was on the lifting platform that

To ensure speed and efficiency for this large contest a cash prize was provided to the winning team of spotter-loaders General Secretary Heiner Koherich kent the time of the teams in this close competition within the com-

At the end of the day a wonderful banquet was held and everyone had an evening of relaxed international friendship, food and drink. It was an excellent week of meeting and competing with new friends from around the globe. The weather was nice and our Czech hosts were just great.

| IPF Masters 17-22 OCT | | | | | Rautiainen FIN | 407 330 | 286 225 | 407 413 | 1102 970 | Royer CAN Giangiappa IND | 452 562 | 429 286 | 485 473 | 1366 1322 | Silva BRA 181 | 336 | 192 | 407 | 936 |
|--|--------------------------|------------|------------|--------------|-----------------------------------|------------|------------|------------|-------------|--|------------|------------|------------|--------------|---------------------------------------|--------------------------------|------------|--------------------|----------------------|
| the state of the s | | BP | DL | TOT | Gildesberg DEN Shrivastava IND | 330 | 223 | 413 | 9/0 | Nielsen DEN | 424 | 319 | 484 | 1229 | Lincoln GB | 578 | 363 | 573 | 1515 |
| WOMEN Up to 114 lbs. we | SQ | | DL | 101 | 165 lb. | | | | | Norerstad NOR | 595 | 330 | 220 | 1146 | Glazunov RUS | 606 | 380 | 529 | 1515 |
| Viitasaari FIN | 314! | 170 | 369! | 854! | Niccolini ITA | 612! | 341 | 573 | 1526 | Vimmer CZE | 507 | 51/5/5/ | in tus | | Bottemer FRA | 479 | 270 | 644 | 1394 |
| Eremenko RUS | 297 | 137 | 330 | 766 | Roy USA | 600 | 352 | 556 | 1510 | Pesta SLO | 529 | | | | Bouchakour FRA | 496 | 330 | 562 | 1388 |
| Karbysheva RUS | 292 | 148 | 286 | 717 | Cayer USA | 534 | 358 | 611 | 1504 | Sota CZE | 595 | | | | Santos BRA | 473 | 297 | 595 | 1366 |
| Bowers USA | 286 | 126 | 347 | 760 | Khosravi IRA | 540 | 374 | 584 | 1499 | 275 lb. | | | | | Espinello ARG | 452 | 297 | 578 | 1339 |
| Solan USA | 248 | 115 | 386 | 650 | Schmidt RSA | 518 | 330 | 606 | 1455 | Hamdouny HOL | 771 | 507 | 644 | 1923 | Maier GER | 496 | 319 | 440 | 1256 |
| Omori JPN | 286 | 132 | 303 | 722 | Matsuda JPN | 562 | 336 | 556 | 1455 | Krendl AUT | 771 | 407 | 694 | 1873 | Ludecke GER | 468 | 253 | 507 | 1229 |
| Bruder GER | 270 | 115 | 281 | 666 | Coppari ITA | 507 | 341 | 595 | 1444 | Fridell SWE | 716 | 435 | 705 | 1857 | Sourek CZE | 440 | 242 | 485 | 1168 |
| Uvachan RUS | 270 | 148 | 286 | 705 | Lewis GER | 573 | 319 | 540 | 1432 | Maximushkin RU | | 440 | 650 | 1796 | Hodne NOR | 374 | 264 | 440 | 1080 |
| Matsuura JPN | 264 | 159 | 275 | 699 | Hoppenbrouwers | | 319 | 595 | 1421 | Collard BEL | 727 | 440 | 606 | 1774 | Zapata ARG | 429 | 187 | 457 | 1074 |
| Aliminosa USA | 187 | 99 | 235 | 518 | Hernandez SPA | 507 | 330 | 551 | 1388 | Smith AUS | 639 | 374 | 710 | 1725 | Volkov KAZ | 396 | | | |
| | 181 | 110 | 220 | 512 | Daron GER | 518 | 292 | 556 | 1366 | Hanninen FIN | 683 | 407 | 628 | 1719 | 198 | | | | |
| Turunen FIN Boulle FRA | 220 | 110 | 220 | 312 | Karn GB | 496 | 231 | 639 | 1366 | Siska SLO | 633 | 374 | 661 | 1669 | Vereschagin RUS | | 369 | 606 | 1592 |
| Up to 148 lb. clas | | | | | Dio PHI | 528 | 308 | 507 | 1333 | Weeks USA | 551 | 424 | 688 | 1664 | Sochanski POL | 606 | 347 | 633 | 1587 |
| Kashirina RUS | 369 | 187 | 407 | 964 | Gajanana IND | 496 | 314 | 512 | 1322 | Blackburn GB | 617 | 330 | 661 | 1609 | Andreatta ITA | 606 | 341 | 606 | 1554 |
| Stein USA | 341 | 181 | 418 | 942 | Rusbjerg DEN | 473 | 286 | 518 | 1278 | Mrazek CZE | 540 | 369 | 573 | 1482 | Bolyuki UKR | 573 | 363 | 551 | 1488 |
| shikawa JPN | 315 | 198 | 341 | 865 | Sahlgren DEN | 473 | 286 | 473 | 1234 | Riedel GER | 529 | 325 | 578 | 1432 | Sasaki JPN | 540 | 375 | 562 | 1477 |
| Vivijes BEL | 292 | 154 | 363 | 810 | Hruby CZE | 462 | 319 | 440 | 1223 | Mahut SLO | 507 | 275 | 617 | 1399 | Buchs FRA | 595 | 336 | 540 | 1471 |
| Daumas FRA | 297 | 159 | 347 | 804 | Jacobs RSA | 451 | 297 | 446 | 1195 | SHW | | | | | Surov RUS | 529 | 297 | 573 | 1399 |
| Bass GB | 297 | 154 | 369 | 821 | Nakane JPN | 507 | | | | Jorgensen DEN | 705 | 485 | 766 | 1956 | Luka POL | 551 | 220 | 617 | 1388 |
| Hykova CZE | 275 | 165 | 341 | 782 | Sachenko UKR | 440 | | | | | | 4th | 805! | AST - MALE | Belmas FRA | 523 | 292 | 551 | 1366 |
| Dingle USA | 275 | 165 | 308 | 749 | 181 lb. class | | | | | Patro SLO | 804 | 424 | 727 | 1956 | Schaller GER | 485 | 308 | 529 | 1322 |
| ouarduzzi FRA | 275 | 143 | 297 | 716 | Maile USA | 595 | 413 | 584 | 1592 | Bespalov RUS | 771 | 451 | 666 | 1890 | Battison GB | 451 | 308 | 562 | 1322 |
| Takacova CZE | 319 | 187 | 308 | 815 | Kazhakov KAZ | 617 | 352 | 617 | 1587 | Ujile JPN | 694 | 540 | 529 | 1763 | Zimmerman CZE | | 308 | 556 518 | 1317 |
| Dowsett GB | 253 | 126 | 341 | 722 | Rykov RUS | 595 | 380 | 595 | 1570 | The Paris of the P | 4th | 563! | | | Christo USA | 479 | 314 248 | 461 | 1102 |
| Takahashi JPN | 231 | 122 | 231 | 584 | Hoza CZE | 606 | 352 | 573 | 1532 | Kleveland NOR | 661 | 440 | 639 | 1741 | Lehmann GER | 391 308 | 209 | 347 | 865 |
| opez USA | 209 | 110 | 281 | 600 | Scully USA | 562 | 375 | 589 | 1526 | Avila FIN | 617 | 418 | 661 | 1697 | Palm DEN | 220 | 330 | 297 | 848 |
| ankau GER | 225 | 143 | 264 | 633 | Ivanushin LAT | 540 | 330 | 650 | 1521 | Girrulat GER | 562 | 485 | 650 | 1697 | Martinez SPA | | 330 | 29/ | 040 |
| Nothnagel GER | 198 | 126 | 242 | 567 | Michalowski POL | 573 | 330 | 617 | 1521 | Simon GB | 622 | 440 | 611 | 1675 | Mattila SWE | 483 | | | |
| Cimura JPN | 286 | | | | Brytan UKR | 518 | 330 | 617 | 1466 | Vana CZE | 595 | 518 | 551 | 1664 | Crawford GB | 600 | | | |
| Over 148 lb. class | | | | | Marentette CAN | 490 | 363 | 573 | 1427 | Ondracek CZE | 584 | 396 | 661 | 1642 | Tachibana JPN | 600 | | | |
| Hall USA | 468! | 286! | 457 | 1212! | Savinikh RUS | 584 | 308 | 518 | 1410 | Zhabolothniy Uk | | | | | Bower USA | | | | |
| pronk HOL | 352 | 214 | 402 | 970 | Agostinoni ITA | 551 | 303 | 551 | 1405 | Team Competitio | | | | | 220 lb. | 683! | 352 | 661 | 1697 |
| Beer AUT | 380 | 231 | 391 | 1003 | Rathke GER | 462 | 341 | 496 | 1300 | Czech Republic 3 | | | | | Korolev RUS | 595 | 385 | 617 | 1598 |
| Fomina RUS | 385 | 148 | 385 | 920 | Bertoletti ITA | 440 | 347 | 485 | 1273 | France 21, Finlan | | | | | Babenko UKR Micka CZE | 589 | 396 | 578 | 1565 |
| .d. Meulen HOL | 363 | 187 | 374 | 925 | Tibbe BEL | 385 | 281 | 529 | 1195 | Denmark 17, Uk | | | | | Lefevre FRA | 529 | 391 | 617 | 1537 |
| Welding USA | 303 | 159 | 358 | 821 | Shrivasta IND | 418 | 292 | 429 | 1140 | Philippines 13,Ka | | | | | Moore RSA | 551 | 347 | 573 | 1471 |
| Hallen USA | 385 | 275! | 341 | 1003 | | 529 | 330 | | | 9, Norway 8, RSA | | | | | Cialdini ITA | 485 | 341 | 639 | 1466 |
| Hollanos GB | 358 | 126 | 330 | 815 | 198 lb. | | | | | Australia 7, Arge | | | | | Teslar SLO | 518 | 418 | 529 | 1466 |
| | 303 | 143 | 270 | 716 | Klimashewski RUS | | 396 | 595 | 1636 | 1. Champion of | | | | | Schindler GER | 551 | 330 | 551 | 1432 |
| Gardarsdottir ICE | 253 | 181 | 347 | 782 | Kelner CZE | 617 | 369 | 628 | 1614 | 502.20, Hamdou | iny (H | IOL) 50 | 11.68, 10 | orgensen | Jaakola FIN | 462 | 380 | 540 | 1383 |
| Richards GB | 264 | 126 | 292 | 683 | Mauchosse FRA | 595 | 418 | 595 | 1609 | (DEN) 500.28 | | | | | Primus CZE | 462 | 297 | 518 | 1278 |
| Schijndel HOL | 264 | 132 | 336 | 733 | Wakushima JPN | 551 | 396 | 617 | 1565 | Masters 2 Men (| over 50 | years of | age) | | 242 lb. | 702 | | 3.0 | |
| Wass GB | 264 | 137 | 275 | 677 | Kaneyoshi JPN | 589 | 385 | 584 | 1559 | 114 lb. class | 200 | 224 | 262 | 002 | Lovasz HUN | 710! | 435 | 705 | 1851 |
| Beninga GER | 214 | 148 | 264 | 628 | Jane GB | 584 | 341 | 628 | 1554 | Oshiro JPN | 308 | 231 | 363 | 903 | Mazhuta RUS | 578 | 374 | 622 | 1576 |
| Team Competitio | | | | | Ferstler USA | 600 | 314 | 622 | 1537 | Hirano JPN | 264 | | | | Keizer HOL | 617 | 363 | 595 | 1576 |
| 6, Japan 16, Finla | | | | | Rossi ITA | 606 | 314 | 617 | 1537 | 123 lb. | *** | 209 | 501 | 1229 | Kristensaen NOR | | 396 | 584 | 1565 |
| rance 8, Belgium | | | | | Tartainville FRA | 529 | 330 | 595 | 1455 | Inaba JPN | 518 | 264 | 374 | 947 | Burnett USA | 529 | 308 | 562 | 1399 |
| , Iceland 1. Cha | | | | | Elizeev KAZ | 507 | 352 | 573 | 1432 | Fishimi JPN | 308 | 204 | 3/4 | 34/ | Zeman CZE | 507 | 341 | 507 | 1355 |
| /iitasaari (FIN) 5 | | | | | Weidemeier GER | | 297 | 567 | 1366 | 132 lb. | 410 | 231 | 518 | 1168 | Kennrknecht GER | | 248 | 551 | 1295 |
| Hall (USA) 465.52 | | | | | Decarli ITA | 462 | 319 | 562 | 1344 | Okiura JPN | 418 | | | | Waldeck SWE | 440 | 297 | 551 | 1289 |
| 0: Hall (USA) 465 | 5.52, Bo | wers (L | JSA) 434 | .59, Bass | Kram CAN | 462 | 352 | 496 | 1311 | Rosen USA | 385 | 209 | 418 | 1014 | Rocha BRA | 440 | 319 | 529 | 1289 |
| GB) 433.44 | | | | | Berndorf DEN | 473 | 363 | 374 | 1212 | Gombar SLO | 352 | 209 | 424 | 986 | Carrizo ARG | 529 | 3.7 | 347 | .203 |
| Men Masters I (4 | 0-49) | | | | Rohm CZE | 573 | 396 | | | Powell GB | 308 | 187 | 440 | 936 | 275 lb. | 323 | | | |
| 114 lb. class | | | | The state of | Hopp SWE | | | | | Burgess USA | 308 | 187 | 330 | 826 | Romashkin RUS | 595 | 407 | 639 | 1642 |
| Taguibao PHI | 363 | 176 | 418 | 959 | 220 lb. | | | | | Hansen DEN | 275 | 181 | 363 | 821 | Mietz GER | 573 | 352 | 633 | 1559 |
| Cagawa JPN | 297 | 236 | 341 | 876 | Benes CZE | 595 | 418 | 727 | 1741 | 148 lb. | 440 | 200 | E22 | 1273 | Musztafa HUN | 584 | 418 | 551 | 1554 |
| amashita JPN | 264 | 242 | 286 | 793 | Roberts USA | 688 | 396 | 617 | 1703 | Hibbert GB | 440 | 308 | 523 | 1273 | Lindstrom SWE | 573 | 418 | 507 | 1499 |
| 23 lb. | | 1 | | | Tsukanov RUS | 672 | 446 | 573 | 1692 | Fraser GB | 418 | 281 | 529 | 1173 | Clonc eUSA | 567 | 319 | 523 | 1410 |
| amakawa JPN | 473 | 187 | 490 | 1151 | Asama JPN | 628 | 385 | 639 | 1653 | Manninen FIN | 402 | 281 | 490 | | Schlatter SWI | 529 | 308 | 573 | 1410 |
| otowa JPN | 435 | 203 | 424 | 1063 | Alesio ARG | 639 | 374 | 639 | 1653 | Ledroit FRA | 451 | 220 | 485 | 1157 | Laursen DEN | 507 | 341 | 473 | 1322 |
| Barleen USA | 352 | 248 | 413 | 1014 | Hul POL | 688 | 358 | 606 | 1653 | Dufour FRA | 396 | 242 | 490 | 1129 | Tekulics HUN | 485 | | | |
| Raj IND | 396 | 187 | 407 | 992 | Melzig GER | 606 | 341 | 644 | 1592 | Cortes USA | 380 | 259 | 473 | 1113 | King GB | 100 | | | |
| Timirgarleev RUS | | 220 | 396 | 975 | Czupori SLO | 595 | 374 | 595 | 1565 | Pellegrino USA | 391 | 281 | 402 | 1074 | Alksnitis LAT | | | | |
| Cedziora POL | 303 | 236 | 413 | 953 | Auclair FRA | 573 | 396 | 595 | 1565 | Steffen GER | 413 | 242 | 374 | 1030 | | | | | |
| 32 lb. | | | | | Fransson SWE | 573 | 358 | 551 | 1482 | Szloboda GER | 369 | 143 | 418 | 931 | Soria ARG | 683 | 407 | 644 | 1736 |
| ayapin RUS | 473 | 270 | 496 | 1240 | Kuttner GB | 529 | 341 | 551 | 1421 | Urrutia SPA | 209 | 148 | 297 | 655 | | 661 | 429 | 606 | 1697 |
| incent FRA | 446 | 286 | 479 | 1212 | Maart RSA | 507 | 308 | 573 | 1388 | 165 lb. | | - | | | Kochetov RUS | 606 | 374 | 562 | 1543 |
| Camath IND | 473 | 220 | 485 | 1179 | Wermelin SWE | 617 | | | | Lokhov RUS | 562 | 319 | 595 | 1477 | Smague FRA | 418 | 297 | 385 | 1102 |
| Bochkowsky UKR | 395 | 214 | 485 | 1096 | 220 | 1 | 1 | | | Russel GB | 540 | 308 | 507 | 1355 | Bostrom SWE | | | | |
| Corsello USA | 330 | 281 | 391 | 1003 | Cain USA | 628 | 451 | 727 | 1807 | Pavluks LAT | 457 | 303 | 540 | 1300 | Team Competition | | | | |
| LUISCHU USA | | | | | Koblov RUS | 672 | 496 | 639 | 1807 | Doubel FRA | 424 | 315 | 523 | 1273 | 53, France 44, US | | | | |
| | | | | | Vilppola FIN | 595 | 479 | 639 | 1791 | Alduenda USA | 462 | 319 | 451 | 1234 | Hungary 20, Arg | | | | |
| Merzlyakov RUS | 523 | 330 | 573 | 1427 | Melnyk UKR | 683 | 418 | 650 | 1752 | Andersson SWE | 429 | 253 | 545 | 1229 | Republic 17, Ital | | | | |
| Merziyakov RUS 148 lb. | 343 | 303 | 540 | 1366 | DiCerbo ITA | 628 | 396 | 661 | 1686 | Macrow GB | 446 | 297 | 468 | 1212 | Finland 10, Denn | | | | |
| Merziyakov RUS 148 lb. Posokhin RUS | 523 | | 518 | 1339 | Poole GB | 705 | 330 | 617 | 1653 | Takita JPN | 452 | 264 | 468 | 1195 | land 8, Norway 8, | KSA 6 | Switze | nand 5, | Spain 2 |
| Merzłyakov RUS 148 lb. Posokhin RUS Weinstein USA | 523 | 319 | | | | | | 617 | 1631 | Hausler GER | 440 | 264 | 473 | 1179 | Kazahkstan 1, Ind | 11a 1. C | nampio | a of Cha | ampions |
| Merzlyakov RUS 148 lb. Posokhin RUS Weinstein USA Mihok SLO | 523 501 | 319 352 | | | | 650 | 363 | | | HAUSICI OLK | 440 | 204 | | | | | | | |
| Merzlyakov RUS 148 lb. Posokhin RUS Weinstein USA Mihok SLO Miki JPN | 523 501 501 | 352 | 485 | 1339 | Singh IND Pastor SLO | 650 683 | 220 | 688 | 1592 | Zanetti ITA | 440 | 242 | 440 | 1124 | Inaba (JPN) 534.2 | 5, Lova | sz (HUN |)496.18 | B, Lokho |
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| Merzlyakov RUS 148 lb. Posokhin RUS Weinstein USA Mihok SLO Miki JPN | 523 501 501 | 352 | 485 | 1339 | Singh IND | | | 688 | 1592 | Zanetti ITA | 440 | 242 | 440 | 1124 | Inaba (JPN) 534.2 | 5, Lovas ampior 12.68, K | z (HUN |) 496.18 mpions | B, Lokhov over 60 |

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

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

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

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

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

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

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

POW!ERLIFTER VIDEO INTRODUCES "THE BENCH PRESS VOL. 2" THE WORLD'S GREATEST BENCH PRESSERS!! VOLUME 2 NEW! **VOLUME 1- STILL HOT!!!** STAR WORKOUTS with: Ted Arcidi, Anthony Clark, Chris Confessore, Scott Werner, Jamie Harris, Greg Warr James Henderson, & Dave Waterman's "Barbarian" Bob Seibold **WORKOUTS: LET THEM** ADD POUNDS TO YOUR BENCH! More with ANTHONY CLARK INTENSE BENCH WORKOUTS -**ARNOLD CLASSIC Highlights with Check out Louie Simmons and** Willie Williams, Dave Waterman, The Westside Barbell Club & Kenny Patterson See WORLD RECORDS Set! **COACHING TIPS + BLOOPERS** The Best Bench Pressing from 8 Years of POW!ERLIFTER VIDEO! ONLY \$29.95 EACH (+\$2.95 S&H) or \$49.90 for BOTH **CALL 1-800-BARBELL**

If it's December, it must be time for the annual POWIER SCENE shopping guide for powerlifters. But first, a little powerlifting update on Jamie Harris, who is returning from retirement.

is returning from retirement. Jamie's first post-retirement meet ended before it began, as his shirt popped in the warm-up room, and Jamie didn't have a back-up. So he did a bench exhibition for the crowd, culminating in a 660 for two reps, with no shirt. Jamie's still on track for the IPA Nationals, which should have already occurred by the time you get this magazine.

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



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

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



Blythe models the Inzer T-shirt

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



Bethany shows off her Inzer shirt

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

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

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



House of Pain has all kinds of and Anthony Clark, sportswear for the hardcore lifter corner on the bench.

Another type of clothing is available from Colleen Kelly's company, sexyswimwear.com. See her picture, and guess what she makes and

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



Colleen Kelly of Sexy Swimwear.

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

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

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

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

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



Add pounds to your Bench with POW!ERLIFTER Video magazine.

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



The self-spotting POWER PRESS

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

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

Wishing everyone a Merry Christmas, along with great strength, no injuries, and lots of PR's. Have a great holiday season. NED LOW **APA National Championships &** WPA Junior - Master Worlds

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Julie Hautaniemi squatted 190.



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



78 Yr. Old Josie Merrill (Taylor)

| G. Russo | 685 | 470 | 550 | 1705 |
|--------------------|------|-----|------|-------|
| C. Phillips | 475 | 405 | 500 | 1380 |
| D. Lawrence | 525 | 320 | 475 | 1320 |
| J. Stahl | | | | |
| Open | | | | |
| J. Birley | 455 | 300 | 370 | 1225 |
| 50-59 | | | | |
| T. Levering 275 | 365 | 340 | 300 | 1005 |
| | | | | |
| Open M. Dimiduk | | | | |
| 33-39 | 805* | 400 | 650 | 1855 |
| A. Griffith | 740 | | | |
| 40-49 | 710 | 450 | 500 | 1660 |
| M. Dimiduk | 805* | 400 | | |
| 308 | 805 | 400 | 650 | 1855 |
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| 132 | | | | |
| 40-49 | | | | |
| J. Sturniolo | 45 | 130 | 270 | 445 |
| MEN | | | -/- | 443 |
| 165 | | | | |
| 80-89 | | | | |
| R. Merrill | 90* | 75* | 180* | 345* |
| 181 | | | | - |
| 50-59 | | | | |
| D. Junkins | 280 | 225 | 360 | 865 |
| 198 | | | | |
| 33-39 | | | | |
| A. Ornoski | 385 | 310 | 375 | 1070 |
| 60-69 | | | | |
| J. Herbein 4th | 375 | 260 | 530 | 1220 |
| 242 | 420* | | 540* | |
| 33-39 | | | | |
| C. Seeker | 700 | | | |
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| M. Dimiduk | 805* | 400 | 650 | 1000 |
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| WOMEN | | | | |
| 181 | | | | |
| 16-17 | | | | |
| M. Malkasian | | | - | |
| M. Maikasian MEN | 360* | 155 | 325* | 840* |
| | | | | |
| 181 | | | | |
| 20-23 | | | | |
| A. O'Brien | 430 | 360 | 485 | 1275 |
| 198 | | | | |
| 13-15 | | | | |
| S. Huntzinger | | | | |
| 20-23 | | | | |
| J. McShane | 600* | 325 | 600 | 1525* |
| C. Martin | 375 | 279 | 400 | 1045 |
| 220 | M. State | | - | 1043 |
| 20-23 | | | | |
| R. Crist | 400 | 300 | 410 | 1110 |
| 275 | A COUNTY | 300 | 410 | 1110 |
| 16-17 | | | | |
| | | | | |

the APA Nationals. (Taylor photos)

the APA Nationals. (Taylor pho





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

Phillips, and Glen Russo of Vermont. Russo dominated the class with a 1705 total. 22 year old Jon Birley returned to the platform with only 7 weeks of training and a 5 year layoff. He ended up with a 1225 total. Tom Levering put on a nice performance in the 242 lb. 50-59 class with a 1005 total. We are very grateful to Tom for spending the entire day announcing on Saturday. Leading the pack in tolals for the 275's was 46 year old Mark Dimiduk. Mark put in a Master record squat of 805. He was a bit off on his bench and had to settle for 400. He opened with an easy 550 deadlift but due slippage problems missed two attempts with 715. And offilthwas very impressive in the submaster 275's with a 710 squaf, 450 bench, and 500 deadlift. He 1988 yelf McVicar rammed up do 716 years offild name and 1980 and adjust name and 1980 with a new 1980

APPLICATION FOR REGISTRATION **American Powerlifting Association**

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POWER PROFILE

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

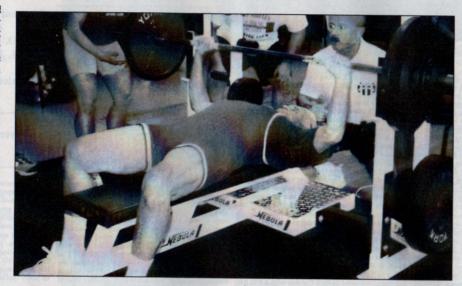
Harrison Benner is a man who has been training and competing in olympic lifting, bodybuilding, and powerlifting since 1937. He has always been a great competitor and

a true credit to the sport. I remember when he along with five others and muself formed the Hillcrest Barbell Club in San Diego, California. From the seven original members we grew into a membership of around 30 members, but due to the outbreak of the second World War, we had to close the club. Right after the bombing of Pearl Harbor, the Army informed us that we had 24 hours to remove our equipment from Balboa Park as the National Guard was going to move in and take over the area. I recall moving all those weights and equipment in my 1934 Ford 2 door sedan (it was brutal). I don't know what happened to all our barbells

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

Harrison Benner

as told to Powerlifting USA by Leo Stern



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

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

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

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

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

taking second.

We started powerlifting in San Diego in 1948 and Harrison continued to compete as a middleweight. We used 5 lifts in the begin-

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

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

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

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

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

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

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

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

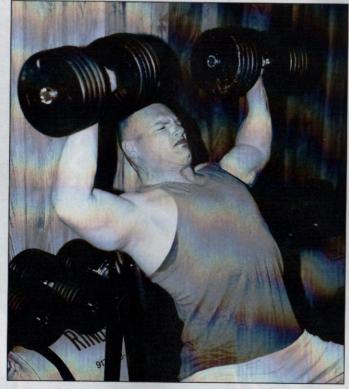
In spite of its debated contributions to the bench press, overhead lifting has tremendous strength developing properties of its own. I recently witnessed Kazmaier, (now focusing less on pure powerlifting), pressing a pair of hundred pound dumbbells from the seated position for 32 consecutive reps (he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

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

TRAINING

OVERHEAD LIFTING

as told to Powerlifting USA by Marc Cavigioli



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

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

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

staving clear of overhead work, (4). While it is true joint problems can be created or exacerbated with this movement, enough varieties of the movement exist to circumvent many potential problems: standing. seated, behind-the-necks, barbell, dumbbell, one hand, two hand, alternating, strict military, continental pushes and jerks. To be sure, if you have questionable shoulder joints you should consult your orthopedic surgeon prior to giving

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(1) The Iron Game, David Webster, 1976. (2) The Bench Press, Judd Biasiotto, Ph.D. & Klau Arndt 1995-1997.

(3) Conversation with Kazmaier, May, 2000. (4) Conversation with Steve Dain, M.Ed., C.S.C.S., May

(5) Sons of Samson, Vol. 2, David Webster, 1997. (6) Grimwood Strength System, Terry and Tamara Grim

(7) The Development of Physical Power, Arthur Saxon 1906; reprinted by Wm. F. Hinbern, 1997



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

TRAINING

More World Record Benches

as told to Powerlifting USA by Louie Simmons

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

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

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

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

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

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

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

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

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

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

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

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

Here are some comments from George:

* Be explosive with all exercises.

* When doing lock-outs, con-

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

* Stay with close grips.

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

and rear and side delts.

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

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

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

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

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

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

Kenny does a lot of floor presses. He, like George, feels the floor press is truly a test of strength. Kenny likes to add on occasion lockouts in the seated position. The bar is placed at levels ranging from the top of the head to 2-3 inches above the head.

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

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

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

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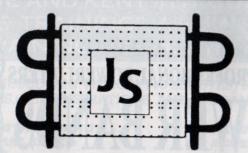
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Over the last decade or two many sports have witnessed an explosion in the gear used in competition to aid athletes' performance. High tech ice skates helped racers decimate world records in the last Winter Olympics. Super aerodynamic ski helmets helped decrease the drag of the downhill skier. The latest addition, widely used at the Summer Olympics, was swimming with shark-like bodysuits that help the swimmer propel himself through the water as well as "Jaws". Powerlifting has not escaped by any stretch. Knee wraps promising huge rebounding properties can be seen in

ads throughout this magazine. Squat suits have been a staple of the lifter seemingly forever. Following the success and impact of the squat suit was the bench press shirt, which appeared in the 1980s (yeah, it's been that long). Since then, countless bench records have been set with them and many top lifters endorse them. If you've read any of my previous articles you know I always stress that proper use of any exercise or gear is critical in getting maximum results and the bench press shirt is no

The best place to start is the importance of proper sizing. For the shirt to be most effective, you must give accurate measurements when ordering. I have seen lifters wearing shirts 1 or 2 sizes too big. then complaining that the shirt doesn't work. Typically, a bench shirt should fit like a squat suit; that is, tight and uncomfortable. Comfort will come after your last bench press when you take it off. Wearing a shirt may even leave small bruises on your chest and shoulders just as a squat suit may leave them on your

suit may leave them on your hips and thighs. Don't give larger measurements just to make your-self feel bigger than you really are! No one will ask you what size shirt you are wearing when you miss your opener. I have seen experienced lifters really struggle to get into bench shirts and squats suits smaller in size than many intermediate and novice lifters use. They want max results, and to heck with any hang-ups on the size they ordered!

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

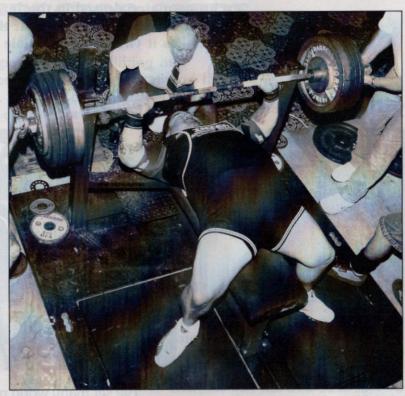
STARTIN'

A special section dedicated to the beginning lifter

TUC

The Bench Press Shirt

as told to Powerlifting USA by DOUG DANIELS



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

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

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

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

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

effort should become second nature by contest time.

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

There are a few more things to think about when using a bench shirt. First, most shirts supply ex-

plosive power off the chest, but after the bar is several inches off the chest, the shirt basically loses this effectiveness. The bencher must always be aware of this. If not, he will not 'catch up with the bar' and the bar will stall and he could miss the lift. The bar must be pressed explosively throughout the entire movement to help prevent this stalling phenomenon.

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

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

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

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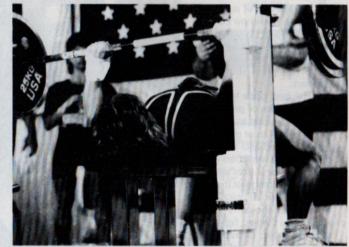
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| 175 165 155 | 67.5 A. Dorner Junior 52 | 140 | 90 | 120 | 350 |
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| | C. Rainer | 155 | 70 | 170 | 395 |
| 240 | C. Blair | 240* | 122.5 | 250* | 612.5* |
| 27.5 110 190 | E. Pongracz E. Vit Men T 16-17 | 230 175 | 127.5 95 | 215 180 | 572.5 450 |
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Sir Henry STROJ, promoter of the contest. (photos courtesy Pacas)

| 90 | -00 | | | | |
|------------------------------------|----------------------|-----------------|---------------------|----------------------|----------|
| P. Ecchell 100 | 210 | 110 | 230 | 550 | |
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| V. Zeynalov K. Holzer | 260 275 | 190 172. | 270 | 720 717.5 | |
| C. Rogers 110 | 240 | 122. | | 592.5 | - |
| H. Winkler 125 | 345* | 162. | | 757.5 | |
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| G. Schranz | 270 | 212.5 | 330 | 812.5 | ti |
| L. Marshall 4th | 380 392.5 | 190 | 350 | 920 | E |
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| P. Bell H. Strof | 270 260 | 207.5 175 | 290 280 | 767.5 715 | to |
| J.M. Nickel 110 | 270 | 165 | 265 | 700 | st |
| J. Pollendorfer 125 | 275 | 165 | 250 | 690 | th th |
| R. Thomas M 50-54 75 | 200 | 140 | 200 | 540 | l'i |
| C. Windegger 82.5 | 155 | 105 | 150 | 410 | SI |
| A. Mikysek 90 | 200 | 60 | 230 | 490 | is (T |
| J. Gruber 125 | 170 | 82.5 | 200 | 452.5 | pr |
| J. Grether M 55-59 90 | 215 | 160 | 215 | 590 | 1 |
| H. Marion | 260* | 167.5 | 250* | 677.5* | |
| R. Neururer M 60-64 | 120 | 50 | 160 | 330 | - |
| 82.5 K. Hogg | 140* | 161! | 170.5 | 471.5* | |
| J.M. Cavelier | 230! | 200! | 220! | 650! | |
| M 65-69 67.5 R. Necesany | 157.5 | 90 | 166.5! | 414 | |
| M 75-79 75 P. Pothee | 115! | 72.5! | 1401 | 207 51 | |
| 4th Open | 113: | 75! | 140! | 327.5! | 10 |
| 56 R. Karkuschke | 162.5 | 110 | 172.5 | 445 | |
| 67.5 S. Cook | 215 | 120 | 230 | 565 | |
| W. Haider L. Segrer | 270 270 | 155 150 | 252.5 245 | 677.5 665 | 4 |
| 32.5 E. Athlas | 310 | 185 | 290 | 785 | |
| M. Fruet L. Signorini | 240 240 | 152.5 135 | 265 282.5 | | ı |
| H. Greiner P. Schwarz | 255 250 | 160 137.5 | 230 220 | 645 607.5 | - |
| 00 H. Sommer G.Schober | 285 | 165 | 300 | 750 | E |
| 00 G. Depner | 280 382.5! | 170 | 250 | 700 950! | P |
| D. Warren Wasmer | 317.5 | | 347.5 320 260 | 950! 847.5 715 | C |
| 10 | | | 200 | . 13 | tr |

| M. Weiler | 405* | 205 | 320 | 930 |
|----------------|--------|-------|-------|---------|
| J.M. Chenin | 325 | 247.5 | 297.5 | 870 |
| M. Kopp 125 | 330 | 230 | 280 | 840 |
| A. Turtiainen | 412.5 | 257.5 | 400! | 1070* |
| S. Hayn | 325 | 200 | 320 | 845 |
| 140 | | | | |
| H. Kuttroff | 415.5* | 270 | 330 | 1015.5* |
| P. Martikainen | 400 | 255 | 320 | 975 |
| H. Dorer | 345 | 220 | 335 | 900 |
| R. Mobius | 350 | 205 | 292.5 | 847.5 |
| U. Frev | 335 | 235 | 275 | 845 |

U. Frey 335 235 275 845
The 2000 Europeans were hosted in the west of
Austria, in Tyrol, a region famous for skiing in winter
and hiking in summer. HAIMING, the village 25
miles west of Innsbruck, is surrounded by high and niking in summer. HAIMING, the village 25 miles west of Innsbruck, is surrounded by high nountains, and is well known to have one of the biggest rafting bases at the River Inn. The venue was it hotel "FCHERNHOF" and was an ideal place for his big event, organized by Sir Henry STROJ. 11 tations with more than 180 lifters were present for his event and this shows that WPC Europe is on the vay to becoming the biggest federation in Europe. International referees from Belgium, Great Britain, rance, Austria, and even South Africa's Hannie mith were present, to guarantee a high standard. usstra's president, Franz MARES, did a great job as naster of ceremonies and WPC - Europe Secretary eter PACAS, unable to compete after suffering a uptured biceps tendon, was platform manager and bading chief. The venue was perfect - for the lifters swell as for the spectators. Henry STROJ organized nice opening ceremony. About 50 musicians from laiming marched through the village, followed by oliticians and the representatives of each country, ght into the venue. A 118 x 118 inch big PC screen or the spectators and television screens in the rappoing area made the championskin well followed. right into the venue. À 118 x 118 inch big PC screen for the spectators and television screens in the wrapping area made the championship well followed by spectators as well as the lifters. BENCH PRESS: Outstanding women lifter was Phan Dinh, Catherine from France with a 125 kg. press. Poland's Szyja, Marek was overall winner in the men's division, with a 222.5 kg. press in the 82.5 division. Remarkable also was the world record from 62 years old Konrad Hogg from Austria with 160.5 kg. in the 82.5 division. POWERLIFTING EVENT: Once more Carol Blair, starting for the Austrian team, showed that she's a very outstanding lifter. 240 kg. in the squat, and a very close 275 kg. deadlift (two reds, one white light) drove everybody in the venue crazy. Edith Pongracz, the Technical Officer for WPC e white light) drove everybody in the venue crazy ith Pongracz, the Technical Officer for WPC Edith Pongracz, the Technical Officer for WPC-Europe, made a new personal record in the squat with 230 kg. MEN: There was one man that surprised everyone - Ano Turtiainen from Finland. A 1070 kg. total (2354 lbs.) at 275 lbs. underlined the high standard at this Europeans. Unbelievable for every-one was how easily he pulled the world record of 400 kg. in the deadlift. Ano knows only one goal for the Worlds in Las Vegas: the overall world record in the deadlift for all federations. If he has a good day, I'm sure he will do it! Germany's Holger Kuttroff went very, very deep with his 415.5 kg, squat and also surpassed the 1000 kg. total with 1015.5 kg at 5HW (2234 lbs.) (European record). Next year's Europeans will be hosted in Helsinki, Finland, which is even yet expected to become a great spectacle! n yet expected to become a great spectacle! ks to Peter Pacas, WPC - Europe Secretary, for ling the results via Herb Glossbrenner).



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

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Louie Simmons

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75 R. Malfer 82.5 M. Ptak M. Maass 100 Z. Vagar 110 H. Winkler M 40-44 67.5

R. Leskenm

. M. Chenin

M. Auer 130 J. Rintala

220

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

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

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

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

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

Dr. JUDD

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

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

Every day we would go into his garage to train for a couple hours and then go up into his kitchen where his wife Betty would serve us a huge dish of strawberry Jell-0 with globs of whipped cream on it. I loved that Jell-0. To tell the truth when I first started training I was motivated more by the Jell-0 then I was the lifting ... it was that good. Don't get me wrong - when I worked out there, I trained hard, as hard as I ever trained in my life. He would push me to my very limit every day. Some

days I would leave that garage shaking; like a leaf from fatigue. He never showed me any mercy either. Believe me - I learned a lot about discipline, obedience, hard work and pain while I trained there. He was a tough coach, but like I said a loving one. I'm not ashamed to say that I really loved him. I wanted him to be proud of me and I worked my butt off to achieve that goal. I was just a little boy but I trained like a man. I mean that. I never missed a practice, and I never ever gave less

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

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



Dr. Judd Biasiotto totaled elite in the AAU

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

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

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

knew I was standing there with tears rolling down my cheeks. I was totally devastated

That night I got some strawberry Jell-0 and a can of whipped cream. I spooned out a big dish and then piled half the can of whipped cream on top of it. I couldn't eat it though. I just sat there crying and thinking about how I never told this magnificent man how much he had meant to me. How much I loved him and how much he did for me. I only wish I had. It is so sad because I had every opportunity in the world to reach out to him, to tell him that I loved him and that he was responsible for a great deal of my development.

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

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

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

WORKOUT of the Month

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

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

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

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

Paul Wrenn's 12 Week Squat Cycle.

heavy set.

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

Yours for strength

Paul Wrenn 402 Hawkins Rd. Clarksville, TN 37040

Week 1: 135x5, 225x4, 315x3, 405x2, 500x2.
Week 2: 155x5, 245x4, 335x3, 425x2, 520x5.
Week 3: 175x5, 265x4.

355x3, 445x2, 540x5.

Week 4: 195x5, 285x4, 375x3, 445x2, 540x5. Week 5: 215x5, 305x4,

395x3, 485x2, 580x2. **Week 6:** 135x5, 235x5, 325x4, 415x3, 505x2, 600x3. **Week 7:** 155x5, 255x5,

345x4, 435x3, 525x2, 620x3.

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

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

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

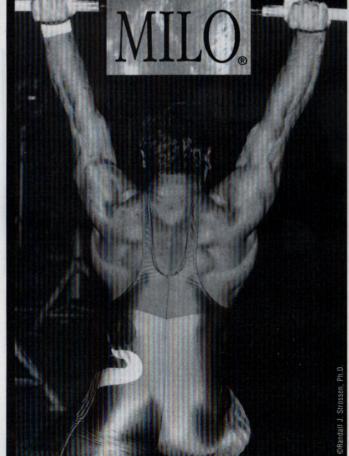
Week 11: 215x5, 315x5, 405x4, 495x3, 585x2, 650x1

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

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



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



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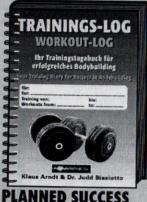
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Ask the Doctor

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

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

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

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

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

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

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

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

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

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

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

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

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| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 R. Harrison N.Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 227.5 220 102.5 210 195 185 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl | 127.5 87.5 60 120 145 127.5 187.5 47.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 S. Sisson m1 227 M. Stumbo N. Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 L. Goins | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 227.5 220 102.5 210 195 185 212.5 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 J. Jenkins Curl hs 170.8 M. Judson | 127.5 87.5 60 120 145 127.5 187.5 47.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 R. Harrison N.Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 L. Goins R. VanDorn | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 227.5 220 102.5 210 195 185 212.5 182.5 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins ir 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 | 127.5 87.5 60 120 145 127.5 187.5 177.5 160 107.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 S. Wilde 250.2 M. Stumbo N. Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 R. Coins R. VanDorn 315 T. Manno | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 227.5 220 102.5 210 195 185 212.5 182.5 280 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 D. Hawkins int | 127.5 87.5 60 120 145 127.5 187.5 47.5 177.5 160 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 R. Harrison N.Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 L. Goins R. VanDorn 315 | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 227.5 220 102.5 210 195 185 182.5 280 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 D. Hawkins int 170.8 | 127.5 87.5 60 120 145 127.5 187.5 177.5 160 107.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 M. Stumbo R. Harrison N.Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 L. Goins R. VanDorn 315 T. Manno m2 227 T. Manno m2 227 S. Caldwell | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 202.5 210.5 210.5 185 212.5 182.5 280 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 D. Hawkins int 170.8 J. Odom jr | 127.5 87.5 60 120 145 127.5 187.5 177.5 160 107.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 R. Harrison N.Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 L. Goins R. VanDorn 315 T. Manno m2 227 S. Caldwell K. Counts | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 227.5 220 102.5 210 195 185 212.5 182.5 280 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 D. Hawkins int 170.8 J. Odom jr 170.8 | 127.5 87.5 60 120 145 127.5 187.5 177.5 160 107.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 R. Harrison N.Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 L. Goins R. VanDorn 315 T. Manno m2 227 T. Manno m2 227 S. Caldwell K. Counts 250.2 G. McCoy | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 202.5 210 195 185 212.5 182.5 280 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 D. Hawkins int 170.8 J. Odom jr 187 M. McCarter 205 | 127.5 87.5 60 120 145 127.5 187.5 177.5 160 107.5 60 52.5 57.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 M. Stumbo R. Harrison N. Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 R. VanDorn 315 T. Manno m2 227 S. Caldwell K. Counts 250.2 | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 227.5 220 102.5 210 195 185 212.5 182.5 280 177.5 140 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 1, Jenkins Ludson 205 D. Hawkins int 170.8 M. Judson 205 D. Hawkins int 170.8 M. Judson | 127.5 87.5 60 120 145 127.5 187.5 177.5 160 107.5 60 52.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 R. Harrison N.Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 L. Goins R. VanDorn 315 T. Manno m2 227 S. Caldwell K. Counts 250.2 C. McCoy D. McAnally 280 E. Olson | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 202.5 210 195 185 212.5 182.5 280 177.5 140 220 165 160 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 D. Hawkins int 170.8 J. Odom jr 187 M. McCarter 205 D. Lamps m1 187 | 120 145 127.5 187.5 10 145 127.5 187.5 177.5 160 107.5 60 52.5 57.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 J. Wilde 250.2 M. Stumbo R. Harrison N. Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 R. James M. Maller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 R. VanDorn 315 T. Manno m2 227 S. Caldwell K. Counts 250.2 G. McCoy D. McCanally 280 | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 227.5 220 102.5 210.5 2195 185 212.5 182.5 280 177.5 140 220 165 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 J. Jenkins Curl hs 1, Jenkins Ludson 205 D. Hawkins int 170.8 J. Odom jr 187 M. McCarter 205 D. Lamps m1 | 127.5 87.5 60 120 145 127.5 187.5 177.5 160 107.5 60 52.5 57.5 | K. Ewoldson 205 C. Poore |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson m1 227 R. Harrison N.Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 L. Goins R. VanDorn 315 T. Manno m2 227 S. Caldwell K. Counts 250.2 C. McCoy D. McAnally 280 E. Olson J. Duree 315 J. Ouree | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 202.5 210 195 185 212.5 182.5 280 177.5 140 220 165 160 130 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 D. Hawkins int 170.8 J. Odom jr 170.8 J. Odom jr 170.8 J. Odom jr T. Villa ma 1187 | 127.5 87.5 60 120 145 127.5 187.5 177.5 160 107.5 60 52.5 57.5 70 40 | K. Ewoldson 205 C. Poore sm |
| sm 127.8 5. Petrencak 138.8 8. Whitt 154.3 C. Moss 170.8 5. Ward M. Laurel 205 M. Olstein teen 154.3 J. Cantwell 205 J. Protho HWT Lifters hs 280 C. Brutscher jr 250 T. Sisson 1 227 S. Kroll 280 R. Harrison N. Miller J. Wilde 250.2 M. Stumbo R. Lacey S. Kroll 280 R. James R. Harrison N. Miller J. Wilde L. Goins R. VanDorn 315 T. Manno m2 227 S. Caldwell K. Counts 250.2 G. McCoy D. McAnally 280 E. Olson J. Duree 315 | 147.5 115 187.5 137.5 110 117.5 102.5 202.5 202.5 210.5 210.5 212.5 185 212.5 180 177.5 140 220 165 160 130 212.5 160 | pure 119 D. Huset 138.8 J. Lippert M. Hetzel N. Hawkins Power Sports BP hs 205 D. Hawkins jr 170.8 K. Johnson pure S. Petrencak 205 C. Poore K. Hisenbeck teen 170.8 G. Rakes bpm2 227 S. Caldwell shw B. Rakestraw bpm4 280 J. Jenkins Curl hs 170.8 M. Judson 205 D. Hawkins int 170.8 M. Judson 205 D. Hawkins int 170.8 M. McCarter 205 D. Lamps m1 187 T. Villa m3 | 120 145 127.5 187.5 10 145 127.5 187.5 177.5 160 107.5 60 52.5 57.5 | K. Ewoldson 205 C. Poore |



75

92.5

142.5

cnat 315 PJ Paff

cpure 315

315

teen 170.8 75

107.5 162.5 330

37.5 70 127.5

160 220 447.5 112.5 187.5 370

65 125 230

115 172.5 332.5

22.5 30 77.5 130

52.5 107.5 160 320

187.5 235 492.5

45

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

| 187 | | | | |
|-------------------|------|-------|-------|-------|
| G. Martin | 62.5 | 150 | 185 | 397.5 |
| teen | | | | |
| 154.3 | | | | |
| J. Cantwell | 65 | | 227.5 | 402.5 |
| S. Lancaster want | 42.5 | 72.5 | 155 | 270 |
| 127.8 | | | | |
| B. Book wpure | 30 | 50 | 115 | 195 |
| 127.8 | | | | |
| B. Book | 30 | 50 | 115 | 195 |
| 227 | | | | |
| J. Meuth jr | 62.5 | 122.5 | 175 | 360 |
| 250.2 | | | | |
| D. Lamps 315 | 45 | 70 | 137.5 | 252.5 |
| L. Johnson | 60 | 152.5 | 295 | 507.5 |

| m5 | | | | |
|--------------------|---------|--------|---------|-------|
| 250.2 | | | | |
| R. Lacey | 85 | 195 | 250 | 530 |
| nat 227 | | | | |
| I. Meuth | 62.5 | 122 5 | 175 | 360 |
| pure | 02.5 | 122.5 | 1/3 | 360 |
| 227 | | | | |
| C. Smith | 72.5 | 165 | 250 | 487.5 |
| S. Hungria | 65 | 125 | 235 | 425 |
| 250.2 | | | | 425 |
| M. O'Brien | 70 | 187.5 | 240 | 497.5 |
| sm | | | | |
| 227 | | | | |
| D. Anguish | 85 | 190 | 272.5 | 547.5 |
| Powerlifting | SQ | BP | DL | TOT |
| MEN | | | | |
| sqm5 | | | | |
| 170.8 | 179131 | | | |
| R. Ortega | 125 | | | |
| int 187 | | | | |
| J. Merchlewitz | 000 | | - | edica |
| J. Merchiewitz | 260 | 172.5 | 240 | 672.5 |
| C. Bogart | 265 | 175 | 272 5 | 712.5 |
| ir ir | 203 | 1/3 | 2/2.3 | /12.5 |
| 127.8 | | | | |
| J. Gering II | 120 | 62.5 | 152.5 | 335 |
| 154.3 | 0112 | | | 333 |
| D. Pullen | 180 | 1250 | 200 | 505 |
| m1 | | | | |
| 119 | | | | |
| G. Murphy Jr. | 145 | 95 | 152.5 | 392.5 |
| 154.3 | SUPPLIE | 15,771 | retin 1 | |
| T. Hedrick | 202.5 | 130 | 215 | 547.5 |
| 170.8 | | | | |
| D. Mounkes | 195 | 147.5 | 192.5 | 535 |
| L. Gardeuno | | | | |
| L. Gardeuno 205 | 115 | 92.5 | 160 | 367.5 |
| M. Chishom | 250 | 160 | 247.5 | " |
| E. Rodriguez | 235 | 165 | 247.5 | 662.5 |
| D. Brown | 190 | 122.5 | 232.5 | 517.5 |
| D. Brown | 190 | 122.3 | 203 | 317.3 |

192.5 162.5 182.5 537.5

240 142.5 277.5 660 192.5 130 200 522.5

202.5 130 215 547.5

195 147.5 192.5 535

142.5 -102.5

m5 154.3 T. Hedrick 170.8



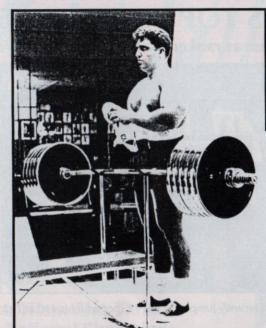
NASA World Cup Bench Press and Powerlifting Team Champions - the McDermott Team - kneeling (Ir) Mary Hetzel, Margaret DeBerry, Penny Nichols, Jim McDermott (Coach); 2nd row - Nancy Hawkins, Ms. DeBerry, Glenn Murphy, Travis Dunlap, Bob Merz; 3rd row - Neil Miller, Leroy Garduno, Tom Manno, Pete Bouchard.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



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

130 115 190 435

| L. Gardeuno 205 | 115 | 92.5 | 160 | 367.5 |
|-----------------------|--------------|--------------|--------------|--------------|
| M. Chishom | 250 | 165 | 247.5 | 662.5 |
| E. Rodriguez | 235 | 147.5 | | 615 |
| D. Brown | 190 | 122.5 | 205 | 517.5 |
| nat | | | | |
| 127.8 | | | | |
| J. Gering II | 120 | 62.5 | 152.5 | 335 |
| 154.3 | | | 100 | 202 |
| C. Moss 170.8 | 107.5 | 115 | 160 | 382 |
| B. Broussard | 245 | 147.5 | 240 | 632.5 |
| pure | | | | |
| 154.3 | | | | |
| M. Ewoldsen | 252.5 | 127.5 | 245 | 625 |
| B. Merz | 117.5 | 87.5 | 155 | 360 |
| 187 | 260 | 172.5 | 240 | 672.5 |
| J. Merchlewitz 205 | 200 | 1/2.3 | 240 | 0/2.5 |
| E. Rocha | 232.5 | 170 | 237.5 | 640 |
| sm | | | | |
| 154.3 | | | 5001 | |
| C. Moss B. Merz | 107.5 | 115 | 160 | 382.5 |
| B. Merz | 117.5 | 87.5 | 155 | 360 |
| 170.8 B. Broussard | 245 | 117.5 | 240 | 632.5 |
| D. Davis | 172.5 | 125 | 185 | 482.5 |
| 187 | | | | |
| S. Ham | 187.5 | 122.5 | 215 | 525 |
| 205 | | | THEY. | 100 |
| M. Mercado | 227.5 | 145 | 202.5 | 575 |
| teen | | | | |
| 154.3 | 125 | 110 | 227.5 | 462.5 |
| J. Cantwell int | 123 | 110 | 227.3 | 402 |
| 227 | | | | |
| J. Marshall | 250 | 175 | 255 | 680 |
| B. Cucci | 237.5 | 182.5 | 257.5 | 677.5 |
| jr | | | | |
| 227 | | | 275 | 750 |
| T. Myers J. House | 307.5 250 | 167.5 155 | 245 | 650 |
| 280 | 230 | 133 | 243 | 050 |
| H. Thomason | 402.5 | 187.5 | 300 | 890 |
| 315 | | | | |
| M. Graham | 240 | 182.5 | 325 | 747. |
| m1 | | | | |
| 227 | 252.5 | 170 | 272.5 | 695 |
| R. Birch R. Thoni | 220 | 150 | 202.5 | 575. |
| J. Wilde | 192.5 | 102.5 | 227.5 | 522. |
| R. Davis | 182.5 | 102.5 | 205 | 490 |
| 250.2 | | | | |
| S. Cyranoski | 302.5 | | 272.5 | 767. |
| R. Chavez | 287.5 | 160 137.5 | 260 227.5 | 707.3 585 |
| J. Cannon | 220 | 137.5 | 227.5 | 303 |
| J. Capps | 290 | 192.5 | 295 | 777. |
| P. Bouchard | 260 | 175 | 280 | 715 |
| m2 | | | | |
| 227 | | | | |
| S. Caldwell | 70 | 177.5 | 70 | 317. |
| 280 | 272 5 | 130 | 222.5 | 625 |
| J. Duree | 272.5 | 130 | 222.5 | 623 |
| m3 280 | | | | |
| J. Twet | 155 | 140 | 227.5 | 522. |
| m5 | | | | |
| 227 | | | | |
| S. Johnson | 245 | 175 | 227.5 | |
| J. Wilde | 192.5 | 102.5 | 240 | 535 |
| 250.2 | 207 | 102 5 | 200 | 817. |
| B. Wilson | 335 287.5 | 192.5 160 | 290 260 | 707. |
| R. Chavez | 287.5 | 100 | 200 | 707. |
| | | | | |



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

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- First man to total over 2000

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| | | | | | - |
|---------------|-------|-------|-------|-----------------|---|
| SHARES OF | | - An | BBCX. | 1100 | Ī |
| 5 | | | | | |
| Burtzloff | | | 295 | | |
| Miller | 237.5 | 145 | 237.5 | 620 | |
| t PART | | | | | |
| 17 | | | | | |
| Jones | 335 | | 282.5 | | |
| Wilde | 192.5 | 102.5 | 227.5 | 522.5 | |
| 0.2 | | | | 0 | |
| . Rivera | | | 250 | | |
| Cannon | 220 | 137.5 | 227.5 | 585 | |
| 10 | | | | | |
| Thomason | 402.5 | 187.5 | 300 | 890 | |
| nat | | | | | |
| 7 | 240 | | 225 | (27 F | |
| Loganbill | 240 | 162.5 | 225 | 627.3 | |
| 0.2 Chavez | 207 5 | 160 | 260 | 707.5 | |
| Chavez | 287.3 | 100 | 200 | 707.3 | |
| Thomason | 402 5 | 187.5 | 200 | 890 | |
| re | 402.5 | 107.3 | 300 | 090 | |
| 7 | | | | | |
| Cucci | 2275 | 182 5 | 257.5 | 6775 | |
| House | | | 245 | | |
| Loganbill | 240 | | 225 | 627.5 | |
| io.2 | 240 | 102.3 | 223 | 027.0 | |
| Wilson | 225 | 192 5 | 200 | 817.5 | |
| Dunlap | 292.5 | | | | |
| Turley | 200 | 2225 | 265 | 777.5 | |
| Rivera | 227.5 | | 250 | 617.5 | |
| . Kivera | 227.3 | 140 | 230 | 017.3 | |
| Thomason | 4025 | 187.5 | 300 | 890 | |
| inomason | 402.3 | 107.3 | 300 | 0,0 | |
| AND RESIDENCE | - | | | Security of the | |



| 227 | Table of the last | | | |
|----------------------------|---|---|---------|--------------|
| M. Romero | 272.5 | 205 | 260 | 737.5 |
| D. Anguish | 272.5 | 190 | 272.5 | 735 |
| S. Richardson | 280 | 162.5 | 282.5 | 725 |
| L. Loganbill D. Robbins | 240 | 162.5 | 225 | 627.5 525 |
| D. Kobbins | 200 | 125 | 200 | 323 |
| 250.5 T. Dunlap | 292.5 | 177.5 | 323.5 | 793.5 |
| D. Turley | 290 | 222.5 | 265 | 777.5 |
| 280 | 250 | ****** | 203 | |
| T. Williams | 290 | 225 | 302.5 | 817.5 |
| R. Mayes | 245 | 192.5 | 252.5 | 690 |
| B. Blake | 257.5 | 172.5 | 252.5 | 682.5 |
| shw | | | | |
| M. Mitchell | 305 | 205 | 255 | 765 |
| WOMEN | | | | |
| ant | | | | |
| 110.2 | | | | |
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| 127.8 | | | | 242.5 |
| M. DeBerry | 120 | 80 | 142.5 | 342.5 |
| 154.3 | 170 | 87.5 | 157.5 | 415 |
| M. Scheffler | 1/0 | 87.3 | 137.3 | 413 |
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| T. Pellman | 112.5 | 60 | 112.5 | 285 |
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| P. Nichols | 120 | 65 | 127.5 | 312.5 |
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| D. Huset | 67.5 | 60 | 102.5 | 230 |
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| 110.2 R. Hedrick | 82.5 | 47.5 | 95 | 225 |
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| T. Peliman | 112.5 | 60 | 112.5 | 285 |
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| T. Shepard | 175 | 95 | | 412.5 |
| David "Showtime" at the | - 2000 | Natural | Athlete | Strength |
| Association's Wor | | | | |
| homa City, OK, | on Au | , 12-13 | The o | wner of |
| Showtime's Gym | in Hend | lerson I | CY, and | coach of |
| Showunie's Gym | | ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,, | , | |

272.5 205 260 737.5 showtime's Powerlifting Team, led a contingency of 12 lifters onto the lifting platform at the Biltmore Hotel to the 2000 Power Sports Team Championship with a point difference of 120 point to 116. Anguish was one of the nation's first gym owners to embrace Power Sports when presented by NASA 200 125 200 525 howing at this President Rich Peters. He and his Showtime team have claimed the NASA Grand National Championship on several occasions, but this was their first showing at this level and they made the most of it with the World Cup Team Title, plus several Outstanding Lifter Awards. The weekend kicked off with the Female duo of Beth Book and Gayle Paff picking up a trio of first - place finishes for Showtime team than the properties of the first day. Things just kept getting better for the Kentucky team with the large duo of Lateef Johnson and Anguish closing out the championship effort, Johnson, who missed his first curl attempt because he was still wearing a "HamBurgler" outfit. He purchased a one - piece lifting singlet, made a 132.2 - pound curl and closed out the day with an American Record deadlift of 650.2 pounds. It was also the heaviest Power Sport deadlift of the meet. Anguish competed in both Power Sports and the full meet, taking first place with a 1207 total in Power Sports and second place in the 227 pound class Sub Master's class with a 1620.2 pounds total. His 1207 pound total was just ahead of Georgia's Randall Lacey Masters Pure total of 116.8.2 pounds. Lacey was actually ahead of Anguish through the bench press by five kilos, but Anguish out pulled Lacey 600.7 pounds to 531 pounds for the Outstanding Lifter title on Sunday. The team title claimed by Showtime's Cym, over a team from Rockford, IL, was the only one not won by Colorado's Jim McDermott. (Thanks to Smitty for providing the results to Powerlifting USA).



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

152.5 154.3

SQUAT 650 595 589 575 17NOV 80 BRADLEY, I GANT, L 08 APR 88 CABICO, R 08 APR 88 BIASIOTTO, I 30 MAY 86 560 556 IOHNSON, D 12 SEP 90 WESTBROOK, K 21 JUN 92 551 LAWSON,C 12 FEB 86 551 POULIN, E 01 MAY 92 **OCT 86**

550 HEATH, D 14 MAR 92 MAYS, L 23 APR 94 09 MAR 91 SIEGEL.S MAILLE, J 15 MAR 00 SHACKELFORD, N 10 NOV 90 534 534 HANSOR, C 06 JUL 85 05 JUL 86 530 530 PATTAWAY, D 30 APR 88 NGUYEN, H 11 DEC 93

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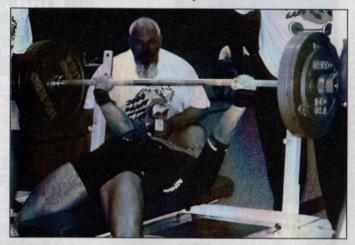
RAMSEY, D



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

MEN'S TOP 50 ALL-TIME

132 lb. class as ranked by Herb Glossbrenner



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

16SEP00

DEADLIFT

683

| 424 | WARR, G | 09 MAY 93 | 620 | CARR, J.D | 15 NOV 86 |
|-----|-----------------|---------------------|-----|--|------------------------|
| 415 | ITO, D | 23 JUL 94 | 610 | TERRY, J | 89 |
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| 396 | CLARK, A | 20 MAY 00 | 600 | SHACKELFORD, N | 20 APR 91 |
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| 380 | BYRNES, C | 03 AUG 96 | 565 | GRAY, D | 17 MAR 79 |
| 375 | JOHNSON, D | 12 SEP 90 | 565 | TOINS, F | 19 MAR 83 |
| 370 | BARTON, | JUN 91 | 565 | MILIAN, E | 13 APR 85 |
| 370 | CAVIN, D | 02 JUN 93 | 565 | KUPPERSTEIN, E | 27 FEB 00 |
| 365 | COUCH, R | 02 SEP 89 | 564 | CLARK, ALLEN | 12 NOV 77 |
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| 359 | HART, A | 08 JUL 78 | 551 | STEINHOUSER, R | 28 JUN 86 |
| 358 | COVINGTON, A | 11 JUN 85 | 551 | SUTTLES, T | 19 NOV 92 |
| 357 | CARRAWAY, I | 28 NOV 87 | 551 | GREEN, B | 16 JUL 99 |
| 355 | LORENZETTI, P | 14 SEP 91 | 550 | SHEETZ, P | 16 APR 83 |
| 352 | GANT, L | 07 NOV 88 | 545 | ARTHUR, M | 20 AUG 77 |
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| 352 | MORISHIGE, M | 14 SEP 96 | 541 | LASATER, K | 09 OCT 82 |
| 350 | FERRERA, M | 26 ARR 86 | 540 | BISTANY, E | 01 DEC 62 |
| 350 | PEREZ, I | 28 NOV 87 | 540 | HUMMELL, G | 18 AUG 79 |
| 350 | SCALZO, I | 14 JUL 91 | 540 | MCFARLAND, S | 17 DEC 83 |
| 350 | TRANSFIGURATION | 03 AUG 91 | 540 | KEA, R | 30 MAR 85 |
| 350 | SANDOVAL, R | 01 AUG 92 | 540 | RICHARDS, I | 17 JUN 86 |
| 350 | MCGOWAN, G | 23 APR 94 | 540 | HEATH, D | NOV 88 |
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HERNANDEZ.

PELL. R

29 MAY 77

OCT 86

11 NOV 88



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THE PROFILE

WHAT

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WHY

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- Fruit Punch
- Grape



Extreme Ripped Force

THE PROFILE

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WHY

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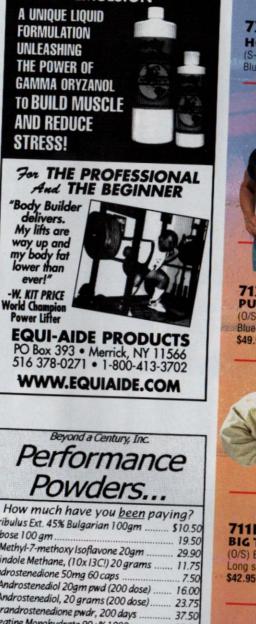
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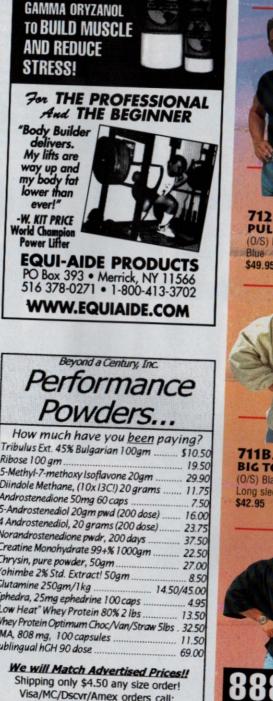
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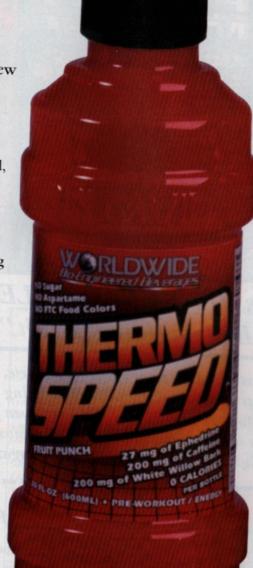
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Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance no-tice. You will be reaching MANY people

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

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

2 DEC, "Jim Miller's" Christmas Bench

Press (Teen, Open, Master-Men & Women) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison, 763-441-4232 (Day), Jerry Gnerre, 763-753-

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

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

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

2 DEC, USAPL Nebraska Sr. State (Omaha, NE) Tim Anderson, 1829 South St. #42, Blair, NE 68008, timanderson@huntel.net 2 DEC. USAPL Kentucky State/Blue Grass Open PL & BP (all ages & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354

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

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

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

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

www.seguinfitness.com
2,3 DEC, Los Angeles Lifting Club
presents WEPOF Superman II (OL - 2
Dec, PL - 3 Dec, combined or separate)
Joe Avigliano, 818-846-5438
3 DEC, Ohio Open BP & DL, Power
Station Gym, Middletown, OH 513-825-

3 DEC, 3rd USAPL New England States

Open BP, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm EST 3 DEC (new date), 3rd AAPF Michigan State PL, BP, DL, John Maddox, 17036 Arlington Ave., Allen Park, MI 48101, 248-

7-10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic) 8-10 DEC, WPC World Cup (PL) & World Bench Breakers, Gars/Kamp -Austria (40 miles from Vienna), +43/ 512/26 12 00 (Fax). Peter Pacas

8-10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited entries, deadline 11/1) Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941

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

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

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

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

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

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

9 DEC. USAPL Blue Santa PL/BP. Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964 9 DEC (new date), APF 47th Iron Man PL

/ BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-

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

sonlight@advancenet.net

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

9 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 9,10 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com 10 DEC, Norwich Family YMCA BP (teen, women, masters, open) Tom Revoir, 68 N. Broad St., Norwich, NY 13815, 607-336-

10 DEC, WNPF Eastern Regional BP & USPC Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-

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

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

16 DEC, USAPL Maine Holiday Classic PL/BP (Union, ME - men & women open submaster, grandmaster, teen, police & fire) Mark Clevette, Box 506, Warren, ME

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

207-225-5070

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

16 DEC, APA BP Natio PLer Year Banquet (Hermitage, TN) APA, Box 27204, El JoBean, FL

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

5864, mtrupi@seanent.com
16 DEC, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-

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

3439
17 DEC (new date), WNPF 3rd Sarge McCray BP/DL/IronMan Charity Event (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

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

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

(St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com 13 JAN, NASA Ohio State BP (W. Liberty H.S., W. Liberty, OH) Dick Cordial, 937-653-5504, squat@foryou.net 13 JAN, PPL Drug Free BP/DL or PL, Tee

Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, 30906.

pythongymesol.com 14 JAN, Winter Blues Meet (PL, BP, DL; Grand Rapids, MI) Jon Smoker, 30907 CR16W, Elkhart, IN 46576, 219-674-6683 19-21 JAN, USAPL Women's Nationals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485

20 JAN, APA California Open BP/DL (Modesto, CA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com
20 JAN, WNPF New York St./Open BP/ 142347, Fayetteville, GA 30214, 770-

of state division) Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-

20 JAN, APF Michigan Bench for Cash (cash division: 1st-3rd on Reshel Formula -\$1000 total, subject to increase. open division plus jr., submaster, master by formula) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114 (after

Albany YMCA, 274 Washington Ave., Albany, NY 12203, 518-449-7196 ext 16 21 JAN, Durand Fitness Center Winter Classic BP/DL, Steve Isom, DFC, 217 E. South St., Durand, IL 61024, 815-248-

21 JAN, WNPF Delaware State/Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214,

770-996-3418, wnpf@aol.com
27 JAN, APF West Coast Push/Pull/PL (Fresno, CA) Bob Packer, 559-439-4394 27 JAN, WNPF Florida State/Open BP/ DL & Ironman (Lake City, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 27 JAN, WABDL Southeastern USA BP/

DL, Belanger Power Sports, Box 173, Century, FL 32535, 850-327-6016

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

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

JAN, AAU Northern Virgina BP & Jr



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

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

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

3 FEB, APA Alabama Open BP & DL (Montgomery) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

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

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

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

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

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

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

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

10 FEB. APF/AAPF Iron Island Classic PL & BP (open m/f, masters m/f - limited to 1st 60 PLer, 1st 30 BPers) Iron Island Gum. 516-594-9014, or ttb2040@aol.com 10 FEB, APF Nevada State PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

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

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

273-2283, gynrewirenre.com 10 FEB, ADAU Drug Free Raw 13th East Coast Classic & Raw BP Meet, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-

11 FEB, APA Florida Open (Orlando) APA, Box 27204, El Jobean, FL 33927, 9 4 1 - 6 9 7 - 7 9 6 2 ,

apapresident@angelfire.com 11 FEB, Open Bench Press Meet, Frank Paino, Oswego State Univ., Oswego, NY 13126, 315-341-2405

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

17 FEB, APA Maryland Open (Glen Burnie) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

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

17 FEB, Northeast Strongman Show down (pro/am, 3 wt. classes) Art McDermott, 978-474-1718,

McDermott, 978-474-1718, highlandstrength@mediaone.net 17 FEB, WNPF Virginia State/Open PL (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

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

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

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

18 FEB, WNPF Fayetteville Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-

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

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0911, www.kingfitnessgym.com 24 FEB, 1st WPO (TM) Qualifier (Univer sal Studios - Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000,

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

Open BP, Don Fields, 1243 S. Lake Dr., Prestonsburg, KY 41653, 606-886-8604,

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

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

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

24 FEB, USPF Oklahoma State & Classic PL/BP/DL, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689 24-25 FEB, USAPL Pennsylvania St. (State College, PA) Steven T. Mann@yahoo.com or 914-473-5230 25 FEB, WNPF 3rd Northeastern BP/DL

man (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
FEB, AAU Home of the Champions Bench

Press Classic (National Qualifier, Richmond, VA) AAU PCVA, 809 Mosby Hollow Dr., erndon, VA 20170, 703-397-0534,

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

3 MAR (new date), AAUBP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 203-397-0534.

3 MAR. 10th North Penn YMCA Larry Frederick Jr. Memorial Bench Press Chai nge (Lansdale, PA) Steven Unrath, 215-

368-1601 ext 230 4 MAR, Northern Illinois Open Drug Tested Championships PL & BP & DL, Grant Noeske or Duane

Burlingame, Fitnes Lifestyles, 641 W. Stephen Fitness son St., Freeport, IL 60132, 815-233-2292

4 MAR, New Jersey High School Drug Free Champion-ships (Hammonton, NJ) Paul Sacco, 609-567-0046 or 704-

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

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

School, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 9098-282-1260,

10 MAR, USPF N. Jersey State, Eddie Horton, 726 Mon-roe Ave., Elizabeth, NJ 07201, 9098-282-1260,

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

10 MAR, APF Bike Week Bench Bash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

10,11 MAR, USAPL VIrginia Open PL/ BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

11 MAR, WNPF Buckeye Open PL (To-ledo, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
17 MAR, USAPL Illinois State / Great

Rivers Open PL/BP (open, masters, teenage, collegiate, police & fire, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

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

17 MAR, WNPF Alabama State, Pedro lingsworth, 3500 McFarland Blvd., Northport, AL 35473, 205-333-9952 18 MAR, WNPF Western New York (Nia-

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

(Bordentown, NJ) WNPF, Box 142347. Fayetteville, GA 30214, 770-996-3418, 23 MAR - 1 APR, Supergames, Keith

Schultz, Box 22266, High St., Christchurch. NZ. www.supergames2001.co.nz, info@supergames2001.co.nz 24 MAR, Oregon APF Rage for Records

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

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

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

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

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

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

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

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

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

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

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

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

MAR. USPF New Hampshire State & New England Open (Bedford, NH-open, women, teen, masters) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489 1 APR, 2nd annual Pittsburgh Area Monster BP and/or DL (men & women - all

Airport) Mike Barravecchio, 301 Springwater Moon, PA 15108, 724-457-2708 7 APR. WNPF Pennsulvania State/Ope PL (Lancaster, PA) WNPF, Box 142347,

classes/divs. - cash prizes - Holiday Inn

2001

Jan. 20 Westside Seminar Jan. 21 Mastering the Bench Feb 24 Westside Seminar Feb. 25 Mastering the Squat April 7 Westside Seminar April 8 Mastering the Bench May 26 Westside Seminar May 27 Mastering the Squat June 9 Mastering the Squat

Mastering the Bench July 14 Westside Seminar July 15 Mastering the Bench Aug. 25 Westside Seminar Aug. 26 Mastering the Squat Oct. 6 Westside Seminar Oct. 7 Mastering the Bench

Nov. 3 Westside Seminar Nov. 4 Mastering the Squat

Dec. 8 Westside Seminar Dec. 9 Mastering the Bench

On Site Seminars Albany, NY

Jan. 27 Cutting Edge Sports Science

Spring, TX Feb. 3 Powerhouse Gym Lock Haven, PA

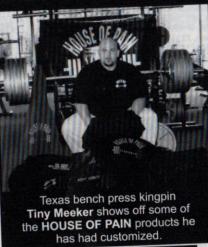
March 3 Lock Haven University Tallahassee, FL

March 10 Fahey's Gym Seattle, WA March 31 Gold's Gym Ontario, Canada

April 28 Good Life Fitness Lexington, SC May 12 Waites Fitness Tulsa, OK July 21 Eastside Gym Sacramento, CA Aug 11 24 Hour Fitness Reno, NV Sept 22 Fitness Factory

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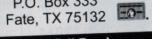
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7,8 APR, WPA Worlds (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com
7,8 APR, Power Palooza (PL, BP, DL - all
div./wt. classes) Eugene Rychlak, 143 2nd
Ave., Royersford, PA 19468, 610-948-

8 APR, WNPF Northern Virginia BP/DL & Ironman (Quantico, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

21 APR, USPF Alabama State PL, Southeastern Regional PL & BP, Alabama High School PL, Alabama Special Olympics for Keys 4 PKU Foundation (open, class II, masters, women, high school) Jeff Green/ Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438

21 APR, WNPF Western Pennsylvania (Black Hawk High School, Beaver Falls, (Biack Plauk Figh School, Deduer Pails, PA) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm 21 APR, USAPL Missouri State/Ozark Open PL/BP (men & women - full meet

open, master, teen, novice; BP - open. master, teen) Mike Cissell, 15 Lake Dr. Lake St. Louis, MO 63367, 636-625-1225 ((8-10pm) mcis904082@aol.com 21 APR, Spring Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 21 APR, Iowa/Midwest Open BP/DL, Trap DL (Open, Novice, Teen, Submaster, Master, Women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

21 APR, WPO (TM) Qualifier (location tha). Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

27-29 APR, 100% Raw Elementary, Middle, High School, Collegiate Na tionals (men & women, all youth & jr. age groups & wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

28 APR, APF/AAPF Iron Island Spring BP & DL (separate meets - open m/f, masters m/f - limited to 1st 60 lifters) Iron Island Gym, jtb2040@aol.com) 516-594-9014,

28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams, RT. 1, Box 149, Wewoka, OK 74884 28,29 APR, WNPF Pan-AM PL (West

Palm Beach, FL) WNPF, Box 142347.

Fayetteville, Un 3018, wnpf@aol.com
APR, PPL Spring Classic Drug Free PL,
Tee Meyers, 2250 Lumpkin Rd., Augusta,
30906, 706-790-3806,

APR, NASA West Virgina State PL, BP & PS, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

APR, NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com 5 MAY, APA Great Lakes Open BP, DL,

Push-Pull (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-

5 MAY, WNPF BP/DL & Ironman Nationals (Las Vegas, NV) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

5 MAY, ADAU 19th Drug Free New Jersey Raw PL & Raw BP/DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 6 MAY, G.B.C. Barbell's 8th "No Druggles Allowed BP" (equipped & raw) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

12 MAY, Lawrence Garro Memorial WNPF 2000 Maryland Championships, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net 12 MAY, APF Venice Beach Strict Curl, Venice Beach Rec. Ctr., 310-399-2775

12 MAY, WNPF American PL Chamionships (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 12 MAY, AAPF Florida State PL, Huge

Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12 MAY, USPF Collegiate Nationals (Beaver College - Glenside, PA - open to full time graduate and undergraduate college or university students) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net 13 MAY, 6th USPF American Open BP

HUGE IRON Powerlifting Schedule YEAR 2000/1

December 2, 2000 - APF Southern States Open Powerlifting Championship

February 24, 2001 - WPO (TM) Qualifier (Universal Studios, Orlando, FL)

June 6,7, 2001 - AAPF National Champions (Las Vegas, NV)

June 23,25, 2001 - APF Senior Nationals (Ormond Beach, FL)

July 21, 2001 - WPO (TM) Semi-FinalsQualifier (Universal Studios, Orlando, Florida)

August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000

Rob Keller, Box 829, Ambler, PA 19002. 215-542-4941,

18-20 MAY, APF Master, Subr Junior, Teenage Nationals, Russ Bar-low, 175 Kennebec TR., Turner, ME

04282, 207-225-5070 or Shane McKenna 207-442-

19 MAY, WNPF Mid-NY State BP/DL & Iron Man (Binghampton, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.

19 MAY, Blue Ridge Strong man/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before

20 MAY, WNPF Lifetime Drug Free National BP/ DL & Ironman & New England States BP/DL/Ironman (Danbury, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.

2 JUN, WNPF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dallas, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

6,7 JUN, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904677-4000, www.hugeiron.com 8,9 JUN, WNPF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX 20042, Balti-more, MD 21284, 410-265-8264,

8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org. 9 JUN, APF Venice Open BP, Venice

Beach Rec. Ctr., 310-399-2775 9 JUN, WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.

16 JUN, USAPL Eastern USA Open BP, USAPL National Squat, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 23 JUN, APF Central California Open & Novice PL/BP (Fresno, CA) Bob Packer,

23 JUN, WNPF Roanoke Open PL (Roanoke, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., ond Beach, FL 32176, 904-677-4000, www.hugeiron.com 23,24 JUN, WNPF Lifetime Nation-

als, Ron DeAmicis, 6531 New Rd. Youngstown, OH 44515, 330-792-6670 after 5pm 23,24 JUN, West Coast Open (Ocean

Front Hallmark Resort) Big Bears Gym.

136 SE 1st, Newport, OR 97498, 541-574-4507, dozer2000@hotmail.com 24 JUN, WNPF North Carolina State/ Open PL, WNPF, Box 142347. Fayetteville, GA 30214, 770-996-3418,

30 JUN, Intl. Bavaria Cup DL (women, men, jr., master, team) Karl Greiner, Flurstr. 25, HIGHEST QUALITY SUPPLEMENTS DIRECT!! NO MIDDLEMAN! Free 48 Page WHOLESALE Catalo CALL 1-800-798-9798 TOLL FREE CATALOG ORDER HOTLINE 104 Evans Ave. Dept. PL1200 Reading, PA 19608 1-800-822-9995 or Phone/Fax 1-610-670-0135

84032 Landshut, Germany 0871-77575,

greka@t-online.de
7 JUL. WNPF USA BP/DL & Ironmo

(Bordentown or Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 770-996-3418, 30214,

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

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

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

14 JUL, APF Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775 21 JUL, WPO (TM) Semi-Finals Qualifier (location tba) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-

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

28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Har-risburg, IL 62946, 618-252-0881 28 JUL, WNPF Raw Nation als & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
JUL, Madison Co. Fair Strong-

man/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

valifting@aol.com
4 AUG, APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775 4 AUG, WNPF New Jersey State/Op PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

wnpf@aol.com
5 AUG, WNPF Newark Open BP/DL &
Ironman (Newark, DE) WNPF, Box
142347, Fayetteville, GA 30214, 770996-3418, wnpf@aol.com

6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com 10,11 AUG, WABDL Twin Lab Na tional BP/DL (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-

11 AUG, Green County Strongma woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
12 AUG, WNPF USA PL Champion

ships (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

unpf@aoi.com
18 AUG, WNPF Central SC Open BP/DL

Box 142347, Fayetteville, GA 30214, 770-996-3418, 19 AUG, WNPF Tarheel

Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, 25,26 AUG, USAPL Life-

time Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 26 AUG, WNPF Grand Can yon Open BP/DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA

30214, 770-996-3418, 8 SEP. APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-

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

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

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

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

7962, apapresident@angelfire.com 27 OCT, APF/AAPF Iron Island Hallow een BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gyn jtb2040@aol.com Gym, 516-594-9014,

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

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

3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 11 NOV, USAPL Ohio PL & BP State

Championships (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Dayton Beach, FL 32176, 904-677-4000 17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd

Lake, NJ 07828, 973-691-2695 NOV, USAPL National Police & Fire

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PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona ach. FL 32176, 904-677-4000

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

8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394 8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before

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

P.P.S. Italicized entries in this listing

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Women, Tee, H.S, Jr., Collegiate, Submaster, Master, Fire, Police, Spec. Olympian. Sculpture Trophies, plaques, medals, trophies. 1st - 5th Awards Team "Clock" Trophy! Championship Program! Tables: Chiropractor, Shaklee, F.C.A., Marine Corp, more! Free lunch for Athletes! Miss MD. National Athem. More!!! Your Sport will be covered by 2 TV's, radio, and 3 newpapers: ESPN, USA Today, Sports Illustrated, Newsweek, More! Info: Mr. William J. McKenna, Carroll County Heritage Foundation, 1-800-444-7321 or 410-848-2926. First 200 apps. only! Deadline 02/24/ 2001.

| NASA Mas | ters/St | ubmasters I Nashville, Tl | PL/BP/PS | R. Carver | 55 | 72.5 | 165 | 205 |
|---------------|---------|------------------------------|--------------------|----------------|------|----------|-------|--------|
| BENCH PRESS | 00-1 | | | 35-39 | 33 | /2.3 | 163 | 295. |
| 30-34 | | G. Carlson | 182. | 5 227 | | | | |
| 138.8 | | 50-54 | | D. Anguish | 82.5 | 150 | 282.5 | 515 |
| R. Peters | 147 | 154.3 | | C. Smith | 72.5 | 147.5 | 235 | 455 |
| 205 | 14/. | 5 S. Stewart | 145 | 250.2 | | - | | 433 |
| G. Riley | 170 | S. Tarp | 127. | 5 E. Cross | 60 | 142.5 | 215 | 417.5 |
| 35-39 | 170 | 187 | THE REAL PROPERTY. | 40-44 | | | | 717.5 |
| 170.8 | | J. Wood | 192. | 5 205 | | | | |
| J. Lawson | 102 | J. Kiser | 130 | B. Solomon | 80 | 147.5 | 262.5 | 490 |
| 187 | 103 | 5 J. McDermo 205 | tt -160 | J. McDonald | 75 | 150 | 205 | 430 |
| J. Brown | -165 | | | 227 | | TABLE | | 430 |
| 205 | -103 | J. McDermo | tt 162. | B. Bean | 57.5 | 147.5 | 237.5 | 442.5 |
| C. Barnett | 162.5 | 55-59 5 250.2 | | 250.5 | | | | ***** |
| B. Pool | | J. McKenzie | | R. lacey | 80 | 192.5 | 272.5 | 545 |
| 227 | 137.3 | 280 | 165 | 45-49 | | NA PARTY | | 343 |
| J. Ritzler | 102 5 | J. Duree | | 205 | | | | |
| P. Arrowood | 165 | 60-64 | 127.5 | J. Donnelly | 55 | 150 | 195 | 400 |
| J. Pooles | 162.5 | | | 227 | | ALCOHOL: | | 100 |
| W. Jones | 160 | Joe McDerm | -4 | J. Wilde | 42.5 | 92.5 | 210 | 345 |
| B. Maupin | 100 | J. Coleman | | 0405 | | | | CALLED |
| 250.2 | | 187 | 122.5 | 200 | | | | |
| T. Neal | 172.5 | | | J. Jenkins | 52.5 | 97.5 | 117.5 | 267.5 |
| 40-44 | ., | 65-69 | 165 | bp30-34 | | | - | |
| 127.8 | | 187 | | 170.8 | | | | |
| B. Lamb | 97.5 | T.C. Lewis | | J. Schandelmay | yer | 115 | | 115 |
| 170.8 | 97.3 | m5 | 120 | bp35-39 | | | | |
| R. Utley | 137.5 | | | 205 | | | | |
| 205 | 137.3 | S. Stewart | | B. Pool | | 157.5 | | 157.5 |
| I. Fidler | 190 | 187 | 145 | bp40-44 | | | | |
| 227 | 130 | J. Wood | | 170.8 | | | | |
| D. Bahakel | 205 | J. McDermott | 192.5 | R. Utley | | 137.5 | | 137.5 |
| 250.2 | 203 | 227 | -160 | 250.2 | | | | |
| R. Lacey | 102 5 | N. Miller | 220 | M. Wiggleswor | th | 160 | | 160 |
| 280 | 192.3 | 250.2 | 230 | M. Murphy | | 195 | | 195 |
| H. Davis | 182 5 | K. Hutchinson | 205 | bp50-54 | | | | 1377 |
| SHW | 102.3 | 280 | 205 | 227 | | | | |
| E. Curry | 192.5 | | 102 - | S. Caldwell | | 170 | | 170 |
| 45-49 | | w40-44 | 182.5 | c35-39 | | | | |
| 138.8 | | 138.8 | | 227 | | | | |
| C. Kennedy | 95 | N. Hawkins | 65 | D. Anguish | 82.5 | | | 82.5 |
| 187 | | w45-49 | 0.5 | J. Ritzler | 65 | | | 65 |
| M. Pittman | 170 | 187 | | 280 | | | | Mar. |
| 227 | 170 | A. McTighe | 95 | M.Lukens | 97.5 | | | 97.5 |
| N. Miller | 230 | w55-59 | 95 | c40-44 | | | | |
| D. McMillian | | 187 | | 187 | | | | |
| 250.2 | 212.3 | S. Pack | 02 5 | R. Heine | 62.5 | | 1 | 62.5 |
| K. Hutchinson | 205 | wm5 | 92.5 | 205 | | | | 19/9-9 |
| M. Murphy | 195 | 138.8 | | B. Solomon | 80 | | 1 | 80 |
| E. Atkins | | N. Hawkins | | B. Wansley | 65 | | | 65 |
| 280 | | 187 | 75 141 19 | 250.2 | | | | |
| B. Krasinki | 197.5 | A. McTighe | | M. Wiggleswort | h 75 | | , | 75 |
| 30-34 | C | | | 280 | | | | |
| | | BP DL | TOT | P. Bouchard | 60 | | | 60 |

| | | | 5 4 |
|---|---|---|-----|
| 7 | 1 | - | |

J. Klein 187 S. Curley cm5 227 J. Wilde dl35-39 227 D. Anguisi 250.2

42.5

42.5

282.5 282.5

MIKE JAMES BATTLED with low Illinois lifter Danny Gill day at the Master's Nation before pulling out the st record setting final deadlift 606.2 pounds. Gill managed edge him for the overall, but Illinois duo spent the entire of cheering for each other. (Smit

| c45-49 | | |
|----------|------|--|
| 227 | | |
| J. Wilde | 42.5 | 42.5 |
| 280 | | |
| R. Mason | 70 | 70 |
| c50-54 | | and insertance |
| 187 | | |
| R. Wall | 55 | 55 |
| c60-64 | | TAN SELECTION OF S |
| 170.8 | | |



The McDermott Bench Press & Powerlifting Team won the Bench Press and Powerlifting Team Championships at the 2000 NASA Masters & Submasters Nationals, as they did at athe '95, '96, and '9. meets. Numerous World and American Records were set by team members, including Outstanding Lifter Neil Miller's 507 lb. M-1 World Record Bench Press at a 220 lb. bodyweight (heaviest bench of the competition) and oldest team member Joe McDermott's double bodyweight M-3 World Record Bench Press of 331 lbs. on his 4th attempt. Front row; (I-r) Mark Woodworth, Joe McDermott, Nancy Hawkins, Kay Lamb, Jim McDermott, Crusher Kennedy; back row - Neil Miller, Sam Stewart, Jerry Wood, Allannah McTighe, Dan Gill, Jim Conley. (missing was Carolyn Jacobs). photograph provided to by Jim McDermott.

| 6 | J. James dl40-44 | | | | 205 | 205 |
|---------|-----------------------------------|---------------|---------------|---------------|---------------------|-------|
| | 187 R. Heine | | | 1 | 50 | 150 |
| | 205 B. Solomon | | | 2 | 62.5 | 262.5 |
| i Ve | 227 B. Bean dl45-49 | | | 2 | 37.5 | 237.5 |
| āļi | 227 J. Wilde | | | nebby. | 1 96 | |
| | dlm5 | | | 2 | 10 | 210 |
| | J. Wilde m5 | | | 2 | 10 | 210 |
| | 227 J. Wilde | 47 | 2.5 9 | 2.5 2 | 10 | |
| | w50-54 154.3 | (BaST at | 9 | 2.3 2 | 10 | 345 |
| fel- | G. Paff | 22 SC | .5 2: 2 Bi | | | 117.5 |
| l all | 44/ | | | 6000 | 170 | |
| nals | 250.2 | | 7.5 | | W.W. | 227.5 |
| of | sq40-44 | 22 | 0 | | 2 | 220 |
| d to | 205 B. Solomon | 17 | 5 17 | 5 | | |
| the | 227 B. Bean | 21 | 5 | | 2 | 15 |
| tty) | sq50-54 154.3 S. Tarp | | Page 1 | | | |
| | wsq30-34 127.8 | 160 | o one | | 1 | 60 |
| 42.5 | V. Small 30-34 | 107 | 7.5 | | 1 | 07.5 |
| 70 | 154.3 T. Suttles | 227 | .5 170 | 0 22 | 7.5 6 | |
| | 187 G. Wren | 192 | | T ou | | 22.5 |
| 55 | 227 S. Richardson | 227 | | | | |
| | L. Loganbill J. Wilkin | 272 182 | .5 160 | 225 | 65 | 7.5 |
| | 7. Dunlap | 292 | | | | |
| | S. Emmelhainz | 310 | 215 | | 81 | 5 |
| | W. Johnson 315 | 295 | 190 | 2054 | 45) | 5 |
| | S. Marcum 34-39 154,3 | 325 | 225 | 282 | .5 83 | 2.5 |
| B | M. Woodworth J. Green | 237. 220 | | | | 7.5 |
| S. | R. Aragon 170.8 | 90 | 122 105 | .5 220 150 | 56 34 | |
| | T. Perkins G. Smith | 285 240 | 160 147. | | 5 68 | |
| e | 187 W. Agnew | 227. | | 260 | 652 | |
| | B. Broussard D. Grimm | 252.5 | | 5 245 | 640 |) |
| 8 | G. Sewell | 200 | 145 | 250 | 595 | |
| | C. Barnett 227 | 205 | 162. | | 587 | .5 |
| | J. Dwyer D. Anguish | 302.5 | 192. | 282. | 760 | .5 |
| | C. Smith W. Jones B. Maupin | 280 185 | 160 | 235 215 | 560 | |
| | 250.2 R. Dilworth | 300 | | | 272 | |
| | T. Neal E. Cross | 252.5 220 | | 250 | 675 | |
| | 280 K. Malchow | 300 | 142.5 | | | |
| | P. Vargo M. Lukens | 272.5 62.5 | | 282.5 | 787. 737. 505 | |
| | 315 E. Smith | | 220 | | 882. | |
| | J. McNair | 277.5 | | Agree | 92.5 | |
| 1 | 40-44 127.8 | | | | | |
| n | B. Lamb 187 | 170 | 97.5 | 187.5 | | |
| 7 | R. Nevins J. Conley | 207.5 160 | 145 102.5 | | 565 462.5 | 5 |
| e | D. Gill | 250 | 150 | 265 | 665 | |
| h | M. James 227 R. Vivian | 235 | 137.5 | 275 | 647.5 | |
| s, h | B. Vivier B. Bean 250.2 | 260 215 | 175 147.5 | 260 237.5 | 695 600 | |
| t. | R. Chavez | 277.5 | 155 | 250 | 682.5 | |
| | | | | | | |



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

| | 220 | 152.5 | 222.5 | 605 |
|---------------------|---------|--------|----------|---|
| A. Schatzman 280 | 230 | 152.5 | 2190 | Tion |
| P. Bouchard | 250 | 160 | 272.5 | 682.5 |
| R. Carpenter | 247.5 | 195 | 240 | 682.5 |
| 45-49 | | | | |
| 138.8 | | | | |
| C. Kennedy | 155 | 95 | 130 | 380 |
| 154.3 | | | | |
| L. Coxsey | 180 | 112.5 | 215 | 507.5 |
| R. Fowler | 175 | 82.5 | 185 | 442.5 |
| 187 | | | | |
| S. Miscoi | 150 | 120 | 165 | 435 |
| L. Garduno | 115 | 92.5 | 170 | 377.5 |
| 205 | MAR DES | | | |
| E. Rodriguez | 232.5 | 150 | 235 | 617.5 |
| D. Bledsoe | 152.5 | 142.5 | 162.5 | 457.5 |
| M. Soler | 152.5 | 137.5 | 137.5 | 427.5 |
| 250.2 | | | | |
| B. Hill | 290 | 165 | 255 | 710 |
| 280 | *** | | M. Den | 111111111111111111111111111111111111111 |
| B. Krasinski | 272.5 | 197.5 | 272.5 | 742.5 |
| J. Ingram | 272.5 | 192.5 | 275 | 740 |
| J. Ingram 50-54 | 272.3 | | | Kin BU |
| 154.3 | | | | |
| | 160 | 127.5 | 205 | 492.5 |
| S. Tharp 170.8 | 100 | 127.3 | 200 | |
| | 147.5 | 113.5 | 165 | 426 |
| L. Donahue | 147.5 | 113.3 | 103 | 120 |
| 187 | 265 | 137.5 | 252.5 | 655 |
| D. Rhoades | 235 | 152.5 | 212.5 | 600 |
| K. Pickens | 192.5 | -160 | 212.3 | 32.5 |
| J. McDermott | -192.5 | | | -62.5 |
| J. Kiser | -192.5 | 130 | | 02.3 |
| 205 | 215 | 145 | 212.5 | 572.5 |
| C. Anstead | 200 | | 182.5 | 545 |
| J. McDermott | | 117.5 | | 535 |
| J. Bandy | 210 | -132.5 | | 57.5 |
| S. Westrich | 190 | -132.5 | | 37.3 |
| 250.2 | | | 230 | 600 |
| R. Hardin | 212.5 | 157.5 | 215 | 580 |
| J. Hurle | 227.5 | 137.5 | 215 | 300 |
| 55-59 | | | | |
| 227 | 000 - | **** | 237.5 | 552.5 |
| B. Donovan | 202.5 | 112.5 | 237.5 | 332.5 |
| 280 | 0.00 | | 232.5 | 620 |
| J. Duree | 270 | 127.5 | 232.5 | 630 |
| 60-64 | | | | |
| 154.3 | 100000 | | *** | 205 |
| R. Dodson | 157.5 | 77.5 | 160 | 395 |
| 170.8 | MINO | 0.00 | | |
| J. Klein | 137.5 | 95 | 175 | 407.5 |
| J. McDermott | 70 | 147.5 | 70 | 287.5 |
| 65-69 | | | | |
| 154.3 | | | 12.50.17 | Bland |
| M. Logsdon | 160 | 100 | 185 | 445 |

| 187 | | | | |
|-------------------------------|-------------------|-------|----------------|---------------|
| D. Robbins | 110 | 115 | 130 | 355 |
| 227 | | | | |
| D. Johnson m5 | 345 | 150 | 240 | 635 |
| 170.8 | | | | |
| L. Donahue 187 | | 113.5 | | 426 |
| L. Garduno | 115 | 92.5 | 175 | 382. |
| J. McDermott 205 | 192.5 | -160 | | 32.5 |
| E. Rodriguez | 232.5 | 150 | 235 | 617. |
| J. McDermott 227 | 200 | 162.5 | | |
| R. Kinder 250.2 | 255 | 187.5 | | |
| R. Chavez w35-39 110.2 | 277.5 | 155 | 250 | 682. |
| 5. Andrews 138.8 | 120 | 70 | 126 | 316 |
| R. Hack 154.3 | 155 | 67.5 | 142.5 | |
| S. Geus SHW | 72.5 | 37.5 | 112.5 | |
| L. Shaefer w40-44 127.8 | 142.5 | 82.5 | 205 | 430 |
| C. Anderson w45-49 | 100 | 60 | 112.5 | 272. |
| 110.2 C. Jacobs 154.3 | 80 | 52.5 | 112.5 | 245 |
| P. Carter w50-54 187 | 85 | 65 | 145 | 296 |
| S. Hunter w55-59 138.8 | 150 | 75 | 197.5 | 422 |
| K. Lamb | 87.5 | 47.5 | 97.5 | 232 |
| S. Pack wm5 154.3 | 117.5 | 92.5 | 140 | 350 |
| P. Carter wp 110.2 | 85 | 65 | 146 | 296 |
| S. Andrews (Thanks to NA | 120 SA for pro | | 126 the mee | 316 t resu |

WNPF Western PA

| | | | | | 08 JUL | . 00 - | Beaver | PA | |
|----------------|--------|--------|--------|---------|-----------------|--------|-------------|--------------|----------|
| | | | | | BENCH | | 220 | | |
| | | | 222 5 | 605 | MENS ASSISTED | | 40-49 | | |
| rman | 230 | 152.5 | 222.5 | 603 | Teen 14-16 | | D. Marin | kovic* | 385 |
| | | | | F | SHW | | B. Misor | | 235 |
| ard | 250 | 160 | 272.5 | 682.5 | A. Basilon | 250 | 242 | - | TOTAL V |
| nter | 247.5 | 195 | 240 | 682.5 | Teen 17-19 | 230 | Lifetime | | |
| | | | | | | | | | 420 |
| | | | | | 198 | 405 | S. Paluci | | 375 |
| edy | 155 | 95 | 130 | 380 | E. Witt | 405 | J. Begue | | |
| | | | | | 181 | | R. Henn | ings | 330 |
| | 180 | 112.5 | 215 | 507.5 | 33-39 | | 20-23 | | |
| 7 | 175 | 82.5 | 185 | 442.5 | J. Marcello | 320 | R. Henn | ings | 330 |
| r | 1/3 | 04.3 | | - | 220 | | Police/F | ire | |
| J logn | 150 | 120 | 165 | 435 | Lifetime | | J. Begue | THE | 375 |
| i | | | 170 | 377.5 | D. Peterson | 435 | DEADLI | | ISTED |
| ino | 115 | 92.5 | 170 | 3//.3 | D. Martin | 340 | WOME | | |
| | | | | | 242 | 770 | Teen 14 | | |
| guez | 232.5 | 150 | 235 | 617.5 | | | 165 | A CONTRACTOR | |
| oe | 152.5 | 142.5 | 162.5 | 457.5 | 33-39 | 500 | T. Matth | | 200 |
| · OC | 152.5 | 137.5 | 137.5 | 427.5 | D. DePaolo | 300 | | iews | 200 |
| | | | | | 275 | | MEN | | |
| | 290 | 165 | 255 | 710 | 20-23 | | 181 | | |
| | DAGE ! | | | | M. Mikulas | 405 | Lifetime | | |
| nski | 272.5 | 197.5 | 272.5 | 742.5 | SHW | | S. Shear | | 450 |
| | 272.5 | 192.5 | 275 | 740 | Lifetime | | DEADLI | FT RAV | N |
| n | 4/4.5 | 132.0 | | May BUR | B. Powell! | 550 | 132 | | |
| | | | | | J. Wilson | 325 | Lifetime | TO L to | |
| | *** | 407. | 205 | 492.5 | 40-49 | | R. Neur | ohr* | 455 |
| . In | 160 | 127.5 | 205 | 492.3 | J. Wilson | 375 | 165 | THE STREET | |
| | | | | | MENS RAW | 3.0 | Lifetime | MA DE | |
| hue | 147.5 | 113.5 | 165 | 426 | | | M. Hart | | 510 |
| | | | | ATSA/ | 132 | | | | 310 |
| des | 265 | 137.5 | 252.5 | 655 | Lifetime | 240 | 242 | and the last | |
| ns | 235 | 152.5 | 212.5 | 600 | R. Neurohr* | 240 | Lifetime | | |
| rmott | 192.5 | -160 | | 32.5 | 148 | | S. Paluc | | 515 |
| | -192.5 | 130 | | -62.5 | 33-39 | - | SQUAT | | IED |
| | | | | | T. Baxan | 230 | WOME | N | |
| ead | 215 | 145 | 212.5 | 572.5 | 165 | | 14-16 | | |
| ermott | 200 | 162.5 | | 545 | Lifetime | | 165 | | |
| mott | 210 | 117.5 | | 535 | M. Hart | 280 | T. Matt | hews | 155 |
| | | -132.5 | | 57.5 | D. Snyder | 195 | MEN | | |
| rich | 190 | -132.3 | 113.5 | 37.3 | 33-39 | | 123 | | |
| | | | | 100 | A. Sangelmano | 215 | 14-16 | | |
| lin | 212.5 | | | 600 | 181 | -1- | T. Mille | | 270 |
| | 227.5 | 137.5 | 215 | 580 | | | 181 | | nominal. |
| | | | | | 50-59 | 245 | | | |
| | | | | | J. Misorski Sr. | 243 | Lifetim | | 220 |
| ovan | 202.5 | 112.5 | 237.5 | 552.5 | 198 | | S. Shea | re | 320 |
| | | | | | 14-16 | | 220 | | |
| e | 270 | 127.5 | 232.5 | 630 | D. Olsausky II | 250 | 14-16 | | |
| WHAT HE | | | | | Lifetime | | D. Bak | er Jr." | 475 |
| | | | | | J. Schaffer! | 390 | SHW | | |
| and the second | 157.5 | 77.5 | 160 | 395 | J. Misorski Jr. | 345 | 14-16 | | |
| son | 13/.3 | 11.3 | 100 | - | 33-39 | | RAW | | |
| | | 05 | 175 | 407.5 | J. Misorski Jr. | 345 | A. Basi | lon* | 300 |
| HO A | 137.5 | | 200000 | 287.5 | POWERLIFTING | | BP | DL | TOT |
| ermott | 70 | 147.5 | 70 | 287.5 | Teen 14-16 | 34 | official to | almin's | 2.190 |
| | | | | | | | | | |
| | | | V-31.2 | A SHARE | 123 | 270 | 130 | 260 | 660 |
| sdon | 160 | 100 | 185 | 445 | T. Miller | 2/0 | 130 | 200 | 000 |
| | | | | | | | | | |

| 87 | | | | |
|-------------|--------|-------|-------|----------|
|). Robbins | 110 | 115 | 130 | 355 |
| 27 | | | | |
|). Johnson | 345 | 150 | 240 | 635 |
| n5 | | | | |
| 70.8 | | | | *** |
| . Donahue | 147.5 | 113.5 | 165 | 426 |
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| . Garduno | 115 | 92.5 | 175 | 382.5 |
| . McDermott | 192.5 | -160 | | 32.5 |
| 105 | | | | |
| . Rodriguez | 232.5 | 150 | 235 | 617.5 |
| . McDermott | 200 | 162.5 | 182.5 | 545 |
| 227 | | | | |
| R. Kinder | 255 | 187.5 | 227.5 | 670 |
| 250.2 | - | | | |
| R. Chavez | 277.5 | 155 | 250 | 682.5 |
| w35-39 | | | | |
| 110.2 | | | | 316 |
| S. Andrews | 120 | 70 | 126 | 310 |
| 138.8 | | | 142.5 | 365 |
| R. Hack | 155 | 67.5 | 142.5 | 365 |
| 154.3 | | | 112.5 | 222.5 |
| S. Geus | 72.5 | 37.5 | 112.5 | 222.5 |
| SHW | | 82.5 | 205 | 430 |
| L. Shaefer | 142.5 | 82.5 | 205 | 430 |
| w40-44 | | | | |
| 127.8 | | 60 | **** | 272.5 |
| C. Anderson | 100 | 60 | 112.5 | 2/2.3 |
| w45-49 | | | | |
| 110.2 | | 52.5 | 112.5 | 245 |
| C. Jacobs | 80 | 52.5 | 112.5 | 243 |
| 154.3 | TVLAND | 65 | 145 | 296 |
| P. Carter | 85 | 63 | 143 | 290 |
| w50-54 | | | | |
| 187 | 150 | 75 | 1075 | 422.5 |
| S. Hunter | 150 | /3 | 197.3 | 422.3 |
| w55-59 | | | | |
| 138.8 | 87.5 | 47.5 | 97.5 | 232.5 |
| K. Lamb | 87.5 | 4/.3 | 97.3 | 232.3 |
| 187 | | 02 5 | 140 | 350 |
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| 154.3 | 85 | 65 | 146 | 296 |
| P. Carter | 83 | 03 | 140 | |
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| 110.2 | 120 | 70 | 126 | 316 |
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1417 DEMOREST RD. COLUMBUS OH 43228 PHONE (614) 276-0923 165 315 760 525 1325 405 1130 242 Lifetime J. Verrico J. Jones 40-49 T. Stevens 198 Lifetime J. Beck! 275 Lifetime R. Powell SHW Lifetime H. Kress 325 365 585 500 1365 450 325 540 1315 430 1300 660 405 550 1615 Men Raw Teen 14-16 148 275 205 275 755 R. Rappach 430 285 485 1200 Lifetime
J. Schaffer
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J. Schaffer
J. Schaffer
J. School in Beaver, PA was the scene for the 2nd western WNPF Western PA
Natural. 36 lifters compeled and several great totals were turned in. In the teenage division,
Derek Baker Jr. turned in the highest total of the day winning the 220 lb. weight class and a fine total was turned in by brother Shane to take the 165 lb. class. In Men's Powerlifting, Jack Welch set some new American Records winning the 165 lb. masters division. Jim Verrico and Jim Jones battled for the 242 lb. class with Verrico edging out Jones. Jason Beck turned in the highest total of the day winning his division and best lifter. Hank Kress had the highest squat of the day just missing 720 lbs.

Great for Strength

and Rehabilitation

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

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2000 Indepence BP Championships 22 JUL 00 - Stanardsville, VA

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| NCH | | 242 | E\D# |
| OMEN | | B. Lilly | 320 |
| 32 | | P. Conover | 320 |
| DiCaprio | 80 | 40-49 | |
| EN | | M. Durrette | 420 |
| 31 | | P. Conover | 320 |
| Santymire | 390 | 275 | |
| Carroll | 375 | Open & 40-49 | |
| 98 | A silve | K. Wood | 520 |
| Watson | 430 | 50-59 | |
| McGlammery | 360 | J. Allen | 330 |
| Adkins | 345 | Strict Curl | |
| 0-49 | | 181 | |
| Watson | 430 | M. Quarto | 145 |
| 20 | V Zer | 198 | |
| Cash | 400 | D. Bishop | 160 |
| 0-59 | 444 | T. Spaur | 145 |
| Smith | 355 | Supers | |
| Siliui | 333 | 1. Sheets | 180 |
| | | | |

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s. ADFPA TOP 20 132s

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94. Women's TOP 20. Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/ Women's Srs., Relieve Pain With Aloe. Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Ion Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Perfor-

mance Review, TOP 100 181s. Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Com-

puter Technology, TOP 100 198 lbs. Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Dead-

lifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Irs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... TRIPLE SENIORS ISSUE AD-FPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96...TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, ramework for the Novice

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten. "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Ir./Masters, IPA World Cup. TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner *Responds to the Response*, TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97...TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

Apr/97... Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning. Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s. Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

Sen/97 USAPI / USPF/APFTriple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s. Oct/97... Brad Gillingham Profile, Resis-

tance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL. TOP 100 181s

& PL. TOP 100 165s.

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds. World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds. Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. May/98... Ed Coan's Suspension, Pro-Fit

Interview Arnold Classic Philippine Revo-

lution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s. Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance*, 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPFWorld Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Rands and Chains WNPF Worlds, Jerry Tancil, TOP 100 198s.

Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press. Anthony Harris Interview. Ken. Snell DL Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie mons, TOP 100 242s. May/99 ... LA Tech Program, 'Sir Guggulot*, The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s

Teen 14-15

S. Parish

Master 35-39 T. Falcone S. Parish

Teen 14-15 R. Reilly A. Hamilton

Open J. Kratz

Teen 14-15 M.Willy M. Trudell

Teen 16-17
A. Laigle
Junior 20-23
F. Grundmar

Teen 14-15 S. Moran Teen 18-19 A. Doucette

Teen 18-19 J. Seyfried

Teen 14-15 E. Wathen

52 Teen 16-17

Teen 16-17 M. Pittelli, Jr.

Teen 14-15 B. Shambry Teen 16-17

M. Pacienza D. Burgess 67.5

Teen 14-15
E. Bradley
Teen 16-17
M. Pheulpin
J. Scanlon

Teen 18-19 P. Curley

Open C. Prigg P. Bozza J. McLane

Master 404 C. Prigg

Teen 14-15 R. Duncan Teen 16-17

Teen 18-19 C. Fischer A. McDonal

lunior 20-23 R. Rosati

Open H. Prigg D. Turko Master 35-39 H. Prigg M. Pellow

Teen 14-15
R. O'Brien
J. Goldbach
Teen 16-17
R. Jeffries
J. Giovinazz
Teen 18-19

D. Patrisso Junior 20-23 L. Einfelt Collegiate L. Einfelt

Teen 14-15

Teen 16-17

W. G. - O'Br Teen 18-19

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M. Sack

MEN

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72.5 32.5 90 195

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170 112.5 237.5 520

82.5 172.5 355

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125

167.5 245 652.5

222.5 577.5

197.5 467.5

137.5 287.5 137.5 327.5

212.5 530

370 275

Jun/99 ... Powerlifters as Bodybuilders. 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim

Simmons TOP 100 114s Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Slmmons, TOP 100 123s

Bruner, Overcoming Plateaus by Louie

Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s

Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

lan/00 ... IPF Worlds, WABDL Worlds Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s

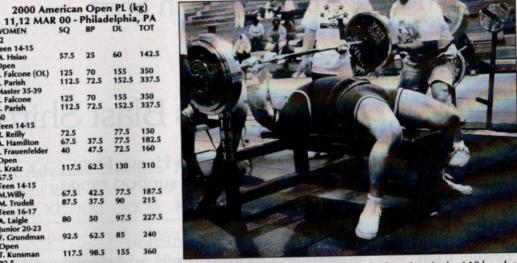
Feb/00 ... WPC Worlds Pt. I. Battle of the Giants. The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century More Big BPs by Louie S, TOP 100 220s Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 Arnold Classic WPF Worlds Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s

and 900s, TOP 100 Flyweights. Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ-by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s. Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights

LIST THE ISSUES YOU WANT (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA. BACKISSUES, POST OFFICE BOX 3238. CAMARILLO, CA 93011, USA.



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

| | | | | 642.5 | I. Jefferson | 237.5 | 182.5 | 242.5 | 662.5 | ٠, |
|-------------------|-------|-------|---|-------|--------------------|---------|----------|----------|-------------|----|
| . Semon | 240 | 152.5 | 250 | 642.5 | C. Bothwell | 205 | 170 | 250 | 625 | |
| pen | | | 262.5 | 647.5 | Masters 70+ | - | | | | |
| . Prigg | 230 | 155 | | 632.5 | P. Eberhardinger | | | 100 | 100 | |
| . Pierson | 227.5 | 155 | 250 | | Police/Fire/Milita | ~ | | | | |
| . Blocker | | 160 | 247.5 | 407.5 | C. Bothwell | 205 | 170 | 250 | 625 | - |
| laster 35-39 | | | | 11.2 | | 203 | 1,0 | | | |
| . Prigg | 230 | 155 | 262.5 | 647.5 | 125 | | | | | |
| Roth | | | | | Teen 14-15 | 115 | 75 | 135 | 325 | |
| Aaster 50+ | | | | | J. Padukjewicz | 113 | 13 | 133 | | |
| Fox | 152.5 | 65 | 180 | 397.5 | Open | 240 | 197.5 | 200 | 827.5 | - |
| 00 | | | | | C. Dippre | 340 | 197.3 | 290 | 027.5 | |
| een 14-15 | | | | | Master 35-39 | | 227.5 | 220* | 927.5 | |
| Allen | 160 | 77.5 | 177.5 | 415 | W. Croner (OL) | 370* | 227.5 | 330 | 941.3 | |
| . Seyfried | 125 | 65 | 145 | 335 | Master 40+ | | | | 555 | |
| een 16-17 | | | | | C. Biron | 217.5 | 132.5 | 205 | 333 | |
| . Byrd | 110 | 77.5 | 165 | 352.5 | 140 | | | | | |
| L. Smith | 87.5 | 67.5 | 185 | 340 | Open | land 1 | | | | |
| een 18-19 | 0710 | - | | | S. Cosgrove | 320 | 185 | 265 | 770 | |
| . Braun | 227.5 | 132.5 | 100 | 460 | * Denotes USPF | America | in Sub | Master | s Kecora. | |
| | | | | | (Thanks to Robert | Keller | for prov | iding th | e results). | |
| Open C. Curley | 205 | 160 | 230 | 595 | | | | | | |
| 110 | 203 | | | | | | | | | |
| een 12-13 | | | | | | | Lite | L Coh | ool PI | |
| Lee | 92.5 | 62.5 | 105 | 260 | USPF North | Jerse | y mig | n Sch | OULL | |
| reen 14-15 | 34.3 | 02.0 | | | 24 JU | N 00 | - Clift | on, N | | |
| | 227.5 | 125 | 215 | 567.5 | WOMEN | SQ | BP | DL | TOT | |
| . Ferguson | 227.3 | 123 | | | 114 | - | | | | |
| Teen 16-17 | 92.5 | 72.5 | 137.5 | 302.5 | S. Marrero | 365* | 175 | 335 | 875 | |
| W. Shreve | 92.3 | 12.3 | 137.3 | 302.0 | 123 | 555 | | | | |
| Open | 207 5 | 210 | 285 | 782.5 | M. Reuther | 125 | 100 | 105 | 300 | |
| l. Hirsch | 287.5 | | - 0000000000000000000000000000000000000 | 705 | | 123 | | | | |
| R. Delavega | 272.5 | 162.5 | 2/0 | 703 | 148 | | | | | |
| | | | | | | | | | | |

| . Prigano | 310 | 170 | 340 | 820 |
|------------------|------------|-----------|----------|-----------|
| . Ponte | | 220 | | |
| 165 | | | | |
| . Dibendetto | 240 | 220 | 270 | 730 |
| 181 | | | | |
| PI Affinito | 365 | 255 | 405 | 1025 |
| K. Rooney | 275 | 145 | 285 | 705 |
| 198 | | | | 2202 |
| K. Barnes | 205 | 135 | 330 | 670 |
| 220 | | | | |
| S. Jablar | 360 | 285 | 475 | 1120 |
| M. Gonzales | 400 | 225 | 380 | 1005 |
| 242 | | | | |
| F. Lamotta | 225 | 225 | 400 | 850 |
| B. Burke | 315 | 135 | 135 | 585 |
| 275 | | | | |
| B. Panasidi | 375 | 290 | 450 | 1115 |
| D. Mazan | 340 | 225 | 435 | 1000 |
| S. Gilligan | 360 | 220 | 405 | 985 |
| V. Sensabe | 315 | 265 | 325 | 895 |
| I. Rodgers | 285 | 205 | 380 | 870 |
| SHW | | | | |
| LI LaBeur | 550 | 225 | 440 | 1215 |
| S Morris | 335 | 245 | 450 | 1030 |
| Highlights: Tear | m Winne | r-St. Joe | 's Mont | uale; Sta |
| Records - Sergi | o Marrer | o at 112 | 1/4 squ | ratted 36 |
| lhs.: Best Over | all Lifter | Award | - Sergio | Marren |

Best Bench Press - Frank Ponte 220 lbs. at 138 lbs.; Michael Reuther 11 years old - 330 lb. total at 115

USPF New England BP

| 17 JUN | 00 - | Bedford, NH | |
|----------------|------|----------------|-----|
| BENCH | | 181 | |
| Sub Master | | B. Napierata | 410 |
| B. Tucker | 500 | 198 | |
| P. Halliwell | 400 | P. Halliwell | 400 |
| J. Bourgault | 415 | 220 | |
| Master | | D. Montembault | 375 |
| D. Montembault | 375 | B. Fitzgerald | 320 |
| M. Martins | 315 | 242 | |
| T. Whalen | 270 | E. Dawson | 350 |
| Open | | SHW | |
| Open | | B. Tucker | 500 |

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

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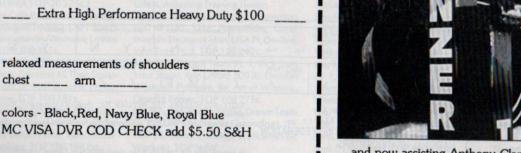




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|----------------------------------|------------|----------------------------|--------|-------------------------|------------|-------------------------------|------------|-----------|
| 5,6 AUG | 00 - | Wilsonville, O | R | MEN | | R. O. Smith | 440 | 1.1 |
| DEADLIFT | | 40-47 | | Class 1 | | 61-67 | | 1.1 |
| MEN | | 165 | | 148 | | 242 | | D. |
| Masters | | R. Straker | 380 | J. Shapiro | 275 | K. Nichols | 270 | LI |
| 40-46 | | Open | | 165 | | 308 | | 19 |
| 148 | .== | 148 | | J. Withers | 352 | J.P. Krachunis | 303 | 1. / |
| F. Evangelista | 473 | F. Evangelista 181 | 473 | L. Luther 181 | 319 | 68-74 D. Frosland Sr. | 281 | 22 |
| R. Davidson | 451 | L. Woodley | 661 | F. Sevier | 303 | Open | 201 | A. |
| 181 | | 198 | | 198 | 303 | 148 | | Sul |
| L. Woodley | 661* | J. Hoiby | 479 | J. Hoiby | 380 | F. Evangelista | 369 | 19 |
| 198 | | 220 | | M. Coffey | 341 | K. Phanekham | 330 | E. : |
| F. Peters | 578 | W. McCoy | 727 | 220 | | 165 | | F. I |
| 220 | 7778 | D. S. Edmondson | 600 | B. Thompson | 396 | J. Luther | 424 | 22 |
| W. McCoy 275 | 727* | M. Crosby B. Thompson | 534 | J. Salchenberg 242 | 303 | R. Hickman A. Carroll | 391 374 | J. I |
| J. M. Ceccarelli | 501 | 242 | 334 | D. Mulder (BL) | 440 | 198 | 3/4 | Cu |
| 47-53 | 301 | B. Matheson | 644 | 4th | 446 | J. Hoiby | 380 | W |
| 148 | | 4th | 661 | 275 | | T. Mitchell | | 10 |
| H. Shivaie | 407* | 275 | | C. Huwe | 380 | 220 | | M. |
| 198 | | J. Fernandez | 688 | R. Budde | 281 | A. Slater | 468 | 12 |
| R. Ward | 407 | 308 | | 308 | 202 | J. Hernandez | 429 | S. |
| D. Smith 54-60 | 385 | D. Askanas Junior 20-25 | 600 | F. Hernandez Masters | 303 | M. Crosby B. Sekermestrovi | -6 | 13 |
| 308 | | 165 | | 40-46 | | 275 | cn | B. |
| R. O. Smith | 578 | D. Travis | 562 | 148 | | G. Nelson | 573 | A |
| 61-67 | | 220 | | F. Evangelista | 369 | 308 | | 14 |
| 242 | | C. Ratliff | 545 | 165 | | R. Kennelly (BL) | 705 | W |
| K. Nichols | 446 | 242 | | R. Davidson | 259 | B. Jackson | 518 | In |
| 4th | 451* | B. Matheson | 644 | J.Kasper | 242 | L. Haywood | 501 | Eva |
| 308 | 194* | 4th | 661 | 198 | 252 | Teen 13-15 | | 14 |
| J. P. Krachunis 68-74 | 194 | WOMEN | | F. Peters 242 | 352 | 105 J. Hernandez Jr. | 93 | hel |
| 198 | | 20-25 | | J. Harms | 446 | R. Hernandez | 66 | the |
| D. Frosland Sr. | 374 | 148 | | M. Sinner | 391 | Teen 16-19 | - | Ric |
| Teen 13-15 | - | M. Merrill | 225 | 275 | | 148 | | wit |
| 97 | | Submaster | | D. Frosland Jr. | 508* | J. Lee | | jud |
| A. (T.R.) Brooks | 236 | 123 | | K. Sacher | 468 | 181 | | At |
| 105 | | T. Hams | 286 | J. M. Ceccarelli | 352 | N. Mortier | 314 | Lec |
| R. Hernandez J. Hernandez Jr. | 181 181 | 148 Wurdinger-Kelly | 281 | 308 A. Ramsey | 512 | 242 M. Seath | 297 | 19 |
| Teen 16-19 | 101 | Open | 201 | 4th | 510 | 275 | 291 | dea |
| 148 | | 148 | | 309+ | 310 | G. Marquez | 374 | sur |
| J. Lee | 286 | Wurdinger-Kelly | 281 | J. (Randy) Young | 485 | 308 | | box |
| 242 | | 165 | | 47-53 | | C. Sacher (BL) | 435 | 50 |
| C. Field-Eaton | 600 | P. Ribic | 380* | 148 | | Master Law/Fire | | no |
| M. Seath | 507* | B. Heriford | 275 | JH. Shivaie | 209 | 40-47 | | In |
| 275 | 551 | Masters 40-46 | | 198 D. Smith | 209 | 165 R. Straker | 203 | 40 |
| G. Marquez Class 1 | 331 | 123 | | 220 | 209 | 220 | 203 | Da |
| 148 | | C. Patterson | 336* | R. Dunn | 303 | J. Jones (BL) | 391 | wit At |
| J. Shapiro | 352 | 47-53 | | B. Sekermestrovic | | 4th | 402 | car |
| 165 | | 123 | | 242 | | 309+ | | wo |
| J. Withers | 440 | P. Bryant | 341* | B. Dooley | 507 | J. Meuser | 292 | ma |
| 198 | | 165 | | 308 | | 48+ | | rec |
| M. Coffey | 485 | B. Heriford | 275 | D. McCreary 54-60 | 407 | 220 | | also |
| 4th J. Hoiby | 501 479 | 54-60 198 | | 181 | | J. Rhyne Submaster Law/F | ira | pro |
| 220 | 4/9 | T. Strom | 236* | D. Covello | 259 | 181 | me. | 35 |
| J. Hernandez | 501 | Submaster | | 198 | | R. Bish | 385 | yea |
| 275 | | 220 | | T. Camp | 380 | 198 | | 196 |
| L. Harju | 556 | J. Hernandez | 501 | 242 | | E. Sim (BL) | 485 | the |
| 4th | 562 | 275 | | T. Bunce | 325 | Junior | | age |
| C. Huwe | 402 | J. Fernandez | 688 | 275 | | 148 | | 236 |
| 4th Master Law/Fire | 424 | 308 A. Adalsteinsson | 672 | G. Nelson (BL) D. Cone | 573 363 | R. Johnson 165 | 181 | pot |
| | | A. Adaisteinsson | 20.7.7 | | 5 Pa 6 | 103 | | bro |

B. Heriford P. Ribic Master 40-46 B. Heriford Teen 16-19 199+ R. Malone

Renewal Current Card # (If Renewal)

341

429

Radcliffe (BL) 214

47-53 123

Junior 132

and won. Rocky's lift was an Idaho State Record. In 16-19 teenage, Jeff Lee from the Washington School for the Blind pulled 286. At 242, Matt Seath, pulled a Washington State Record 518 but lost to Cameron Field - Eaton who pulled a big Oregon State Record of 600 and almost pulled 633. At 275, Gilbert Marquez pulled a Washington State Record of 551. Outstanding lifter was Cameron Field - Eaton. In Class 1 men, Jon Shapiro a special Ollympian from San Jose pulled a class 1 California State Record 352 at 148. He was coached very well by Homi Shivaie who trains numerous special Ollymbin State Record 352 at 148. Record 352 at 148. He was coached very well by Homi Shivaie who trains numerous special Olympian lifters. At 165, Joseph Withers set a Washington State Record of 440. At 198, Marc Coffey with perfect form and tremendous concentration set a California State Record of 501. Jeff Hoiby was second with a Washington State Record of 479. At 220, Johnny Hernandez pulled 501. At 275, Leo Harju pulled 562 California State Record after missing it. I went in the warm up room, got his explosion off the floor going, and he ripped it up on a fourth. Cory Huwe was second with 424, Washington State Record. Outstanding lifter was Joseph Withers. In Law/Fire master 40-47 at 105 pounds, Robert Straker pulled a world record 380. In submaster deadlift, Johnny Hernandez pulled 501 at 220. Joe Fernandez, who holds the Oregon State Record of 705 at 275 pulled 688. Joe and Jay Papish supplied weights for the warm up room and I used B. Dauenhauer
187 132
4th 4th 192 C. Hansen
A. Ferschweller
132 Submaster
148
Wurdinger-Kelly
170
Woodley
170
Woodley
170
Wurdinger-Kelly
170
Woodley
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Wurdinger-Kelly
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Wurdinger-Kelly
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Wurdinger-Kelly
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Wurdinger-Kelly
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Woodley
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Wurdinger-Kelly
170
Wurdinger-Ke Sinner who did 391. At 275, Don Frostand Jr. set a world record - his second one of the year with 508 at 275 pounds. Kurt Sacher was second with 468. Mario Ceccarelli was third with 352. At 308, Art Ramsey rammed up a California State Record 518. Art is always a pleasure to watch and to party with and talk over the good old days with a few buds. James Randy Young set a Washington State Record at super with 485. In master 47-53 at 148, Homi Shivale set a California State Record of 209. At 198, David Serib worn with 200. At 290, Rick Dune and Shivaie set a California State Record of 209, At 198, David Smith won with 209. At 220, Rick Dunn put up 303. At 242, Bennie Dooley quietly goes about his business and put up a nice 507 Washington State Record. At 308, Dave McCreavy set an Oregon State Record of 407. In master 54-60, Don Covello of California won at 259. Terry Camp did 380 in a comeback meet from an injury. Terry holds

the world record at 418. At 242, Terry Bunce did

325. At 275, Dennis Cone set a California State Record of 363, but had the misfortune of going up against George Nelson who opened with 573 at age 55. George wears a double denim aand not a triple like some have claimed. Triples are illegal in WABDL as well as canvas. Nobody enters as many meets as him or trains as heavy as often as him. He tried 611, but it wouldn't go. He got it about half way up. He was best lifter in heavyweight masters. Lightweight best lifter for masters was Freddie Evangelista. At 308, 54-60 Robert O. Smith from Canada did 440. In master 61-67 Keith Nichols did 270 at 242 and J.P. Krachunis did 303 at 308 for a California State Record. In master 68-74, Don Frosland Sr. did 281 at 198, 11 pounds shy of Brian Christenson's World Record. In open men's bench Freddie Evangelista beat Kom Phanekhom 369 to 330 at 148. At 165, Joe Luther one of the best 165 pounds around did 424. Ray Hickmon was second with 391 and Anthony Carroll was third with 374. At 198, Jef Hoiby put up 380. At 220, Austin Slater beat Will Crossen's Jr. Washington State Record of 465 with a 468. Johnny Hernandez of Idaho was second with 429. At 275, George Nelson won with 573 at age 55. At 308, Ryan Kennelly opened with 705 and went to 749 and came within 3° of lockout on two tries!! Ryan is the strongest bench presser in the world today. Brian Jackson was second with 518 and Lonny Haywood did 501. Ryan Kennelly was best lifter. In teen men's bench, Johnny Hernandez beat his brother Rocky 93 to 66 pounds in 105 pound class in 13-15 age group. In teenage 16-19, Nick Mortier coached by Don Frosland Jr. put up a PR 314 at 181. Matt Seath did 297 at 242. Cilibert Marquez set a Washington State Record of 374 at 275 and Cody Sacher who holds the world record at 451 in 308 pounds class had to settle for 435 on this day. At least he was named best lifter. In master law/fire in 40-47 165, Robert Stroker did 203. Jeff Jones, my first training partner I ever had going back to '72 in Hawaii, put up a Nevada State In master law/lire in 40-47 185, gooert stroker did 2031. Jeff Jones, my first training partner I ever had going back to '72 in Hawaii, put up a Nevada State Record 402 at 22 40-47 and his first 400 pound bench. Jeff was a happy camper on his way back to Sparks, Nevada. John Meuser did 292 Oregon State Record at super. In submaster law/fire, Robert Bish set a world record 385 at 181 and Ed Sim set a world record 485 at 198 and was named best lifter for all of law/fire. In junior men's bench press, Johnson did 181 at 148. Joe Luther won at 165 with 424 with a try at a world record 447. Anthony Carroll was second with 374. Jesse Romero was third with 341. Duane Travis was fourth with 325 and Lee Luther was fifth with 319. At 198, John Anthony did 341 and at 220 Austin Slater set a world record with 468. Joe Luther was named best lifter. In submaster men, Fil Dena set a Nevada State Record with 4413 in submaster 198. At 220, Johnny Hernandez did 429 and Jim Cunningham who did his first 600 pound bench in Eugene, Oregon on June 3rd opened with 467 but dropped 600 on his chest when his left hand feel asleep. He was very sore, but he's coming around nicely. Jon was best lifter for the submasters. In open women, Mary Peterson won at 105 with 88 pounds in her first meet. At 123, Shelley Radcliffe put up a 214 and was named best lifter. At 132, Brooke Dauenhauer put up 192 pounds in her first meet in four years. At 148, Cindy Kelly put up 170. At 165, Priscilla Ribi put up 203 and Betty Heriford was second with 176. In master women bench, Carol Patterson set a Washington State Record with 154 at 40-46 age group at 123 pound class. She was also named outstanding lifter. Pat Bryant set a world and Washington State Record with 154 pounds at 123 nage group 47-53. Betty Heriford did a PR 176 at 165 in 47-53. Gloria Camp did 115 at 123 in age group 48-53. Betty Heriford was second with 176. In master women bench, Carol Patterson of a shoulder injury but seemed to be in good shape on this day. In master 68-74, Gloria hus and B





WABDL Hawaii BP/DL Invitational

| | 10 JUN | 00 - F | lo | nolulu, | HI | |
|-----|------------------------------|-------------|----------|---------------------------|-----------------------|----|
| | BENCH | e. | S. I | Kaneshiro Yoshimura | 424 418 | |
| | WOMEN | | A. | Iramina | 374 | |
| | . Kimoto | 253! | K. S. | Tolentino Lau | 363 352 | |
| i | aw/Fire | | | Ishikawa | 336 | |
| | 148 R. Plant | 182* | ٧. | Miyoi | 440 | |
| | Open 105 | | 19 W | . Omura | 451 | |
| - | C. Baqui | 115* | 22 | | 551 | |
| | 114 E. Avillanoza | 121* | A. | Fritz | 462 | |
| | C. Ford 123 | 93 | 5. | McShane | 578 | |
| | J. Remiticado | 181 | S. | Ahlo 75 | 507 | |
| | 132 R. Encarnacion | 126* | 1. | Fernandez | 562 | |
| | 148 R. Plant | 187* | F. | Wakakuw ubmaster | | |
| | 181 J. Kimoto | 253* | | 23 . Au | 253! | |
| | N. Southichack | 115* | 1 | 65 | | |
| | Teen 13-15 114 | | L | Kaneshiro Rabacal | 385 | |
| | T. Akina 132 | 71* | | 81 . Miyoi | 440* | |
| | A. Skellington | 79* | C | . Villarmia 98 | 435 | |
| | 148 K. Ventura | 110! | V | V. Omura | 451* | |
| | Teen 16-19 J. Remiticado | 181 | | 75). Ng | 424* | |
| | MEN | | 3 | 08 . Bowman | 418 | |
| | Class 1 198 | DEC 16 | 5 | HW | | |
| | G. Jyo 220 | 385* | T | A. Ahlo, Jr. een 13-15 | 3891 | |
| | N. Nip | 473* 396 | - 1 | 05 . Hladky | 991 | |
| | J. Aleka 242 | | . 1 | . Hladky | 93* | |
| | C. Mock, Jr. 275 | 418* | | reen 16-19 132 | | |
| | G. Shibao | 435* 352 | | G. Remitica 181 | do 236* | |
| | E. Barnes Junior | 332 | 5 | S. Verano | 315 | |
| | 165 R. Kawabata | 363* | 1 | 198 L. Manners | 385* | |
| | T. Tom M. Moore | 347* 209 | | DEADLIFT | | |
| | 220 | 200 200 | - | Junior | | |
| | M. Lamarque 4th | 509 518! | | 181 J. Kimoto | 352 | |
| | S. Kilgore 275 | 308 | | Open 105 | | |
| | P. Guerrero | 402 | | C. Baqui | 308 319 | |
| 100 | 4th Law/Fire | 424 | | 114 | | |
| | 181 K. Nakamura | 380 | • | C. Ford 123 | 231 | |
| P | 220 | 551 | | J. Remitica 181 | ido 310 | • |
| ı | G. Arrell 242 | C-BILLE | | J. Kimoto | 352 | |
| | C. Mock, Jr. 275 | 418 | | 98 N. Southic | hack 253 | • |
| | F. Wakakuwa Law/Fire Subm | aster | | Teen 13-1: 114 | 5 | |
| | 275 | | | T. Akina | 187 203 | |
| | D. Ng SHW | 424 | | 4th 132 | | |
| | M. Ahlo, Jr. 165 | 589 | ! | A. Skelling | gton 192 | I |
| | L. Rabacal | 385 | ! | K. Ventura | 253 264 | |
| ١ | Master 40-46 165 | | | Teen 16-1 | | |
| | C. Higa 4th | 402 | | J. Remitic | ado 310 |)! |
| ı | 220 | 220 | * | MEN Class 1 | | |
| - | K. Wilson 308 | | | 198 | 600 | 2 |
| ı | K. Ward SHW | 369 | | A. Ku 220 | | |
| ŀ | L. Kamaka Master 47-53 | 457 | * | N. Nip 4th | 556 573 | 3 |
| ı | 220 | | | 242 | | |
| 1 | C. DeSoto Master 54-60 | 353 | • | C. Mock, 275 | | |
| 1 | 165 M. Timbal | 28 | 6 | G. Shibac | 52 | 3 |
| 1 | 242 | 44 | | 165 M. Moor | e 37 | |
| 1 | T. Preston Masters 61-67 | | | 4th | 38 | |
| 1 | R. Yoshida | 23 | 1 | M. Lama | rque 54 | |
| 1 | 4th Master 68-74 | 23 | | S. Kilgori 275 | | 7 |
| | 181 | | | P. Guerr | ero 58 | 9 |
| 1 | K. Koki Master 75+ | 32 | 31 | 181 | | |
| 1 | 198 G. Escher | 93 | * | K. Nakar 242 | | |
| | Open | | H | C. Mock Law/Fire | Jr. 62 | 22 |
| 1 | 132 K. Unten | 37 | 4 | 220 | | |
| | 148 M. Hokoana | | 3 | W. Kaim | ikaua 4! Submaster | |
| | K. Luna | 35 | 8 | 275 D. Ng | 64 | |
| | 165 | | | | REMARKS AND ASS. | ſ |

First Name

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 5292 Bend, Oregon 97708

If under 18, have parent initial _

Last Name

NOTE: All WABDL-sanctioned meets will be subject to

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

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

Signature_

| Master 40-46 | | K.Luna | 479 |
|------------------|----------|--------------------|---------|
| 165 | | 165 | |
| D. Kaneshiro | 523 | S. Lau | 507 |
| 4th | 534! | A. Iramina | 501 |
| 220 | | B. Ishikawa | 402 |
| K. Wilson | 385 | 220 | |
| 4th | 402* | A. Fritz | 650 |
| 308 | | 4th | 661* |
| K. Ward | 446 | C. DeSoto | 602 |
| 4th | 451* | 242 | |
| Masters 47-53 | | D. Robinson | 677* |
| 220 | | S. Ahlo | 578 |
| C. DeSoto | 602! | 275 | |
| Master 54-60 | | R. Kawamoto | 622 |
| 165 | | E. Barnes | 440 |
| L. Texeira | 429 | Submaster | |
| 4th | 435* | 123 | |
| M. Timbal | 391 | B. Au | 352* |
| 242 | | 275 | |
| T. Preston | 606 | R. Kawamoto | 622* |
| Masters 61-67 | | D. Ng | 600 |
| 220 | | 308 | |
| W. Kaimikaua | 451* | C. Bowman | 545 |
| Masters 68-74 | | Teen 13-15 | |
| 181 | | 105 | |
| K. Koki | 281* | T. Hladky | 220* |
| Masters 75+ | | 97 | |
| 198 | | I. Hladky | 187* |
| G. Escher | | Teen 16-19 | |
| Open | | 132 | |
| 148 | | G. Remiticado | 402* |
| M. Hokoana | 512 | 198 | |
| 4th | 529! | N. Kapalu | 473* |
| This event had 8 | 2 contes | stants and was sta | ged at |
| Ward Warehous | e Shopp | ing Mall Amphit | heater. |
| Mike and Kim Sa | ito were | the meet directors | Intho |

148, Rebecca Plant did a world record of 187. In open women Carmela Baqui did a state record 115 at 105. Noy Southichack did a state record 115 at 97 lbs. At 114, Evelyn Avillanoza rammed up 121 for a state record. Candy Ford was second with 93. At 123, Jill Remiticado did 181 for the win but short of her world record 192. At 132, Rena Encarmacion set a Hawaii state record of 126. At 148, Rebecca Plant set a state record of 253. In teen women, Tania Akina set a state record of 771 at 114 in 13-15. Azure Skellington and Krystle Ventura also set Hawaii state record in 13-15 weight class 132 and 148 with 79 and 110 respectively. In deadlift in class 1, Al Ku set a Hawaii state record of 600 at 198. At 220, Nolan Nijs et a Hawaii state record of 573. Adapters 47-53

D. Noblosson

Asserts 54-60

R. Kawamoto

E. Rames

Asserts 54-60

R. Kawamoto

Asserts 54-60

R. Kawamoto

Asserts 54-60

R. Kawamoto

Asserts 54-60

M. Kamamoto

Asserts 54-60

M. Kamamoto

Asserts 54-67

D. Ng

G. Goff, R. Kawamoto

Asserts 64-67

M. Kamamoto

Asserts 64-67

M. Kamamoto

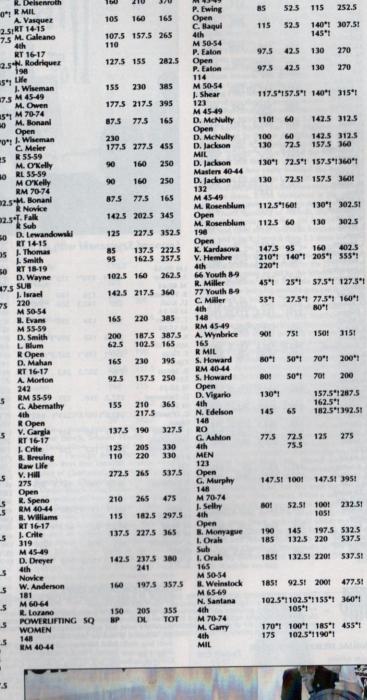
M. Kamamo

| 242 and Gilbert Shibao pulled 523 state record at 275. In junior 165, Michael Moore pulled a state record 385. At 220, Matt LaMarque pulled 540 and Steve Kilgore pulled a Hawaii state record 507 for T. Solais 242 | 220 198 217.5 T. J. Hobson 195 220 215 D. Flunker 272.5 152.5 242 C. Brown 252.5 240 R. Earle 245 J. Hirt 295 240 L/F Open C. Smith 272.5 197.5 Open 242 C. Smith 272.5 177 C. Brown 252.5 242 C. Smith 272.5 243 For Prime Time" bench and evas held at the Clarion Hotel. Bob ctor, always puls on a friendly first here were 60 contestants, some fy for the WABDL World Champi-Nevada, November 16-19, 2000. thattle going on between two of enchers in the world. Dr. Kimberly ppen, and Taunya Malone, 242 opened with easy 292 lb. liffs. |
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| At 220, Nolan Nipset a Hawaii state record of 573. Calvin Mock Jr. pulled a nice 622 state record at 242 and clilbert Shibao pulled 23 state record at 275. In junior 165, Michael Moore pulled a state record 385. At 220, Matt LaMarque pulled 540 and Steve Kilgore pulled a Hawaii state record 507 for second. LaMarque is from Seaside, California. At 227, S. Philip Guerrero pulled a state record 589. In law/fire open at 181, Kirk Nakamura pulled a world record 533 and Calvin Mock Jr. hauled in 622 at 242. In law/fire 48+, Wilbert Kaimikaua pulled a state record 451. In law/fire submaster Darryl Ng pulled an awesome 600 world record in the 275 pound class. In master men age group 40-46, Dean Kaneshiro pulled a worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165. Dean will pull 600 at worlds. At 220, Ken 165 at 24 and 165. Dean will pull 600 at worlds. At 220, Ken 165 at 24 and 165. Dean will pull 600 at worlds. At 220, Ken 165 at 24 and 165. Dean will pull 600 at worlds. At 220, Ken 165 at 24 and 165 at 24 and 165. Dean will pull 600 at worlds. At 220, Ken 165 at 24 and 165. Dean will pull 600 at worlds. At 220, Ken 165 at 24 and 165. Dean will pull 600 at worlds. At 220, Ken 165 at 24 and 165 and 165 a | rady For Prime Time" bench and was held at the Clarion Hotel. Bob ctor, always puts on a friendly first bere were 60 contestants, some fy for the WABDL World Champi- Nevada, November 16-19, 2000. t battle going on between two of enchers in the world. Dr. Kimberly open, and Taunya Malone, 242 opened with easy 292 lb. lifts. |
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| Darryl Ng pulled an awesome 600 world record in the 275 pound class. In master men age group 40- L/F MST 275 world record 334 at 165. Dean will pull 600 at worlds. At 220, Ken Wilson pulled a state scord 400 at Life field. | 08.5 lbs. on her second attempt to |
| the 275 pound class. In master men age group 40- 46, Dean Kaneshiro pulled a world record 534 at 165. Dean will pull 600 at worlds. At 220, Ken Wilson pulled a state record 400 at 14 with a state record 400 at 14 wit | nya successfully unaing the ante |
| 46, Dean Kaneshiro pulled a world record 534 st SHW 5. Valdiviez Wilson pulled a state second 403 at 14 st through the state of the s | nya successiully upping the ante |
| 46, Dean Will pull 600 at worlds. At 220, Ken Wilson pulled a state record 400 at did with a | erly made 319.5 lbs. to tie the |
| 165. Dean will pull 600 at worlds. At 220, Ken B. Lobins 232.5 J. Robinson 212 unshort The full | go three for three. Taunya went |
| Wilson nulled a state record 402 as did Vaithd | ird, gave it a good ride, but came |
| ap short. The following the short of the following the fol | owing World Records were set - |
| who did 451 at 308 In master 47-52 Crain Desete 41 Open J. Stewart 203 loe Cantu Maste | ers 68-74 Bench 380.2 lbs., Ken |
| was very impressive in setting a world record 602 | rs 61-67 Bench 415.7 lbs., Bill |
| at 220 He uses an everhand min and best Come Actives 113 1. Mckinney 427.3 Johing Master A | 8+ Law & Fire Bench 512.5 lbs. |
| Miller's world record of 601. Gary is my training F Silva Ir 105 WOLLEN Best lifters bench | were: open 165-198 lbs. Hoss |
| partner and knows how to deadlift. In master 54- | 0 lbs.+ John Stewart, Submaster |
| 60 1 arm Toyolis set a University of the State of the Sta | o ios.+ John Stewart, Submaster |
| buy Larry Texerra set a riawall state record of 435 | ers 40-49 John Yu, Masters 50+ |
| to beat Moses Timbal who did 391. Larry is 60, so 165 | fters deadlift were: Masters men |
| he will move into the 61-67 age group soon where B Dunn 145 07 Steve Kosenberg. | Meet director Bob Garza chal- |
| | ate chairman, Ken Anderson, to |
| Preston did a good 606. He holds the world record 14 Daniel 102.5 E. Sirun 175.5 a team rep conte | st. Bob and Ken selected 3 man |
| at 550 so he was a little disappointed. He tried 651 | d max rep 50% of their best |
| but no - go. Toe has helped me tramendously | y. It was very exciting with team |
| hauling weights and equipment for the past Hausii | out team Dallas by 3 reps! Mon- |
| Record Breakers tournaments in the 80s and 90s. N. Carcia 175 122 day morning ther | e were plenty of sore pecs for |
| Record breakers tournaments in the 80s and 90s. N. Garcia 175 123 | e were pienty of sore pecs for |
| In master 61-67, Wilbert Kaimikaua set a state C Turco 182 F D Marks 10 Ou | r judges, Joe McCoy, Bob Garza, |
| record 45 1. Wilbert is 64 and entered my very meet Martin (47 F2) | and our announcer, Larry Prince, |
| on September 8, 1973 at Nuuanu YMCA in Hono- | b of getting everybody pumped |
| lulu! In master 68-74, Kiyoshi Koki set a state 6 Bosseham 145 up and making it | interesting for the crowd. Plat- |
| record 281 at 181. In open men. Monte Hokoana 3. Rosenberg 145 B. Rees 100 form manager, K. | en Sweet, kept the bar loaded |
| set a state and world record of 529 to heat look | nisleads. The loaders and spotter |
| Craston's world record of 514 Monte missed 520 D. Bell 143 1. Turco 152.5 team mad up of | Bennie Alexander and Andrew |
| on his third and took his deadlift suit aff and some S. Finegan 190 242 Requested did an or | utstanding job! Special thanks to |
| on its through for the day I was a sun off and was SHW M. Johnson 215 lifter Tyler Hober | on whose company Daniel |
| through for the day. I went over to him and said. B Lobins 222 F Marie | on, whose company Pendulum |
| rut the damn suit on, we're getting a world record Master (54.60) | ded their latest design bench for |
| on a fourth. I showed him how to explode off the | esigned for powerlifting and was |
| loor and he came back and got it. Not everybody E silve s- | ng. To our sponsors AAMCO |
| picks up my technique that fast. So it was a credit | onda L. Bean, D.D.S., Inzer Ad- |
| o Monte and besides be seemed to not assent the 220 F. Sinota 192.3 yance Designs Fri | zondo Diesel Repair, Bob & Edi's |
| be had into his third attempt failure at 529 So it 11. Bouden 130 220 Trophies and Pen | dulum Fitness Inc. Thanks for |
| was a good ending and the highlight of the most for master (61-67) M. Dorman 217.3 your continued su | pport! And last but not least our |
| ne as he jumped into my arms with dishelief Vinne | nade it all possible, John DeBose, |
| me as he jumped into my arms with disbelief. Kimo K. Anderson 187.5 G. Cobb 240 lackie Doran To | of Engelbandt Chadie Con |
| una was second with 4/9 at 148. Still a good lift Master (69.74) | ni Engelhardt, Charlie Garcia, |
| or 146. He's done more than 500 pounds. At 165, 100 | obby Garza, Jackie Lee, Velma |
| Shane Lau beat Aaron Iramina 507 to 501. Brian Cantu 172 5 Martin (40.46) Nearly, Danny Kar | |
| snikawa was third with 402. At 220, Al Fritz hauled | nnals, Ulysses Smith and Kristi |
| n a big 661 for a state record. Craig DeSoto was | s provided by Jim Snodgrass). |
| econd with 602 but Craig already had a world | |



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

| | | hampionships Moreno Valley | , CA | R Open B. Nichols | 165 | R Novio | | 167.5 177.5 | |
|-------------------------|------------|--------------------------------|--------------------|------------------------|--------|-----------------------|----------------|--|----------|
| BENCH | 4 | 77 YOuth 10-11 N. Yokley | 27.5*! | R SUB B. Nichols | 165 | J. Fahrer RL 50-54 | 4 | | . R. |
| 123 | | 4th | 30*! | RM 45-49 M. Drake | 137.5 | T. Dorse RM 40-4 | | 130*! | A. |
| M. Irving | 57.5 | | | D. Sandberg | 127.5 | D. Smith | h | 192.5 177.5 | RIM |
| 32 Open | | D. McNulty Open | 60*! | SUB R. Gallan | 160 | J. Fahrer | nbrucn | 1//.3 | 4t R1 |
| . Jephcott | 80 | D. McNulty 132 | 60 | 220 M 65-69 | | L 65-69 J. McInt | ire | 182.5 | N. |
| M 40-44 . Jephcott | 80 | Sub | | J. Fontaine | 115 | M 40-44 | | 285* | |
| 48 Law | | K. Mikusova 148 | 35 | R Open D. Crowder | 142.5 | T. Mann M 55-59 | , | | - 1. |
| . Wernli | 80 | RO G. Ashton | 72.5 | 242 M 55-59 | | R. O'Sm Open | nith | 187.5 | |
| . Wernli | 80 | 4th | 75.5 | D. Smith III | | IT. Mann | | 285*1 | M |
| Sub . Wernli | 80 | RM 40-44 G. Ashton | 72.5 | 4th L. Maggard | 180 | I. Hrytz R LM 40 | 0-44 | | 0 |
| th | | 4th 181 | 75.5 | R Life I. Ramsav | 200.5! | K. Ward R Open | | 170* | C |
| 65 Junior | | Raw Law | | R Open | | J. Hardi | | 225 | R |
| K. Wilks | 67.5 | S. Pipes RM 60-64 | 42.5*! | J. Ramsay RL 45-49 | 200.5 | SUB I. Hrytz | | 240 | R |
| Law | | S. Pipes | 42.5*1 | J. Ramsay RM 65-69 | 200.5 | 320 L 40-44 | | | R |
| i. Pipes RM 60-64 | | M 40-44 | | J. Combs | 82.5 | E. Broo | ks | 102.5 | 5** |
| . Pipes 98 | 37.5 | V. Crowell Open | 80! | RT 18-19 J. Jordan | 180*! | E. Brook | ks | 102.5 | 5*1 |
| RM 40-44 | REST | K. Kardasova | 95! | Teen 18-19 | 168 | Open P. Scho | enburge | er 250 | - |
| /. Crowell | 80 67.5 | LM 40-44 A. Wilks | 70*! | N. Hansen 275 | 165 | R Novic | ce | ALC: | 1 |
| MEN | BAST | 4th M 40-44 | 72.5*! | LAW/MIL W. Hawkins | 200*! | T. Plani Raw Or | | 205 | j |
| 48 RM 40-44 | Bal | A. Wilks | 70*! | E. Acey | 182.5 | R. Scho | enburge | er 250 | 1 |
| R. Iopollo | 130 | 4th 105 Youth 12-13 | 72.5*! | M 60-64 D. Herrera | 175! | 181 Op R. Graf | fis | 147. | 5 5 |
| RL 60-64 | STATE OF | Z. Yokley | 40*! | Open | 230 | 275 RM D. Hen | | 175 | ! |
| . Lopez 198 | 95 | 123 M 40-44 G. Murphy | 100*! | J. Dennison BP & DL | 230 | BP BP | DL | TOT | 1 |
| 45-49 | 100 | 132 .5 RM 45-49 | | WOMEN 148 | | | | | 1 |
| M. Drake Law | | B. Calhoun | 100! | R. Open | | | 112. | 180 | |
| M. Owen M 55-59 | 177 | .5148 M 70-74 | | G. Ashton 4th | | 67.5 | 112.5 | 100 | - |
| R. Matheson | | J. Selby | 52.5 | RT 16-17 | | 55 | | 55 | |
| M. Stewart 220 | 154 | HS 16-17 | THE REAL PROPERTY. | K. Brown 165 | | 33 | | | |
| R 45-49 | 167 | C. Yokley | 130 | RM 40-44 A. Mathson | | 50 | 107.5 | 157.5 | 1 |
| T. Campo R Law | 165 | N. Santana | | MEN | | 5 00 000 | 1 | | |
| T. Campo R Life | 165 | 102.5*! 4th | 105*! | 114 R Open | | | | | 1 |
| R. Rich | 140 | RM 60-64 | 110 | M. Booker | | 125 | 137.5 | 262.5 | |
| RM 65-69 J. Fontaine | 115 | | | RT 14-15 E. Mendoza | | 72.5 | 107.5 | 180 | |
| RM 70-74 | | S. Evans | 130 | 123 RT 16-17 | | | | | |
| A. Pio 4th | 155 | 7.5 R. Mayfield | 85 | J. Cruz | | 85 | 112.5 | 197.5 | |
| 275 M 60-64 | | Teen 16-17 C. Yokley | 130*! | | | | The real | No. of the last of | |
| D. Herrera | 187 | 7.5 4th C. Philips | 135*! 117.5 | | | 72.5 72.5 | 125 165 | 197.5 237.5 | |
| M 65-69 L. Thomason | 152 | 2.5 181 | 117.5 | 148 | | , | 100 | | |
| DEADLIFT WOMEN | | LM 60-64 S. Wiegand | 152.5 | M 70-74 J. Selby | | 52.5 | 100 | 152.5 | |
| 88 | | 4th | 153*! | Qual | | | 65 | 130 | |
| R Y 12-13 J. Nugent | 42. | M 40-44 5 J. Yokley | 65 | C. Taylor R Life | | 65 | | | |
| MEN | | M 60-64 | 152.5 | S. Kato | | 137.5 | 175 | 312.5 | |
| 181 M 40-44 | | S. Wiegand 4th | 153*! | J. Selby | | 52.5 | 100 | 152.5 | |
| A. Hoyos 198 | 92. | 5 M 65-69 R. Simon | 102.5 | R Open S. Kato | | 137.5 | 175 | 312.5 | |
| Colegiate | | Open | | R Sub | | 137.5 | 175 | 312.5 | |
| S. Toal Lifetime | 200 | 4th | 235*! 240*! | RT 16-17 | | | | | |
| D. Centeno | 190 | | 175 175.5 | R. Martin | | 85 85 | 147.5 145 | 232.5 | |
| Open J. Hackett | 23 | 5 R. Griffis | 147.5 | D. Sardinto | | 100 | 165 | 265 | |
| J. Wiseman R 45-49 | 230 | 0 J. Yokley R NOV | 65 | R. Weckman RY 12-13 | | 87.5 | 112.5 | 200 | |
| M. Drake | 20 | 5 E. Silva | 100 | J. Gonzales | | 62.5 | 135 | 197.5 | |
| R MIL J. Hackett | 23 | RM 40-44 5 J. Tjan | 182.5 | | | oldens. | Not A | 1 | |
| RL 45-49 | | SUB 5 J. Cunningham | 175! | R. Cortes Novice | | 117.5 | 210 | 327.5 | |
| M. Drake 220 | 20: | 4th | 175.5 | 5! T. Lipke | | 130 | 212.5 | 342.5 | |
| M 50-54 D. Imrie | 22 | R. Samol 7.5Teen 18-19 | 142.5 | D. Matheson | | 115 | 180 | 295 | |
| RL 45-49 | | W. Armstrong | 95 | R Novice M. Adams | | 137.5 | 207.5 | 345 | |
| E. Berteaux 242 | 23. | LM 45-49 | | R Sub | | | | | |
| M 55-59 J. Dumont | 25 | D. Davis 0 182.5*! | | C. Patton M. Adams | | 105 137.5 | 192.5 207.5 | | |
| RM 55-59 | | LM 50-54 | 1671 | RT 16-17 | | 92.5 | 175 | 167.5 | |
| J. Dumont 275 | 25 | 0 L. Brodie M 50-54 | 167. | RT 18-19 | | | | | |
| Law | 20 | D. Cummerow 2.5 L. Brodie | 180! | T. Sabo | | 110 85 | 197.5 182.5 | | |
| L. Szymanski 4th | | 7.5 M 55-59 | | R. Alvarez | | 130 | 157.5 | | |
| MIL L. Szymanski | | R. Matheson 2.5 R. Creevy | 170 | 181 MIL | | | | | |
| 4th | | 7.5 M 60-64 | | B. Fraley | | 130 | 200 | 350 405 | |
| Open L. Szymanski | 29 | G. Homer 2.54th | 137. | | | 175 | 230 232.5 | | |
| 4th | | 7.5 Open R. Gallan | 160 | Novice R. Stephan | | 92.5 | 157.5 | 250 | |
| L Szymanski | | 2.5R Life | | Open | | | | | |
| L. Szymanski 4th | | 2.5 R Life 97.5 D. Sandberg | 127. | | | 165 | 210 | 375 | |
| | | | | | | | | | |



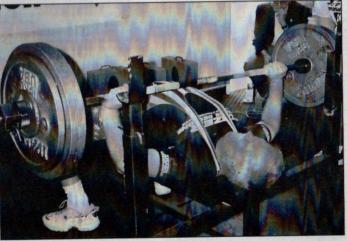
120

160

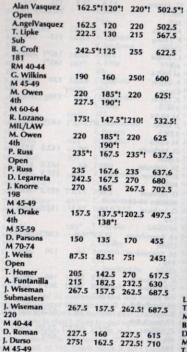
210 370

M 45-49

77.5 72.5 125 275



Martin Drake with an American Record Bench Press. (Drake photos)



255! 167.5! 290! 712.5!

182.5 122.5 177.5 482.5 220! 165! 220! 605!

240*! 147.5! 237.5! 625

275 162.5 272.5 710

250 210 282.5 740.5 305 192.5 285 782.5

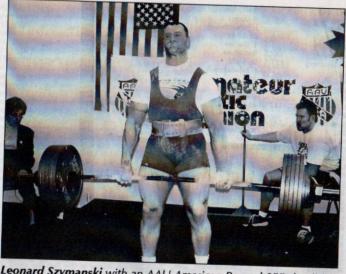
245 75 75 395 277.5 165! 260! 702.5!

227.5*!167.5*!227.5*!622.5*!

215 160 210 585 277.5 165 260 702.5

205 165 277.5 647.5

250*! 210*! 282.5*!742.5*!



| Leonard | Szym | anski | with | an AA | U American | Recoi | d 65. | 5 dea | dlift. |
|--------------|--------|----------|--------|---|----------------------|---------|----------|----------|---------|
| LM 50-54 | | | | | | | | | |
| T. Dorsey | 185 | 1 130* | ! 225 | 1 540*! | SUB | | | | |
| M 40-44 | | | . 223 | : 340-1 | S. Kato | 165! | 117. | 5 190! | 472. |
| B. Williams | 115 | 120 | 140 | 375 | 165 | | | | |
| D. Kraft | 255 | 192.5 | | 747.5 | LM 50-54 | | | | |
| M 50-54 | -00 | | 300 | /4/.5 | R. Scott | 187.5 | *!87.5 | 1 215* | ! 490* |
| T. Dorsey | 185 | 130 | 225 | | M 50-54 | | | | Mr. o |
| M 55-59 | 103 | 130 | 225 | 540 | R. Scott | 187.5 | *!87.5 | 215* | 1 490 |
| B. Davis | 217. | 5 150 | 290* | ! 657.5 | M 55-59 | | | | |
| MIL/LAW | **** | , 130 | 290 | 657.5 | R. Hutchinson | 152.5 | | | 152.5 |
| E. Flagg | 250* | 1 150*1 | 207 | 5*!607.5*! | MIL | | | | |
| Open | | . 130 . | 207.3 | 1607.5 | THE PARTY AND IN CO. | 145*! | 137.5 | *! 185*! | 467.5 |
| R. Speno | 290 | 207.5 | 265 | 7/0- | 181 | | | | - |
| 319 | 230 | 207.3 | 203 | 762.5 | M 40-44 | | | | |
| M 50-54 | | | | | G. Wilkins | 190 | 160! | 250*! | 600 |
| D. Delmeyer | 257.5 | 160 | 235 | | Open | | | | |
| M 55-59 | 237.3 | 100 | 235 | 652.5 | R. Garaffalo | 215 | 150 | 280*! | 645 |
| R. O'Smith | 242 5 | *! 187.5 | | | SUB | | | | - 10 |
| Open | 242.3 | :10/.5 | 1255-1 | 685*! | R. Garaffalo | 215 | 150 | 280*! | 645 |
| J. Pritchett | 272.5 | 100 | | | Youth 12-13 | | | | |
| Submasters | 2/2.3 | 190 | 305 | 767.5 | D. Delin | 155*! | 100*! | 175*! | 430*1 |
| W. Anderson | 207.5 | *** | | N. C. | 4th | | MATERIA | 180*1 | 430 . |
| RAW | 207.3 | 165 | 210 | 582.5 | 198 | | | | |
| 132 | | | | | LM 70-74 | | | | |
| M 45-49 | | | | | J.Weiss | 87.5*! | 82.5*! | 75*1 | 245*! |
| B. Calhoun | 107.5 | | | | LAW/MIL | 1950 | | | 243 : |
| 148 | 107.5 | 100 | 147.5 | 355 | W. Richtmeyer | 172.5* | 1135 | 212.5 | 520*! |
| Life | | | | | Life | | | | 320 : |
| S. Kato | 165*1 | | | | M. Drake | 157.5* | 137.5* | 1202 5* | 1497.5* |
| LM 45-49 | 102.1 | 117.5* | 1190"! | 472.5*! | 4th | 2.02 | 138 | 205*! | .437.3 |
| M. Scott | 67.5*! | | | | LM 45-49 | | | -00 . | |
| M 40-44 | 67.5 | 25-1 | 67.5*! | 160 | M. Drake | 157.5*! | 137.5* | 202 5* | 497.5* |
| A. Martinez | 165 | | | | 4th | | 138 | 205 | 497.3 |
| Open | 103 | 125 | | 290 | LM 55-59 | | Platour. | | |
| S. Kato | 165 | | | | M. O'Kelley | 145 | 85 | 165 | 395 |
| J. 11410 | 103 | 117.5 | 190 | 472.5 | D. Parsons | 150 | 135 | 170 | 455 |
| | | | | | | | 100 | | 133 |

Regular Fee



K. Fisher M 50-54 T. Fitzgibbe

B. Evans

D. Taylor

MIL/LAW E. White

E. White

M 40-44 S. Gaytan K. Deutsch M 55-59

J. Dumon MIL/LAW J. Butler OPen I. Toma

M 55-59

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Youth Athlete

Regular Fee

AB Fee

AB Fee

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Baseball, Biathlon, Basketball, Broombal, Cycling,

Annual Membership Dues

AB Fee

| Coach Volunteer o Adult Athlet Aerobics, Badr Diving, Fencin Challenged, Tak | es in the | ne Following laton Twirling, E ump Rope, Phy | Bowling, Candraical Fitnessing, Squash, k & Field, and | . Physically | | Surfing, Trampa Adult Athlete Field Hockey, Rugby, Soccer, Adult Athlete Chinese Martial Adult Tae K, Adult Power! MEMBERSHIP CATEGORY CHECK | ntathlori), Prooline & Tumil es in the I flag Football Water Polo es in the F Arts, Judo, WON DO A lifting Ath CHECK ONE: | Following Sports Juitsu, and Karate kthletes letes K Athlete Adult Program Adult Program | Weightlifting S: 20.00 oller). S: Not Available 20.00 30.00 | Not Available 35.00 |
|--|-----------|--|--|--------------|-----------------------|--|---|---|--|----------------------------------|
| THE AI | MATEU | R ATHLETIC | UNION OF | THE UN | ITED STATES, INC. | No.: | Na | ime: | E-Mail | 103 _ 140 |
| Date of Birth | Age | Sex Male Female | Application | | ocial Security Number | I agree to be | e bound | by the AAU C | ode as well as | Yes No |
| First | | Middle | | Last | | and the release | ase and | indemnity of the | not limited to: bind the AAU. By payir never been convic | ding arbitration |
| Address | | | | | 44 | onerise nor le | iony, or, | if so, I must ap AU National Off | ply for membership | ted of any sex p (and receive |
| City | | Beleik . | 70.72.30 | State | Zip Code | NOTE: Parent/ | Guardian | signature requir | red if member unde | r 18 years old. |

200*! 130! 230*! 560*! J. Weiss MIL/LAW 82.5 75 157.5 A. Papal Open R. Clark 150 137.5*!232.5*!520 222.5 142.5 250 615 B. Lane SUB 227.5 140 262.5 630 W. Davis R. Clark 160 82.5 175 417.5 222.55!142.5! 250! 615! LM 45-49 R. Lopez M 40-44 205 152.5*!230*! 587.5*! 245 155! 265 665 M 45-49 R. Lopez M 50-54 R. Travis 205 152.5! 230! 587.5! 160 117.5 177.5 455 MIL/LAW 155*! 120*! 210*! 485*! Open D. Crowder 185 142.5 205 532.5 192.5 142.5 272.5 607.5 S. Short B. Boyles T. Pete 245 155 265 665 272.5! 187.5 272.5 732.5*! P. Styles 180! 127.5! 190! 497.5! 242 Lifetime F. Gant 240*! 177.5*! 275*! 672.5*! LM 50-54 D. Worley M 55-59 212.5*!115*! 235*! 562.5*! J. Dumon Open V. Garcia A. Brill 142.5 142.5 212.5 497.5 245 155 280 680 V. Hill A. Brill 205 165 277.5 647.5 245 155 280 680 18-19 227.5! 180! 192.5 600! Teen 16-17 190 122.5 227.5 540 D. Kraft 255 192.5*!300*! 747.5*! 272.5*!182.5 265 720 M 40-44 115 120 140 375 M 45-49 J. Wagner M 50-54 220 147.5 220 587.5 T. Dorsey LM 50-54 T. Dorsey 185 130 225! 540 185*! 130*! 225*! 540*! Open A. Pete 272.5 182.5 265 720 K. Ward M 40-44 205 170 210 585 205*! 170*! 210*! 585*! D. Dreye 230*! 150*! 255*! 635*! 272.5 225 35 532.5 Novice T. Plank 260 205 280 BP DL 198 M 70-74 J. Weiss LM 70-74 J. Weiss 242 82.5! 75 157.5 82.5 75 157.5 I. Toma

1. 160 210 370 destroying pace. However this tiny dynamo was on a record tear at the local Italian food restaurant. a record lear at the local Haham look of the Even Dave Dreyer was in awe of Margaret and her ability to feast and still stay in great shape. 132 and Champion Beverly Jephcott returned to the ability to feast and still stay in great shape. 132 Pound Champion Beverly Jephcott returned to the platform after a 10 year layoff. She showed no signs of rust as she destroyed a 176 pound raw bench. This near record lift earned her top honors in the Raw 40-44 and Raw Law classes. I predict a great battle in November between Beverly and the reignbug Wood Champion Cerebis (have First Grant Labelet and Cope materials). In control of the copy of the

| s | way in the Novice of for providing the re | | |
|----|--|---------|-------------|
| e | to promong me re | | |
| h | | | |
| H | AAU Hawa | | |
| 1 | 22 JUL 00 - | Waimana | lo, HI (kg) |
| d | Female | BP | DL |
| Y | 44 lb. | | |
| 11 | 6-7 | | |
| n | K. Akina | 15.5 | 25 |
| S | 66 lb. | | |
| 3. | 8-9 | | |
| + | B. Hladky | 25 | 50 |
| 'n | 97 | | |
| d | 12-13 | | |
| 5. | T. Akina | 36.5 | 92.5 |
| e | 105 C. Bagui | 50 | 100 |
| - | 12-13 | 30 | 100 |
| 1 | S. Alves | 20 | 40 |
| e | 132 | | |
| 0 | 15-16 | | |
| ١. | A. Stencil | 27.5 | 65 |
| | 15-16 | | |
| k | A. Skellington | 50 | 110 |
| 1 | 198 | | |
| ė | 20-23 | 1 | |
| 8 | A. Malone | 27.5 | 75 |
| | Male | | |
| - | 44 lb. 5-6 | | |
| i | C. Akina | 15.5 | 40 |
| - | C. Akina | 13.3 | 40 |
| n | 11-12 | | |
| 5 | K. Akina | 33.5 | 72.5 |
| 5 | 88 | 33.3 | , |
| e | 11-12 | | |
| 8 | C Pratt | 52.5 | |

| d | 97 | 619 | | |
|----------|------------------------|-----|-------|-------|
| 10 | 13-14 | | | |
| d | I. Hladky | | 42.5 | 70 |
| d | 105 | | | |
| 10 | 11-12 | | | |
| fe | T. Hladky | | 47.5 | 85 |
| rt | 132 | | | |
| h | 35-39 | | | |
| re | D. Ortiz | | 150 | |
| ie | 148 | | - | |
| to | M. Monroe | | 157.5 | |
| d | 165 | | | |
| e | W. Chun | | 20 | |
| ig | 16-17 | | | *** |
| s, | A. England 18-19 | | 55 | 110 |
| in | C. Kaneshiro | | 152.5 | |
| 1 | 20-23 | | 132.3 | |
| 15 | M.Moore | | 102.5 | 185 |
| ft | 181 | | | bul |
| a | 10-11 | | | |
| 9 | K.McMahon | | 52.5 | 85 |
| n | 13-14 | | 200 | 000 |
| re | T.Kaneshiro | | 92.5 | 135 |
| re | 198 | | | |
| 9 | D. Crowder | | 150 | 252.5 |
| X | D. Kaneshiro | | 205 | |
| n | 220 | | 100 | |
| e | N. Nip | | 220 | 255 |
| 8 | 18-19 | | | |
| 5. | T.Kaneshiro | | 150 | 252.5 |
| e | 35-39 | | 172.5 | |
| s) s. | D. Yamada 40-44 | | 1/2.3 | |
| D. | K. Wilson | | 105 | |
| d | 45-49 | | 103 | |
| 15 | M. Drake | | 141 | 205 |
| g | 60-64 | | | |
| n | W. Kaimikaua | | | 197.5 |
| n | 60-64 | | | |
| nt | R. Yoshida | | 110 | |
| 1 | 242 | | | |
| n | E. Ho | | 117.5 | 190 |
| e | 275 | | | |
| n | G. Payne | | 212.5 | 327.5 |
| 9 | 35-39 | | | |
| e | C. Kostas | | 165 | 215 |
| r | 319 | | 20 | 277.5 |
| 5 nt | R. Gandeza Jr. 319+ | | 20 | 2//.5 |
| | K Abos | | 20 | 142 5 |

one could understand, came from Alabama. The accent was worse than some hauli coming off the plane trying to speak pigeon. Starting the men's flight with Waimanalois own bad boys, Chace Akina and Keoki Akina. Keoki is known as Weinberg Villages Ladies' Man. Both setting American Records. From Kanohe, our two time AAU World Bench Champion, Conrad Pratt set an American Record 11 lbs. in the bench press and is coached by his father, Harvey Pratt. Our two honor roll students, Isaiah Hladky and Terry Hladky both set American Records and are both high honor roll students. Great Job! In the 132 open bench only, Mr. Drug Free, himself Doug Ortiz, multi-record holder fell just short of another record. All the way from Milliani looking for adventure was the Navy's own Marvin Monroe benching 2.5 times his body weight RAW! Aaron "Too Tall" England made his showing butt in the air deadlifting but that's all right for your A Kamehameha Honor Student. Michael "Guard" Moore joined the 400 club on deadlifting and that was also 2.5 times his bodyweight. Wes Chun easily handled the empty bar after a great lift off from USU Girl. Kyle "The Pile" McMahon just piled up a few more records with his name on them. Kevin McMahon is the official transportation and maintenance driver for the Fear GOD Team. Speaking of records, the Kaneshiro



| NASA Net 20 MAY | w Mexi | ico Sta Ibuqu | ate PL erque | BP/I |
|----------------------|-----------|------------------|-----------------|-----------------|
| BENCH | | | | |
| int 205 | | J. Son novice | | 11 |
| R. Ludington | 167. | 5 205 | | |
| 250.2 J. Sona | 180 | J. Bott | | 11 |
| m2 | 100 | pure | lington | 16 |
| 187 J. Moskowitz | *** | 187 | Br. del | and the |
| 205 | 165 | J. Gab 250.2 | oldon | 15 |
| D. Roybal | 165 | J. Son | a | 18 |
| J. Whitlow | 160 | 280 R. Ant | 411- | 16 |
| m5 | 100 | sm2 | ula | 10 |
| 187 C. Newcomb | 155 | 187 | | D-delay's |
| 205 | 133 | J. Gab wm1 | oldon | 15 |
| G. Schuster | 147.5 | 101.4 | | |
| 227 K. Williams | 190 | V. Mcc wm5 | Cormac | k 62 |
| nat | 231101 | 101.4 | | |
| 205 R. Ludington | 167.5 | V. Mct | Cormac | k 62 |
| 250.2 | 107.5 | L. Sidd | lell | 82 |
| Powerlifting | SQ | BP | DL | TOT |
| int 205 | | | | |
| G. Rundell | 207.5 | 125 | 205 | 537. |
| jr 315 | | | | |
| J. Wilkins | 235 | 155 | 240 | 630 |
| m1 205 | | | | |
| G. Schuster | 205 | 147.5 | 205 | 557. |
| G. Coriz | 195 | 127.5 | | 527. |
| S. Purto | 235 | 157.5 | 227.5 | 620 |
| 280 | | 100 | | 10 THE TOTAL |
| R. Anttila m2 | 235 | 162.5 | 245 | 642. |
| 205 | | | | |
| K. Croxdale | 227.5 | 155 | 250 | 632. |
| m5 154.3 | | | | |
| A. Gonzales | 130 | 90 | 150 | 370 |
| 187 C. Newcomb | 205 | 155 | 190 | 550 |
| 205 | mer omit. | took and | 130 | |
| G. Schuster 227 | 205 | 147.5 | 205 | 557.5 |
| K. Williams | 245 | 190 | 227.5 | 662.5 |
| M. White | 155 | 117.5 | 195 | 467.5 |
| nat 170.8 | | | | |
| P. Buehler | 197.5 | 120 | 205 | 522.5 |
| G. Rundell | 207.5 | 125 | 205 | 537.5 |
| novice | | of shell | Second | d since |
| P. Bordovsky | 192.5 | 147.5 | 242.5 | 582.5 |
| F. Luna | 225 | 125 | 220 | 570 |
| M. Whiting | 262.5 | 187.5 | 205 | |
| 280 | 262.3 | 187.5 | 295 | 745 |
| N. Barnreiter | 295 | 182.5 | 272.5 | 750 |
| pure 315 | | | | |
| M. Adelmann | 365 | 230 | 315 | 910 |
| sm2 170.8 | | | | |
| P. Buehler | 197.5 | 120 | 205 | 522.5 |
| wm5 | | | | |
| 187 B. Gill | 120 | 67.5 | 140 | 327.5 |
| wnov | | | | |
| 127.8 R. Corona | 85 | 52.5 | 117.5 | 255 |
| 154.3 | 03 | 32.3 | 117.3 | 233 |
| D. Ryan | 152.5 | 92.5 | 137.5 | 382.5 |
| wpure 119 | | | | |
| Yvette Bredon | 67.5 | 62.5 | 77.5 | 207.5 |
| 154.3 K. Purser | 117.5 | 60 | 102.5 | 280 |
| wsm2 | | | | 200 |
| 119 Yvette Bredon | 67.5 | 62.5 | 77.5 | 207.5 |
| youth | 07.3 | 02.3 | 77.3 | 207.5 |
| 119 A. Purto | 60 | 40 | 05 | 107 |
| (Thanks to NASA | | 40 iding the | 85 e meet | 185 results) |
| - STREET | | | 15 | 1 |

| int | | J. Son | | 180 |
|---------------------------|------------|------------------|--------------|-----------------|
| R. Ludington | 167.5 | novice 205 | gbel | |
| 250.2 | 100 | J. Bott | | 185 |
| J. Sona m2 | 180 | R. Luc | lington | 167.5 |
| 187 | 1 | 187 | erick , a | |
| J. Moskowitz 205 | 165 | J. Gab 250.2 | oldon | 152.5 |
| D. Roybal 227 | 165 | J. Son: 280 | 4 | 180 |
| J. Whitlow | 160 | R. Ant | tila | 162.5 |
| m5 187 | | sm2 187 | | |
| C. Newcomb | 155 | J. Gab | oldon | 152.5 |
| 205 G. Schuster | 147.5 | wm1 101.4 | | |
| 227 K. Williams | | V. Mc | Cormacl | 62.5 |
| nat | 190 | wm5 101.4 | | |
| 205 R. Ludington | 167.5 | V. Mc | Cormaci | 62.5 |
| 250.2 | 107.3 | 138.8 L. Sidd | lell | 82.5 |
| Powerlifting int | SQ | BP | DL | TOT |
| 205 | | | | |
| G. Rundell jr | 207.5 | 125 | 205 | 537.5 |
| 315 | Mi ADRIN | | | |
| J. Wilkins m1 | 235 | 155 | 240 | 630 |
| 205 | period to | O DO STE | The total is | PERMITTE N |
| G. Schuster G. Coriz | 205 195 | 147.5 127.5 | | 557.5 527.5 |
| 227 | - | | | |
| S. Purto 280 | 235 | 157.5 | 227.5 | 620 |
| R. Anttila m2 | 235 | 162.5 | 245 | 642.5 |
| 205 | | | | |
| K. Croxdale m5 | 227.5 | 155 | 250 | 632.5 |
| 154.3 | | | | |
| A. Gonzales 187 | 130 | 90 | 150 | 370 |
| C. Newcomb | 205 | 155 | 190 | 550 |
| 205 G. Schuster | 205 | 147.5 | 205 | 557.5 |
| 227 K. Williams | | | | |
| M. White | 245 155 | 190 117.5 | 227.5 195 | 662.5 467.5 |
| nat 170.8 | | | | |
| P. Buehler | 197.5 | 120 | 205 | 522.5 |
| 205 G. Rundell | 207.5 | 125 | 205 | 537.5 |
| novice | NA CORESTO |) she | | 337.3 |
| 187 P. Bordovsky | 192.5 | 147.5 | 242.5 | 582.5 |
| F. Luna 250.2 | 225 | 125 | 220 | 570 |
| M. Whiting | 262.5 | 187.5 | 295 | 745 |
| 280 N. Barnreiter | 295 | 182.5 | 272.5 | 750 |
| pure | 293 | 102.3 | 2/2.3 | 730 |
| M. Adelmann | 365 | 230 | 315 | 910 |
| sm2 | 505 | 250 | 313 | 310 |
| 70.8 P. Buehler | 197.5 | 120 | 205 | 522.5 |
| wm5 | | | 10000 | |
| 187 3. Gill | 120 | 67.5 | 140 | 327.5 |
| vnov 127.8 | | | | |
| R. Corona | 85 | 52.5 | 117.5 | 255 |
| 54.3 D. Ryan | 152.5 | 92.5 | 137.5 | 202 5 |
| vpure | 132.3 | 72.3 | 137.3 | 302.3 |
| vette Bredon | 67.5 | 62.5 | 77.5 | 207.5 |
| 54.3 | | | | |
| . Purser vsm2 | 117.5 | 60 | 102.5 | 280 |
| 19 | | | Carrier Co | 100 |
| vette Bredon outh | 67.5 | 62.5 | 77.5 | 207.5 |
| 19 | 60 | 40 | 0. | *** |
| . Purto Thanks to NASA | | 40 ding the | | 185 esults). |

NASA New Mexico State DI /RD/DO

| 2 , 0 | 00 - L | t. Hoo | a, IX | (Kg) |
|----------------------------------|--------|--------|-------|-------|
| 114 lb. 14-15 | SQ | ВР | DL | TOT |
| M. Hafenbrack | 115 | 62.5 | 147.5 | 325 |
| C. E. Renn | 97.5 | 55 | 140 | 292.5 |
| J. Hitchcock 16-17 | 117.5 | 50 | 122.5 | 290 |
| J. Rodriquez 123 lb. 14-15 | 145 | 92.5 | 172.5 | 410 |
| V. Niedoliwka 16-17 | 137.5 | 85.5! | 150! | 373 |
| B. Dunnahoe | 150 | 107.5! | 185 | 442.5 |

| S | | | | | | | | | | | | | | | |
|-----|--------------|-------|-------|-------|-------|---------------|-------------------|--------|--------|-------|--------------------------|-------|-------|-------|-------|
| | D. Bailey | 120 | 87.5 | 140 | 347.5 | K. Fleming | 172.5 | 110 | 180 | 462.5 | Irs. | | | | |
| | 18-19 | | | | | B. Widlanski | 175 | 87.5 | 185 | 447.5 | G. Preston | 262.5 | 170 | 2701 | 702. |
| 0 | T. Fair | 160 | 90 | 160 | 410 | 18-19 | Section Section 1 | | | | N. Piazza | 222.5 | 145 | 237.5 | |
| 0 | Jrs. | | | | | T. Caprari | 250 | 160 | 312.5! | 740 | C. St. Romain | 217.5 | 152.5 | | 597. |
| | P. Gutierrez | 165 | 105 | 210 | 480 | W. Redmon | 190 | 142.5 | 252.5 | 858 | G. M. Luna | 220 | 125 | 230 | 575 |
| 4 1 | 132 lb. | | | | | J. Pease | 197.5 | 172.5! | 195 | 565 | D. Florez | 185 | 107.5 | 200 | 492. |
| 5 | 16-17 | | | | | A. Negele | 185 | 107.5 | 220 | 512.5 | 198 lb. | 103 | 107.3 | 200 | 492. |
| 7.5 | R. Accardi | 150 | 82.5 | 182.5 | 415 | L. Bevill | Bomb | 10000 | 100 | | 14-15 | | | | |
| | 18-19 | | | | | J. Shurley | Bomb | | | | I. Fliehs | 150 | 140 | 202.5 | 492. |
| | M. Kiletico | 180 | 107.5 | 205 | 492.5 | Guest | 0 - 130 57 | | | | 16-17 | 130 | 140 | 202.5 | 492. |
| 2.5 | D. Toro | 160 | 100 | 195 | 455 | K. Traub | 150 | 62.5 | 182.51 | 395 | W. Fisk | 232.5 | 160 | 232.5 | car |
| | R. C. Renn | 147.5 | 85 | 197.5 | 430 | Irs. | | 02.0 | 102.5. | 333 | 18-19 | 232.3 | 100 | 232.5 | 625 |
| 0 | 148 lb. | | | | | B. Robbins | 262.5 | 147.5 | 245 | 655 | E. Wendel | 245 | 150 | 290 | - |
| | 16-17 | | | | | C. Pancott | 210 | 132.5 | 257.5 | 600 | M. Golden | 262.5 | 172.5 | 250 | 685 |
| 2.5 | D. Kibler | 202.5 | 110 | 227.5 | 540 | C. Gallo | 222.5 | 125 | 232.5 | 580 | B. Grossland | 197.5 | 127.5 | | 585 |
| | J. Weber | 165 | 82.5 | 190 | 437.5 | S. Auxier | 187.5 | 142.5 | 220 | 550 | B. Bradford | 175 | | 222.5 | 547.5 |
| | R. Nagele | 170 | 92.5 | 175 | 437.5 | H. Tan | 200 | 132.5 | 200 | 532.5 | irs. | 1/5 | 145 | 205 | 525 |
| 2.5 | 18-19 | | | | | I. Moore | Bomb | 134.3 | 200 | 332.3 | R. Stills | 265 | | | |
| | K. Kibler | 185 | 102.5 | 220 | 507.5 | 181 lb. | DOME | | | | N. Tviutki | | 167.5 | 295 | 727.5 |
| | E. Steward | 150 | 110 | 192.5 | 452.5 | 14-15 | | | | | | 287.5 | 147.5 | 285 | 705 |
| 5 | Jrs. | | | | | D. Salinas | 132 | 82.5 | 175 | 392.5 | J. Augenstgin 220 lb. | 0 | 0 | 0 | 0 |
| | T.J. Hoerner | 267.5 | 147.5 | 280! | 695 | 16-17 | | 04.3 | 1/3 | 392.3 | 14-15 | | | | |
| | C. Grubbs | 195 | 117.5 | 230 | 542.5 | B. Arceneaux | 220 | 115 | 247.5 | 582.5 | D. Waler | 222 | | | 2305 |
| 5 | J.Dixon | 190 | 107.5 | 207.5 | 505 | M. Malvesti | 170 | 100 | 227.5 | 497.5 | C. Possa4 | 220 | 147.5 | 227.5 | 595 |
| | 165 lb. | | | | 000 | 18-19 | 170 | 100 | 227.3 | 497.3 | | 240 | 115 | 230 | 585 |
| 5 | 14-15 | | | | | D. Brewer | 245.5 | 137.5 | 237.5 | 620 | D. E. Zaslaw 16-17 | 207.5 | 117.5 | 212.5 | 537.5 |
| | M. Dorsey | 167.5 | 97.5 | 165 | 430 | B. Michael | 242.5 | 132.5 | 217.5 | 592.5 | | | | 444 | 2002 |
| | 16-17 | No. | | | -30 | T. Smith | 227.5 | 132.5 | 230 | 590 | J. Procell D. Travis | 255 | 145 | 255 | 655 |
| | M. Kime | 190 | 115 | 192.5 | 497.5 | J. Bainbridge | 200 | 135 | 242.5 | 577.5 | | 235 | 137.5 | 262.5 | 625 |
| | P. Chanev | 187.5 | 110 | 192.5 | 490 | M. Duncan | 215 | 145 | 215 | | J. Bider | 255 | 150 | 227.5 | 632.5 |
| | | | | 174.3 | 430 | m. Duncan | 213 | 143 | 215 | 575 | T. Engeldinger | 232.5 | 125 | 220 | 577.5 |

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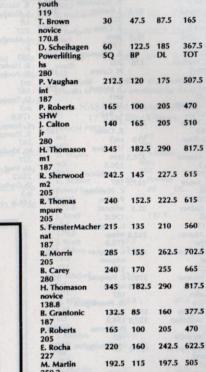
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|---------------|-------|-------|-------|-------|--|----------|----------|----------|-----------|---------------|------|--------------|-------|
| A. Bird | 245 | 167.5 | 245 | 657.5 | I. Bryant | 307.5 | 227.5 | 292.5 | 827.5 | bpp | | | |
| A. Shaeuble | 230 | 132.5 | 262.5 | | I. Stainbrook | 267.5 | 157.5 | 275 | 700 | 205 | | | |
| rs. | 230 | 132.3 | 202.5 | 023 | E. Saldierna | 280 | 162.5 | 252.5 | 695 | R. Rodriguez | | 180 | |
| P.J. Chovanec | 295 | 185 | 312.5 | 792.5 | H. Strickland | Bomb | | | | bpsm2 | | | |
| I. Wilkiens | 265 | 205 | 257.5 | 727.5 | Irs. | | | | | 205 | | | |
| T. Werner | 262.5 | 172.5 | 247.5 | 682.5 | A. Stiverson | 295 | 205 | 275 | 775 | K. Hilsenbeck | | | |
| | 202.3 | 1/2.3 | 247.0 | 002.0 | P. Battle | 305 | 195 | 272.5 | 727.5 | 250.2 | | | |
| 242 lb. | | | | | I.Bainbridge | 240 | 187.5 | 270 | 697.5 | T. Brown | | 182.5 | |
| 16-17 | 200 | 145 | 242.5 | 652.5 | SHW | | | | menden | cint | | | |
| C. Morse | 265 | 145 | | 607.5 | 14-15 | | | | | 154.3 | | | |
| G. Latter | 230 | 145 | 232.5 | | C. Bischoff | 225* | 137 51 | 177.5! | 540 | J. Odom | 57.5 | | |
| M. Choate | 217.5 | 110 | 182.5 | 510 | | 223 | 137.3: | 1//.3. | 340 | cm1 | | | |
| S. Francis | 250 | Bombe | ed | | 16-17 | Bomb | 0 | 0 | 0 | 280 | | | |
| T. Golden | Bomb | | | | W. Hull | | | 0 | 0 | G. Eastes | 55 | | |
| J. Stiverson | Bomb | | | | N. Fitzpatrich | Bomb | 0 | U | U | csm2 | 33 | | |
| N. Hatt | Bomb | | | | 18-19 | | | | | 205 | | | |
| 18-19 | | | | | L. Conkey | 247.5 | 182.5 | 245 | 675 | K. Hilsenbeck | 62.5 | | |
| J. Townsend | 255 | 187.5 | 242.5 | 685 | Jrs. | | | | | | 62.3 | | |
| T. Geisler | 240 | 160 | 245 | 645 | E. Richards | 340 | 187.5 | 352.5 | 880 | 250.2 | 90 | | |
| Irs. | | | | | R. Harris | 340 | 230 | 290 | 860 | T. Brown | 90 | | |
| R. Golden | 292.5 | 237.5 | 282.5 | 812.5 | C. Nelson | 365 | 185 | 272.5 | 822.5 | dlm1 | | | |
| M. Green | 275 | 212.5 | 285 | 772.5 | ! denotes Amer | ican Rec | cord; *d | enotes | National | 280 | | 70535.131 | |
| I. Gordon | 275 | 202.5 | 272.5 | 750 | Record. (Thanks | for USA | PL for p | roviding | results). | G. Eastes | | THE STATE OF | 152.5 |
| J. King | 277.5 | 180 | 277.5 | 735 | The Country of the Co | | | | | dism2 | | | |
| 275 lb. | | | | | | | | | | 205 | | 30 Ac. 135 | |
| 14-15 | | | | | NASA T | exas S | tate P | L/BP/ | PS | K. Hilsenbeck | | | 190 |
| W. Hull | Bomb | 0 | 0 | 0 | | AR 00 | | | | m1 | | | |
| | Bomb | | | | 25 M | AK UU | - Dan | as, IA | | SHW | | | |
| 16-17 | 200 | 160 | 222.5 | 637.5 | Power Sports | CL | RP | DL | TOT | R. Vanzo | | 218.5 | |
| S. Griffin | 255 | | 235 | 622.5 | bpm1 | 3711 | 2000 | | WALLEY IS | mp | | | |
| D. Helkowski | 240 | 137.5 | | 577.5 | 280 | | | | | 170.8 | | | |
| T. Nelson | 250 | 137.5 | 190 | 3//.5 | 200 | | | | | 1000 | | | |

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R. Ortega

250.2 D. Harri

sqmpui

47.5 120 182.5 350

82.5 172.5 262.5 517.5

195 460

192.5 275 777.5 170 255 665

152.5 262.5 710

47.5 95 237.5

150 322.5

93.5 218 150 325

132.5

152.5

155

227.5 137.5 255 620 222.5 145 215 582.5

165 88.5 160 413.5

97.5 75

78.5 46

85 37.5 85

135 S. Kivela

220 187

218.5 sm2

T. Hedrick

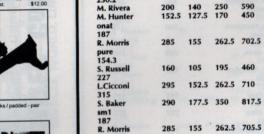
ovice 187.5 280 C. Anderso

G. Martin 132.5 wsm1

110.2

110 65

132.5



R. Morris 205 L. Jones B. Carey

M. Butler M. Mercado Jr.

227 L. Cicconi

B. Dosier

127.8 T. Pellman

wpure 154.3 B. Phillips

wsm1 110.2 R. Hedrick 154.3

youth 138.8

int 170.8

T. Thigpen

227 C. Martin

250.2

L.Elliff SHW

R. Vanzo m2 205

mpure 154.3

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| NASA A | | | | |
|--|--------------|------------------|--------------|--|
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| T. Green | 92.5 | D. Jam 250.2 | es | 147.5 |
| bpm3 154.3 | | B. Mal | | 142.5 |
| J. Lopez bpmp | 92.5 | J. Barto | on | 117.5 |
| 154.3 J. Lopez | 92.5 | R. Cros | is | 197.5 |
| jr | 92.3 | 170.8 | | Market C |
| 170.8 R. Wallace | 170 | R. Cole 205 | man | 142.5 |
| 250.2 | 142.5 | H. Gre | en | 182.5 |
| B. Mallaburn m1 | 142.5 | T. Man | no | 278.5 |
| 187 D. Tanner | 115 | sm1 187 | | |
| 227 K. Scully | 205 | C. Bair 315 | | 160 |
| 280 | | R. Cros | s | 197.5 |
| G. Fizer 315 | 210 | sm2 H. Gree | en | 182.5 |
| T. Manno m2 | 278.5 | teen 138.5 | | |
| 170.8 | 407. | P. Wale | iron | 50 |
| C. Jones m3 | 127.5 | C. Wal | dron | 150 |
| J. Gainey | 92.5 | P. Glen wbpna | | 112.5 |
| m5 | 215 | 170.8 | | 02.5 |
| 315 T. Manno | 262.5 | L. Vasq wbpp | uez | 92.5 |
| SHW D. DeRosier | 182 5 | 170.8 L. Vasq | uez | 92.5 |
| nat | 102.5 | wbpsm | | |
| 315 T. Manno | 278.5 | 170.8 L. Vasq | uez | 92.5 |
| R. Cross novice | 197.5 | wpure 187 | | |
| 170.8 | | M. Pen | nington | 85 |
| C. English S. Mollohan | 155 127.5 | wsm2 154.3 | | |
| 187 R. Alcantar | | D. Man 187 | no | 52.5 |
| Power Sports | C/SQ | | nington | т85 |
| bpm2 315 | | | | |
| O. Hampton | | 160 | | 160 |
| 315 | | | | |
| O. Hampton bpnat | | 160 | | 160 |
| 250.2 S. Sims | | 205 | | 205 |
| 315 | | | | |
| O. Hampton bpp | | 160 | | 160 |
| J. Peru | | 185 | | 185 |
| 250.2 | | | | |
| S. Sims 315 | | 205 | | 205 |
| O. Hampton | | 160 | | 160 |
| 250.2 | | 205 | | 205 |
| S. Sims bpwsm | | 205 | | 205 |
| 110.2 S. Leard | | 57.5 | | 57.5 |
| cm2 | | 3622 | | 555 |
| 170.8 C. Jones | 62.5 | | | 62.5 |
| csm 187 | | | | |
| C. Bair 250.2 | 72.5 | | | 72.5 |
| J. Drane | 67.5 | | | 67.5 |
| cwsm 110.2 | | | | |
| S. Leard | 32.5 | | | 32.5 |
| dism 187 | | | | |
| D. Means | | | 250 | 250 |
| 127.8 | 20 | 40 | | ATT C |
| T. Means jr | 30 | 40 | 107.5 | 177.5 |
| 154.3 C. Hydeman | 62.5 | 102.5 | 155 | 320 |
| sm | | Bratt. | F-gant | CONTRACTOR AND |
| D. Means | 67.5 | 137.5 | 250 | 455 |
| 250.2 J. Drane | 67.5 | 147.5 | 215 | 430 |
| sqhs | 57.3 | . 47.3 | | 130 |
| | 77. | | | 77.5 |
| 127.8 T. Means | 77.5 | | | |
| T. Means wnovice | 77.3 | | | |
| T. Means wnovice 154.3 M. swssous | 32.5 | 45 | 82.5 | 160 |
| T. Means wnovice 154.3 | | 45 | 82.5 | 160 |
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J. Shockey int 227

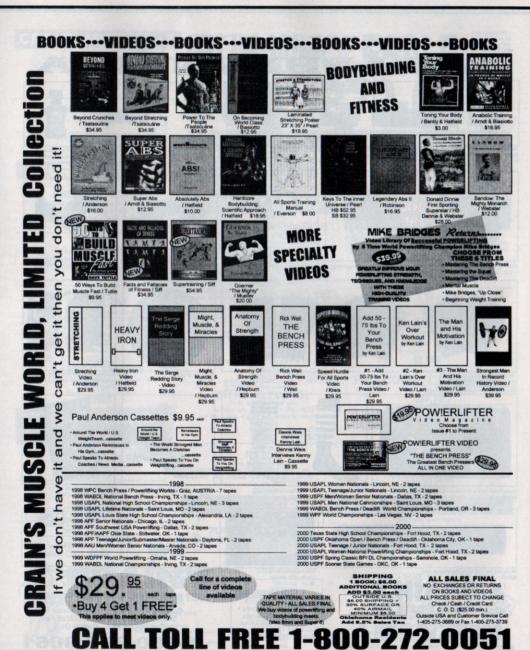
I. Marshall

R. Hudson N. Poole m1 187 D. Tanner

m2 170.8

C. Jones B. Thompso 187 W. Kindred 227 M. Vogt 250.2 D. Gertson

| g | SQ | BP | DL | TOT | J. Gainey | 155 | 92.5 | 172.5 | 420 | R. Valenzuela Jr. | 272.5 | 195 | 185 | 652.5 |
|----|--------|-------|-------|-------|---------------|---------------|-----------------------------------|-------|----------|-------------------|--------|--------|--------|--------|
| | 1200 | | | | nat | | | | | sm2 | ESTATE | 110 | | Carlo. |
| | | | | | 205 | | | | | 187 | | | | |
| n | 165 | 112.5 | 150 | 427.5 | C. Musselman | 225 | 142.5 | 205 | 572.5 | A. Koehler | 175 | 112.5 | 185 | 472.5 |
| | | | | | L. Rector | 210 | 165 | 197.5 | 572.5 | 227.5 | | | 1 Take | |
| m | 167.5 | 95 | 217.5 | 480 | 227 | | | | | A. Barnes | 275 | 165 | 235 | 675 |
| | | | | | T. Burke | 295 | 167.5 | 280 | 742.5 | teen | | | | |
| a | 265 | 142.5 | 205 | 612.5 | 250.2 | 1/201 | TO SERVICE OF THE PERSON NAMED IN | | Mariah A | 154.3 | | | | |
| | 222.5 | 147.5 | 225 | 595 | A. Pastorello | 255 | 182.5 | 235 | 672.5 | R. Velazquez | 220 | 132.5 | 200 | 552.5 |
| | | | | hab | novice | To the second | 1000 | | | L. Means | 62.5 | 47.5 | 102.5 | 212.5 |
| | | | | | 187 | | | | | 205 | 111 | nre | | |
| | 262.5 | 170 | | 432.5 | C. Jones | 222.5 | 102.5 | 227.5 | 552.5 | D. Anderson | 285 | 152.5 | 225 | 662.5 |
| | | | | | D. Keating | 192.5 | 142.5 | 185 | 520 | whs | | ANG | | 00210 |
| | | | | | 205 | 757 | | 100 | The same | 187 | | | | |
| | 235 | 137.5 | 220 | 592.5 | E. Tejada | 215 | 137.5 | 205 | 557.5 | C. McKelney | 85 | 62.5 | 105 | 252.5 |
| | 197.5 | 130 | 182.5 | 510 | N. Poole | 197.5 | 130 | 182.5 | 510 | wmpure | 1 | | | |
| | 149775 | 743 | | | J. Mancini | 170 | 142.5 | 170 | 482.5 | 127.8 | | | | |
| | | | | | pure | | | | | R. Fox | 62.5 | 47.5 | 67.5 | 177.5 |
| | 157.5 | 115 | 150 | 422.5 | 170.8 | | | | | wnovice | | | | |
| | | | | | I. Gainey | 155 | 92.5 | 172.5 | 420 | 110.2 | | | | |
| | | | | | 205 | | | | | C. Jordan | 105 | 55 | 137.5 | 297.5 |
| | 175 | 127.5 | 182.5 | 485 | I. Golec | 255 | 170 | 245 | 670 | 154.3 | 2.010 | - | | |
| on | 145 | 112.5 | 177.5 | 435 | L. De Alva | 205 | 152.5 | 205 | 562.5 | D. Manno | 115 | 52.5 | 90 | 257.5 |
| | | | | | 280 | | | | 00210 | wpure | | | | 20710 |
| 1 | 190 | 147.5 | 237.5 | 575 | B. Radke | 295 | 192.5 | 285 | 772.5 | 138.8 | | | | |
| | | | 1000 | | sm1 | IN Abil | Pauloce | TABL | | S. Waits | 115 | 60 | 115 | 290 |
| | 172.5 | 110 | 182.5 | 465 | 250.2 | | | | | 154.3 | | Sancti | | |
| | 116 | | | | P. Holloway | 237.5 | 215 | 287.5 | 740 | D. Manno | 115 | 52.5 | 90 | 257.5 |
| | 125 | | | 125 | 315 | | | | | wsm2 | | - | - | -57.15 |
| | 100 | | | 100 | D. Kralovetz | 295 | 182.5 | 205 | 682.5 | 110.2 | | | | |
| | | | | | SHW | -23 | | | 002.0 | C. Iordan | 105 | 55 | 137.5 | 207 5 |



| 154.3 | | | 110 | MATER A | 205 J. Hodges | 52.5 | | | 52.5 | D. Armstrong | 230 | 127.5 | 222.5 | 580 |
|----------------|-----------|--------|---------|-------------|------------------|-------|-------|-------|-------|--------------------|--------|-------|-------|-------|
| D. Manno | 115 | 52.5 | 90 | 257.5 | cm1 | | | | | M. Richardson | 215 | 137.5 | 227.5 | 580 |
| wteen | | | | | 250.2 | | | | | J. Stark | 187.5 | 115 | 205 | 507.5 |
| 170.8 | | 100 | | | E. McDonald | 70 | | | 70 | jr | | | | |
| R. Rizer | 92.5 | 47.5 | 97.5 | 237.5 | cm2 | | | | | 205 | - | | | |
| (Thanks to NAS | A for pro | viding | the mee | t results). | 205 | | | | | J. Hodges | 170 | 135 | 210 | 515 |
| | | | | | L. McLean | 47.5 | | | 47.5 | 250.2 | NEED O | | | |
| | | | DI /D | n/nc | cteen | | | | | B. Mann | 272.5 | 170 | 255 | 697.5 |
| NASA M | | | | | 170.8 | | | | | m1 | | | | |
| 12 MA | Y 00 - | Carth | age, N | 10 | G. Rakes | 25 | | | 25 | 187 | | | 240 | 507. |
| BENCH PRESS | | | | | sm | | | | | J. Stahl | 170 | 127.5 | 210 | 50/ |
| ir | | m2 | | | 250.2 | | | | | 205 | | 100 | 190 | 460 |
| 280 | | 205 | | | D. Conners | 80 | 167.5 | 250 | 497.5 | R. Davis | 170 | 100 | 190 | 400 |
| S. Deal | 115 | L. McL | ean | 155 | Powerlifting | SQ | BP | DL | TOT | 227 | 260 | 165 | 250 | 675 |
| m1 | 1.13 | pure | | | hs | | | | | R. Birch | 260 | 103 | 230 | 0/3 |
| 205 | | 280 | | | 119 | | | | | mp | | | | |
| S. Watson | 165 | G. Gar | rton | 192.5 | T. Myers | 85 | 60 | 100 | 245 | 170.8 D. Priest | 197 | 115 | 207.5 | 517 |
| 250.2 | | sm1 | | | 127.8 | THE R | | | 207 5 | | 197 | 113 | 207.3 | 317. |
| E. McDonald | 157.5 | 170.8 | | | S. Nichols | 115 | 57.5 | 125 | 297.5 | nat 205 | | | | |
| S. Correnti | 132.5 | | rns | 160 | 138.8 | | | | | | 170 | 135 | 210 | 515 |
| Power Sports | C | BP | DL | TOT | D. Hechmaster | 97.5 | 70 | 140 | 307.5 | J. Hodges | 170 | 133 | 210 | 313 |
| bpm1 | | | | | 154.3 | 1935 | | | | pure 170.8 | | | | |
| 280 | | | | | D. Evans | 195 | 100 | 205 | 500 | M. Cairns | 150 | 130 | 182.5 | 462 |
| R. Van Dorn | | 177.5 | 5 | 177.5 | Sam Nichols | 135 | 87.5 | 167.5 | 390 | 205 | 130 | 130 | 102.0 | 402. |
| bpsm | | | | | 205 | | | 207. | 505 | J. Hodges | 170 | 135 | 210 | 515 |
| 280 | | | | | J. Arner | 187.5 | 110 | 207.5 | 117.5 | 250.2 | 170 | 133 | -10 | 0.0 |
| E. Anderson | | 177.5 | 5 | 177.5 | D. Hawkins | | 117.5 | | 117.5 | P. Jackson | 297.5 | 180 | 322.5 | 800 |
| boteen | | | | | 227 | | | 220 | FOF | 280 | 297.3 | | 322.3 | -00 |
| 170.8 | | | | | C. Hunter | 215 | 150 | 230 | 595 | C. Ferri | 272.5 | 185 | 272.5 | 730 |
| G. Rakes | | 45 | | 45 | 250.2 | | | 150 | 430 | 315 | 2/2.3 | 103 | -, | - |
| cir | | | | | A. McNeely | 182.5 | 97.5 | 150 | 430 | 313 | | | | |



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| 7.5 | | East Te | | | S |
| 5 | BENCH PRESS | | m2 | -, | |
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| 5 | 205 | | 87 Prothro | Salari. | 115 |
| 0 | G. Boelter Power Sports | C . | BP | DL | TOT |
| 0 | bpint 170.8 | | | | |
| | J. Scott | | 137.5 | | 137. |
| | cint 170.8 | | | | |
| | J. Scott J. Odom | 67.5 57.5 | | | 67.5 57.5 |
| | csm 227 | | | | |
| | J. Mitchell | 82.5 | | | 82.5 |
| | int 187 | | | | |
| | C. Williams 320 | 62.5 | | 87.5 | 170 |
| | m3 | | | | |
| | J. Jenkins | 52.5 | | 92.5 | 115 |
| | 260 sm | | | | |
| | 187 G. Hawley | 50 | | 105 | 185 |
| | 340 | 30 | | | 1 |
| | wcnov SHW | | | | |
| | L. Newton wdlnov | 35 | | | 35 |
| | 127.8 | | | | |
| | G. Craine 154.3 | | | 87.5 | 87.5 |
| | L. Pierre SHW | | | 80 | 80 |
| | L. Newton | | | 117.5 | 117. TOT |
| | Powerlifting hs | SQ | BP | DL | 101 |
| | 205 C. Vaughn | 192.5 | 122.5 | 185 | 500 |
| | 280 | 225 | 127.5 | | |
| | W. Mann J. Goldston | 205 | -137.5 | | 265 |
| | int 205 | | | | |
| | T. Turley | 200 | 135 | 230 | 565 |
| | jr 280 | | | 147.5 | 410 |
| | T. Shepard m1 | 175 | 87.5 | 147.5 | 410 |
| | 154.3 T. Hedrick | 192.5 | 127.5 | 205 | 525 |
| | 227 | | 147.5 | | 357 |
| | R. Thoni m5 | 210 | 147.3 | | 337 |
| | 187 S. Kivela | 202.5 | 150 | 182.5 | 535 |
| | nov | | | | |
| | C. Anderson | 202.5 | 190 | 227.5 | 620 |
| | pnovice 154.3 | | | | |
| | A. Colhoun pure | 140 | 100 | 207.5 | 447 |
| | 227 | | 220 | 275 | 807 |
| | J. Onorato sm1 | 302.5 | 230 | 275 | 007 |
| | G. Taylor | 250 | 167.5 | 220 | 637 |
| | teen | | | | |
| | J. Bray | 115 | 75 | 152.5 | 342 |
| | 138.8 A. Muntz | 122.5 | 77.5 | 157.5 | 357 |
| | 187 P. McGinnis | 197.5 | 127.5 | 227.5 | 552 |
| | 227 | | | | |
| | J. Costlow whs | 182.5 | 115 | 212.5 | 510 |
| | 138.8 B. Hnat | 92.5 | 42.5 | 100 | 235 |
| | wsm2 | 1 2 5 2 3 | 225 | | 130 |
| | R. Hedrick | 82.5 | 47.5 | | 225 |
| | (Thanks to NA | SA for pro | oviding | he mee | t resu |

| NASA H 14,16 BENCH PRESS | APR O | | | |
|---------------------------------------|-----------------------|---------------------|----------------|----------------|
| 154.3 | 455 | R. Sol | | 120 |
| C. Wilcoxson A. Henderson 170.8 | 95 | 227 C. Price | | 110 |
| M. King 187 | 100 | 250.2 B. Tew | | 125 |
| A. McCully | 125 | 280 . May | | 147.5 |
| J. Edwards MEN fr-so | SQ | BP | DL | тот |
| 119 M. Lopez | 100 | 85 | 142.5 | 327.5 |
| T. Myers T. Davis | 80 72.5 | 60 37.5 | 105 107.5 | 245 217.5 |
| C. Hammons 127.8 | 60 | 42.5 | 100 | 202.5 |
| J. Paul M. Craigie | 125 117.5 | 85 65 | 165 135 | 375 317.5 |
| S. Nichols J. Hodge | 112.5 85 | 52.5 65 | 125 125 | 290 275 |
| 138.8 M. Ginnestra | 165 | 85 | 175 | 425 |
| J. Delco D. Heckmaster | 112.5 92.5 | 62.5 70 | 157.5 132.5 | 332.5 295 |
| J. Stanley T. Gay | 82.5 | 57.5 | 125 | 265 |
| 154.3 J. Thompson | 152.5 | 115 | 195 | 462.5 |
| A. Henderson C. Wilcoxson | 167.5 162.5 | 95 100 | 180 162.5 | 442.5 425 |
| K. Zartman M. Murrow | 162.5 135 | 85 97.5 | 162.5 167.5 | 410 400 |
| H. Nichol;s D. washington | 137.5 147.5 | 92.5 92.5 | 160 150 | 390 390 |
| J. davis E. Vittetoe | 132.5 117.5 | 77.5 80 | 155 155 | 365 352.5 |
| B. Green C. Deatherage | 120 110 | 72.5 67.5 | 157.5 132.5 | 350 310 |
| C. Vague B. Whitlam | -137.5 -125 | | | Manage Manage |
| 170.8 J. Roberts | 182.5 | 105 | 210 | 497.5 |
| N. Wahlstrom M. King | 172.5 140 | 97.5 | 220 170 | 490 410 |
| C. Iverson K. Hill | 135 125 | 90 77.5 | 180 130 | 405 332.5 |
| 187 J. Davis | 205 | 132.5 | 195 | 532.5 |
| J. Arner D. Minna | 180 152.5 | 107.5 | 212.5 195 | 500 447.5 |
| A. Prentice B. Easley | 162.5 137.5 | 85 72.5 | 185 175 | 432.5 |
| jr-sr 119 | | 1865 | | nkees |
| P. Gratton 127.8 | 130 | 70 | 142.5 | 342.5 |
| D. Rivas M. Laney | 182.5 177.5 | 92.5 92.5 | 182.5 182.5 | 457.5 452.5 |
| P. Esposito G. Miller | 165 115 | 85 102.5 | 165 177.5 | 415 395 |
| 138.8 D. Evans | 190 | 105 | 205 | 500 |
| R. King A. Muntz | 157.5 -127.5 | 72.5 | 182.5 | 412.5 |
| J. Bell 154.3 | 145 | -105 | | |
| R. Velazquez B. Sol | 187.5 165 | 120 105 | 230 205 | 537.5 475 |
| L. Dougan W. Reeves | 175 132.5 | 102.5 72.5 | 182.5 142.5 | 460 347.5 |
| 170.8 J. Roberts | 225 | 117.5 | 242.5 | 585 |
| P. Cobbs B. Sunday | 220 220 | 112.5 130 | 237.5 | 570 550 |
| P. McGinnis D. Moore | 187.5 187.5 | 127.5 137.5 | 217.5 | 532.5 525 |
| A. Calhoun CR Davis | 190 | 105 112.5 | 212.5 230 | 507.5 502.5 |
| J. Carioto C. Waddle | 170 175 | 135 117.5 | 185 185.5 | 490 475 |
| J. Hall B. Rothrock | 155 137.5 | 97.5 92.5 | 200 167.5 | 452.5 397.5 |
| P. Chaney | 192.5 | 74.0 | 107.3 | 397.3 |
| K. Ruben A. McCully | 235 197.5 | 130 125 | 262.5 227.5 | 627.5 550 |
| C. Doyle D. Beavers | 197.5 197.5 220 | 117.5 102.5 | 222.5 195 | 537.5 517.5 |
| C. Carrier | 185 | 102.5 120 100 | 200 200 | 505 |
| C. Staley N. Marcus R. Jawarski | 187.5 155 135 | 112.5 | 190 | 487.5 457.5 |
| B. Jawarski T. Kytasaari | 135 150 | 125 92.5 | 185 197.5 | 445 440 |
| M. Siefert J. Edwards | 185 -200 | 137.5 | 65 | 387.5 |
| fr-so hvy 205 | 100 | | 400 | 400 |
| J. Trent J. House | 190 172.5 | 110 | 190 | 490 490 |
| K. Lee M. Mena | 160 140 | 115 92.5 | 197.5 157.5 | 472.5 390 |
| F. Lujan 227 | 167.5 | -107.5 | 185 | Sunning. |
| A. Voogt A. McNeely | 155 137.5 | 122.5 85 | 175 155 | 452.5 377.5 |
| Z. Davis | 120 | 75 | 142.5 | 337.5 |

| 250.2 | | | | | 250.2 | | | | | 127.8 | | | | |
|--------------|-------|-------|-------|-------|---------------|-------|-------|-------|-------|---------------|-------|------|-------|-------|
| C. Morsei | 272.5 | 155 | 247.5 | 675 | A. Bush | 240 | 137.5 | 232.5 | 610 | J. Hardisty | -115 | 45 | 142.5 | 72.5 |
| C. McClain | 205 | 102.5 | 197.5 | 505 | C. Hunter | 202.5 | 150 | 215 | 567.5 | 138.8 | | | | |
| 280 | | | | | B. Crilley | 227.5 | 95 | 222.5 | 545 | A. Carter | 107.5 | 50 | 132.5 | 290 |
| M. Harris | 225 | 177.5 | 227.5 | 630 | M. Harper | 197.5 | 112.5 | 205 | 515 | A. Lundgren | 100 | 42.5 | 117.5 | 260 |
| J. Brown | 155 | 95 | 182.5 | 432.5 | N. Buckland | 195 | 112.5 | 192.5 | 500 | M. Sharp | 92.5 | 47.5 | 102.5 | 242.5 |
| 315 | | | | | C. Norris | 182.5 | 105 | 197.5 | 485 | 154.3 | | | | |
| B. Vacchina | 267.5 | 142.5 | 192.5 | 602.5 | J. Dahm | 182.5 | 87.5 | 180 | 450 | L. Brandin | 117.5 | 60 | 125 | 302.5 |
| T. Gilder | 217.5 | 142.5 | 215 | 575 | P. McCurday | 150 | 95 | 172.5 | 417.5 | L. Lavenroth | 90 | 50 | 102.5 | 242.5 |
| jr-sr hvy | | | | | M. Austell | | | | | G. Kendig | 90 | 42.5 | 107.5 | 240 |
| 205 | | | | | 280 | | | | | 187 | | | | |
| L. Scroggins | 240 | 130 | 227.5 | 597.5 | J. May | 267.5 | 147.5 | 260 | 675 | Y. Quinn | 105 | 62.5 | 122.5 | 290 |
| M. Carey | 202.5 | 125 | 212.5 | 540 | M. Richardson | 215 | 132.5 | 230 | 577.5 | 227 | | | | |
| A. Lundgren | 210 | 105 | 222.5 | 537.5 | J. Pine | 250 | 125 | 195 | 570 | C. Norris | 92.5 | 42.5 | 112.5 | 247.5 |
| R. Sol | 200 | 120 | 215 | 535 | D. Clifton | 185 | 130 | 182.5 | 497.5 | 250.2 | | | | |
| J. Higdon | 185 | 112.5 | 215 | 512.5 | 315 | | | | | I. Jenkins | 117.5 | 67.5 | 147.5 | 332.5 |
| S. Lewallen | 180 | 110 | 182.5 | 472.5 | N. Gibbs | 245 | 160 | 267.5 | 672.5 | SHW | | | | |
| B. Brennig | 130 | 140 | 190 | 460 | J. Schockey | 242.5 | 152.5 | 240 | 635 | S. Brooks | 170 | 80 | 160 | 410 |
| J. Kailer | 160 | 105 | 190 | 455 | J. Walker | 262.5 | 127.5 | 220 | 610 | jr-sr | | | | |
| 227 | | | | | J. Rhodes | 215 | 145 | 227.5 | 587.5 | 101.4 | | | | |
| D. Coleman | 295 | 165 | 295 | 755 | J. LaPoint | 162.5 | 135 | 202.5 | 500 | S. Sanchez | 97.5 | 42.5 | 117.5 | 257.5 |
| B. Mitchell | 272.5 | 177.5 | 267.5 | 717.5 | SHW | | | | | K. Smith | 105 | 40 | 97.5 | 242.5 |
| S. Abegg | 230 | 167.5 | 227.5 | 625 | J. Carter | 242.5 | 110 | 215 | 567.5 | C. Bernal | 95 | 42.5 | 100 | 237.5 |
| M. Newton | 227.5 | 152.5 | 222.5 | 602.5 | WOMEN | | | | | A. Kirts | 85 | 40 | 102.5 | 227.5 |
| I. Adams | 202.5 | 145 | 245 | 592.5 | fr-so | | | | | I. Smith | 82.5 | 42.5 | 87.5 | 212.5 |
| A. Korza | 190 | 112.5 | 220 | 522.5 | 110.2 | | | | | K. McLaughlin | 37.5 | 25 | 50 | 112.5 |
| K. Easley | 200 | 100 | 207.5 | 507.5 | M. Bahadoor | 45 | 27.5 | 72.5 | 145 | 110.2 | | | - | |
| I. Burgos | 175 | 135 | 192.5 | 502.5 | 119 | | 37375 | | | N. Westendorf | 72.5 | 37.5 | 92.5 | 202.5 |
| G. Everett | 190 | 95 | 172.5 | 457.5 | B. Honeywell | 87.5 | 55 | 127.5 | 270 | 119 | | | 7410 | |
| T. Wallace | 157.5 | 92.5 | 187.5 | 437.5 | L. Harper | 77.5 | 40 | 87.5 | 205 | S. Cook | 125 | 52.5 | 122.5 | 300 |
| C. Marsh | 157.5 | 85 | 177.5 | 420 | I. Colon | 67.5 | 37.5 | 95 | 200 | A. K. Smith | 112.5 | 45 | 130 | 287.5 |
| C. Price | | | | 377 | L. Ragsdale | 45 | 22.5 | 80 | 147.5 | C. Bouttle | 105 | 55 | 137.5 | 297.5 |

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| I. Hall | 112.5 | 42.5 | 110 | 265 | B. Anderson | | -92.5 | | -92.5 | 187 | | | 205 | 205 |
|-----------------|---------|----------|---------|-----------|-------------|------|-------|-------|-------|---------------------|------|-------|-------|------|
| I. McGilton | 102.5 | 45 | 112.5 | 260 | 187 | | | | | D. Means | | | 205 | 203 |
| 127.8 | | | | | M. Bruders | | 100 | | 100 | hs | | | | |
| M. Lou Perez | 130 | 50 | 135 | 315 | bpsm | | | | | 127.8 | 30 | 45 | 105 | 180 |
| T. Benton | 122.5 | 55 | 137.5 | 315 | 154.3 | | | | | T. Means | 30 | 43 | 103 | 100 |
| R. Judith | 82.5 | 30 | 110 | 222.5 | B. Anderson | | -92.5 | | -92.5 | jr | | | | |
| 138.8 | | | | | 187 | | | | | 170.8 | | 120 | 175 | 357. |
| A. Bush | 162.5 | 60 | 145 | 367.5 | M. Bruders | | 100 | | 100 | C. Rodriguez | 62.5 | 120 | 1/3 | 33/ |
| R. D'Aloiso | 110 | 52.5 | 110 | 272.5 | 205 | | | | | novice | | | | |
| J. Mikulich | 102.5 | 55 | 102.5 | 260 | T. Remsberg | | 140 | | 140 | 170.8 | | 120 | 175 | 357. |
| A. Drago | 85 | 35 | 112.5 | 232.5 | 250.2 | | | | | C. Rodriguez | 62.5 | 120 | 1/3 | 337. |
| 154.3 | | | | | M. O'Brien | | 185 | | 185 | pure | | | | |
| M. Stevenson | 120 | 60 | 137.5 | 317.5 | ср | | | | | 154.3 | 52.5 | 110 | 150 | 312. |
| 170.8 | | | | | 154.3 | | | | | K. Ewoldsen | 52.5 | 110 | 130 | 312. |
| R. Archie | 75 | 35 | 115 | 225 | B. Anderson | 50 | | | 50 | 227 | 62.5 | 125 | 227.5 | 415 |
| 187 | | | | | 187 | | | | | S. Hungria | 62.5 | 123 | 227.5 | 413 |
| K. Warren | 87.5 | 47.5 | 102.5 | 237.5 | M. Bruders | 62.5 | | | 62.5 | sm | | | | |
| 227 | | | | | csm | | | | | 187 | 70 | 132.5 | 205 | 407. |
| M. Herrington | 175 | 82.5 | 137.5 | 395 | 154.3 | | | | - | D. Means | 70 | 132.3 | 203 | 407. |
| A. Schoenrock | 125 | 65 | 150 | 340 | B. Anderson | 50 | | | 50 | 250.2 M. O'Brien | 67.5 | 185 | 227.5 | 480 |
| 250.2 | | | | | 187 | | | | | | 67.3 | 103 | 227.3 | 400 |
| L. White | 152.5 | 67.5 | 145 | 365 | M. Bruders | 62.5 | | | 62.5 | 280 | 82.5 | 1575 | 247.5 | 497 |
| SHW | | | | | cwm3 | | | | | D. Conners | 82.3 | 137.3 | 247.3 | 407. |
| C. Lenz | 145 | | 157.5 | | 110.2 | | | | | sqhs | | | | |
| (Thanks to NASA | for pro | viding t | he meet | results). | M. Holden | 12.5 | | | 12.5 | 127.8 | 80 | | | 80 |
| | | | | | dlm5 | | | | | T. Means | 80 | | | 00 |
| NASA K | 20000 | State | PI /RP | /PS | SHW | | | | 040 5 | teen 154.3 | | | | |
| | | | | | L. Betzer | | | 242.5 | 242.5 | I. Cantwell | 65 | 110 | 205 | 380 |
| 06 MA | AY 00 - | | | | dlp | | | | | Powerlifting | 03 | 110 | 203 | 300 |
| Power Sports | SQ | BP | DL | TOT | 154.3 | | | | 220 | | | | | |
| bpp | | | | | M. Ewoldsen | | | 230 | 230 | hs 119 | | | | |
| 154.3 | | | | | dlsm | | | | | 119 | | | | |

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J. Harris 280 T. Williams 315

227 T. Meyers 315 M. Graham

m1 138.8 D. Longbine 170.8

170.8 D. Mounkes m2 227 J. Curtis m5 170.8

R. Holden

B. Burtzloff SHW R. Maxey

nat 170.8 W. Stutesman 227 J. Harris novice 227

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80 52.5 95 227.5

192.5 127.5 205 525 90 70 122.5 282.5 182.5 117.5 195 495 130 115 185 430 137.5 130 -170 97.5 227.5 137.5 275 640 200 120 200 520 202.5 172.5 205 580

182.5 120 217.5 520 272.5 225 295 792.5 275 187.5 260 722.5

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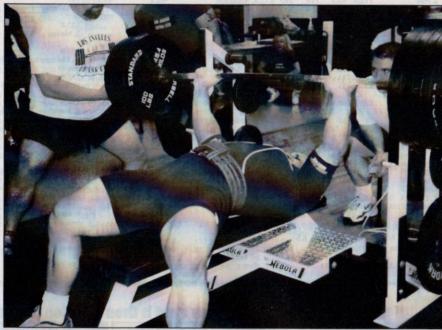
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| H. Pham | 315* | 50-54 | |
| 165 | | B. Evans | 370* |
| S. Ward | 415 | 55-59 | |
| 198 | | B. Dillon | 215 |
| B. De Court | 525 | 242 | |
| 220 | | 40-44 | |
| J. Greco | 300 | M. Lutz | 445 |
| 242 | | B. Harris | 325 |
| A. Waldon | 475 | 45-49 | |
| M. Lutz | 445 | A. Waldon | 475* |
| Z. Passman | 415 | 65-69 | |
| 275 | | E. Anderson | 435 |
| S. Mendelson | 600* | m/ ur | |
| Junior 20-23 | | 40-44 | |
| 148 | | C. Bowden | 480* |
| J. Do | 205* | 55-59 | |
| 165 | | M. Cunningham | 375* |
| P. Ayala | 310 | 60-64 | |
| Masters | Dannel | D. Herrera | 365 |

tempt of 320 lbs. was close. Hung is ranked #2 in the country in the Bench Press and it looks like he's on his way to #1. 165 1b. open winner was Steve (Stevo) Ward. Steve is another unbelievably strong athlete. He weighed in at 158 lbs. and finished with 415 lbs. on his 3rd attempt. Steve's shirt blew on his 2nd attempt and he showed mental toughness to come back and nail it on his 3rd. The 198 1b. Open winner is many time IPF World Champion Bob DeCourt. Bob is sone strong guy. He opened with 525 no problem! Attempts 2 & 3 were at 550, but he just couldn't find the groove on his shirt. I've seen him do 545 in the group on one he





| 0 | 205* | C. Bowden | | lob DeCourt. Bob one strong guy. | | 200 | | | Allu- | A SESSEE |
|-------------------|---------------------|--|--|--|--|--------------------------------------|-------------------------|---|---|--|
| | | M. Cunningham | 375* 0 | pened with 525 | no | 4 | | | A CHI | W. Commission of the commissio |
| tyala sters | 310 | 60-64 D. Herrera | | roblem! Attempts 3 were at 550, I | | 4500 | | | | MEBULA |
| enotes State | e Record. | REFEREES: Techn | ical Di- h | e just couldn't fi | nd | | | | 1 | |
| | | . Head & side rel & Bryan Delgado. | | he groove on his sh ve seen him do 5 | | | | 100 | | |
| | | Madigan, Teddy | | the gym so once | | 1 | | The second | | |
| | | Nance Avigliano. | | ets used to the D | | | And in case of | 100 | | |
| | | oderfer, Dan Jeso R: Karl Roderfe | | ty shirt look for 50 he 220's had fi | | | | HOY BOXING | | AND RESERVED TO SELECTION OF THE PARTY. |
| UNCER: Joe | e Aviglia | ano. PHOTOGRA | APHER: f | mer Jason Greco | of SCO | t Mendelso | n with a sta | ate record 60 | 00 lbs. at 255 b | bodywt. (Mark Herman/LALC pho |
| | | RT STAFF: George d, John Casaccio | | ur gym. Jason alwa vanted to do 300 l | | | | | | |
| Munn, Dean | nne Mille | er, Adam O'Brien | Lance A | and doing it in his | | is a great accon | the pins. A | great day for Scot | who got retribution | drove from San Diego Saturday morning, lef |
| | | Herb Glossbrenne | | lishment. We are | | | | | ust say he had some | am, to lift in LA at 9:30 am. He then proceed |
| | | e, Juan. BEST L | | hree entrants who an Francisco's Zac | | | | | is a 55 1b. gain since o will be a force to be | |
| et was held at | t the Moo | ose Lodge in Burba | nk. We k | now Zach throug | our contes | ts and are alway | s reckoned wi | ith in Bench Press | s contests across the | wish when we are 80 years old we can accom |
| | | Gail and The Loya spitality and pati | Order g | lad to see him. A v | ery enthusia | tic and encourage | country. The | | had two entrants. The hn Do who set a state | |
| sonally would | ld like to | thank Gordon Sar | ntee for T | oday he set a PR | of 415 lbs., v | which was a 20 lb | . record with | his shirtless open | er of 205 lbs. He will | 198 1b. 50-54 winner was LALC's Scott Vellique |
| | | y schedule to help | | nprovement. Great | | | | | on his 2nd attempt. | Using this meet as a tune - up, Scott continue |
| | | ian for driving 3 h ice to see these two | | Mike Lutz of Ker ft. All three of his | | | | | Ayala (LALC). Pedro I missed tying his 181 | |
| a big thank | ks to all | our staff for once | e again li | ke the bar. His 3rd | attempt of | 445 lbs. was goo | d lb. PR, but | finished with an | impressive 310 lb. | May. Scott finished with an easy 340 1b. B |
| | | run perfectly. You bes to Mark Herm | | nough to take 2nd or Mike. The winn | | | | | ger each week - look ne Men's Master 165 | |
| ways there to | to see that | t our decor is perf | ect and w | onder, Alvin Wal | den, who ble | ew away all thre | e 1b. 55-59 d | lass went to the | one and only Herb | WPC World Champion George Pessell. George |
| | | on film. On to the | | ttempts and cont lvin finished with | | | | | is own state record is second attempt of | ranked #2 in the 220 Masters in Powerlifting |
| class. The 40 | 0-44 grou | p winner was Mai | rie Raia fo | or a state record in | the 45-49 ag | e group. Congrat | s 270 lbs. was | turned down (21 | o 1). A quick change | Nationals and he is a classy professional lifter |
| | | er first contest an | | lvin! The 275 1b. (an) Mendelson. I | | | | | 80 lb. call for his 3rd heard the press, but | day he set a state record despite blowing his |
| | | iter Trophy. More | meets o | pened with a state | record 570 | , which was don | e they had the | | own Herb! He had it | |
| | | -59 group winner | was our li | ghtning quick. Or | the 600 1b | 2nd attempt (hi | s going but the | e bar wobbled a lit | tle. Next time should | and the win. 55-59 group winner is a LALC |
| | | ise set a state reco | | oal) which was pre ate record. His 3r | | | | | s went to one of the et. Harrison Benner | |
| AT THE | | 1000 | INV. | | 8122130 | | | | | Burnette had never lifted a weight until last |
| | | | | | | | | | | He is an example of what can be done no m |
| | | | | | | | | | | |
| 8 |) | NEV | ADI | EIAADE | Momb | orchin A | nlicatio | n 1 | | what age you start at. The 242's 40-44 2nd p went to Bill Harris. Bill trains at LALC via |
| AD | A | NEV | V A.P. | FJA.A.P.F | Memb | ership A | pplicatio | n AP. | FJA.A.P.F. | went to Bill Harris. Bill trains at LALC via Internet. Bill's PR was 275 lbs. when he conta |
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Son Light Power National BP/DL

| 01 JUL 00 |) - In | dianapolis, IN | |
|-------------------|--------|-------------------------------------|--------|
| NCH | | 275 | |
| enage men 13-1 | 5 | Dustin Minks | 295 |
| 20 | | 4th | 315 |
| | 230 | 308 | |
| enage men18-19 | | David Calloway | 520 |
| 55 | | police & fire | |
| nil Reid | 340* | 198 | |
| nior men | | Gary Combs | 400 |
| 08 | | DEADLIFT | |
| icholas Harris | 340* | teenage men 13- | 15 |
| bmaster men | | 132 | |
| 42 | | Joey Latch | 195 |
| aul Linville | 430* | teenage men 18- | 19 |
| aster men 40-44 | | 220 | |
| 98 | | T. Hollendonnar | 600 |
| ary Combs | 400 | master men 40-4 | |
| aster men 50-5 | | 220 | |
| 98 | | Shawn O'Kelley | 405 |
| Madurecok | 330 | master men 50-5 | 4 |
| naster men 60-64 | 330 | 198 | |
| 42 | | F. Medvescek | 420 |
| om Richardson | 265* | | |
| naster men 70-74 | 203 | Darrell Latch | 425 |
| | | master men 60- | |
| 20 | 235 | | - |
| llen Glass | 240 | | 300 |
| th | 240 | 181 | 300 |
| 65 | 355 | | 400 |
| hadBoyer | | 198 | - |
| th | | Marc Fensler | 550 |
| Mark Walker | 235 | Keith Warren | 52 |
| 81 | | | 34. |
| Ceith Ott | 360 | 242 Darrell Latch | 42 |
| Bill Lowe | 300 | Darrell Laten | 44. |
| Bill Steib | 300 | 275 Dustin Minks | 500 |
| ance Betts | 295 | | 30 |
| 198 | | 308 | E7 |
| Gary Combs | 400 | David Calloway LLOWAY; Best Lift | 3/ |
| Best Lifter - DAV | D CA | LLOWAY; Best Lift | er - I |
| HOLLENDONNA | \R; *p | ersonal record. I | ne I |
| 1 a | | | |



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

Chadloyer 355 80b Duhamell 400
4th 370° 198
Mark Walker 235 Keith Ott 360
242
Reith Waren 525
Keith Ott 360
David Latch 425
Reith Ott 360
David Calloway 575
Gary Combs 400
David Calloway 575
Gary Combs 400
David Calloway 575
Gary Combs 400
David Calloway 575
Cary Combs 400
David Calloway 575
Cary Combs 400
David Calloway 575
Deadlift Championships were held buly 1, 2000 at 16 front with 350, Keith weighed in all just 179, Long 181
HOLLENDONNAR, "personal record. The first annual Son Light Prover National Bench Press / Deadlift Championships were held buly 1, 2000 at 16 front with 350, Keith weighed in all just 179, Long 181
Shawn O'Kell-by-O'Kelleys recently purchased the gym and have already made some great improvements to offer the very best in a health dub facility, serving the western portion of Indianapolis. We have been pressed in Grid anapolis. We all weighting in a 129, Just 181
Sava Lace's Sint competition, Available of the press of the strength of th

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

1st Raw Summertime DL 01 JUL 00 - Brandywine, MD

| | 114 leen | | J. JUHISON | 100 |
|-----|------------------|-----------|----------------------|---------|
| | 14-15 | | J. Polanco | 180 |
| | K. McKenzie | 220 | Teen 18-19 | |
| | M. Michael | 135 | 165 | |
| | | 133 | I. Cropps | 370 |
| | 123 | | | 325 |
| | 16-17 | | D. Kaziv | 323 |
| | D. Balde | 190 | Submasters | |
| | S. Bennett | 165 | 165 | |
| | 132 | | L. Bravard | 400 |
| 5. | 14-15 | | 181 | |
| al | R. Hawkins | 225 | W. Powell | 460 |
| 5. | 148 | | Masters 40-44 | |
| | | | S. Tshontikidis | 545 |
| 1, | 16-17 | | | 343 |
| y | L. Syphax | 210 | 45-49 | |
| 9, | T. Antigone | 200 | J. Alston | 620 |
| as | T. Williams | 190 | 50-54 | |
| ng | N. Levinson | 190 | R. Marks | 520 |
| br | 165 | | 198 | |
| ce | 14-15 | | Teen 16-17 | |
| is | A. Seales | 215 | M. Brewster | 445 |
| | | 213 | Submasters | - |
| in | 16-17 | | | 585 |
| ok | K. Cox | 230 | R. Munn | 303 |
| n | Masters 40-44 | | Masters 45-49 | |
| ld | A. Whitaker | 160 | M. Sansalone | 550 |
| 80 | 181 Teen | | 220 | |
| nis | 16-17 | | Open | |
| al | | 250 | E. Wise | 520 |
| st | | - | Submasters | |
| ed | | | B. Wrabley | 570 |
| | Youth | | D. Maticic | 405 |
| ad | 77 | | | 403 |
| ve | | | Masters 40-44 | |
| ce | Y. Tshontikidis | 162 | T. Parsons | 505 |
| 9, | 114 | | 242 | |
| M | E. Gremi | 135 | Teen 16-17 | |
| in | 114 | | G. Gremi | 450 |
| 10 | Teen 14-15 | | Masters 40-44 | |
| 25 | E. Banks | 200 | G. Bartholomew | 670 |
| he | | 200 | 275 | |
| | | 460 | Submasters | |
| by | | 400 | | 620 |
| rer | | | G. Evans | 020 |
| ed | 148 | | Masters 40-44 | |
| ke | | 320 | B. McGeorge | 670 |
| 05 | The 1st Annual | Raw Sun | nmertime Deadlift C | ontest |
| ith | took place on 7 | /1/00 at | the Brandywine Vol | unteer |
| kie | Fire Dept (in P | randowl | ne, Maryland). We | had 38 |
| OW | Pire Dept. (in B | ant not | bad for a first time | event - |
| he | inters at our ev | ent - not | Allega High School | Wash |
| | including a tear | n irom v | Vilson High School | mtrio-1 |
| ful | ington D.C.) th | at had m | nembers from 8 cou | A-id- |



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

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

Annual Harbor Walk BP 26 JUL 00 - Georgetown, SC

| ENCH | | 70+ | |
|---------|-------|---------------|-----|
| 48 | | R. Smith | 175 |
| pen | | 198 | |
| ambert | 225 | Adams | 375 |
| homas | 225 | 50-54 | |
| een | | Conway | 300 |
| homas | 225 | 220 | |
| 65 | | Lord | 510 |
| isdale | 340 | McMillian | 480 |
| agle | 315 | Ward | 445 |
| lesbit | 300 | 40-49 | |
| 81 | | McMillian | 480 |
| ribb | 325 | 275 | |
| remner | 325 | Holiaway | 405 |
| ckerman | 315 | SHW | |
| een | | Tancil | 610 |
| ennings | 375 | Masters 40-49 | |
| ackson | 230 | Tancil | 610 |
| | A THE | 50-54 | |
| | | Blackmon | 450 |
| | | - 11- 0 | C4 |

Winyah Fitness Center. Owner: Alan & Bremner, Meet Director: Alistair Bremner. thanks to the "Table": Verlinda McMillian,

MEETING THE DEMANDS OF TODAY'S ATHLETES



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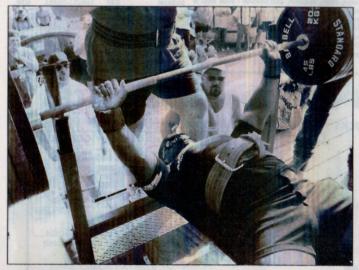
7th Eastern OK Bench Press

| | | K Bench Pres | SS |
|--------------------------------|------------|----------------------------|------------|
| | L 00 · | Eufaula, OK | |
| WOMEN | | 198 | |
| 123 | | W. Thacker | 390 |
| K. Rogers C. McKeefer | 115 | D. Marchant J. McKnight | 365 320 |
| D. Strome | 100 | J. Donaldson | 310 |
| 148 | 100 | 242 | 310 |
| | 290 | T. Putnam | 335 |
| L. Blackburn T. Hummingbird | 110 | T. Putnam R. Sanders | 315 |
| 165 | | 275 | |
| C. Crossland | 240 | T. Shipp | 405 |
| 181 | | T. Davis | 350 |
| T. Frizell | 185 | M. Richards | 350 |
| M. Deveau MEN | 135 | E. Ironhawk SHW | 250 |
| Teen | | D. Hummingbird | 460 |
| 114 | | Masters | 400 |
| C.J. Hart | 100 | 148 | |
| 123 | | R. Charles | 250 |
| S. Whited | 150 | 181 | |
| C. Pinson | 130 | R. Babin | 415 |
| J. Rose | 125 | 198 | |
| 132 | | R. Boudreaux | 415 |
| J. Forehand | 265 | P. Radmilovich | 355 |
| N. Perkins 165 | 195 | B. Lumpkin | 280 |
| A. Bonglovanni | 280 | W. Johnson 220 | 200 |
| D. Armstrong | 275 | D. Chesmore | 410 |
| A. Shine | 280 | 242 | 410 |
| C. Potter | 235 | N. Bacon | 390 |
| B. Webster | 140 | C. Marcum | 350 |
| 181 | | J. Duckett | 250 |
| G. Johnston | 310 | 275 | |
| A. Smith | 265 | R. Hood | 500 |
| 198 | | R. Bullington | 450 |
| M. McLaughlin | 280 | 308 | |
| 220 | | N. Jones | 400 |
| F. St. Romain | 325 320 | SHW D. Chaffin | 561 |
| . Girty | 275 | Open Open | 301 |
| D. Darensbourg | 250 | 165 | |
| 242 | - | L. Bradham | 385 |
| K. Lloyd | 390 | L. Bradham L. Babin | 270 |
| K. Lloyd R. Foote | 365 | 181 | |
| B. Ward B. Hill | 315 | L. Stogsdill | 395 |
| B. Hill | 225 | R. McKeefer | 360 |
| SHW | 200 | 198 | |
| . Gonzalez unior | 300 | B. Neal 220 | 385 |
| 148 | | J. Jackson | 550 |
| R. Seymour | 265 | L. Clouse | 425 |
| 165 | | S. Green | 390 |
| M. Bivins | 225 | S. Tate | 385 |
| 181 | | 242 | |
| R. McKeefer | 360 | K. West | 455 |
| B. O'Dell | 230 | T. Ward | 420 |
| 220 | | S. Rodenburg | 420 |
| . Tate | 385 | 275 | *** |
| . Sisson | 460 | R. Bueche R. Bullington | 465 450 |
| 6. Marchant | 425 | R. Gaines | 440 |
| ubmaster | | M. Hamby | 430 |
| 65 | | R. Elliot | 420 |
| 3. Lee | 305 | PROS | THE |
| 20 | | K. Brownfield | 616 |
| . Clouse | 425 | J. Jackson | 550 |
| Novice | | L. Bradham | 385 |
| 65 | 245 | R. Bueche | 465 |
| Dombeck | 315 | L. Stogsdill | 395 |
| | | | |

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



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



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



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

Phoenix Fitness BP Classic II

| 19 FEB | 00 - | Allentown, P | 4 |
|------------------|---------|-------------------|-----|
| BENCH | | Max Reps | |
| WOMEN | | E. Schock | 105 |
| J. Halleman | 170 | J. Rivero | 72 |
| L. Sharkey | 130 | G. Thompson | 63 |
| P. Sassaman | 115 | 3 Rep Curl | |
| L. Fox | 105 | E. Schock | 160 |
| C. Graham | 95 | G. Thompson | 160 |
| Max Reps | | J. Rivero | 120 |
| J. Halleman | 53 | Middleweight | |
| L. Fox | 47 | Max Bench | |
| P. Sassaman | 45 | R. McNeil | 370 |
| L. Sharkey | 45 | J. Kassis | 355 |
| C. Graham | 18 | T. Tavares | 335 |
| 3 Rep Curl | | Max Reps | |
| J. Halleman | 90 | J. Kassis | 113 |
| P. Sassaman | 65 | T. Tavares | 103 |
| L. Fox | 60 | R. McNeil | 72 |
| L.Sharkey | 60 | 3 Rep Curl | |
| C. Graham | 55 | R. McNeil | 160 |
| Great Job Ladie | | | 140 |
| go first time co | ompetit | of. Kassis | 140 |
| Carrie Graham. | | Lightweight | |
| MEN | | Max Bench | |
| Heavyweight | | J. Baret | 205 |
| Max Bench | | Max Reps | |
| G. Thompson | 385 | J. Baret | 63 |
| E. Schock | 375 | 3 Rep Curl | |
| J. Rivero | 325 | J. Baret | 135 |
| | | ating sponsors wh | |

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

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

| | | Ciuii | ston, i | | 1 |
|-------------------|------|----------|-----------|--------|---|
| VOMEN | | 198 | | | í |
| C. McElroy | 200 | C. Fer | reira | 235 | 3 |
| MEN | | Open | | | - |
| een | | 148 | | | - |
| 81 | | J. Del | Bonis | 320 | |
| Carreiro | 325* | 181 | | | - |
| 20 | | B. Ma | sello (BI | 470* | 1 |
| A. Vieira | 300 | 198 | | | - |
| 98 | | C. Am | | 405 | 2 |
| A. Connors | 275 | N. Pa | olello | 340 | (|
| ubmasters | | 220 | | | • |
| HW | | P. Buc | ono | 450 | |
| . Tucker | 465 | 242 | | | 1 |
| 75 | | J. Con | nors | 500 | |
| . J. Isabella | 430 | A. Bac | cari | 440 | • |
| Bourgault Sr. | 400 | 275 | | | 0 |
| Aasters | | Lazza | reschi (B | L) 550 | r |
| 75 | | T. J. Is | abella | 430 | L |
| . Lazzareschi Jr. | | | rgault Si | . 400 | L |
| Speaks | 385 | C. De | Toro | 400 | 1 |
| uest Lifters | | | terakes | | n |
| 42 | | SHW | | | t |
| . Delamare | 470 | A. Jon | dan | 500 | n |
| owerlifting | SQ | RP | DL | TOT | 5 |
| Vomen | - | | - | | i |
| Lucas-198 | 180* | 170* | 230* | 580* | - |
| IEN | | THE | -50 | | v |
| eenage | | | | | 5 |
| | | | | | - |

| J. Reeves -275 | 800* | 520 | 750* | 2070 |
|------------------------|------|------|------|-------|
| T. J. Isabella-275 | 745 | 430 | 675 | 1850 |
| J. Acciardo-242 | 580* | 400 | 590* | 1570 |
| Bourgault Sr275 | 580 | 400 | 565 | 1545 |
| Masters | | | | |
| Montembault | 600 | 400 | 560 | 1560 |
| A. Irby Jr198 | 525* | 320 | 525 | 1370 |
| Donabedian-242 | 320* | 255* | 420 | 1025 |
| J. Speaks-220 | 475 | 385 | 500 | 1360 |
| J. Goncalver-220 | 415 | 270 | 450 | 1135 |
| K. Kelliher-181 | 350* | 250* | 450° | 1050 |
| Guest Lifters | | | | |
| G. Sousa-181 | 500 | 340 | 525 | 1365 |
| R. Ventriglia-198 | 395 | 240 | 450 | 1085 |
| Open | | | | |
| 148 | | | | |
| J. DelBonis | 330 | 315 | 400 | 1045 |
| 165 | | | | |
| B. Ducharme (BL) | 580 | 340 | 535* | 1455* |
| D. MacDonald | 425 | 280 | 435 | 1140 |
| E. Tremblay | 405 | 285 | 430 | 1120 |
| 181 | | | | |
| J. Carreiro | 500 | 325 | 465 | 1290 |
| J. Signore Jr. | 400 | 285 | 475 | 1160 |
| 198 | | | | |
| J. Taveres | 525 | 330 | 575 | 1495 |
| N. Paolello | 525 | 340 | 500 | 1365 |
| K. Coia | 370 | 225 | 450 | 1045 |
| 242 | | | | |
| J. Acciardo | 580 | 400 | 590 | 1570 |
| M. Chiello | 595 | 405 | 560 | 1560 |
| J. Connors | 435 | 500 | 600 | 1535 |
| F. Perry Jr. | 450 | 310 | 455 | 1215 |
| 275 | | | | |
| J. Reeves (BL) | 800° | 520 | 750° | 2070* |
| T. J. Isabella | 745 | 430 | 675 | 1850 |
| A. Richard | 655 | 480 | 615 | 1750 |
| M. Tarro | 675 | 440 | 600 | 1715 |
| J. Bourgault Sr. | 580 | 400 | 565 | 1545 |
| C. DelToro | 565 | 400 | 535 | 1500 |
| SHW | | | | |
| A. Jordan | 600 | 500 | 525 | 1625 |
| B. Tucker | | | | |
| | | | | |

J. Carreiro-181 500* 325* 465* 1290* J. Ricci-165 380* 215 405* 1000

A. Jordan
B. Tucker

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

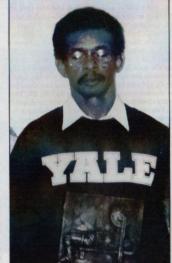
7th APA World Gym Bench Press

| NCH | | 275 | |
|-----------------------|-----------------|---|--------------------|
| OMEN | | R. Rohmer 308 | 327 |
| Steele | 80 | K. Ponteau | 250 |
| bmasters | | J. Bryant Masters | 225 |
| Steele EN | 80 | 148 55-59 | |
| enage 5 | | S. Cannday 181 | 287* |
| Perez | 250 | 45-49 | |
| pen 8 | | J. Steele 55-59 | 220 |
| Cannady 1 | 287 | N. Wellins 242 | 200 |
| Steele | 220 | 45-49 | |
| Wellins 2 | 200 | M. Hogan 275 | 300 |
| Hogan | 300 | 65-69 | |
| Rewards World Reco | 275 ord. Mee | R. Rohmer t director: Jose e; Side Judges: No | 327* ph Steele; |

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

Immaculate Heart of Mary BP/DL

| Immaculate | Hea | rt of Mary BP/ | DL | | M. Inabine |
|------------------------|------------|-----------------------|--------|--|--------------------------|
| 10 JUN 0 | | oungstown, OH | | THIS YEAR'S FESTIVAL BENCH AND DEADLIFT TURNED OUT TO BE THE LARGEST ONE YET AS | F. Thomas C. Donalds |
| BENCH | | W. Kolling | 325 | OVER SIXTY LIFTERS TURNED OUT TO COM- | The contest |
| WOMEN | | R. Dennison | 275 | PETE. THE ONLY FEMALE LIFTER WAS TIA MATTHEWS WHO DID SOME FINE LIFTS TO | at his gym |
| 14-16 | 75 | 220 | | TAKE FIRST IN THE BENCH AND THE DEADLIFT. | (Thanks to |
| T. Matthews MEN | /3 | R. Miller | 515 | IN THE TEENAGE DIVISION EIGHTEEN LIFTERS | |
| Teen 14-16 | | 40-49 S. Popovich | 350 | COMPETED AND THERE WERE SEVERAL CLOSE | |
| 114 | | R. Villani | 330 | RACES.INTHE 114LB. CLASSTIM KOLSKY EDGED | The Tra |
| T. Kolsky | 120 | 242 | 330 | OUT MIKE TREPASSO FOR THE WIN AND RYAN | 15 |
| M. Trepasso | 95 | Open | | RAPPACH HAD ENOUGH TO EDGE OUT JOE | BENCH |
| 148 | | D. Swope | 500 | CRETELLA, WHO LIFTED IN HIS FIRST MEET, TO | WOMEN |
| R. Rappach | 210 | R. Hennings | 325 | WINTHE 148 LB. CLASS. MATT LENZI RETURNED | 165 |
| J. Cretella | 150 | 20-23 | | TOTAKETHE 165 LB. CLASS AND DAVE OLSAVSKY | L. Feeny |
| 165 | | R. Hennings | 325 | II TURNED IN A STRONG LIFT TO TAKE THE 1815. | MEN 165 |
| M. Lenzi 181 | 170 | 40-49 | | STRONG LIFTS WERE TURNED IN BY MATT SENCHESAK, LANNY CRAWFORD AND ANDREW | J. Manlove |
| D. Olsavsky II | 275 | J. Covert | 475 | BOSILON IN THE HEAVIER CLASSES. IN THE | 181 |
| T. Aceveclo | 135 | 50-59 R. Taylor | 280 | TEEN 17-19 DIVISION PAUL LUBONOVICH | M. Spinazz |
| 198 | | 275 | 200 | EDGED OUT CHUCK STEEPLETON TO WIN THE | J. Kerr |
| M. Senchesak | 200 | Open | | 181 LB. CLASS AND BILLY PENWELL AND SAM | 198 |
| M. Grannison | 175 | M. Mikulas | 420 | PROTOPAPA BATTLED FOR THE 220 LB. CLASS. | B. Blevins |
| 242 | | P. Hillard | 400 | IN THE MENS CLASSES JASON THOMAS EDGED | M. Caserta |
| L. Crawford | 260 | K. Miller | 350 | OUT CHUCK VENTURELLA FOR THE 148 LB. | C. Palmer |
| SHW | | 20-23 | | CLASS BUT VENTURELLA DID ENOUGH TO CAP- | M. Warren |
| A. Bosilon | 240 | M. Mikulas | 420 | TURE THE SUBMASTER DIVISION. DAMIAN | M. Honake |
| Teen 17-19 | | SHW | | FRONZAGLIA TURNED IN A SUPER LIFT IN THE | |
| 132 | 100 | 40-49 | | 165LB CLASS AND JIM LEONE CAME BACK AGAIN TO WIN THE SUBMASTERS DIVISION. IN THE | Best Lifters |
| J. Martin | 190 | B. Lenzi | 485 | 181 LB. CLASS THE WIN WAS DECIDED BY BODY | Lightweigh |
| 148 J. Tammaro | 225 | R. Giancola Jr. | 325 | WEIGHT WITH MIKE MARONI EDGING OUT | weight Mer |
| 181 | 223 | DEADLIFT | | DOUGLASS KEEFER FOR THE WIN TONY | lifters that |
| P. Lubonovich | 335 | WOMEN 165 | | SARGIANOPOLIS WAS CLOSE BEHIND FOR | Press Comp |
| C. Steepleton | 325 | 14-16 | | THIRD PLACE. JOE FIUMARA TOOK THE SUB- | the future o |
| M. Clevenger | 250 | T. Matthew | 135 | MASTERS DIVISION AND FRANK MINNITTI | a great turr |
| 220 | | MEN | | EDGED OUT RICH ESTES FOR THE JUNIOR TITLE. | a special th |
| B. Penwell | 335 | Youth 50 lbs. | | ONLY THE MASTER LIFTERS CAME OUT TO LIFT | and Steve |
| S. Protopapa | 320 | R. DeAmicis Jr. | 60 | IN THE 198 LB. CLASS WITH JOHN PHILLIPS AND | Green, Che |
| 148 | | Teen 14-16 | | WILLIAM KOLLINGS AGAIN WINNING THEIR | and Joyce Foraker for |
| Open | 250 | 114 | | AGE DIVISIONS. IN THE 220 LB. CLASS ROBERT | (Thanks to |
| J. Thomas | 350 320 | N. Hoffman | 145 | MILLER PUSHED UP A STRONG LIFT IN THE OPEN DIVISION AND OUR OWN FATHER | (Illatins to |
| C. Venturella 33-39 | 320 | 165 | 270 | POPOVICH PUSHED UP AN EASY 350 LB. TO | |
| C. Venturella | 320 | M. Lenzi 198 | 370 | EDGE OUT RON VILLANI TO WIN THE MASTERS | S. I. S. S. S. S. |
| Police & Fire | | M. Senchesak | 310 | DIVISION. IN THE 242 LB. CLASS DAN SWOPE | Interna |
| J. Thomas | 350 | 181 | 5.0 | CAME FROM PA. AGAIN TO PUT UP A STRONG | 10 A |
| 165 | | Open | | LIFT IN THE OPEN DIVISION AND RAMONE | Open |
| Open | | D. Keefer | 375 | HENNINGSTOOKTHE JUNIOR DIVISION. JOHN | 165 |
| D. Fronzaglia | 425 | T. Sargianopolis | 365 | COLBERT AND RALPH TAYLOR DID STRONG | K. Rustam |
| 33-39 | | 33-39 | | LIFTS TO WIN THE MASTERS DIVISIONS. IN THE | 181 |
| J. Leone | 285 | S. Sheaker | 450 | 275 LB. CLASS ANOTHER CLOSE RACE OC- | R. Gurrero |
| 181 | | 198 | | CURRED IN THE OPEN DIVISION WITH MARTY | T. Holmes |
| Open | 207 | Open | | MIKULAS EDGING OUT PAUL HILLARD AND KEITH MILLER FOR THE WIN. BILL LENZI CAME | 198 |
| M. Marone D. Keefer | 385 385 | R. Swan | 470 | BACK AND PUT UP ANOTHER STRONG BENCH | J. Murrell J. Meade |
| T. Sargianopolis | 325 | 33-39 | 470 | TOWINTHE MASTERS CLASS JUST MISSING 500. | J. McDanel |
| D. Olsavsky II | 275 | R. Swan J. Blackstone | 530 | IN THE DEADLIFT RON DEAMICIS JR. PULLED A | 220 |
| W. Barber | 260 | 220 | 330 | STRONG LIFT WEIGHING ONLY 45 LB. AND | J. Ulvang |
| 33-39 | | Open | | BEING SIX YEARS OLD IN THE YOUTH DIVISION | J. Dwyer |
| J. Fiumara | 355 | B. Bagnal | 565 | AND THE CROWD GAVE HIM GREAT SUPPORT. | C. Adams |
| 20-23 | | 275 | THE | IN THE TEEN CLASSES NICK HOFFMAN, MATT | R. Buster |
| F. Minniti | 275 | Police & Fire | | LENZI AND MATT SENCHESAK PULLED SOME | 242 |
| R. Estes | 225 | A. Spencer | 570 | NICE LIFTS TO WIN THEIR DIVISIONS. IN THE | D. Daubert |
| 198 | | SHW | | MENS CLASSES DOUGLAS KEEFER EDGED OUT | R. Johnson |
| 40-49 | | 40-49 | - June | TONY SARGIANOPOLIS TO WIN THE 181 LB. | P. Delgado |
| J. Phillips | 375 | B. Lenzi | 540 | OPEN DIVISION WITH SCOTT SHEARER WIN- NING THE SUBMASTERS. IN THE 198 LB. CLASS | K. Emery |
| 50-59 | | R. Giancola Jr. | 515 | MING THE SUBMASTERS. IN THE 190 LB. CLASS | M. Jones |
| | | | | | |



Sam Cannady set a new APA World Record in the 148 lb. class, 55-59 age group, with a 287.5 lb. bench press at the 7th APA World Gym Bench Press Champion- 220 ships. (photograph by Joe Steele)

OMPETED AND THERE WERE SEVERAL CLOSE ACES. IN THE 114 LB. CLASSTIM KOLSKY EDGED OUT MIKE TREPASSO FOR THE WIN AND RYAN

| The Trainin | ng Cei | nter's Summe | r BP |
|---------------|--------|---------------|------|
| 15 IUL | 00 - N | lew Castle, D | E |
| BENCH | | 220 | |
| WOMEN | | A. Succarotte | 500 |
| 165 | | J. Payne | 390 |
| L. Feeny | 155 | J. Murray | 385 |
| MEN | | 242 | |
| 165 | | J. Arnold | 500 |
| J. Manlove | 320 | V. Bond | 440 |
| 181 | | P. Norris | 435 |
| M. Spinazzola | 285 | J. Gismonde | 375 |
| J. Kerr | 280 | 275 | |
| 198 | | W. Croner | 470 |
| B. Blevins | 450 | A. Edwards | 450 |
| M. Caserta | 450 | 308 | |
| C. Palmer | 450 | B. Frisby | 535 |
| M. Warren | 420 | SHW | |
| M. Honaker | 405 | H. Wilson | 525 |
| | | J. Hunter | 500 |
| | | L. Betzer | 285 |

163 IB CLASS AND JIM LEONE CAME BACK AGAIN TO WIN THE SUBMASTERS DIVISION. IN THE 181 IB. CLASS THE WIN WAS DECIDED BY BODY WEIGHT WITH MIKE MARONI EDGING OUT DOUGLASS KEEFER FOR THE WIN TONY SARGIANOPOLIS WAS CLOSE BEHIND FOR THIRD PLACE. JOE FIUMARA TOOK THE SUBMASTERS DIVISION AND FRANK MINNITTI EDCED OUT RIVISION AND FRANK MINNITTI EDCED OUT RIVISION AND FRANK MINNITTI EDCED OUT RIVISION AND FRANK MINNITTI EDCED OUT RUSTERS CAME OUT TO LIFT IN THE 198 IB. CLASS WITH JOHN PHILLIPS AND WILLIAM KOLLINGS AGAIN WINNING THEIR AGE DIVISIONS. IN THE 220 IB. CLASS ROBERT MILLER PUSHED UP A STRONG LIFT IN THE OPEN DIVISION AND OUR OWN FATHER POPOVICH PUSHED UP AN EASY 350 IB. TO EDGE OUT RON VILLANI TO WIN THE MASTERS DAN SWOPE CAME FROM PA. AGAIN TO PUT UP A STRONG LIFT IN THE TORSE OF THE PUSHED UP AN EASY 350 IB. TO EDGE OUT RON VILLANI TO WIN THE MASTERS DAN SWOPE CAME FROM PA. AGAIN TO PUT UP A STRONG

| memano | | | | |
|-------------|--------|------|-------|------|
| 10 AUG | 00 - C | ocoa | Beach | , FL |
| Open | SQ | BP | DL | TO |
| 165 | | | | |
| K. Rustam | 230 | 255 | 310 | 795 |
| 181 | | | | |
| R. Gurrero | 560 | 315 | 520 | 139 |
| T. Holmes | 515 | 390 | 475 | 138 |
| 198 | | | | |
| J. Murrell | 660 | 415 | 615 | 169 |
| I. Meade | 535 | 350 | 550 | 143 |
| J. McDaneld | 525 | 325 | 510 | 136 |
| 220 | | | | |
| J. Ulvang | 650 | 420 | 620 | 169 |
| J. Dwyer | 675 | 340 | 600 | 161 |
| C. Adams | 575 | 420 | 580 | 157 |
| R. Buster | 625 | 350 | 560 | 153 |
| 242 | | | | |
| D. Daubert | 700 | 480 | 590 | 177 |
| R. Johnson | 600 | 400 | 600 | 160 |
| P. Delgado | 580 | 360 | 605 | 154 |
| K. Emery | 570 | 440 | 465 | 147 |
| M lones | 500 | 390 | 450 | 134 |

RICK SWAN WON THE OPEN DIVISION AND 275
GAVE A GOOD RACE TO JOHN BLACKSTONE G. C. GAVE A GOOD RACE TO JOHN BLACKSTONE G. Goines WHO WONTHE SUBMASTERS DIVISION. BRIAN D. Sharkey PULLED STRONG LIFTS TO WIN THE HEAVIER

J. Dundon

CLASSES AND BILL LENZI EDGED OUT REGGIE

V. Smith GIANCOLS JR FOR THE SHW CLASS. THE UNL
WEATHER WAS GREAT AND THE LIFTERS DID A T. Forbes Jr. SUPER JOB AS THE MEET WAS HELD OUTSIDE AS S. Clark
ALWAYS. A SPECIAL THANKS TO MY FAMILY W. Forchio AND FRIENDS WHO I WOULD NOT BE ABLE TO +40 HOLD THIS MEET WITHOUT, THEY ALWAYS DO 148 A SUPER JOB. AGAIN A SPECIAL THANKS TO T. Carney FATHER POPOVICH AND ALL THE TORS. (Thanks to Ron Deamicis for

Central Georgia BP

| | | orgia Br/DL | |
|---------------|---------|------------------------|----------|
| | C 00 | - Macon, GA | |
| ICH | | S. Jones | 425 |
| nage | | T. Lloyd | 390 |
| 16 | | SHW | |
| ugger | 225 | A. Davis | 460 |
| ohnson | 155 | Best Lifter - Light | |
| 19 | | W. James | 345 |
| idley | 285 | Best Lifter - He | |
| en | | H. Gillis | 465 |
| | | DEADLIFT | |
| arrison | 195 | Teenage | |
| | | 13-16 | |
| James | 345 | J. Harrison | 200 |
| vans | 305 | 17-19 | |
| | | J. Ridley | 500 |
| Burnam | 285 | Open | |
| Controls | | 165 | |
| Gillis | 465 | S. Johnson | 315 |
| oberson | 410 | 198 | |
| loodworth | 320 | H. Gillis | 575 |
| 202 | | J. Roberson | 550 |
| Haugabrook | 430 | 275 | |
| ohnson | 300 | M. Inabinett | 550 |
| | | Best Lifter - Light | ht Wt. |
| Inabinett | 500 | J. Ridley | 500 |
| homas | 460 | Best Lifter - He | avy Wt. |
| Donaldson | 455 | H. Gillis | 575 |
| contest host | was Rol | Daughtry and it | was held |
| his gym. Mac | con Mu | scle on Riverside | e Drive |
| anks to Sandy | and Be | cki Ellis for these | results) |
| , balley | | AND THE REAL PROPERTY. | annual S |

| HE COM | APETI- | 165 |
|------------|-----------|---------|
| meet re | | |
| | | 181 |
| | | G. Jor |
| /DL | | 198 |
| | | M. M |
| , GA | | J. Piat |
| | 425 | S. Ha |
| | 390 | R. Me |
| | | 220 |
| | 460 | G. Da |
| er - Light | Wt. | C. Ho |
| • | 345 | D. Joi |
| er - Heav | | G. Po |
| | 465 | 242 |
| T | | M. Fr |
| | | R. Ca |
| | | D. Pu |
| on | 200 | 275 |
| | | T. Ha |
| | 500 | J. Pet |
| | | J. Cal |
| | Danie Oli | M. H |
| on | 315 | S. Wh |
| | | M. Fo |
| | 575 | M. Se |
| on | 550 | UNL |
| | | G. Rie |
| nett | 550 | A. Ph |

350 535 415 550 1545 225 315 730 W. Parlor

1350 585

1020

1950

475 135

435

720 570 550

535 400

355 225 440 1020

450 315

270 300 305 245 605 500 475

> 380 360 320 350 495 465 470 430

450

455 315

480 305

520 500 420

420 285

750 450

S. Schultz 580 415 550 1545
W. Parlor 190 225 315 730
The International Law Enforcement Games were held in Cocoa Beach, Fl. ton 3-13 August, 2000. There were approximately 6,500 law enforcement officers from around the United State and the world competing in 32 different events. As you can see we had a good number of powerlifters in many age groups and weight classes. We, also, had a number of state of Florida, American, and World Records set and broken during this competition. Some of these records were set in the open classes as well as the +50 and +60 age groups. It seems as the older our cops get, the better they get. We, also, had several teams sign up, but the team from Florida which was comprised of Tim Holmes, John Murrell, Clint Adams, Mike Francis, Dave Sharkey, Tom Harrier, Gary Davis, Julian Ulvang, Donald Daubert and Glenn Richardson beat the closest team by 33 points. In powerlifting, several foreign countries were also represented. We had lifters from England, Russia, Kazakhstan, and Bulgaria. All in all, it was a good meet with a good turn out and no serious injuries. The next international law enforcement games will be in 2002, with the location to be named at a later date. It will be a full power meet as this one was, not a push/pull meet like the one in Indianapolis next year. Thanks for putting this in, the guys are looking forward to some good press everyone seems to want to put out. (Thanks to Jim Gaczewski for providing these meet results).



LSTA - Troop B Affiliate Grant-A-Wish

TPR. Arrid C. Hansell

4th Annual LSTA Grant a Wish B 17 IUN 00 - Kenner, IA

| The state of the s | 14 00 | - Keillier, IA | | R. Medinger | 110 |
|--|-----------|-------------------------|------------|------------------------|-----|
| WOMEN | | 242 | | Teen (open) | |
| Open | | B. Nichols | 515 | 121-149 | |
| 116 | | J. Blackwell | 475 | K. Weber | 55 |
| A. Allen | 110 | L. Stevenson Jr. | 460 | GUYS | |
| 122 C. Farina | 110 | 275 | | HS 120-under | |
| | 85 | P. Fletcher | 475 460 | K. Mink | 125 |
| J. Dansby 154 | 03 | R. Bueche T. Babcock | 455 | J. Letchford | 120 |
| T. Miles (BL) | 140 | SHW | 433 | 121-139 | 120 |
| MEN | 140 | K. Wnuk (BL) | 550 | S. Raiston | 185 |
| Special Olympics | | S. Maddox | 520 | J. Determan | 165 |
| 123 | | B. Williams | 520 | 140-165 | |
| M. Martinez Jr. | 140 | Master 40-49 | | S. Hahn | 205 |
| 181 | | 165 | | B. Ryan | 135 |
| M. Tusa (BL) | 300 | C. Rood | 300 | A. Ohsann | 150 |
| 198 | | 181 | | 166-185 | |
| R. Ramirez | 185 | T. Smith | 280 | A. Blount | 260 |
| Teen 14-16 | | 198 | | S. Clements | 175 |
| 123 | | R. Boudreaux | 405 | D. Boywarrt | 240 |
| J. Miles | 90 | C. Lundsgard | 340 | M. Hansen | 215 |
| 148 | | C. Leech | 305 | M. Peters | 215 |
| A. Delgado | 215 | 220 | | 186-205 | |
| 165 | | R. Jackson | 360 | P. Meyer | 225 |
| S. Konecni (BL) | 255 | 242 | | M. Mandot | 185 |
| 181 | S. Jan | H. Lavin (BL) | 435 | 206-224 | |
| Z. Desselle | 200 | E.Banks | 380 | R. Grage | 215 |
| 220 | | S. Nichols | 365 | S. Barr | 240 |
| L. Desselle IV | 260 | 275 | Nugital. | E. Hosette | 225 |
| D. Darensbourg | 225 | L. Desselle III | 400 | 225-249 | |
| A. Johnson | 185 | A. Arena | 365 | A. Blount | 310 |
| A. Baldwin Sr. | 305 | Master 50+ 181 | | TJ Scherer 250-over | 295 |
| T.Brantley | 190 | R. Guidry | 275 | B. Hankins | 245 |
| 275 | 190 | A. Smith | 225 | Teen (open) | 243 |
| T. Williams | 185 | 198 | 223 | 120-under | |
| SHW | 103 | E. Howard (BL) | 400 | L. Grage | 90* |
| L. Ancar | 310 | J. Junsch | 330 | 140-170 | - |
| Teen 17-19 | 2.133 | 220 | 330 | S. Seymour | 220 |
| 148 | | L. Numa | 275 | 225-249 | |
| G. Aucoin | 215 | Police/Fire | | M. Merema | 310 |
| 165 | | Lightweight | | WOMEN | |
| B. Weathersby | 300 | 148 | | Open 30-39 | |
| 198 | | L. Jones (BL) | 340 | 121-149 | |
| C. Miller | 305 | J. John II | 185 | CJ Schnoor | 110 |
| 242 | | 181 | | L. Treakle | 90 |
| J. Townsend (BL) | 420 | A. Roy | 350 | MEN | |
| Lightweight | | J. Jones | 300 | 20-29 | |
| 165 | | J. Swain | 250 | 140-170 | |
| T. "Big T." Tyson | 370 | Police/Fire Hvyw | eight | D. Phipps Jr. | 350 |
| D. Cagnolatti | 350 | 198 | | 171-205 | |
| J. Comardelle | 335 | J. Vining (BL) | 465 | M. Birdsley | 325 |
| 181 | | E. Howard | 400 | 206-224 | |
| Weathersby (BL) | 400 | J. Norwood | 370 | L. Ratcliffe | 350 |
| R. Brown | 385 | 220 | | 30-39 | |
| M. Spruill | 355 | M. Sanders | 480 | 171-205 | |
| Heavyweight | | M. Bruno | 475 | T. Hugunin | 375 |
| 198 | | S. Tate | 370 | 40-49 | |
| R. Satcher | 440 | 242 | | 171-205 | 24- |
| S. D. Thompson | 415 | J. Blackwell | 475 | D. Lehr B. Duncan | 245 |
| J. Norwood | 370 | S. Jackson | 415 | R. Refbord | 270 |
| 220 M. Sanders | 480 | SHW S. Maddox | 520 | K. Kelbord 50+ | 225 |
| J. Reape | 410 | R. Phillips | 505 | 141-170 | |
| T. Austin | 405 | J. Kennedy | 405 | R. Weber Jr. | 245 |
| | | ram is designed to | | 206-224 | 243 |
| Our Grant - A - W | isii Prog | ram is designed to | grant | | |

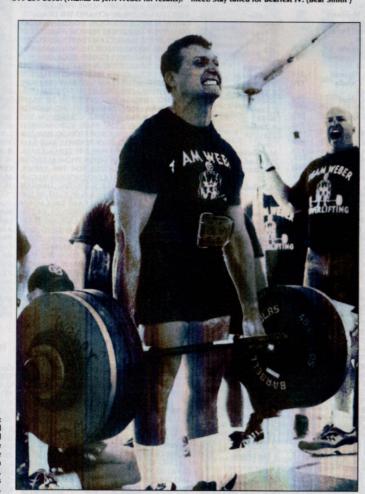
Our Grant - A - Wish Program is designed to grant a wish to a terminally ill child in the community.

Last year the Troop B Affiliate of the L.S.T.A. raised over 10,000 dollars for the program. Since 1998 a total of four wishes have been granted to children in our community, which include, a bedroom set along with a TV and video games; a shopping spree; a Irip to Disney World; and a Irip to the Major League All - Star Game. This year we have worked hard towards organizing this meet. All awards are sculptured trophies from Andersen Art. This will allow more people an opportunity to take home a beautifully sculptured prize. We scheduled massage therapists to come to the meet to give free massages to the competitors and fans. And, as always, there was the raifle with great prizes along ("there's next year"). Bob weighed in at 162 lbs. and

| BP | 4th | | 325* | 41. |
|------------|----------------------------------|------------|----------------|--------------|
| | 150 - over R. Medinger | 110 | 300 | |
| | Teen (open) | 110 | 300 | 410 |
| 515 | 121-149 | | | |
| 475 | K. Weber | 55 | 155 | 210 |
| 460 | GUYS | | | |
| | HS | | | |
| 475 | 120-under | | | |
| 460 | K. Mink J. Letchford | 125 | 270* | 39 |
| 455 | 121-139 | 120 | 240 | 360 |
| 550 | S. Raiston | 185 | 410 | 595 |
| 520 | J. Determan | 165 | 360 | 525 |
| 520 | 140-165 | | | |
| | S. Hahn | 205* | 510* | 715 |
| | B. Ryan | 135 | 375 | 510 |
| 300 | A. Ohsann | 150 | 340 | 490 |
| 280 | 166-185 A. Blount | 260* | 510* | 770 |
| 200 | S. Clements | 175 | 500 | 675 |
| 405 | D. Boywarrt | 240 | 375 | 615 |
| 340 | M. Hansen | 215 | 360 | 575 |
| 305 | M. Peters | 215 | 330 | 545 |
| | 186-205 | | | |
| 360 | P. Meyer | 225* | 660* | 885 |
| | M. Mandot | 185 | 550 | 685 |
| 435 | 206-224 | 215 | 550* | 7/1 |
| 380 365 | R. Grage S. Barr | 240 | 510 | 765 750 |
| 303 | E. Hosette | 225 | 470 | 695 |
| 400 | 225-249 | | 4,0 | 033 |
| 365 | A. Blount | 310* | 575* | 885 |
| | TJ Scherer | 295 | 530 | 825 |
| | 250-over | | | |
| 275 | B. Hankins | 245 | 510 | 755 |
| 225 | Teen (open) 120-under | | | |
| 400 | L. Grage | 90* | 260* | 350 |
| 330 | 140-170 | - | | 330 |
| - | S. Seymour | 220 | 540 | 760 |
| 275 | 225-249 | | | |
| | M. Merema | 310 | 620 | 930 |
| | WOMEN | | | |
| | Open 30-39 | | | |
| 340 185 | 121-149 CJ Schnoor | 110 | 170 | 280 |
| 103 | L. Treakle | 90 | 165 | 255 |
| 350 | MEN | 20 | 103 | 233 |
| 300 | 20-29 | | | |
| 250 | 140-170 | | | |
| ight | D. Phipps Jr. | 350* | 570* | 920 |
| | 171-205 | | | |
| 465 | M. Birdsley | 325 | 630 | 955 |
| 400 370 | 206-224 L. Ratcliffe | 350 | 475 | 825 |
| 3/0 | 30-39 | 330 | 4/3 | 623 |
| 480 | 171-205 | | | |
| 475 | T. Hugunin | 375* | 450 | 825 |
| 370 | 40-49 | | | |
| 7 3 1 | 171-205 | - | | 1 |
| 475 | D. Lehr | 245 | 510 | 755 |
| 415 | B. Duncan R. Refbord | 270 225 | 420 410 | 695 635 |
| 520 | 50+ | 223 | 410 | 633 |
| 505 | 141-170 | | | |
| 405 | R. Weber Jr. | 245 | 575* | 820 |
| rant | 206-224 | | | 0191 |
| nity. | M. Sharp | 265 | 535* | 800 |
| ised | * denotes new | meet reco | ord. First tim | ne lifters a |
| 98 a | Kayla Weber - Medinger, C. J. | age 10 | Lindsay 1 | igh, Rac |
| iren | Medinger, C. J. | Schnool | , Leann In | eakle, jar |

with froz t. shirts and programs for the litter. We feel that these are the things that belood as grow in the property of the

| 18 | | C. Coulson | 455 |
|---------------|--------|-----------------|-------|
| APF Open | | AAPF Submasters | |
| Perez | 165 | D. Hummingbird | 430 |
| APF Teenage | | T. Guiney | 105 |
| Caputo | 130 | Deadlift | |
| 31 | | 148 | |
| PF Open | | AAPF Teenage | |
| Baker | 360 | J. Caputo | 275 |
| 8 | | 198 | |
| APF Open | | AAPF Open | |
| Richardson | 275 | R. Richardson | 560 |
| APF Submaster | 5 | AAPF Submaster | |
| Hilsenbeck | 340 | K. Hilsenbeck | 160 |
| PF Open | | 220 | |
| Henry | 395 | AAPF Masters | |
| PF Masters | | C. Cuputo | 565 |
| Radmilovich | 350 | APF Open | |
| 0 | | J. Griggs | 600 |
| APF Masters | | D. Whittle | 600 |
| Caputo | 390 | I. Cox | 530 |
| PF Open | | SHW | |
| Whittle | 500 | AAPF Submasters | |
| Griggs | 425 | T. Guiney | 630 |
| Cox | 350 | AAPF Masters | |
| W | | C. Coulsen | 550 |
| st women's | bench: | | men's |
| | | | |



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

Sky Ranch for Boys PL 05 AUG 00 - Sky Ranch, SD DL 350 225 BP 195 130 110 820 490 490 440 135 245 205 135 125 110 T. Colvin A. Frederick D. Lipkins 155 225 680 645 685 610 560 375 340 300 225 190 175 180 125 115 145 180 160 140 95 275 315 275 240 155 225 340 260 220 135 195 205 225 390 925 F. Lepe C. Lesnet J. Langley 181 330 360 210 795 805 345 230 205 390 825 215 190 335 740 140 155 260 555 275 450 1025 225 390 945 175 250 610 300 330 185

220 250 250 270 270 820 Special thanks to Sandy Miller for flying out from NY to help judge and coach the meet. (Thanks to Ron Miller for providing these results to Pt. USA).

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

| Open | | | dazzo | 360 |
|--------------|-----|--------|--------|-----|
| 165 | | 165 | | |
| M. Hara | 450 | Teen | | |
| J. Meixnir | 295 | P. Boo | | 300 |
| 181 | | B. Bai | cer | 295 |
| S. Dias | 350 | Maste | r 2 | |
| 220 | | E. Ma | rtinez | 400 |
| R. Exum | 285 | 181 | | |
| 275+ | | Teen | | |
| D. Freeland | 420 | K. Ka | estner | 350 |
| Deadlift | | Teen | 2 | |
| Teen | | N. Lui | Z | 510 |
| 114 | | 220 | | |
| D. Harter | 205 | Teen | | |
| 148 | | J. Tay | lor | 335 |
| C. Hernandez | 355 | 242 | | |
| C. Etter | 335 | E. Val | entine | 390 |
| BENCH/DEAD | | BP | DL | TOT |
| Women | | | | |
| Master 3 | | | | |
| 114 | | | | |
| C. Brigham | | 110 | 250* | 360 |
| Master 4 | | | | |
| 198 | | | | |
| K. Pouansky | | 110 | 190 | 400 |
| Men | | | | |
| 148 | | | | |
| Speical | | | | |
| A. Farahmand | | 65 | 135 | 200 |
| Open | | 7 321 | | |
| B. Uyevica | | 280 | 495 | 785 |
| D. Cycrica | | | | |



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

| neiping enj | | | | | | | |
|-------------|--|-----|-----|-------------|-----|-----|-----|
| J. Snapiro | 265 | 370 | 635 | Teen | | | |
| Master | | | | A. Bixler | 165 | 330 | 495 |
| B. Oyevca | 290 | 495 | 785 | Open | | | |
| I. Stenley | 245 | 450 | 695 | K. Kanemoto | 460 | 510 | 970 |
| 165 | | | | M. Coffee | 330 | 460 | 790 |
| S.G. | | | | Master | | | |
| J. Freeburg | 100 | 220 | 320 | B. Stedman | 325 | 560 | 885 |
| Junior | | | | 220 | | | |
| A. Eastman | 275 | 450 | 725 | Open | | | |
| 181 | | | | S. Burgess | 355 | 605 | 960 |
| Teen 2 | | | | 242 | | | |
| D. Ceroy | 225 | 420 | 645 | Open | | | |
| Master | | | | P. Cooper | 405 | 575 | 980 |
| W. Nichols | 245 | 445 | 690 | L. Varges | 365 | 530 | 895 |
| Master 2 | Aug de la | | | Master | | | |
| D. Barnes | 320 | 420 | 740 | S. Gaytad | 325 | 530 | 855 |
| Master 3 | COLUMN TO SERVICE SERV | | | 275 | | | |
| B. Accosta | 180 | 320 | 500 | R. Magni | 375 | 600 | 975 |
| 198 | 100 | - | | Master | | | |
| | | | | | | | |

455 *T. Nugent 355 440 795

*Denotes State Record. Best Lifter: Push/Pull Lifters only; Drew Coby (Teen); Chris Brigham (Light);

oto (Heavy); Bob Accosta (Master (Thanks to USAPI for pr

USAPL Minnesota BP Championship 18 MAR 00 - Plymouth, MN T. Hirdler T. Poecel

Masters 50-59

WOMEN

| | 97 | | D. Hawkinson | 330 |
|------|--------------------------|-------|-----------------------|--------|
| | C. Anderson | 110 | T. Haggenmiller | 310 |
| | 114 | | Masters 40-49 | |
| | Shuttleworth (BL) | 150 | T. Lohman | 405 |
| | Teen 16-17 | | D. Johnson | 380 |
| | 114 | | D. Lux | 300 |
| | L. Tischer | 105 | 220 | |
| | 123 | 324 | Junior | |
| | T. Toso | 115 | J. Hodge | 405 |
| 8 | MEN | SEE | Open | 12 (0) |
| | Teen 16-17 | | T. Odel | 450 |
| 1000 | 123 | | L. Austin | 410 |
| led | I. Hoffman | 220 | M. Ready | 400 |
| ea | 148 | 220 | Masters 40-49 | 400 |
| my | M. Lohman | 215 | S. Nelson | 300 |
| tly | lunior | 213 | Masters 50-59 | 300 |
| | T. Williams | 225 | D. Szamblan | 315 |
| for | | 223 | 242 | 313 |
| nd | Open E. Alter | 280 | Junior | |
| nd | | 200 | J. Stordahl | 335 |
| ent | 165 | | | 333 |
| | Teen 18-19 | - | Teen 14-15 | 225 |
| ous | S. Naspinski | 250 | J. Stevenson | 235 |
| elf | Junior | | Open | |
| | B. Kegler | 265 | M. Edelstein | 425 |
| ual | Open | | B. Huydma | 425 |
| oto | L. Martins | 340 | S. Born | 335 |
| | R. Pahn | 300 | Masters 40-49 | |
| for | W. Kish | 285 | B. Huydma | 425 |
| ays | Masters 40-49 | | Masters 50-59 | |
| 4,5 | P. Baer | 300 | B. Mozis | 240 |
| | Masters 50-59 | | 275 | |
| | J. Tini | 290 | Teen 14-15 | |
| | 181 | | N. Kuvass | 235 |
| | lunior | | Teen 18-19 | |
| 95 | S. Hodge | 310 | J. Galvan | 345 |
| 33 | Open | | lunior | |
| 70 | J. Marispni | 410 | A. Beaudet | 425 |
| 90 | I. Sussman | 405 | Open | |
| 90 | D. Miller | 360 | M. Gordon | 470 |
| 85 | Masters 40-49 | | A. Holley | 415 |
| 83 | G. Alstadt | 415 | Masters | |
| | R. Leppla | 365 | M. Gordon | 470 |
| | 198 | 303 | Masters 40-49 | 4,0 |
| 60 | guest | | D. Rgnonti | 390 |
| | L. Boyles | 455 | Masters 50-59 | 330 |
| 22 | | 433 | R. Schbert | 350 |
| 80 | Open | | Masters 70-79 | 330 |
| 95 | M. Burns | 415 | | 290 |
| | K. Hare | 415 | R. Davies | 290 |
| 55 | T. Lohman | 405 | SHW | |
| | J. Hirdler | 400 | Junior | |
| 75 | C. Nelson | 355 | The Tick | 450 |
| | (The selection Daniel LA | achia | and Jim Cahill for re | culte) |

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725 (219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures as a condition of continued membership. I agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership to USAPL. I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, i shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method in the Internet, in Powerithing USA, or any other publication that USAPL so chooses.

(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

| SIGNATURE: | | If under 21 yrs., Parent Initia | l: Date: E-Mail: | Prior Reg. # |
|---|--|--|---|----------------------------------|
| Address / City / St | ate / Zip Code:Age: | Sex:U.S. Citizen?USAPL Register | red Club Represented: | m kunst kunst? Valuntakuns ti |
| Competing Divisions: Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. 8 un) | Membership Prices: Adult - \$40.00 High School - \$30.00 | USAPL Merchandise: •Logo T-Shirt = \$15.00 (Size) •Rulebook = \$25.00 •Logo Patch = \$5.00 •Polo Shirt w/Logo - (s-xl) = \$35.00 (xxl & up) = \$37.00 (navv - white) (Size) | Method Of Payment: Credit Card: Visa - Maste | r Card - Discover Exp. Date |

Credit Cardholder Signature____ •Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00 Special Olympian - \$10.00 Collegiate (navy) (Size ____ Qty. ___)

•Logo Hats (denim – black – white) = \$15.00 Check / Money Order # . Police & Fire Tax Deductible Donation •Referee Designation Polo w/Logo- (s-xl)=\$30.00 (xxl & up)=\$32.50 High School Total Purchased: __(Size _____ Qty. ___) Special Olympian

14.1 - Ct + D 1 /D II

| Maine Stat | e Pus | h/Pul | |
|--|------------|--------|------------|
| 05 AUG 00 | - Turi | ner, M | E |
| Men | BP | DL | TOT |
| Guest | | | |
| Russ Barlow 308 JR | 501 | 733 | 123 |
| Scott Blanchard 198 | 374 | 600 | 975 |
| Alex Scopton 181 | 319 | 462 | 782 |
| Josh Wagner 147 | 225 | 374 | 600 |
| Josh Scholl 214 | 319 | 485 | 804 |
| Shawn Swiderski 143 | 242 | 314 | 556 |
| Master (40-49) | | | |
| Richard White 177 | 325 | 562 | 887 |
| Christopher Clark 203 | 325 | 567 | 892 |
| Dominic Mirone 162 | 209 | 440 | 650 |
| Kevin Inman 210 | 286 | 462 | 749 |
| Master (50+) | | | |
| Stanley Muller 220 | 259 | 396 | 655 |
| Open | 1000 | | |
| K.Jackman Gleason 282 | 551 | 672 | 1223 |
| Michael Kalter 218 | 396 | 727 | 1124 |
| George Sotirakos 188 | 424 | 584 | 1000 |
| Tim Bellmore 181 | 424 | 584 | 975 |
| Andrew Connors 228 | 501 | 606 | 110 |
| Chris Wiers 307 | 540 | 622 | 1162 |
| Brent Howard 219 | 374 | 683 | 1058 |
| Richard White 177 | 325 | 562 | 887 |
| Tim Goode 174 | 352 | 507 | 859 |
| Michael Eugley 233 | 374 | 633 | 1008 |
| Del Harrington 228 | 391 | 600 | 992 |
| Dan Whalen 218 | 407 | 551 | 958 |
| Steve Robyck 254 | 440 | 551 | 991 |
| Randy Pushard 166 | 314 | 457 | 771 |
| Christopher Clark 203 | 325 | 567 | 892 |
| Charlie Kanavas 180 | 308 | 501 | 810 |
| Robert Jodoin 217 | 352 | 518 | 870 |
| Matt Griffin 217 | 347 | 523 | 870 |
| Earl Cole 148 | 236 | 396 | 633 |
| Keith Schofield 323 | 424 | 501 | 925 |
| Russell Bickford 205 | 314 | 451 | 765 |
| Jason Connors 207 | 270 | 473 | 743 |
| Roland Ingrisano 211 | 275 | 473 | 749 |
| Stephen Gorham 214 | 330 225 | 424 | 754 |
| Frank Ventriglia 186 Bret Moorehead 156 | 325 | 451 | 677 325 |
| SubMaster | 323 | | 323 |
| Tim Goode 174 | 352 | 507 | 859 |
| Dan Whalen 218 | 407 | 551 | 958 |
| Steve Robyck 254 | 440 | 55 1 | 991 |
| Randy Pushard 166 | 314 | 457 | 771 |
| Troy Conquest 274 | 380 | 303 | 683 |
| Teen | 300 | 303 | 003 |
| Rico Minervino 181 | 281 | 462 | 743 |
| Michael Purington 133 | 121 | 303 | 424 |
| | | 000 | |



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

| Women | | | |
|--|----------|----------|-----------|
| JR | 400 | | |
| Ericka Blanchard 122 | 132 | 244 | 374 |
| Master (40-49) | 3330 | - | |
| Betty White 160 | 132 | 275 | 407 |
| Open | | | |
| Michele Cooper 178 | 143 | 275 | 418 |
| Team: Ultimate Fitness | Center. | I wou | ld like t |
| thank everyone who su | pportec | this v | ear's AP |
| Maine State Push/Pull. | | | |
| success attracting 52 lift | | | |
| England. A special than | | | |
| | | | |
| McKanna the neonle | | | |
| McKenna, the people | | | |
| McKenna, the people Connors, Steve Cote, Da Evarett Tyler, Monique (| an Bellm | ore, Ste | ve Smit |

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

555

121

W. Garvey SHW A. Ramsey O. Walker

J. DelArroz Master 40-49

S. Hall
C. Cobano
352 G. Nishida
319 50-59
314 D. Smith
L. Negriff
413 G. Brink
352 P. Grace
347 W. Gareev

341 319

435

Turner, Ellis

B. Goldberg

lay Mazola Memorial Rench Meet

| | | orial Bench N | | wagner, John | 610 | 340 | 555 | 1505 |
|-------------------------|-----------|--------------------|---------|----------------------|-----------|----------|----------|--------------|
| 24 JUN | 1 00 - 1 | lynn, MA (kg) | | Junior | | | | |
| BENCH | | F. Papavado | 150 | Isbell, Jamie 308 | .000 | - | - | NOT STATE |
| MEN | | C. West | 140 | Novice | | | | |
| Ir | | 198 1/4 | 140 | | | 205 | | |
| C. West | 140 | B. Crescenco | 182 5 | York, Brad | 530 | 395 | 560 | 1485 |
| J. Floyd | 112.5 | | 177.5 | Powerlifting | | | | |
| H. Howard | 130 | W. Jeserski | 162.5 | 148 | | | | |
| Master (40-49) | | I. Giordoni | 155 | Open | | | | |
| D. Lee | 235 | H. Howard | 130 | Keenan, Pat | 500 | 290 | 475 | 1265 |
| F. Quirk | 145 | 220 1/4 | 130 | 181 | 300 | 290 | 4/5 | 1265 |
| M. Farrell | 102.5 | | 202.5 | Novice | | | | |
| Master 50+ | | C. Stoey | 172.5 | Alley, Brian | 435 | 305 | 515 | 1255 |
| P. Soto | 145 | 242 1/2 | | 242 | 433 | 303 | 313 | 1233 |
| R. Beaulieu | 130 | D. Lee | 235 | Novice | | | | |
| Novice | | 275 1/4 | | Newark, Shane | 630 | 465 | 515 | 1610 |
| C. Stoev | 172.5 | J. Flynn (BLM) | 247.5 | Andrews, Jason | 585 | 425 | 535 | 1545 |
| I. Giordoni | 155 | 308 | | Open | 303 | 423 | 333 | 1343 |
| F. Papavado | 150 | The Jackman | | Halter, Lynn | 655 | 300 | 545 | 1500 |
| C. Decherico | 87.5 | Submaster | | 275 | 033 | 300 | 343 | 1300 |
| J. Morando | 102.5 | J. Flynn | 247.5 | Open | | | | |
| B. Sudbay | 62.5 | J. Speranza | 167.5 | Mount, Scott | 775 | 480 | 575 | 1830 |
| Open | | A. Ramirez | 172.5 | Thanks to Powerl | | | e Honki | ne (owner |
| 132 1/4 | | P. Murtaugh | 202.5 | of American Fitn | oce ala | The Me | ot Sita | all of the |
| W. Graig | 97.5 | Teen | | judges, spotters,l | naders | and he | ners at | this most |
| 148 3/4 | | C. Decherico | 87.5 | See these and of | | | | |
| J. Floyd | 112.5 | J. Caponigo | 60 | rothgerypowerlif | | | | |
| 165 1/4 | | W. Faust | 92.5 | Rothgery Powerli | ifting fo | r provid | ing thee | e reculte) |
| J. Speranza | 167.5 | J. Morando | 102.5 | momber, romein | | , pioria | mg trics | e results j. |
| P. Soto | 145 | D. Hodge | 80 | | | | | |
| B. Galland | 135 | Piero Procopio | 72.5 | Venice | Beac | h Bene | h Pre | 99 |
| 181 1/4 | | WOMEN | | 10 JUN 0 | | - | | |
| A. Ramirez | 172.5 | Open | | 10 JUN 0 | 0 - VE | enice t | seacn, | CA |
| F. Quirk | 145 | L. Prouix (BLF) | 62.5 | Women | | D. Ma | п | 534 |
| BLM: John Flynn; | BLF: Lau | ra Prouix; Team: B | arretts | Open | | G. Brit | nk | 407 |
| Bull Pen. I wou | ld like | to thank everyon | e who | 132 and below | | W. Ga | | 385 |
| supported this ye | ears Jay | Mazola Memorial | Bench | M. Abendano | 132 | SHW | | S. Dist. |
| Meet. This conte | st was a | great success as | both a | 132-148 | 100 | A. Ran | nsev | 551 |
| fund raiser and o | quality o | lifters. A special | thanks | C. Eisenbraw | 192 | O. Wa | | 479 |

fund raiser and quality of lifters. A special thanks goes to the Italian American Club of Lynn, MA, John Flynn, Dave Lee, Lee Barrett, Bob (John's father in law), Norm Gury, Chao Curtis, Michelle Curits, Scott Burnchard, Steve Smith, Scott Worthing, the spotters and loaders for without all of you there would be not meet. (results of this contest provided to PLUSA courtesy Russ Barlow). L. Cynkin-Hardy Master 40-49 R. Wedeen

APF/AAPF Great Lakes PL 12 MAY 00 - Elyria, OH

| Bench Press | | Ope | | | | | | 100 |
|----------------|-----|-------|-----------|--------|-------------------|-----------|---------------------|-----------|
| 242 | | | ser, Chu | ick 32 | 165 | | L. Negriff | 407 |
| Open | | Mas | | - 32 | J. TTAIL | 413 | G. Brink | 407 |
| Fellure, Todd | 480 | | as, Hect | or 27 | E. Arreseigor | 352 | P. Grace | 352 |
| Lee, Jason | 455 | 198 | as, riect | 01 2/ | C. Dalanga | 347 | | 365 |
| Freiwald, R.J. | 433 | Novi | ine. | | G. Lopez | 325 | R. Belles | 385 |
| 275 | | | ind, Eric | 29 | 181 | | B. Levin | 275 |
| Open | | 220 | ina, Erk | 29 | ITI. TAICIICIA | 363 | 60+ | |
| Kyle, Bill | 550 | | nasters | | G. Nishida | 319 | D. Herrera | 402 |
| 308 | 550 | | | | J. Davis | 314 | W. Ghant | 266 |
| | | | on, Jam | es 41 | 3. Johnson | 281 | Junior | |
| Open | | 275 | | | 198 | | 14-16 | |
| Heaston, Anton | 1 | Ope | | | D. Wagman | 451 | D. Torrejon | 236 |
| | | | re, Kevi | n 40 | 220 | | 17-19 | |
| 242 | | Dead | sint | | M. Ludovico | 529 | E. Arreseigor | 352 |
| Open | | 123 | | | 242 | | F. Garcia | 314 |
| Fellure, Todd | 585 | Ope | | | A. Walton | 462 | Submaster | |
| Freiwald, R.J. | | | in, Sean | 26 | 5 V. Garcia | 330 | S. Ward | 413 |
| 275 | | 165 | | | 308 | | K. Lee | 413 |
| Open | | Ope | | | T. Manno | 564 | S. Marcinek | 374 |
| D'forio, Mark | 715 | | eter, Ch | uck 40 | Best Lifters: Me | en It: S. | Ward; Hvy: M. Li | |
| Josza, John | 700 | 181 | | | | | nan: C. Eisenbraw. | |
| AAPF | | Novi | ce | | | | Center for these | |
| Bench Press | | Alley | , Brian | 51 | 5 to veince beach | Auneu | c Center for these | results). |
| APF | | | | | | | | |
| Powerlifting | SQ | BP | DL | TOT | Mus | cle Re | ach Deadlift | |
| 165 | | | | | | | nice Beach, (| |
| Novice | | | | | 13 JUL | 00 - VE | enice Beach, C | A |
| Crone, Matt | 410 | 240 | 450 | 1100 | DEADLIFT | | B. DeLeon | 429 |
| 181 | | | | | WOMEN | | 220 | |
| Open | | | | | Open | | P. Beck | 595 |
| Morrow, Steve | 520 | 350 | 525 | 1395 | 132 and under | | A. Gonzales | 589 |
| Lawrence, Mark | 520 | 320 | 470 | 1310 | T. Upton | 198 | B. Evans | 496 |
| 198 | | | | | R. Wedeen | 170 | 242 | |
| Open | | | | | Masters | | G. Hogan | 705 |
| Burrows, Mark | 600 | 425 | 575 | 1600 | 40-49 | | M. Blanchard | 501 |
| Taylor, Shawn | 570 | 360 | 225 | 1155 | R. Wedeen | 170 | Master | |
| Junior | | | | | 50-59 | | 40-49 | |
| Taylor, Shawn | 570 | 360 | 225 | 1155 | T. Upton | 198 | D. Someda | 396 |
| Master | | | | | MEN | | I. Mohammad | 424 |
| Clayman, Glenn | 520 | 465 | 565 | 1550 | Open | | F. Fleet | 330 |
| 220 | | | | | 132 | | 50-59 | |
| Open | | | | | D. Someda | 396 | B. Evens | 496 |
| Fought, Philip | 600 | 370 | 575 | 1545 | 165 | 3,0 | B. McKenzie | 424 |
| Scott Galen | 670 | 480 | 580 | 1730 | R. Neal | 303 | Submaster | 747 |
| 242 | 0.0 | 100 | 500 | 1730 | 198 | 303 | G. Hogan | 705 |
| Open | | | | | J. Kegrice | 633 | V. Hill | 600 |
| Newman, Len | 640 | 380 | 580 | 1600 | | | | |
| Submaster | 040 | 300 | 300 | 1000 | best litters: Me | n lightw | eight - J. Kegrice; | Heavy- |
| Newman, Lonnie | 550 | 360 | 525 | 1435 | | | ters - D. Someda; | |
| 275 | 330 | 300 | 343 | 1433 | | | of this competitio | |
| 2/3 | | | | | provided to PL (| JSA DY V | enice Beach Rec. (| enter). |

14th Southeastern Illinois BP & DL

| 29 JUL 00 - | Harris | burg, IL |
|---------------------|--------|--------------------|
| WOMEN | BP | DL |
| S. Motsinger | 120 | 245 |
| MEN | | |
| 148 | | |
| A. Dennison | | 250 |
| 181 police and fire | | |
| R. Dearing | 300 | |
| Open | | |
| D. Rees | 275 | 475 |
| Juniors | | |
| J. Sheldon | 265 | |
| 198 | | |
| J. King | | 460 |
| Masters | | |
| G. Baker | | 450 |
| Police and fire | | |
| M. Carwyle | 325 | 505 |
| 220 | | |
| D. Ratliff | 365 | - pody |
| A. Henson | 315 | 360 |
| 242 | | |
| R. Hesterly | 350 | |
| 275 | | THE REAL PROPERTY. |
| W. Hinkle | 300 | 440 |
| B. Rath | 430 | |
| G. Richard | 315 | |
| 308 | | milende |
| R. Hudnell | 435 | 505 |
| SHW | | |
| R. Ramos | 425 | 500 |

R. Ramos 425 500 This 14th Annual meet was held in the aerobics room at S & M Fitness. Every year we put on this event to help our area lifters prepare for upcoming meets. Out of the 16 lifters 16 were members of S meets. Out of the 16 lifters 16 were members of S & M Fitness Power Team. We would also like to extend a big thanks to the spotters and loaders Ron Rann and Sean Draper. Our head judge was Andrea Cullum who competed in the 1999 world meet in Czech Republic. Side judges were Scott Dearing, Larry P. Marcum and Butch Melvin. Setting out this meet and working the scorers table was Sophia Hobson and Amanda Jackson with Harvey Slaton overseeing. Mark Motsinger played two roles as announcer and coach, what a guy. This meet is always a lot of fun for the members of S & M Fitness who turn out in large numbers to watch their friends and family members compete. For many of our lifters it was their first meet. It was Josh Sheldon's first meet and hopefully he will not be scared to compete again since his shoulder came out of socket on his third attempt. OUCH! That's what you call giving it all you've got! (Thanks to S & M Fitness for providing the results for this meet).

3rd Annual Oneida Iron Cross 20 AUG 00 - Oneida, NY SQ BP DL

| 300 | 405 | 1014 1 | | |
|-------|-----|--------|------|--|
| 10770 | 195 | 400 | 895 | |
| 1000 | No. | 05.000 | 1935 | |
| | | | | |
| | | - | • | |



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



Amanda Jackson; standing - Mark Motsinger, Greg Richard, Adam Henson, R.D., Ron Ramos, Suzanne Motsinger, Richard Hesterly, Greg Baker, Robert Hudnell. (photo provided courtesy S&M Fitness)

SHOW

1-888-463-7246

1-888-H-OF-PAIN

310 315 550 420 275 275 450 410 T. Locke

Summer 2000 Push/Pull Meet

18 IUN 00 - Elkhart, IN

right, front row) Sophia Hobson, ark Motsinger, Greg Richard, Adam tanne Motsinger, Richard Hesterly, toto provided courtesy S&M Fitness)

no small part to their efforts. Bonita Clark videotaped the event for posterity and did an excellent job. Steve Lowell announced the meet along with scorekeeping duties and showed great promise for public address. No money changed hands with these people for their help and they offered or accepted their duties freely and gave their word that they would be there and they were. For their help, I hope this thank you is sufficient. It is sincere, because 1 have recently witnessed other larger meets that have not got the help of such support people, especially referees. Lastly I would like to stank my wife Barb for putting up with all this and a I realize that I could not do it without her and her support. I love you and will make up for shooting the bull with the guys three hours after the meet wasover on your day off. (Results by T. Gunthorpe).

JAMIE HARRIS

TEAM S&M Fitness ... (left to right, front row) Sophia Hobson,

YOU'RE **SERIOUS** \$13 (black, white, ash) M-2X, thin strap LOGO TANK TOP LOGO PRINT T \$13 (black, white, ash, burgundy) M-4X EMBROIDERED LOGO CAP \$11 (black, red, khaki, charcoal) free w/4 item order! CLASSIC LOGO T \$13 (black, red, navy, ash, etc.) M-4X CLASSIC LOGO SPORTSHIRT \$29 (black, white, navy, ash) M-4X, pique knit **\$18** (black, ash) M-4X LOGO SWEATSHIRT HENLEY SWEATSHIRT \$29 (black navy wine graphite) M-2X, buttons, collar Add \$1 for each 3X or 4X item. All items are cut big. All tanks & T's are 100% preshrunk cotton. Yes, we have jackets, baggies, shorts, ragtops and many other items – including radical design shirts! Free product list and sticker with order. Shipping and Handling = \$4/order. Order 3 or more items and pay zero shipping and handling! Order 4 or more items and get free Logo Cap! 24 HRS / TOLL FREE

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M. VanAlstyne 620 365 535 1520

242

I. LaBarbera Master 40-44 D. Gunthorpe Master 45-49 490 370 390 1250

415 285 460 1160

155 165 345 665

2000 Fitness Quest BP Contest

| or or other party of the last | 00 - | Lau Claire, W | 1 |
|---|---------|------------------------|------|
| BENCH | | Novice Light | |
| Open Light | | Nick Wilkie | 195 |
| Dan Mildbrand | 355 | Matt Oscarson | 195 |
| Dave Draeger | 290 | Novice Middle | |
| Jason Gisselbeck | | Travis Steivang | 340 |
| Open Middle | | Tad Beeksman | 260 |
| Matt Nielsen | 400 | Novice Heavy | |
| Mike Fleming | 390 | Sean Coffey | 300 |
| Tom Guelzow | 350 | Bill Hazuga | 275 |
| Steve Schaefer | | Steven Adams | 265 |
| Open Heavy | | Masters | |
| Bill Pechmiller | 500 | Jeff Radloff | 470 |
| J. C. Franco | 440 | Submasters | |
| Mark Jangula | 430 | MikeLinnell | 355 |
| Scores based on V | Ville t | able On April 15 | 2000 |

Scores based on Wilks table. On April 15, 2000, at the 12th Annual Central Wisconsin Bench Press Contest, held in Eau Claire, Wisconsin, Jeff Radloff a Master lifter (48 yrs old) from Merrill, Wisconsin, tore his calf muscle in a freak accident moments tearing of the muscle. Jeff was advised by many o his fellow lifters not to lift, but as always, he neve listened. Jeff was able to put up 450, 460, and a personal best of 470 @ a bodyweight of 230, tacking first place in the Masters division and tacking first place in the Masters drivision and having the second highest push of the meet. Immediately after the meet Jeff spent the next 3 days in the hospital and 6 weeks recovering. Additionally Jeff was able to compete in the bench press again on 3 July, in Milwaukee, Wisconsin, at the Canadian-American Police and Fire games, resulting in a first in the Masters in the 242 class, and Best lifter in the Creal Masters of the distinct of the Creal Masters of the competition. in the Overall Masters division. (Thanks to Mike Fleming, longtime lifting partner, for these results).

CPC Canadian Championships 29 JUL 00 - Okotoks, Alberta

BP

DL TOT

| F | |
|---|---|
| - | + |
| = | |
| | |

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

| 0 | | | | |
|---------------------|-------|------|-------|-------|
| Kert | 110 | 40 | 110 | 260 |
| 5 | | | | |
| . Yanikyan Inior | 122.5 | 60 | 107.5 | 290 |
| 6 | | | | |
| Almeida | 115 | 40 | 110 | 265 |
| 0 | | | | |
| . Ottenbrett | 130 | 60 | 110 | 300 |
| pen | | | | |
| 0 | | | | |
| . Stuckey | 135 | 72 | 127.5 | 335 |
| Downie | 120 | 67.5 | 130 | 327 |
| 5 | | | | |
| Spencer | 157.5 | 90 | 142.5 | 390 |
| ubmaster | | | | |
| 5 | | | | |
| Eckstrano | 80 | 30 | 87.5 | 197.5 |
| | | | | |

| L. Thorpe | 137.5 | 65 | 147.5 | 345 |
|-------------------------------|-------|-------|--------|--------|
| 67 | | 203 | - CHOO | DIAM'S |
| L. Bank 82.5 | 115 | 45 | 115 | 275 |
| A. Dusterbeck Master 56 | 160 | 90 | 180 | 430 |
| W. Greig (56) 67.5 | 147.5 | 70 | 160 | 377.5 |
| B. Cameron (41) | | 52.5 | 130 | 312 |
| P. Thomas (41) 82.5 | 102.5 | 45 | 117.5 | |
| J. Jameson (54) 90+ | 130 | 50 | 60 | 240 |
| L. Miller (66) MEN Open | 202.5 | 115 | 177.5 | 495 |
| 67.5 | | | | |
| R. Harper | 240 | 130 | 235 | 605 |
| J. Skow 82.5 | 182.5 | 80 | 170 | 422.5 |
| S. Molnar | 290 | 175 | 290 | 755 |
| C. Evan 90 | 300 | 195 | 260 | 755 |
| E. Mil-Homens | 272 | 200 | 302.5 | 775 |
| T. Tzavaras 100 | 200 | 130 | 187.5 | 519 |
| T. Kay | 307.5 | 210 | 272.5 | 790 |
| B. Cydeyko 110 | 227.5 | 150 | 200 | 577.5 |
| C. Kitt | 320 | 170 | 272.5 | 762.5 |
| S. Hogg | 255 | 182.5 | 227.5 | 665 |
| 125 | 265 | | | |
| S. Weisman B. Grewal | 365 | 212.5 | 345 | 922 |
| B. Grewai P. Bowsher | 280 | 200 | 240 | 720 |
| 140 | 250 | 140 | 242.5 | 632.5 |
| A. Meehan 140+ | 455 | 245 | 280 | 980 |
| M. Schultz | 367.5 | 227.5 | 272.5 | 862.5 |
| G. Snelgrove | 295 | 210 | 227.5 | 732 |

140 107.5 162.5 410 82.5 C. Fidyk 225 270 165 245 297.5 205 275 77.5 120 240 610 V. Graham 272.5 165 237.5 675 242.5 587.5 182.5 275 92.5 160 P. Smith P. Wells 237.5 135 215 587.5 220 132.5 230 227.5 120 200 547.5 145 70 152.5 367.5 210 115 220 545 155 215 615 165 260 630 300 215 287.5 802.5 ans. There was some great totals. We are becoming competitive with other countries. Wendy and

competitive with other countries. Wendy and I have work very hard to bring the sport out of the dark ages in Canada. I want to thank the following that help our meet. Head table - D. Mandeville, M. Greig, L. Brooks, Judges-Gary Bau m (USA), Wendy Greig, Leslie Miller, Shawn Brown, Shawn Hogg. All the others that help set up. Allan Mechan squatted 1014 lbs. (460 kg.). Bruce Greig WR squatt 4014 lbs. (385 kg.). WR Deadlift 837 lbs. (380 kg.). This is in masters 308. 48 were old Sholla kg.). This is in masters 308. 48 were old Sholla kg). This is in masters 308, 48 years old. Sheila Downie, Kelly Ottenbrett, and Wendy Greig com-peted 4 weeks earlier in the Alberta Body Building, then won the Canada Powerlitting. (Thanks to Bruce Greig for providing the results to PL USA).

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USAPL 3rd Annual Idaho BP/DL

| BENCH | 00-10 | laho Falls, ID Master 40-44 | |
|--|-------------|--------------------------------|-------|
| WOMEN | | 165 | |
| Open | | M. Adamson | 325 |
| 114 | | 181 | |
| K. Walker | 140* | D. Clayton | 385 |
| 148 | | B. Baker | 340* |
| E. Compton | 150 | 275 | |
| Master 50-59 | | S. Schultz | 330* |
| 148 | | Master 45-49 | |
| E. Compton | 150 | 220 | |
| MEN | | R. Marchant | 315 |
| Open | | Master 50-54 | |
| 148 | TOUL ! | 198 | |
| M. Preslar | 235 | A. Scardino | 330 |
| 165 | | T. Meyers | 330 |
| J. Cunningham | 385** | | |
| R. Neal | 320 | WOMEN | |
| B. Donovan | 265 | 148 | |
| 181 | - | Open | 275 |
| D. Clayton | 385 340* | E. Compton Master 55-59 | 2/3 |
| B. Baker | 340" | E. Compton | 275 |
| 198 | 420 | MEN . | 2/3 |
| J. Hernandez | 420 360 | 165 | |
| B. Compton | 350 | B. Donovan | 465 |
| B. Hill Y. Bartlett | 270 | 198 | 405 |
| I. Fisher | 240 | B. Hill** | 585 |
| M. Nelson | 240 | M. Nelson | 520 |
| 220 | | J. Hernandez | 510 |
| A. Leavitt | 400* | J. Fisher | 450 |
| B. Clark | 370 | 220 | |
| 242 | - | B. Clark | 575 |
| D. Thompson | 430 | A. Leavitt | 560 |
| M. Knudsen | 400 | 242 | |
| 275 | | M. Knudsen | 525 |
| J. Galvan | 380 | 275 | |
| S. Schultz | 330 | S. Schultz | 520 |
| T. Meyers | 330 | 319 | |
| 319 | | J. Long | 600 |
| G. Brower | 450* | G. Brower | 575 |
| J. Long | 425 | Teen 18-19 | |
| Teen | | 275 | 12002 |
| 16-17 | | J. Galvin | 520 |
| 148 | | Master 40-44 | |
| M. Preslar | 235* | 275 | - |
| J. Waitje | 235* | S. Schultz | 520 |
| 18-19 | | Master 50-54 | |
| 275 | | 198 | 400 |
| J. Galvin | 380 | A. Scardino | 450 |
| Denotes State | kecord; | **Denotes Best | Club |
| Deadint. (Result | s provide | ed by Apple Athletic | Club |
| | | | |
| PPL E. | Distri | ct GA Games | |
| The state of the s | | Augusta, GA | |

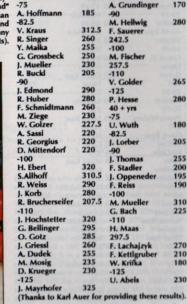
| | J. Couch | | 260 |
|-----|---------------------------------|---|---|
| 05* | | | 275 |
| 93 | | | 2/3 |
| | | | 525 |
| | | | 323 |
| 225 | | | |
| 233 | | | 260 |
| 420 | | | |
| - | K. Riddle | SOME | 485 |
| | | 2002 0 4 | |
| 305 | 40-46 | | |
| | T. Mever | 8 | 660 |
| 405 | 220 | | |
| 330 | 68+ | | |
| | M. Brank | nam | 480 |
| 330 | 242 | | |
| | 54-60 | | |
| 290 | L. Huey | | 370 |
| | Novice & | k Subs | |
| | D. Hitt | | 475 |
| 435 | | | |
| | A. Isaac | | 400 |
| | | | |
| | | | |
| | D. Roger | rs | 705 |
| 225 | | - | TOT |
| | Br | DL | 101 |
| | | | |
| | 105* | 105* | 300 |
| | 103 | 193 | 300 |
| | | | |
| | 110 | 200 | 310 |
| | 110 | 200 | 310 |
| | | | |
| | 105 | 285 | 390 |
| | .03 | | |
| | | 300 | |
| | 125 | 190 | 305 |
| | | | |
| | 95 | 155 | 250 |
| | Part Land | STARTE L | APRIL P |
| | | | |
| | | | |
| | 100 | 200 | 300 |
| | 120 | 210 | 330 |
| | | | |
| | 305 405 330 330 290 | youth 95* P. White Open J. Gray 181 235 14-16 J. Bigby 420* Novice K. Riddle 130 40-46 T. Meyer 405 220 330 68+ M. Branl 330 242 54-60 D. Hite Vovice & D. Hite Assac 275 Open D. Roger 225 BP 105* 110 105 | Youth 95* P. White Open J. Gray 181 235 14-16 J. Bigby 420* Novice K. Riddle 198 305 40-46 T. Meyers 405 220 330 68+ M. Branham 330 242 54-60 290 L. Huey Novice & Subs D. Hitt 435 47-53 A. Isaac 275 Open D. Rogers 225 BP DL 105* 195* 110 200 105 285 300* 125 190 95 155 |



Mack Branham, 69 yrs. old, was Best Lifter at the PPL East District

| S. Davis | 240 | 400 | 640 |
|-----------------------------------|------|------------|------------|
| Raw | | | |
| J. Blankenship | 235 | 405 | 640 |
| 181 | | | |
| 14-16 | | | |
| J. Bigby | 185 | 260 | 445 |
| 17-19 | | | |
| T. Newberry | 240 | 410 | 650 |
| 198 | | | |
| Open | | | |
| G. Campbell | 515* | 520 | 1035 |
| Military | | | |
| D. Gurth | 310 | 470 | 810 |
| 220 | | | |
| Youth | | 3000 | |
| S. Tillett | 100 | 200 | 300 |
| 242 | | | |
| 40-46 | | | |
| B. Bridges | 320 | 430 | 750 |
| Open | | Ministra . | All Street |
| R. Lockhart Females: Best Bend | | 500 | 905 |

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



International Bavaria Cup Deadlift

01 JUL 00 - Landshut, Germany (kg)

E. Ascher J. Breitenfel

16 - 23 yrs -67.5

237.5

112.5 160

140 140 137.5

240

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



- Darrell Hamby, Biggest Bench - Greg Campbell; Best Deadlift - Johnathan Gray, Biggest Deadlift; Best Lifter - Greg Campbell, Biggest Total - Greg

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



PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

| Last Name | | | First Name | | | Initial |
|--|--|---|--------------------------|--------------------------|----------------|---------------|
| Street Address/P. O. Bo | | The same of | 100 AUG | | | and Roskey Sm |
| City | | T. Enquiler (St.) / Gr. | State | 1445 I (1) 1400 I (1) | ZIP | ar Mil |
| Telephone Number | | Date of Birth | W | Age | | Sex |
| Social Security Number | | Occupation | Occupation | | Date o | f Application |
| MUST INITIAL THAT THE ABI CORRECT ANI ACCORDANCE THE W.P.O.TM | | THIS APPLICATION I ABOVE ANSWERS ARE AND THAT I AM ELIGII CE WITH THE RULES ATURE X | TRUE AND BLE IN OF | | 2.)SIA1 306 | |

YEAR 2000 Membership Registration Fee: \$ 25.00

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| | New Jersey Nati | |
|--------------|----------------------|-----------|
| 29,30 JU | L 00 - Bordentow | vn, NJ |
| Bench Press | Fornaro | 475 |
| Women | 33-39 | |
| 132 | Fornaro | 475 |
| 33-39 Raw | 40-49 Raw | |
| Emig | 155 Semmon | 420 |
| Men | Police | |
| 148 | Lopez BL | 520 |
| 40-49 | Deadlift | |
| Henderson | 335 Women | |
| 165 | 165 | |
| Novice Raw | 33-39 | |
| Gibbons | 250 Poitevien | 240 |
| Lane | 240 Men | |
| 181 | 165 | |
| Lifetime | 40-49 | |
| Gattinella | 340 Jones | 480 |
| Open Raw | 181 | |
| Wright | 365 17-19 | |
| 33-39 | Herzlich | 475 |
| Booker | 340 40-49 | |
| 40-49 Raw | Motichka | 550 |
| Witmer | 250 198 | |
| 40-49 | Weber | 470 |
| Green BL | 430*Police | |
| Open | Weber | 470 |
| Green 198 | 430 Open Raw | |
| 33-39 | Favre 33-39 | 535 |
| Sanders | 33-39 330 Sanders | 570 |
| 70-79 | 220 | 3/0 |
| Power-Waters | 225 14-16 Raw | |
| 220 | Foster | 380 |
| Open Raw | 50-59 | 300 |
| McCoy | 395 Cote | 500* |
| McClain | 385 275 | 300 |
| Kahn | 340 40-49 Raw | |
| Lifetime | Foster | |
| Wetzler | 385 Open | |
| Kahn | 340 Poitevien BL | 685 |
| 40-49 | SHW | 003 |
| Rawls | 365 40-49 Raw | |
| Glenney | 360 Dulack | 430 |
| Novice Raw | 33-39 Raw | |
| Depero | 285 Formaro | 515 |
| 50-59 Raw | Squat | All Colle |
| Cote | 380*220 | |

Aziz Lifetime 275 Maltezos

425 40-49 Rav

200

315 225 370 910

410

620*

620

DL

335 870

17-19 Raw Hernandez 40-49 Taylor Open Taylor Police Raw Green SHW UMOMEN 165 Orliss MEN 148 17-19 Mascio



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

| | 1991 | | | " | Carlon 200 | | | | |
|--------------|------|--------|------|------|------------------|-------|------|------|-------|
| Granato BL | 430 | 305 | 435 | 1170 | 40-49 | | | | |
| 33-39 Raw | 100 | | | | Menendez | 560 | 300 | 575 | 1435 |
| Ballanrd | 330 | 225* | 365 | 890 | 20-23 | - | 500 | 0,0 | 1433 |
| 165 | 330 | | 303 | 0,00 | Klinga | | | | |
| 20-23 Raw | | | | | Lifetime Raw | | | | |
| Petrilli | 365 | 255 | 405 | 1025 | Sicilliano | | | | |
| Open | 303 | 233 | 403 | 1025 | 242 | | | | |
| Belle | 420 | 250 | 525 | 1195 | Open Raw | | | | |
| 33-39 | 420 | 230 | 323 | 1193 | Tirado | 540 | 425 | 500 | 1465 |
| Belle | 420 | 250 | 525 | 1195 | Feairhella | 375 | 315 | 500 | 1190 |
| 40-49 | 420 | 230 | 323 | 1193 | Lifetime Raw | 3/3 | 313 | 300 | 1190 |
| lones | 410 | 260 | 480 | 1150 | Seifert | 565 | 350 | 570 | 1485 |
| 181 | 410 | 200 | 400 | 1130 | 242 | 303 | 330 | 370 | 1403 |
| Novice Raw | | | | | 33-39 | | | | |
| Fauntlerov | 240 | 225 | 400 | 865 | Killen | 570 | 360 | 590 | 1520 |
| Lifetime | 240 | 225 | 400 | 865 | (went 9 for 9) | 3/0 | 300 | 390 | 1320 |
| Motichka | 475 | 285 | 550 | 1210 | 50-59 Raw | | | | |
| 40-49 | 4/3 | 203 | 330 | 1310 | THornburgh | 300 | 155 | 350 | 805 |
| Motichka | 475 | 285 | 550 | **** | Police | 300 | 133 | 330 | 803 |
| Pride | | 275 | | 1310 | Aziz | 580 | 380 | | 4505 |
| | 480 | 2/5 | 515 | 1270 | Police Raw | 200 | 380 | 565 | 1525 |
| Open | | 220 | | | Seifert | | 250 | | *** |
| Lawrence | 505 | 330 | 500 | 1335 | 50-59 | 565 | 350 | 570 | 1485 |
| 33-39 | | - | 1313 | | | | | | |
| Lawrence | 505 | 330 | 500 | 1355 | Spahr | 530* | 370 | 500 | 1400 |
| 198 | | | | | (went 5 for 5) | | | | |
| Open Raw | | | | | 275 | | | | |
| Stathopoulos | 385 | 225 | 470 | 1080 | 20-23 | 1.057 | | | |
| 33-39 | | | | | Anderson BL | 675 | 435 | 675* | 1795* |
| Sanders | 510 | 330 | 570 | 1410 | Walters | 520 | 350 | 475 | 1345 |
| 40-49 | | ALC: N | | | Open | | ALC: | - | |
| Mascio | 475 | 380 | 475 | 1330 | Wagner | 580 | 350 | 560 | 1490 |
| Hatten | 480 | 205 | 505 | 1190 | Trzaska | 425 | 245 | 475 | 1145 |
| Znaczko | 350 | 255 | 410 | 1015 | 33-39 | | | | |
| 50-59 | | | | | Wagner | 580 | 350 | 560 | 1490 |
| Scaranda | | 250 | 510* | | (thanks to the W | | | | |

| LAST NAME | FIRST NAME | INT |
|--------------------------------------|------------------------|--------------------------------|
| STREET ADDRESS | | CA 330 10 11 Camping 12 10 |
| CITY, STATE, ZIP | MSSE2 (25%) | 9: End Namer and Complete Ma |
| | | |
| AREA CODE, TELEPHONE: | DATE OF BIRTH | County Michael Hedwid Time Upo |
| AREA CODE, TELEPHONE: AGE SEX CHECK | | \$39.667, Camania, CA 730312 |
| AGE SEX CHECK | | \$39.667, Camania, CA 730312 |
| AGE SEX CHECK | ONE: LIFETIME DRUGFREE | \$39.667, Camania, CA 730312 |
| AGE SEX CHECK | ONE: LIFETIME DRUGFREE | 5 YRS. MIN |

| | W 00 | | ark, N | , |
|------------------------|------|---------------|--------|------------|
| BENCH | | 40-49 DOW | | |
| 148 OPEN | | 275 | EKS | 47 |
| STATUTO | 280 | OPEN | | |
| 165 | 200 | | QUALE | 52 |
| OPEN | | SMITH | | 43 |
| TROMBETTA | 360 | OPEN | | 100 |
| 181 | 200 | KOCH | IER | 38 |
| OPEN | | SCHE | LL | 35 |
| GEORGE | 360 | SHW | | |
| BARBIER | 350 | OPEN | | |
| HOCKWITT | 330 | CATLI | | 56 |
| 198 | | HIEL | | 500 |
| OPEN SCILLIERI | 450 | 33-39 LOPE | , | |
| PASSANO | 420 | DEAD | | |
| 220 | 420 | 198 | uri | |
| OPEN | | OPEN | | |
| CAPENTER | 410 | WILLI | | 460 |
| 33-39 | 23 | 220 | 100 | MEN A |
| MCGEE | 350 | 40-49 | | |
| 40-49 | | HORV | ATH | 450 |
| HORVATH | 340 | 242 | | |
| 242 | | 33-39 | | |
| OPEN | | AZIZ | | 535 |
| MCLEOD | 435 | 275 | | |
| 33-39 | | OPEN | | |
| MCLEOD SHANLEY | 435 | FERRE | | 700 |
| LUNA | 345 | 242 | an 22 | |
| 33-39 RAW | 343 | 33-39 | | |
| TANKE | 415* | | | 575 |
| POWERLIFTING | SQ | BP | DL | TOT |
| 165 | | - | | |
| 20-23 RAW | | | | |
| THOMAS | 355 | 285 | 400 | 1040 |
| 181 | | | | |
| OPEN RAW | | | | |
| REEVES | 420* | 350* | 550* | 1320 |
| 198 | | | | |
| 40-49 | 275 | | | A STATE OF |
| WILLIAMS | 390 | 270 | 460 | 1120 |
| 242 33-39 | | | | |
| AZIZ | 575 | 365 | 535 | 1475 |
| 275 | 3/3 | 303 | 333 | 14/3 |
| 40-49 | | | | |
| KOEHLER | 490 | 330 | 475 | 1295 |
| OPEN | *** | 330 | 4,0 | |
| FERRELL | 620 | 380 | 700 | 1700 |
| SHW | | | | |
| OPEN | | | | |
| MACCRI TEAM CHAMPIO | | 460 | | |

THIS WAS THE FIRST MEET FOR WAPF MEET DIRECTOR PAUL DUNN AND A VERY SUCCESS-FUL ONE ALSO. THANKS TO ALL THE LIFTERS FOR ATTENDING AND ESPECIALLY THE GUYS FROM PASSAIC FOR BRINGING THEIR TEAM. THANKS TO THE HELPERS AND FOR THE HUGE AUDIENCE THAT CAME TO CHECK THIS MEET OUT. PAUL WILL HOST A NUMBER OF MEETS IN 2001 FOR THE WNPF, MAKE SURE YOU ATTEND ONE OF THEM. (RESULTS PROVIDED BY WNPF).

2000 APA CAN - AM BP

| | | AN - AM BP | |
|--------------------|-----------|----------------------|----------|
| | 0 - N | orthampton, | MA |
| BENCH | | R. Shipman | 385 |
| WOMEN | | 50-59(formula) | |
| open (formula) | | R. Cote | 440 |
| L. Pitts (BL) | 215 | 4th (MW) | 450 |
| L. Landry | 210 | R. Smolen | 125 |
| N. Familetti | 210 | Master 70+ | |
| MEN | | A. Meyers | 210 |
| Special Olympic | 5 | Open | |
| G. Chicoine | 180* | 165 | |
| Teen (formula) | | B. Moorehead | 335 |
| D. Whitman | 280 | 181 | |
| R. Abely | 280 | C. Willard | 430 |
| Junior (formula) | | 198 | |
| R. Chicoine | 440 | M. Theriault | 445 |
| J. Vynalek | 260 | R. Chicoine | 440 |
| F. Fornier | | G. Ting | 350 |
| Submaster (form | | 220 | |
| G. Beinstein | 550 | P.Barrett (BL) | 530 |
| W. Parks | 455 | 242 | |
| F. Willard | 375 | G. Beinstein | 550 |
| Master | | B. Sisk | 485 |
| 40-49(formula) | | N. DeBeer | 410 |
| M. Theriault | 445 | R. Shipman | 385 |
| 4th (CR) | 452 | 275 | |
| J. Abely | 400 | J. Milavsky | 480 |
| C. Clapp | 405 | G. Jackson | 420 |
| *Denotes Special | Olympi | ian record. CR-Ca | nadian |
| Record, and MW | - Mast | er World Record. | Special |
| thanks to the spo | tters, lo | aders, and referen | e's who |
| did a great job al | this ev | ent and to Phil Ka | atsar of |
| Universal Health | & Fitne | ess for making the | e event |
| and cash prizes | possible | . \$100 cash prize | s were |
| | | ale Best Lifters and | |
| biggest Bench Pre | ss of the | e day. The recipien | ts were |
| Lynne Pitts, Pete | Barrett | , and Gordon Bei | nstein. |
| Quality of lifting | was far | tastic as the spor | tsman- |
| ship shown by all. | (results | courtesy of Scott | Taylor) |
| | Same of | | |

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

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

Flowertown Open Bench #2

| Women Open | | 308 | yland |
|-------------|-----|-------------------|-------|
| 114 | | J. Blackmon | 45 |
| N. Brooks | 45 | Submasters | |
| Teen | | 220 | |
| 18-19 | | C. Griggs | 33 |
| 132 | | Police | |
| I. Horton | 260 | 198 | |
| 148 | | D. Conway | 30 |
| T. Alvarado | 250 | Masters | |
| 14-15 | | 50-54 | |
| 198 | | 198 | |
| W. Effner | 220 | D. Conway | 30 |
| Men | | 242 | |
| 220 | | H. Blackmon | 33 |
| Pro | | 55-59 | |
| R. Lord | 440 | 308 | |
| AM | | J. Blackmon | 45 |
| G.Nobles | 275 | Pro | |
| 242 | | 220 | |
| H. Blackmon | 335 | J. McNeill | 37 |
| | | e Chairman, Floyd | Pow |

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

SQ BP DL TOT
50 250 62.5 137.5 115 72.5 145 47.5 37.5 80 V. Coss 167.5* 90* 175* 432.5* 77.5 47.5 107.5 232.5 95 40 95 230 185* 100 100 82.5* 37.5 40 87.5 65 225 205 160* 150 75 70 72.5 147.5 297.5 105 225 100 205 80 45 35

82.5 G. Costa 132.5* 72.5* 177.5* 382.5* 150* 57.5 150* 357.5* 47.5 110 232.5 102.5 165 435* 120 90 130 340 87.5 65 115 268.5 140 82.5 147.5 370 182.5 90 182.5 455 172.5 102.5 170 445 175 120 170 135 195 110 177.5 92.5 147.5 77.5 130 95 90 80 95 55 N/L N/L 205 500 182.5 487.5 180 485 195 465 155 380 145 370 125 295 117.5 267.5 E. Vargas M. Gonzalez D. Diaz D. Rivera
A. Castillo
E. de Loon E. de Loon 75 J. Beria A. Ramos M. Perez H. Garcia A. Castillo J. Acosta 82.5 L. Tapia K. Negron M. Natal J. Perez
 190
 125
 217.5
 532.5

 205
 107.5
 210
 522.5

 192.5
 97.5
 230
 520

 155
 100
 200
 455

 162.5
 102.5
 180
 445

 125
 102.5
 165
 392
 247.5* 155 220 622.5 197.5 150 197.5 545 220 127.5 195 542.5 175 137.5 195 507.5

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

International Powerlifting Association "Lifting for Lifters"

Application for Registration

| Last Name | Fir | st | Initial | New | Renewal |
|-------------------|-------------------------|--|-----------------|---------|---------|
| Street Address | | tradeos 200 policina pay policina de 200 policina de 200 polic | City | | |
| State or Province | | Zip Code | Davis similar | Country | |
| Telephone | Date of Birth | Age | Sex | Pro / | Am |
| | rs are correct. Parents | STATE OF THE PARTY | Section Section | Date | |

220 155 217.5 592 152.5 87.5 175 415

| E. de Medina | 147.5 | 125 | 185 | 457.5 | A. Parrilla |
|----------------|-------|--------|-------|-------|--------------|
| T. Quinonez | 140 | 107.5 | 207.5 | 455 | R. Alers |
| J. Aquino | 145 | 125 | 167.5 | 437.5 | +125 |
| M. Santiago | 140 | 70 | 145 | 355 | J. Lopez |
| F. Reyes | N/L | N/L | N/L | N/L | A. Mejias |
| 90 | 14/2 | 14/- | | .4- | *Denotes Re |
| F. Torres | 260 | 147.5 | 227.5 | 635 | to Nester Gr |
| W. Fantauzzi | 252.5 | 135 | 190 | 577.5 | |
| C. Perez | 192.5 | 160 | 220 | 572.5 | |
| D. Estrada | 200 | 150 | 222 | 572.5 | |
| L. Ojeda | 187.5 | 167.5 | 210 | 565 | USPF W |
| Y. Coss | 130 | 70 | 140 | 340 | 15 |
| 100 | | | | | Juniors 20-2 |
| H. Millan | 307.5 | 170 | 282.5 | 760 | C. Carlson |
| P. Acevedo | 250 | 172.5 | 250 | 652 | C. Overlock |
| M. Cruz | 227.5 | 142.5 | 227.5 | 620 | B. Holt |
| P. Vazquez | 190 | 182.5 | 227.5 | 600 | Submasters |
| L. Rodriguez | 227.5 | 137.5 | 220 | 585 | R. Messina |
| D. Acosta | 167.5 | 167.5 | 205 | 540 | T. Davis |
| J. Gonzalez | 200 | 115 | 200 | 515 | M. Drouin |
| N. Gregory | N/L | N/L | N/L | N/L | Masters 40- |
| 110 | | | | | J. Smith |
| F. Esrada | 260 | 237.5* | 250 | 747 | R. Renshaw |
| O. Orenge | 272.5 | 175 | 230 | 677.5 | Masters 50 |
| L. F. Gonzalez | 240 | 207.5 | 220 | 667.5 | C. McDona |
| F. Acevedo | 220 | 150 | 230 | 600 | Open |
| N. Estrada | 185 | 115 | 145 | 445 | 148 |
| 125 | | | | | B. Belanger |
| R. Torres | 277.5 | 205 | 232.5 | 715 | R Holt |

205 160 230 695



345 350 500 520 D. Behrens 560 345 500 1405
M. Drouin 500 350 520 1375
SHW
S. Muniz 405 370 450 1225
BL denotes Best Lifter. Meet director: Jamie Fellows; score keepers: Paul Mancini, Rodney Roy.
The USPF sanctioned its winter full-power meet on Saturday, January 15 in Concord, New Hampshire. Saturday, January 15 in Concord, New Hampshire, Jamie Fellows, our meet director, showed up with only one lifter for this meet. But everything went as smooth as always. The 148 lbs. class only had two lifters. Brian Belanger put up some good numbers for his first meet, 385 squal, 230 bench, 415 deadlift for a 1035 total and first place. Second place went to another first time competitor, Brian Holt: 270 squat, 160 bench, 320 deadlift, 750 total. The 165 lbs. class had 3 lifters. J. Panteledes took first place with some impressive numbers, 505 squat, 325 bench, 475 deadlift for a 1280 total. He just missed a 500 deadlift. Second place went to

Carl Carlson who also took first place in the junior's with a 375 squat, 260 bench, 415 deadlift for a 1050 total. Gaspare Boncimino took third with a 350 squat, 215 bench, 390 deadlift and a 955 total. The 181 lbs. class had only three lifters. Craig Cegelis took first place with a 470 squat, 330 bench, 520 deadlift and a 1320 total. Jim Werra came in second with a 350 squat, 250 bench, 380 deadlift, and a 980 total. Third place went to Billy Daniel. Billy is in a wheelchair so he can't do the squat or deadlift, but he can bench 275. It went up like it was a warm up, he just missed 300. Next time Bill. The 198 lbs. class had five lifters. Joel Smith took first place with a 535 squat, 285 bench, 550 deadlift for a 1370 total, that also gave him the first place master 40-49. Second place wen to Ray Fowler. He did a 460 squat, 330 bench, 540 deadlift for a 1330 total. Third place went to Chris Carle. He did a 420 squat, 270 bench, 445 deadlift for a 1330 total. The 220 lbs. class didn't have much competition for Tom Enquist. He opened the squat with a 655 that went like a piston, down and up. Then he called for 710 to break the state record of 700, but it just wasn't to be on this day. He went on to bench 385, deadlift 605 for a 1645 total for first place and best lifter. Second place went to Terry Davis. He did a 350 squat, 305 bench, 400 deadlift for a 1400 total. Third place went to Carl Overlock. He did a 350 squat, 305 bench, 400 deadlift for a 1480 total and first place submaster. The 275 lbs. class had two lifters. David Behrens went 9 for 9 and took the class with a 560 squat, 345 bench, 500 deadlift for a 1405 total. Mark Drouin took second with a 500 squat, 325 bench, 825 deadlift for a 1480 total and first place submaster. The 275 lbs. class had two lifters. David Behrens went 9 for 9 and took the class with a 560 squat, 345 bench, 500 deadlift for a 1405 total. Mark Drouin took second with a 500 squat, 350 bench, 826 deadlift for a 1405 total with a 500 squat, 360 bench, 525 deadlift for a 1405 total inter Blast Full Power Meet



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



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

USAPL Henderson Midsummer PL

| 24 JUN | 1 00 - I | Hende | rson. | KY |
|--------------------------|----------|--------------------|----------|--------------|
| WOMEN | SQ | BP | DL | TOT |
| Open | | | | |
| 114 | 322 | CALLED IN | | |
| M. Denton | 185 | 80 | 280 | 545 |
| 123 A. Jackson | 155 | 100 | 225 | 480 |
| 132 | 133 | 100 | 223 | 400 |
| H. Burroughs | 140 | 85 | 185 | 410 |
| 148 | - | V Street | | of Philosoph |
| L. Schaefer | 280 | 130 | 270 | 680 |
| 165 | | | | |
| S. Motsinger | 200 | 125 | 240 | 565 |
| 198 | | 1000 | | - S DOD 5 |
| C. Keener | 120 | 75 | 205 | 500 |
| MEN 148 | | | | |
| Open | | | | |
| T. Denton | 375 | 285 | 450 | 1110 |
| Masters | 3/3 | 203 | 430 | 1110 |
| P. Payne | 530 | 280 | 515 | 1325 |
| Teen | PINE BET | THE REAL PROPERTY. | I F TOWN | SPE AND |
| C. Singleton | 355 | 230 | 415 | 1000 |
| 181 | | | | |
| Open | AL SARE | | | |
| D. Hinton | 500 | 325 | 550 | 1375 |
| 198 | | | | |
| Submaster E. Williams | 410 | 240 | 500 | 1150 |
| Master | 410 | 240 | 300 | 1130 |
| S. Busby | 440 | 260 | 475 | 1175 |
| 220 | en en | | | |
| Open | | | | |
| B. Johnson | 450 | 270 | 500 | 1220 |
| Master | | | | |
| D. Book | 475 | 300 | 450 | 1225 |
| 242 | | | | |
| Open | | | | |
| B. Stone | 440 | 365 | 550 | 1355 |
| (Thanks to USAI | T for bu | oviding | tne mee | t results |

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

| | | | • |
|-----------------|---------|------------------|-----------|
| BENCH | | Thompson | 405 |
| Lightweight | | Chambers | 405 |
| Harley | 365 | Masters | |
| Smith | 325 | Mincey | 405 |
| Heavyweight | | Oliver | 425 |
| On July 4th, we | had abo | ut 17 guys enter | the bench |

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

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

Adrian Deadlift Compe

| Deadlift | | Waterford | 405 |
|-----------------|-----------|---|-----------|
| 132 | | 198 | |
| Garza | 275 | Lambert | 535 |
| 145 | | Johson - Bey | 495 |
| Walton | 405 | Harris - Bey | 495 |
| 165 | | 199+ | |
| Coats | 485 | Q. Wade | 675 |
| Watkins - El | 475 | Speights | 475 |
| Davis | 445 | Probe | 405 |
| Gauther | 425 | Best lifter - Ligh | ıt |
| 181 | | P. Coats | 485 |
| Henderson | 515 | Best lifter - Hea | vy |
| Barwiler | 445 | T. Young | 675 |
| Owens | 435 | | |
| Byrge | 405 | | |
| this meet possi | ble. Judg | people who help ges, floor manage al thanks to the Re | ers, scor |

| or this com | petition. (The | inks to Lar | ry Tisi for | pn |
|-------------|----------------|-------------|-------------|----|
| iding these | meet results | to the row | ennung U | 3/ |
| | | | | |

| | | Vilon | | • |
|-----------------|-----|---------------------------|-----|-----|
| 13-16 | BP | Curl | PC | DL |
| 114 | | | | |
| Eric Clifft | 125 | | | 230 |
| Wesley Phenis | 100 | | 95 | 180 |
| D.J. Horton | | | | 135 |
| 132 | | | | |
| Jesse Isom | | | 145 | 270 |
| Stuart Thomas | 100 | | | 210 |
| 148 | | | | |
| Craig Brandon | 160 | | 165 | 295 |
| 165 | | | | |
| Nathan Kieffner | 235 | 120 | | 350 |
| Scott Carpino | 205 | | 210 | 410 |
| Aaron Sowards | 185 | | 165 | 335 |
| 198 | | | | |
| James Hunt | | | | 330 |
| 220 | | | | |
| Kevin Bradford | 220 | | 190 | |
| 275 | | | | |
| Craig Johnson | 265 | | | 405 |
| 319 | | | | |
| Cary Gilbert | 270 | | | |

| partmen | nt for allowing | us to use | the weight | pit |
|-----------|-----------------|------------|--------------|------|
| | npetition. (Th | | | |
| ing these | e meet results | to the Pow | erlifting US | SA). |
| | | | | |

| oit o- | Anthony Osbon | 220 | | 170 | 340 |
|-----------|-------------------------------|-----|-----|------------|-----|
| 1). | Jonathan Vick 17-19 | 250 | | 195 | 400 |
| | 148 | | | | |
| | Aaron Barlow 165 | 225 | | | |
| | Dustin Smith 198 | 200 | 100 | | 385 |
| | John Johnson 20-23 165 | 310 | | | 545 |
| | Gabe Ellis | 280 | | | |
| | 220 | 280 | | | |
| | Eric Black | 290 | | | 385 |
| | Open 148 | | | | |
| | Matt Cothern 165 | 260 | 100 | | 300 |
| | Bobbie Thomas | 240 | 110 | | |
| | Scott Carpino John Kennett | | | 210 190 | 350 |
| | 181 | | | | |
| | Eric Shelley 198 | | 115 | | |
| | Brian Bond | 325 | 150 | | |
| | Kevin Creekmore 275 | 175 | 100 | | |
| | Rusty Stafford 319 | 450 | | | - |
| | | | | | |

Kris Shinn Charles lackson 425 185 510 425 150 135 Rayn 275 255 325 Milton Willia 50-59 235 325 235 thanks go out to Dan Singleton for provding e competition results to Powerlifting USA).

Powhatan C.C. "Raw" Meet AUG 00 - State Farm, VA SQ BP DL 260 185 375 820 330 275 200 450 435 425 365 305 325 1015 945 G. Boney T. Deberry 525 315 525 1365 415 325 505 1245 365 310 430 1105 285 600 275 475 450 400 G. Amos 460 335 475 1270 W. Griffith 525 355 575 1455
J. Tulick 365 265 405 1035
I wish to thank Spero Tshontlikidis for driving all the way from MD on a Saturday to referee and sponsor this Raw Meet. All those who participated in this event totally appreciate the interest shown by Mr. Tshontlikidis. I thought the lifting was very good considering the limited amount of time we've been able to get in the weight room. As usual the loaders and spotters did and excellent job on the platform directed by Brian Woodworth. Alex and Mike did an outstanding job at the scorers table despite

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

Midwest Class II/Novice BP/DL

| | 16 \$ | EP 00 - | Omaha, NE | |
|---|------------------|---------|----------------------------|------|
| | BENCH | | Master 220 | |
| | WOMEN Master | | C. Garmond | 305 |
| | 148 | | 242 | |
| | Z. Baumel 165 | 155 | R. Hiykel Exhibition BP | 365 |
| | L. Jess | 145* | Open | |
| | MEN | | 181 | |
| | Open | | B. Heck | 500* |
| | 165 | | Submaster | |
| | T. Vu | 290 | 275 | |
| | 220 | | T. Hozapel | 480 |
| i | B. Vincent | 335 | DEADLIFT | |
| ٩ | D. Neely | 290 | MEN | |
| | | | Teen 220 | |
| ۹ | | | J. Smith | 405 |
| ۱ | | | Master 220 | |
| | | | B. Miller | 505 |
| | | | | |

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

| WOMEN | BP | DP | TO |
|------------------------------------|--------------|-----|-------|
| Teen | | | |
| 165 | | | 12324 |
| T. Rice | 115 | 235 | 350 |
| MEN | | | |
| Teen | | | |
| 165 | | | - |
| C. East | 140 | 330 | 470 |
| Open | | | |
| 220 | Total Series | | |
| J. Adams | 285 | 380 | 665 |
| 242 | | | |
| T. Young | 325 | 405 | 730 |
| Master | | | |
| 198 | | | |
| T. Grindstaff | 310 | 425 | 735 |
| 220 | ATT LOOK | | |
| B. Miller Best lifters: Bench - | 290 | | |
| | | | |

USAPL Mississippi State 29 JUL 00 - Gulf Port, MS

| BENCH | | 220 | | |
|-----------------|----------|-----------------------|-----------|-----------|
| Open | | S. Nich | 340 | |
| 181 | | SHW | | |
| J. Swain | | L. Betzer | | 270 |
| 198 | | Ladies Masters | | |
| J. Smith | 445 | 105 | | |
| J. Vining | 440 | A. Peterson | | 115 |
| 242 | | 165 | | |
| B. Nichols | 500* | L. Jostice | | 85 |
| Masters 40-49 | 500 | Teen 1 | | |
| 165 | | 181 | | |
| D. Horton | 205 | A.I. Harris | | 360 |
| 198 | 203 | 7 | | 300 |
| M. Skrmetta | 240 | | | |
| | SQ | BP | DL | TOT |
| Powerlifting | sy | br | DL | 101 |
| Teen 16-17 | | | | |
| 198 | 270 | 225 | 440 | 000 |
| J. Recore | 370 | 225 | 440 | 990 |
| 220 | | | | |
| J. Plummer | 330 | 225 | 420 | 975 |
| Teen 18-19 | | | | |
| 220 | | | | 1 |
| M. Brann | 455 | 300 | 530 | 1285 |
| 242 | | | | |
| J. Townsend | 580 | 420 | 540 | 1540 |
| Masters 40-44 | | | | |
| 242 | | | | |
| B. Murphy | 525 | 374 | 500 | 1510 |
| Masters 50-54 | | | | |
| 181 | | | | |
| J. Wold | 435* | 275 | 505* | 1215 |
| I. Destefano | 400 | 190 | 460 | 1050 |
| 198 | | 10/234 | 111111111 | |
| L. Langlinais | 405* | 250* | 475* | 1130* |
| Open | 100 | | | -0.00 |
| 181 | | | | |
| M.Casano | 465 | 320 | 515 | 1300 |
| J.Murphy | 400 | 255 | 485 | 1140 |
| 198 | 400 | 200 | 403 | |
| V. Keyhea | 600 | 375 | 600 | 1575 |
| 220 | 000 | 3/3 | 000 | |
| C. Neal | 600 | 410 | 500 | 1510 |
| | 500 | 350 | 570 | 1420 |
| C. Berry | 425 | 400 | 530 | 1365 |
| T. Austin | 423 | 400 | 330 | 1303 |
| 242 | | 205 | 100 | 1510 |
| B. Murphy | 525 | 385 | 600 | |
| B. Nichols | 440 | 500* | 475 | 1415 |
| 275 | | | | 4000 |
| B. Henry | | 380 | | |
| * denotes State | Record; | Best lifte | rs: Ope | n - Vinso |
| Keyhea, Master | - Jim | Wold, | eenage | - Jame |
| Townsend. (Thai | nks to U | SAPL for | the mee | t results |
| | | | | |

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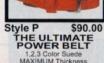
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575 Baavers, M..9/9/00 573 Greene, R..10/9/99 573 Alien, J..11/20/99 573 Adams, J..1/29/00 573 Adjibade, S..3/18/00 573 Pennell, W..4/29/00 573 Ezsell, A..5/6/00 573 Petersen, D..5/20/00 573 Graham, D..5/20/00 573 Smith, G..6/3/00

TOTAL

1895 Ricks, D..7/9/00 1875 Dougherty, J..2/20/00 1835 Cartinian..11/19/99 1818 Danforth, M..6/24/00 1813 Coleman, A..6/10/00 1752 Turner..11/19/99 1670 Lafoy..11/20/99 1653 Wright, C..5/20/00 1636 Gibson, G..10/2/99

1635 Lavelle, T..11/20/99 1631 Bellmore, T..11/6/99 1631 Poullat, M.5/20/00 1631 Besumaster, P..7/9/00 1630 Warren, C..12/4/99 1620 Funakoshi, E.12/18/99 1620 Benemerito, J..4/8/00 1615 Ostrowski, M..3/11/00 1615 Brown..5/20/00 1615 Brown..5/20/00 1614 Willet, M..4/8/00

1610 Caprari, T..3/18/00 1609 Andrus, M..3/11/00 1603 Morrow, M..3/11/00 1603 Soloman, M..6/24/00 1600 Alday..11/20/99 1595 Strickland, B..10/24/99 1592 Johnson, V..12/11/99 1592 Burrell, E..4/15/00 1592 Brandon, M..7/9/00

1587 Morris, R..3/11/00 1581 Vales, B..5/20/00 1570 Dorsten, J..10/2/99 1570 Zweig, G..5/20/00 1565 Wambagans, F..2/20/00 1559 Scully, B..5/6/00 1555 Maxwell, M..2/20/00 1554 Garofalo, R..12/4/99 1550 Statzer, P..11/20/99

1550 Perine, R..12/4/99 1548 Knorre, J..3/18/00 1548 Maile, L..5/6/00 1548 Preston, G. 6/10/00 1545 Applegate, G..10/24/99 1535 Miller..10/30/99 1532 Geernaert, S..4/8/00 1530 Miller, S..2/12/00 1530 Legard, J..4/15/00 1530 Legard, J..4/15/00

1520 VanAlstyne, M. 8/20/00 1515 Cannizzaro, P. 4/8/00 1515 Harden, D. 4/15/00 1515 Wiley, D. 5/6/00 1510 Beck, G. 2/26/00 1510 Davks. 3/25/00 1510 Towns. 3/25/00 1507 Greene, R. 10/9/99 1500 Wolter, J. 1/22/00 1500 Piermattel, F. 9/2/00 1500 Beavers, M. 9/9/00

1499 Legarreta, D..3/18/00 1492 Luna, E..6/3/00 1490 Turnbow, P..3/5/00 1490 Voleki, J..5/13/00 1497 Perkins, T..3/11/00 1476 Petersen, D..5/20/00 1475 Capitello, S..3/11/00 1470 Schell, B..10/24/99 1470 Clayton, J..5/20/00 1465 VanWinkle, B..10/2/99

1460 Burton, O..12/11/99 1459 Lynch, R.4/29/00 1455 Low, D..10/24/99 1455 Zangl, G..10/30/99 1455 Welshenbaker, 4.2/26/00 1455 Scott, T.4/15/00 1450 Addison, F..12/11/99 1450 Windham, N.3/11/00 1450 Paddison, F..2/28/00 1458 Ridyard, S..3/11/00

1448 Digiacamo, N. 4/29/00 1445 Hambric, A. 12/11/99 1445 Gonzales, S. 4/28/00 1445 Campbell. 6/3/00 1445 Eglit, R. 5/20/00 1440 Scholnick, N. 11/20/99 1440 Gawlik, S. 9/23/00 1438 Einfalt, L. 3/11/00 1438 Graham, D. 5/2/00 1435 Sowinski, J. 1/22/00

1432 Beccure, S..2/26/00 1432 Rice, W..3/25/00 1432 Penell, W..4/29/00 1432 Brewer, D..6/10/00 1430 Schexnaydre, B..12/18/99 1430 Warshany..12/12/99 1430 Piazza, T..8/12/00 1426 Smith, G..6/3/00 1425 Ywars, A..2/26/00

PL USA Top 100 **Achievement Awards**



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

NEXT MONTH... TOP 198s

Corrections... We received feedback from Barbara Fox and Jack Wolff of New York regarding the reference to Gerhard Grossbeck being "deaf and dumb" (page 66, October/2000 POWERLIFTING USA), with Jack indicating the appropriate term is deaf and mute and Barbara commenting "In all my hears with dealing with the deaf community, I have never come across a deaf dumb person, only ignorant hearing people who don't understand." You have our apologies Gerhard. Rick Neurohr deadlifted 435 at 132 in the Pittsburgh Monster BP/DL meet, which was not reflected on the TOP 100 list for the Featherweight division. We do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections to "PL USA ERRORS" Department, Post Office Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify

the correction before it is published)

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Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

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• SAME RIVETS AS USED ON THE SPACE SHUTTLE.

· Highest quality suede provides non-slip surface.

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