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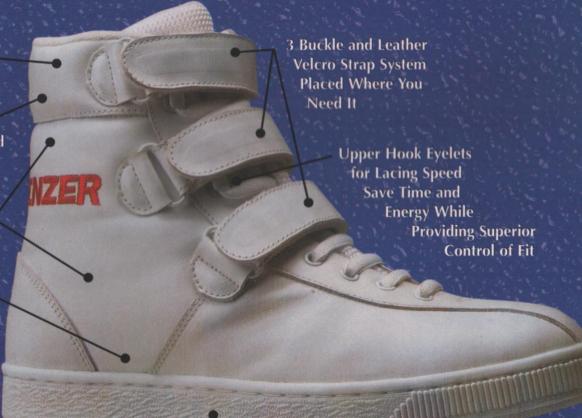
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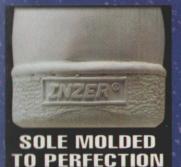
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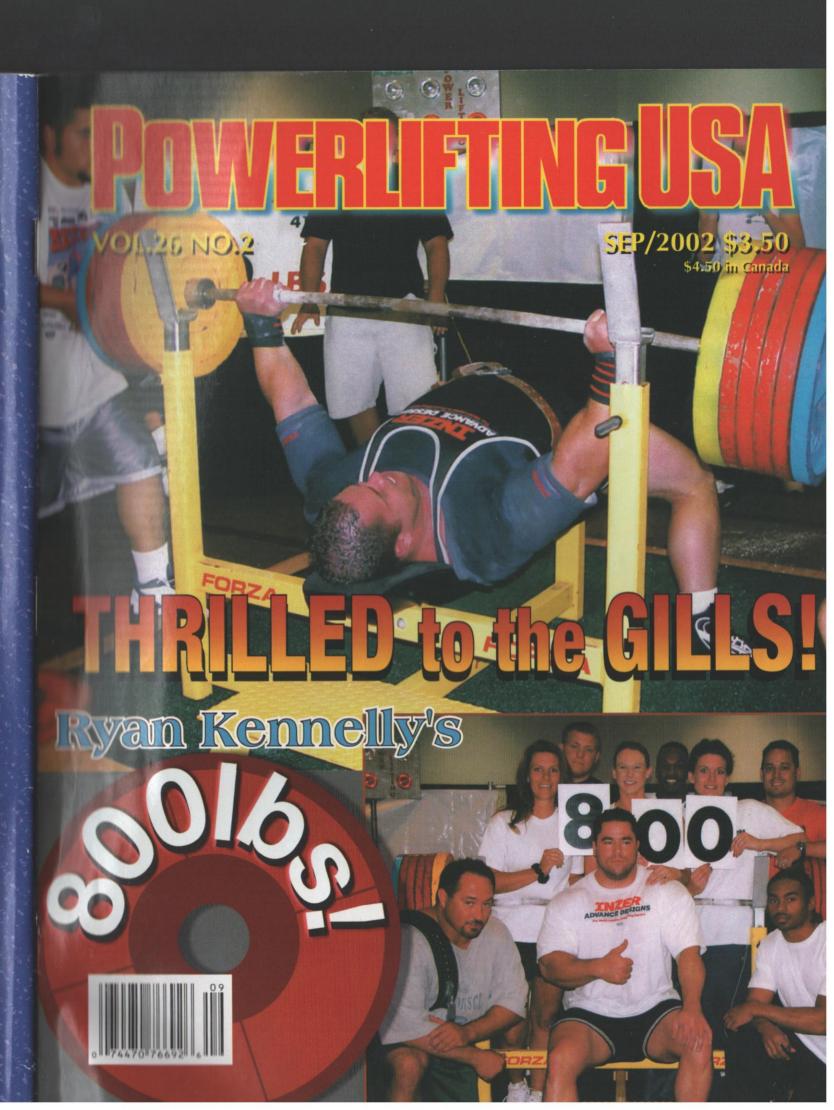
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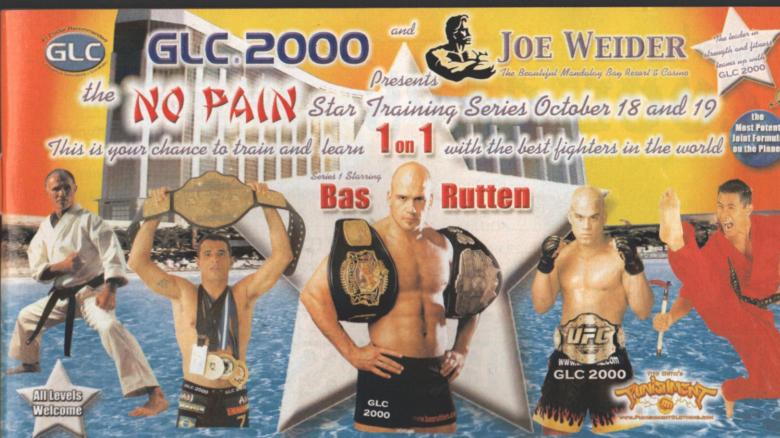
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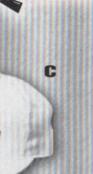
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ONTHE COVER .... Ryan Kennelly benches 800 at the WABDL Monster Muscle.com North Americans. (Christine Goroza)

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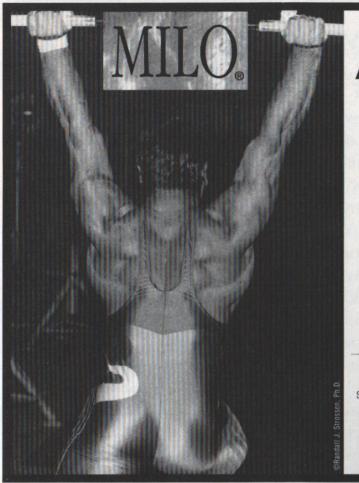
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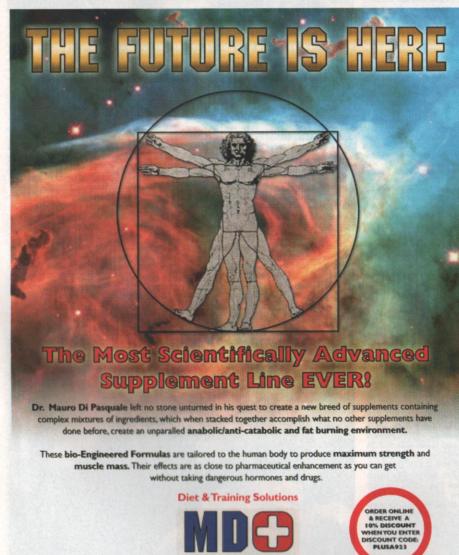
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# WABDL Monster Muscle.com North American BP & DL 3.4 AUG 02 - Portland, Oregon

George Sutton Ted Angelo Dean Reece

Paul Ratsch

I. Diaz de Leon

Sheri Klocke

WM 47-53

Lynda Strand

WM 54-60 Sandra Butler

Barb Anderson

Teen W 13-15

Teen W 16-19

Victoria Reese

Krista Pankratz Michelle Ichiyama 154

440 Amy Vander Pol 176

391 Melissa Kennelly 121

374 Stacey Hammar 176

Sub W 34-39

Chis Varela

369 Kelly Mahoney 159

Kelli Sandoval

Christie Hansen 205

Jr W 20-25

J. Buckingham 110

WM 68-74

132

126

220

165

457 518

501

425

341

385

325

457

George Nelson 540 199+ 275 Lindy Eubanks

There were 123 lifters. In Womens deadlift

Jennifer Taylor Set an Oregon State record in Submaster 181 with 363, only 11# off the

ton State record with 353. In Open Women

deadlift by a women in the contest. In master women Barb Anderson set a WR 54-

60 148 with 281. In master 54-60 198+ Adele Ullman set a WR with 270. In Open men Jerrad Capello set an Oregon State record with a huge 705 at 220 weighing only 209. Andy Medak pulled 705 at 308. In Submaster men Joe Fernandez was named outstanding lifter with 699 at 275. in master 40-46 242. Paul Ratsch set a world record 644 in 40-46 308. JR Hill set

a World Record at 54-60 Super with 567. In

Class I Men Garrett Langmead set an Oregan State record 429 at 148. Donovan

Boell pulled 545 at 220. In Law/Fire Open George Sutton pulled 551 at 275 for best lifter. In teen men 13-15 97# Jordan Fernandez pulled 148 for an Oregon state record. In Junior Men Jerrad Capello pulled a large 705 for an Oregon State record. Travis Osborne pulled 661 for an Oregon State record at 275. Now, onto the bench press. Ryan Kennelly, lifting as a guest lifter, was able to bench press 800# weighing 295. The lift was done on a certified York Barbell kilo set which was weighed on a \$600 digital scale, certified one week before the contest. The configuration of the

plates was (on each side) 1-45 kg, 4-25 kg,

Dave O'Neil Cody Sacher Adam Gruver

Travis Osborne

Men 40-47

Isaac Pankratz

Class 1 Men

Kevin Lockett

I. Diaz de Leon

**Rvan Harris** 

**Greg Stephens** 

Ron Hilderbrand 253 Garrett Landmead 253

Frank Winbigler 214

181

Law/Fire Open Men

EADLIFT		V. Fernandez	358
aw/Fire Master		Frank Winbigler	40
/omen 40-47		181	
23	187	Theodore Brown 198	45
athi Bolton ubmaster 34-39	10/	Mike McCormack	40
65		220	
	236		54.
81	347	242	40
ennifer Yalor 98	34/		51
	347	275	-
. W 20-25		Jeffery McGrath	44
65		Law/Fire Open Me	en
	325	220	40
een W 16-19 99+		Phil Cicero 275	40
	325		44
pen Women			55
23		Teen M13-15	
	275	97	12
48 ictoria Reese	380	Jordan Fernandez 165	13
99+	300	Teen 16-19	
my VanderPol	314	Jason McWalter	38
VM 40-46		Jr. Men 20-25	
23 athi Bolton	187	148 Barry Kunkel	46
48	10/	198	40
	402	Ryan Bren	49
65		Steve Manley	60
ulie ROssi	297	220	56
heri Klocke VM 54-60	303	Chris Duffin Jerrad Capello	70
48		275	,,,
arb Anderson	275	Dave O'Neil	50
98		Travis Osborne	66
at Robey	192	BENCH	
99+ dele Ulman	270	M 40-46 165	
VM 61-67	2/0	Veran Ledford	27
23		181	
Lloyd" Hopkins	170	Lee Roy Banks	42
32		198	-
A. Whinston	126	Mike McCormack 220	30
Open Men 48		Al Dawson	35
. Evangelista	468	Thomas Sybouts	38
81		Bruce Read	
Duane Travis	661	242	
20 hris Duffin	567	Ed Macauley 275	46
errad Capello	705	Joe Harms	50
75		Carroll Moon	54
George Sutton	551	308	
ommy Fannon	661	Kurl Sacher	47
oe Fernandez 08	699	Jim Cunningham Bill Gillespie	65
andy Medak	705	309+	03
109+		Julian Erevia	50
Diaz de Leon ince Eldridge	600	M 47-53	
/ince Eldridge	683	148	39
UB M 34-39		F. Evangelista 181	39
toland Garza	551	Dale Rene	29
42		Perry Plush	35
im Stashin	573	220	
275		Nin Beseda	38
oe Fernandez 108	699	242 Terry Bunce	35
	600	George Nelson	54
65		308	
/eran Ledford	385	John White	35
98 Mike McCormack	407	M 61-67 165	
220	407	Len Thach	24
Al Dawson	622	Donald Barden	27
242		148	
erry Capello	744	M 75-79	00
208 Paul Ratsch	644	Aruthur Whinston Sub M 34-39	199
M 47-53	044	148	
1478		Ron Hilderbrand	25
. Evangelista	468	165	
181		Tom Pinard	29
ohn Clay Perry Plush	568	198 Dennis Sugimoto	36
M 54-60	300	Ed Sim	50
220		220	
Dave Cheek	451	Roland Garza	41
308		242	-
ohn White 309+	440	Tim Stashin 275	34
R. Hill	567	Joe Fernandez	40
M 61-67	The state of the s	Kendall Walden	57
198		Jr M 20-25	
Kenneth Tuten	512	148 Rasse Kunkel	20
M 75-79 148		Barry Kunkel 165	29
Arthur Whinston	165	Joe Luther	44
181	-	198	
Ward Church	214	Ryan BRen	36
Class 1 Men		Chris Duffin	45
148 Garrett Landmead	1418	Chris Duffin Jarred Loomis	4:
168		242	

# **Kennelly Benches 800!**



Ryan Kennelly celebrates after breaking the 800 barrier. (Brian Baertlein)

1-20 kg, 1-21/2 kg, 1-11/4 kg+500 gram Junior 275. Adrian Carson put up 501 at chips that weighed 1.1 # total-so the called weight 362.5 kg 799# + the chips = 800.1#. Canadian Record with 341 at 181#, Bran-Ryan opened with 683, went to 738, then don Relkoff was best lifter with a Washing-782 + chips or 783.6 and then 800.1. The ton state record at 308 with 451. In open 783.6 had 3 white lights, and the 800.1 had men Gustavo Warrington was best lifter Kennelly is the greatest bencher of all time. Women's Bench in Teenage, 13-15, 105 About 450 spectators witnessed the historic event. In master men bench Freddie 111#. In Master women the outstanding Evangelista did a very impressive 402 at lifter was Sheri Klocke with 165 at 165. In trucking - the world's greatest master bencher put up 540 at age 57 weighting 242. He also locked out 566. Bill Gillespie an Idaho state record of 176 at 165. In smoked 650 and just missed 673 at 308 and Submaster women Kelly Mahoney was age 42. Jim Cunningham put up 622 and locked out 633 at 308. 40-46 best lifter thank our sponsors Wes Kampen of World Record. At 198 Submaster Kelli lightweight was Freddie Evangelista and MonsterMuscle.com and the Powerlifting Sandoval set an Oregon State record with heavyweight was George Nelson. In Law/ Superstore. Rick Brewer of the House of 347. In Junior Women Stacey Hammar, a Fire 40-47 LeRoy Banks of Joliet, Illinos Set Pain, Neal Spruce and Jim Starr of Apex and track and field athlete in high school, set an a WR 424 w/o a bench shirt weighing only Ergogen, Mike Lambert of Powerlifting USA, Idaho State record with 336. In Teen women 179. Jeff Jones, a Police Sergeant from Giorgio USAi of Forza Strength Systems, 16-19 198+ Jana Prothman set a Washing- Sparks, Nevada, set a Nevada state record Don Buehl of Vital Foods, Dave Weber of of 429 at 220 master 40-47. In junior men Papa's Pizza, Wolfe Werner of Budweiser. 148 Vicotria Reese pulled 380, the highest Travis Osborne set a world record of 518 at (thanks to Gus Rethwisch for this report)

2 white lights from the side judges with the lightweight with 534 at 198 and Bill Gillespie head judge turning it down for uneven was best lifter heavyweight with 650 at extension, which was very slight. Ryan 308. Blane Stussy put up 551 at 275. In 148 at age 43. George Nelson keeps on Open women Christie Hansen put up 205



LeRoy Banks with a Law & Fire Record 424 @ 181. (Baertlein photo)

		2 - Houston, T.		132 Cory Johnson	203	Hugo Hernandez Stanley Mendez	259 259
DEADLIFT W Junior		Stanley Mendez 165	402	Jeremy Duncan	225	165 Jessus Hernandez	
105		Joe Ojeda	468	Drew McKeefer		Joe Ojeda	319
Kelly LaCour 165	226	181 Ken Torres	507	Adam Castleman 165	132	Zach Jones 181	237
Melissa DeVeau	248	198		Coty Hargett	187	Tim Tyson	374
W L/F Open 123		Chad Mathews Brandon Chamra	650	Damon Fabacher Andrew Scherer	264 336	Ben Baker Ken Torres	385
Karen Gordon	341	Benjamin Bownas		181		198	
W L/F MST		242 Nick LaChappelle	540	Josh Devereux Kevin Brown	203 275	Brandon Chamras Leroy Cedillo	352
Dana Deutsch	253	Master		Jared Hall	352	James Williamson	319
W L/F Open Melissa DeVeau	248	148 Ted Feight	352	198 Elijah Owens	253	Chad Matthews 220	
WMST		165 Marlo Mosley	440	Dujuan Calvo	198 192	Richard McKeefer 242	451
Dana Deutsch	253	James Christian	440	Kevin Bowen Tom Emmite	336	Eric Wright	501
M. Morris	203	Dennis Berry 181	358	220 Ian Ward	170	Master 132	
148		Enrique Diaz	529	<b>David Rogers</b>	319	Andrew Bates	259
Bonnie Betz Sue Clark	121 176	S. Campagna John Tyree	474 584	Edmundo Juarez B. Lee-Faulk	347 440	148 Randall Wrye	319
181		Ron McNeely	562	242		Ted Feight	203
Linda Dunn W Open	281	R. Contreras Bob Hochstein	534 518	Jason Bowie SHW	363	165 George Baker	446
123		William Watts	391	<b>Terrance Gainous</b>	214	S. Weingust	402
Laci Livingston	352	Don Dreyer 198	203	W Teen 148		Marloe Mosley Dennis Berry	253
Noelia Renfore	270	George Herring	738	Mandy Proctor	121	181	
W SUB M		David Gomez Ronald Proctor	474 507	165 Nikki Williams	143	Lee Roy Banks Kevin Haley	418
isa Brown	253	Rocky Gingg	545	Ashley Wirt	126	Eric Bergman	341
osie Jackson	272	Jamey Mauldin Cecil Wood	468 424	198 Alexandria Calvo	110	Ron Jones R. Contreras	231 314
181		Jim Sondgrass	418	ULM		<b>Bob Bochstein</b>	
Cyndi Crossland W Teen	374	Tom Barth 220	435	Amy Moses W Junior	187	Don Dreyer 198	154
114		Rick Garcia	611	132		Robert Reynolds	330
Sarah Ojeda 148	214	D. Burlingame Charlie Turco	556 551	M. Kennelly 165	126	David Gomez Rocky Gingg	270 456
Mandy Proctor	286	Steve Rosenberg	523	Millissa DeVeau	165	Jamey Mauldin	341
165 Nikki Williams	266	Harold Bodden 242	429	W L/F MST		Ronald Proctor Cecil Wood	319 275
Ashley Wirt	314	Michael Irwin	606	Dana Deutsch	121	Dan Swift	360
81 essica Mayberry	281	Buddy McKee McElvin Pope	567 573	W L/F Open 123		Dan Bell Jim Snodgrass	352
HW		Hal Hudson	418	Karen Gordon	148	Tom Barth	275
/F MST	429	275 Jimmy Duckett	380	W MST 105		Joe Cantu 220	347
142		308		Betty Lafferty	137	Tracy Ward	446
/F Open		Open Cowrey	600	123 Toni Opplinger	143	Charlie Turco David Callas	369 352
108		123		132		D. Burlingame	341
im Johnson een	479	Andrew Hrenchir 198	270	M. Morris	82		319
14		George Herring	738	Bonnie Betz	126		281
ustin Kees George Jackson	303 407	Willis Smith BENCH	600	Sharon O'Brien Sue Clark	126 88		341
23	THE	Class 1		181	00	Ken Anderson	429
osue Manzano 32	286	308 Brett Fleak	391	Linda Dunn 198	132	Jack Puccio 242	325
Cory Johnson	380	David Dunn	507	Hilary Reeh	99		440
48 dam Castleman	236	Rob Ferr John Williamson	532 451	W Open 105			435 468
65		Disabled	431	Betty Lafferty	137	McElvin Pope	380
Coty Lane Hargett 98	1358	181 Jose Valtierra	319	123 Laci Livingston	154	Hal Hudson 275	220
Aarcus Romero		Spec Olm		W SUBM		Robert Jackson	380
om Emmite	473	181 Adam Markham	170	114 Shelley Ellis	99	Charles Lively Austin Webb	416
20		Disabled		181		Bob Garza	529
David Rogers ric BLanson	485	242 Cody Colchado	418	Cyndi Crossland 198	259		325 518
. Lee-Faulk	429	308		Cheryl Williams	137	<b>Burt Tyree</b>	474
42 labun Proctor	402	Omar Sanchez L/F MST	385	MEN Class 1		SHW T. McKinney	534
class 1		165		123		L. Barrett	418
23 Indrew Hrenchir	270	George Baker 181	446	Kyle Burge Andrew Hrenchir	181	Carl Rosborough Open	
48		Lee Roy Banks	418	Danny Dickey	242	123	
. Fernandez 65	374	220 Michael Overbey	374	148 A. Fernandez		Danny Dickey Andrew Hrenchir	242
oe Ojeda	468	L/F Open	3,4	165		132	207
81 ablo Arriaga	501	181 Pablo Arriaga	336	Joe Ojeda Damon Matlock		Hugo Hernandez 148	259
eith Rains		198	330	181			402
98 Aark Pearce	573	Jeff Waters 220	391	Ben Baker Lavell Williams	385 402	Randall Wrye 165	319
	451		457				325
Cecil Wood 20	424	Michael Overbey 242		198 Jeff Waters		181 Kevin Brown	286
	633					198	200
dody Colchado	622	275 Jeremy Murrell	462	Robert Reynolds Cecil Wood	330 275		456 429
uddy McKee			457	220		Hoss Rhoton	127
08 rett Fleak	578	L/F Open		Raul Perez D. Burlingame		220 Patrick Thomas	490
		308					457
pec Olm 81		Tim Johnson Teen		242 Cody Colchado		Joe Thierry 242	
dam Markham		105		Buddy McKee		Jason Jackson	625
disabled			126	275		Steven Ross	479
42 ody Colchado	622	114 Jacob Tyree					418 374
08		Mitchelle Ellis	126	Randall Ward	385	275	
mar Sanchez unior	440	Jon Flemming 123		Wayne Sonnier Junior			622 468
32		Kyle Burge		132			457

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Larry Mooney	369	Tyler Hobson	314
308		220	
Ryan Kennelly	749	Rodney Womack	341
David Dunn	507	242	
SUB MST		Bob Vessells	451
148		275	
P. Arcot	242	John Stewart	622
181		Randall Ward	385
Greg Bullington	363	308	
Don Moser	336	Bobby Leitz	628
198		Rob Ferr	523
and ended up with	h749-v	n from lockout of 80 veighing only 296-a	week
		g 295, he did 783 and	
to become the g	reatest	bencher of all time	e.

126 at 165. Bonnie Betz set a Texas state record in 18 114 Justin Kees set a World Record 314 and in master 40-46 148 with 126. In open men Jason 16-19 114 George Jackson set a WR 424. Inwomen Jackson set a WR of 625 at 242. Jason is one of the best benchers in the world and has passed 3 drug whopping 435-very impressive. In teen women 13-tests. At 198 Rocky Gingg of Arizona was the 15 at 148 Mandy Proctor set a WR with 286 and winner with 456. At 220 Patrick Thomas has been on a roll of late and won with 490. At 275 Tiny Meeker weighing only 254 benched 622. In submaster Greg Rullington of Arkapas set and the submast

Bullington of Arkansas set an Arkansas state record with 363 at 181. Tyler Hobson won at 198 with 314. At 220 Rodne Womack won with 341. At 242 Bob Vessels of Alabama won with 451. At 275 John Stewart who holds the WR of 639 did 622 and came close to 650. Bobby Leitz broke Bill Gillespie's WR in Submaster 308 with 630 In Class 1 165 Joe Ojeda set a Texas State record of 325 bench. In 181 Dinky Williams set a Texas state record of 407, At 242 Code Colchado, who is blind, set a Texas state record with 424. At 275 Jeremy Murrell set an Okla-homa Record with 462. At 308 Rob Ferr set a Louisiana state

set a WR of 446 which broke the old record by 30. At Super big Thomas Mckinney set a Texas record with 534. In Master 47-53 Sheldon Weingust set a Gingg benched 456 at 198 at age 48. Tracy Ward Oklahoma state record 518 at 40-46 308 and

fire open 181. In the deadlift in master 40-46 198 George Herring set a World Record of 738. George puls on a show and has been around for 25 years. At 220 Duane Burlingame set an Illinois state record with 556. At 40-46 181 Enrique Diaz set a Texas State record 529. At 47-53 181 John Tyree pulled 584. Ron McNeely of Alabama was 2nd with an Alabama state record 562. At 220 Rick Garcia set a Texas state record 611. At 308 Doug Lowery set an Arkansas state record with 600. At master 54-60 Ted Feight set a Michigan state record with 352 at 148. Roberto Contreras set a Texas state record at 181 with 534. In Junior men at 198 Chad Matthews pulled a big 650. At 132 Stanley Mendez later in Portland, weighing 295, he did 783 and 800 to become the greatest bencher of all time. In women's bench Dana Deutsch set a master 40-47 Law/Fire WR 132 at 114. Cyndi Crossland set a WR 738 at age 42. Scott Deal of Virginia Law/Fire WR 132 at 114. Cyndi Crossland set a WR 738 at age 42. Scott Deal of Virginia won the 220 with 633 and a Virginia state record of 132 in Master 47-53 181 and Sharon O'Brien set a Texas State record of 126 at master 54-60 148. Melissa Deveau set an Oklahoma State record in Junior 165 with 165. Amy Moses set a Texas state record of 181 at 198+ in teen 161-91 and Iffer with 573 at 198. Cody Colchado Jr. set Texas state record of 126 at 165. Bonnie Betz set a Texas state record in master 40-46 148 with 126. In open men Jason 161-914 George Jackson set a WR 424. In women 1851 (14) George Jackson set a W



Bob Garza breaks the 500 lb. barrier at 60!

record with 529. In master 40-46 165 George Baker coached by John Tyree set a WR 325. At 13-15 114 Sarah Ojeda set a WR 214. In junior women 105
Kelly Lacour set a WR 225 and in law/fire open and At Super big Thomas Mckinney set a Texas record with 534. In Master 47-53 Sheldon Weingust set a WR 402 at 165. Sheldon has made very steady progress over the last 4 years. He also helped judge and was helpful in other areas of running the meet with 80b Garza. In master 54-60 meet director 80b ballroom was packed. Great 1-shirts. The judges Garza became the 1st man in history to bench over 500 at age 60 with 529. In master 61-67 Ken Anderson, Gus Rethwisch, Cyndi Crossland, Anderson bench ad world Psocrad 429 at 230. 1878. Anderson benched a World Record 429 at 220 at Ken Sweet, and Larry Prince. The M.C.s were age 63. Other noteworthy lifts in masters - LeRoy Banks benched 418 at 181 without a shirt. Rocky job. Platform manager was Ken Sweet. Weigh - in managers were Ken Anderson and Sheldon Weingust, on the STAFF were Christina Porreca, Jackie Lee, Velma Nealy, Toni Engelhardt, A.J. Gingg benched volont 190 at 19 thanks to the sponsors Dave Silver and Scott Mischnick or ThermaLink, Wes Kampen of Power Oklahoma state record 518 at 40-46 308 and Austin Webb set an Arkansas state record of 429 at 47-53 275. In teen 13-15 Cory Johnson was out- standing lifer with 203 at 132 and Andrew Scherer John Inzer of Inzer Advance Designs, Neal Spruce and Im State of Apex Fitness Group, Johnny Anderson State of Apex Fitness Group, John State of Apex Fitness Group Apex Fitness set a Texas State record at teen 16-19 165 with 374 and was outstanding lifter for teen 16-19. In law/ fire master 40-47 181 LeRoy Banks set a WR 418 world, and Giorgio Usai of Forza Strength Sysand Jason Jackson set a WR 625 at law/fire open
242. Jeremy Murrell set an Oklahoma record 462
at law/fire 275 open. George Baker 49047165 and
Pablo Arriaga set a Texas state record 336 in law/
Gus Rethwisch for providing these meet results)



Sheldon Weingust's World Record 402 at 165, Master 47-53 group

St. Louis, MO was the site of this year's American qualifier for the World's Strongest Man competition. Jim Davis and his crew put on one hell of a show. Through the Strongman contests Jim has held, he has been able to raise close to \$100,000 for the Children's Miracle Network. Keep it up, guy. The world needs more people like you.

Thursday, July 18th, found our athletes at the West Port Plaza in St. Louis, MO. Only two events would be contested this day. The first event was the Axel Press, sponsored by Atillo's Discount Supplements. The event consisted of a 2 1/2" thick bar with two sizable tires attached to each end. Competitors had to clean the bar by whatever method they saw fit and press the 300 pound monster overhead for as many reps as possible. The clear winner in this event was Indiana native Brian 'Schoonie' Schoonveld with 16 reps. Brians pressing ability is phenomenal. Right on Brian's heels was relative newcomer Jesse Marunde of Washington State with 15 reps. In contrast to Brian's brute power, Jesse used a split/jerk style.

Each competitor had his own style of cleaning and pressing the Axel. Most hitched the bar on their belt before shouldering it. Shawn Smith, in a unique style all his own, Zerchered the bar to his shoulders. which seemed to expend a lot of energy. It sure looked tough, but worked for him.

Poor Shawn had been ill both days of the contest. Illness and injuries plagued many competitors, most notably Phil Phister. Phil, of West Virginia, had been given medication



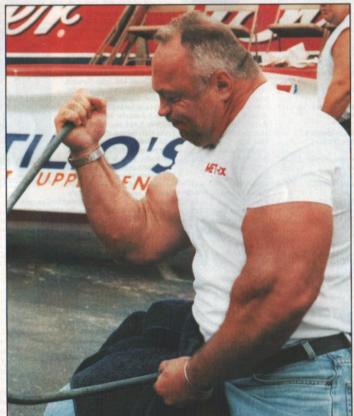
Brian 'Schoonie' Schoonveld Axel pressing for 16 reps (all photographs courtesy of Tony Soucie)

# **Budweisers 2002 American Strongman Championships**

as told to PLUSA by NASS's IL State Chairman Tony Soucie

3 weeks prior the contest for a medical condition. Phil has been to the Worlds a number of times and has gotten bigger and stronger each time. This contest however would find Phil struggling, finishing 9th overall, killing his chances at this vears Worlds Strongest Man contest. The medication Phil was put on had an adverse affect on his overall strength. Just plain bad luck. Phil will be back and stronger than ever next year. Good luck, Phil, and get well

which looked to be a warm up for him. WSM veterans Mark Phillipi and Ken Brown were right behind Pat, however, both failed at their attempts of 980lbs. Ken Brown holds the World Record in the Silver Dollar Deadlift with a pull 1062lbs and was one of the favorites going into the deadlift event. Look for Pat McGettigan to make a name for himself in Strongman. The guy's got POWER. He lifted the bar with such speed and force I was unable to focus and get a shot of him.



Bill Kazmaier, 3 time World's Strongest Man bending 1" thick steel rod

Between events Bill Kazmaier, 3 time World's Strongest Man (and the last American to hold the title) and member of the Omega Force Team, performed some classic Strongman feats such as tearing phone books in half, then quarters and bending 1" thick steel rods. If Bill ever decided to compete again he'd make many of the guys nervous. What about it Bill? Shoot for the title one more time?

The 2nd event of day one was the Harrah's Deadlift. The bar height was 15", not your standard deadlift plus the competitors were able to use straps. USAPL National Record holder, Pat McGettigan, dominated this event with a pull of 980 lbs

Grant Higa of Hawaii had great form in the deadlift, but ended with a lift around 800lbs. The only competitor to fore go using the straps on his first attempts was 6'6" 350lb Johnny Perry. The man is thick, sporting 25" arms.

Between attempts WSM competitor Whit Baskin of Durant, OK made a guest appearance. A number of months ago Whit was involved in an automobile accident that left him pretty banged up without much hope of a full recovery. Through shear hard work, dedication, and faith in himself Whit has recovered almost fully and has begun to compete once more. Way to go, Whit!



Johnny Perry in the Harrah's DL

You are an inspiration to us all.

Another special guest was Mark Henry of WWF fame. Kaz announced Mark as the 'World's Strongest Man'. No disrespect to Mr. Henry, however, to earn such a title one has to qualify, compete, and win the WSM competition. 'Nuff said. Mark had recently cleaned and pressed the Thomas Inch Dumbbell a feat not many have duplicated. Bill Kazmaier a number of years ago attempted and succeeded, yet I know of no others to do the same. If you are not familiar with the Inch Dumbbell you cannot fully understand such a feat of strength. The thing's a beast. 170 plus pounds of solid steel globes with a handle about 4.5" long and over 2.5" thick. I guess I really need to watch more TV because I didn't realize Mark Henry had been sitting right next to me until Kaz made his announcement

The competitors would rest Friday and do some charitable work at the local children's hospital. All these guys are a class act and have hearts

The second day of the contest. July 20th, was held at Harrah's Casino in St. Louis, MO.

Whoever came up with air-conditioning should be considered for sainthood. It was HOT, HOT, HOT! The announcer said the heat was around 125-130 degrees. Sure didn't help to have the events on the asphalt parking lot. Hardly any breeze and you could drown in the humidity. Being a spectator was one thing,

ditions really tells you about the

character of these guys. What amazes me most was head referee Douglas Edmunds. promoter of the WSM. The guy always seems to wear black. Hat, shirt, pants, shoes ... black. The WSM contests have been in quite warm climes the past number of years. Las Vegas, Morrocco, South Africa, Zimbabwe, etc.... Yet, he's in black. On the plus side, it keeps the wardrobe simple and stains aren't as evident. My vote is to have the WSM back in Iceland.

Event one of day two was the Ford Hercules Hold. This tested the grip to the utmost. The athlete stood between two Ford Explorers set on ramps. Handles were attached to the vehicles and handed to the competitors, who, upon the signal had to prevent the vehicles from rolling down the ramps. A true grit event for sure.

Johnny Perry held on for 31.33 seconds for the win. Johnny was the only person that day that I seen pull the vehicles 'towards' him. Bryan Neese, a middle school science teacher, came in second place with 28.59 seconds followed by Brian Schoonveld with a 28.35 second hold. Sneaking up on everybody was Steve Kirit with a 4th place



Shawn Smith's Atlas Stone # 4

The handles did not have any knurling whatsoever and only chalk was permitted. Many of the guys could hardly speak after their attempt. The pain was evident on all

The MetRx Stones are up next. 5 stone spheres weighing 265, 300, 330, 365, 385, had to be placed on

but to actually compete in such conto a 54" platforms. Usually, tacky is put on the forearms and hands to be

two separate WSM contests. One Johnny Perry had injured his lower knee on a Car Flip event and the

back on this event and many people

considered him to be 'gun shy'. Couldn't prove it by me. Perry looked very strong, making a lift with 5 girls. Beating out Perry was Walt Gogola with 5 and a half girls and Chad Smith with 6 girls. By this time the contest had been going on for over 4 hours and cases of heat exhaustion were popping up. One of the weights (aka Bud Girl) started to get quite sick. Medics were on hand and treated each case with care.

There was some controversy on this event. Jarod Spubrook who had put everything he had into each event became a bit upset when his squat attempt was considered 'no good' because he failed to sound the horn. Only a fraction of an inch was needed

The 5th and final event was the Car flip and Wheelbarrow sponsored by the

beating Karl Gillingham's mark by about a foot. A special thanks should go out to the Jim Davis crew for doing an

excellent job of setting up, resetting, and dismantling each event in a timely manner. These guys deserve congratulations for a job well done. To get the crowd fired up 'Wild Wily', the owner of the Harley, rode his hog out of the arena only to spill the bike with a little bit of drama. Luckily, the only injuries were a skinned knee and bruised ego.

From the shadows came 600 lb.

bench presser, Steve Kirit. Steve

The Bud Girl Squat was the 4th event of the day. More of a backlift than a squat, the athletes had to lift the bar and platform a total of 9" to sound a horn to indicate a 'good' lift. Young ladies, small children and even cases of Budweiser were used as weights. Helping the Bud Girls up on the platform was 4 time World's Strongest Man Magnus ver Magnuson. I'm sure it was a tough job but Magnus, being the true champion he is, did his duty.

The weights were not announced during the squat so the actual poundage used is bit of a mystery. Last year

other knee on an event such as the Carpenters Dist. Council of Greater one contested. Mark is definitely not St. Louis/Floor Layers Local 1310/ a guitter. Most people would have FIC/Install. 3 Ford Escorts had to be thrown in the towel a long time ago flipped on to their sides and a S-10 with similar injuries. Phillipi made a Pick-up wheelbarrowed 60ft. Uncarry of 56 feet without incident. fortunately my wife and I had to Texas native Chad 'Turtle' Smith leave before the event got under made a carry 138 ft. Don't let the way. Both of us had to work the next nickname of 'Turtle' fool you. Chad day and we were facing a 4.5 hour is one of the fastest 340 lb.ers I have drive. It was reported to me that Brian Schoonveld had a 'full body cramp' from heat exhaustion. Brett Latta of Ohio finished the course in made a winning carry of 174 ft just 47.34 seconds. Look to see this fellow in the future. A number of guys got a time under 30 seconds, namely Karl Gillingham, Jesse Marunde, Phil Phister. There may be a future for these guys as valets.

Here are the top 16 places. The top five qualify to go to Malayisa this

- 1. Steve Kirit 32.5pts
- 2. Johnny Perry 40pts 3. Karl Gillingham 40.5pts
- 4. Brian Schoonveld 46.5 pts
- 5. Jesse Marunde 50pts
- 6. Chad Smith 52pts
- 7. Walt Gogola 61 pts
- 8. Mark Phillipi 62.5
- 9. Phil Phister 64pts
- 10. Matt Methany 68pts
- 11. Ken Brown 71.5pts
- 12. Bryan Neese 75.5pts
- 13. Pat McGettican 77.5pts
- 14. Jarod Spybrook 87.5pts
- 15. Brett Latta 91 pts
- 16. Art McDermott 95.5pts

This years World's Strongest Man Contest is said to be "heavier" than years past so it should be interesting. It's only a matter of time before the title comes back home. Good luck guys, we're proud of you!

able to get a better purchase on the stones. The stones had been sitting in the hot MO sun for so long the tacky became fluid and slippery. Most of the guys opted for chalk A personal favorite of mine in this event was Chad Coy, whom I have seen load a 410 stone. Chad is the Indiana Chairman for the North American Strongman Society and

600 lb. bench presser Steve Kirit traveling 174 feet for the win in the Conan's wheel

ever seen.

holds some top notch strongman competitions. He has become a master at this event, however, was only able to load the 4th stone. I learned later that Chad had been nursing an injured bicep.

The only person to load the 5th stone was Karl Gillingham, brother of USAPL Champ Brad Gillingham and son of Green Bay Packer Hall of Famer Gale Gillingham. Throughout the whole contest Karl had laid low and kept to himself, however not this time. After loading the 385 lb. beast, Karl celebrated by running around the arena yelling. It was nice to see some emotion.

The 24 hour Fitness Conan's Wheel had the athletes carrying a custom Harley Davidson around a track using a pole assembly. The pole had to held in the crook of the arms and carried for a maximum distance. One of the first up was Art McDermott, promoter of the Northeast Strongman Showdown and a Highland Games competitor, who made a 51 foot carry before injuring his lower leg. That injury would effect his performance for the rest of

The last couple of years Mark Phillipi has had a run of bad luck with injuries, blowing out both knees in

When I say the words "Powerlifting Nutrition". I get some funny stares. "Did you just say powerlifting nutrition," is the reply. "Is there such a thing?" Now, this is bad when it comes from someone outside the sport, but it's even worse when it's one of us. The fact is a large majority of powerlifters are leaving pounds on the platform simply because they are not nutritionally fulfilling their needs to help them accomplish their goals. My

mission in writing the sports nutrition section for Powerlifting USA is to change this mentality. Like it or not, vour nutritional plan plays a major role in your performance in the gym and on the platform. I have seen average lifters become excellent lifters by altering their nutritional regimen. The purpose of this article is to give you a little insight into what powerlifting nutrition is, and what it can do for you.

## WHAT IS IT?

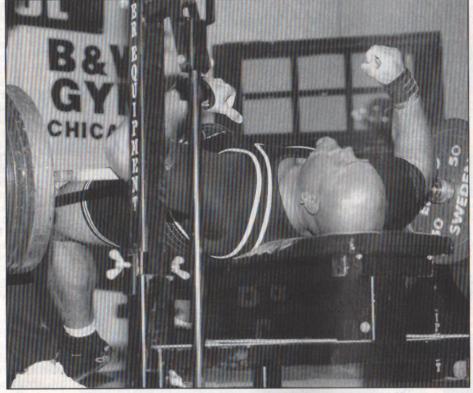
Powerlifting nutrition is specific nutritional protocols that are customized for the strength athlete. No, it's not the same thing as bodybuilding nutrition. Powerlifting nutrition also isn't mainstream "look good in 30 days" type di-

eting either. Nor is it a diet plan geared at helping the chronically obese. Powerlifters need specific nutrients at specific times and in specific amounts to reach their optimal performance. During my time here with Powerlifting USA magazine, I have received hundreds of e-mails from powerlifters looking to improve their nutritional plan. One thing that I have realized with many powerlifters is that their meal planning is their weakest link. As they say, "You are only as strong as your weakest link!" I hate to say this but the majority of the powerlifters writing in to me don't follow any set pattern of eating, nor do they have any idea what types or amounts of macronutrients to consume. If this is you, don't worry, because I am here to help you. These individuals basically eat what they want, when they

# NUTRITION

# What is Powerlifting Nutrition?

by Anthony Ricciuto B. Phed. C.F.T. S.P.N. S.W.N. F.T.



Van Hatfield did not actually rip his bench shirt at the USAPL Men's Nationals. The bar fell out of his hands and "buried" itself in his chest, and the shirt was cut off while he laid on the platform, but he has recovered and is back training hard again. (Photo is courtesy of Mike Lambert.)

want, and as much as they want. If today you feel like having sausage and ice cream for breakfast, then that's what it will be. If you feel like having a greasy cheeseburger with curly fries covered in gravy and washing it down with a double banana split and a nice diet cola to even things out, then that's "Powerlfiting Nutrition" for that day. By the way, it's has to be a diet cola because there are way too many calories in regular soda. Ha Ha! I know this may sound funny, but if you could only see some of the powerlifting nutritional diaries that I have worked with, you would be surprised. Believe me, I am not recommending bodybuilding or marathon runner nutritional regimens. Believe it or not, I can fully understand that when it's time to have a cheat day it's going to be a cheat day for sure. The problem with many powerlifters is,

every day is a cheat day, and this will do

nothing but hinder your perfor-

We as powerlifters must get out of the mentality that the nutritional aspect of our sport is a joke. I have heard this several times from lifters. Some actually believe that if you eat a boatload of junk or you eat a serious power nutritional plan, the results would be the same. It is this type of misinformation that will hold back your progress. It is these same lifters that have that bench shirt tweaked just right several times before their contest, or they are the ones getting that pair of briefs taken in that little extra in the hips to get the most out of their squat. It is these same individuals that can be seen on contest day eating candy bars and drinking sugar

loaded soda. I am not talking about a post victory treat. I am talking about during their attempts and between lifts!

Bodybuilders and many other performance athletes have a good understanding about how nutrition affects the way they look and how it will affect their performance. The majority of powerlifters on the other hand, don't have the understanding how a serious nutritional plan can take their performance to new heights. This is in part

> due to the fact that there isn't a lot of information about powerlifting nutrition, and the general powerlifting mentality is that nutrition is only important to bodybuilders and not powerlifters. I have found that with a large population of powerlifters, they know everything there is to know about training. They understand and can draw graphs about how Soviet training theories are better than American theories. They know which material will give you the best bang for your buck to get the most from your bench press shirt. They know and use the latest gadget to get their knee wraps on tighter. Yet they don't have a clue what they should be eating on a daily basis. This is putting the carriage before the horse, since nutrition plays a significant role in your powerlifting progress. Powerlifters have ignored their nutritional planning for too long, but it's not too late.

#### MAJOR NUTRITIONAL MISTAKES

Contest day nutrition is one of the most important aspects for your performance. Your nutritional program for that day will make you or break you! The fact that most lifters don't use the right fuels on the most important day of the year is something that could be easily avoided. Just remember, if you are leaving your competition day nutritional plan to the "I'll grab something at the meet" mentality, then you better be ready to take second place.

Another major mistake I see with lifters is the way they try to lose weight for a contest. First off, the majority of lifters that I have had contact with, wait until the last 48 hours to get the job done. WHY?

From a performance standpoint, don't you think that it would be better to try to lose those last 10 pounds starting 8 weeks before the show instead of trying to sweat them all off for hours in a sauna the morning of the meet? The fact that the majority of what will be lost will be water, muscle, and valuable electrolytes and not fat, should make you think how it will affect your performance in the coming hours. Powerlifting nutrition shouldn't be a hit and miss game. Your performance on the platform is too important and precious to just guess and hope that you did the right thing. Just think of all those endless hours of blood and sweat in the gym. Think of all the sacrifices you made, avoiding all those late nights out with the boys. Calculate all the money that you have invested in your contest entry forms, organization memberships, supplements, endless amounts of powerlifting gear... bench shirts, wrist and knee wraps, suits, chalk, squat shoes, singlets, deadlift slippers and on and on. What about the air fare, hotel accommodations. car rentals, and all the other costs that go into stepping on the platform. To throw your performance out the window just because of your nutritional miscalculation and wrong judgements in the last weeks and day of the big show, would be the biggest waste of all. Don't let this happen to you! You have worked way to hard, sacrificed too much, and have invested way too much money into your contest preparation, only to lose it all because you were too busy to get your nutritional plan on track.

#### THE SPECIMEN

I run a private nutritional consulting practice out of Toronto, Canada. I mainly work with nationally ranked strength athletes as well as professional athletes from a variety of other sports. I have also worked with several World Champion and World Record holders in powerlifitng. I will give you a story about one of my experiences working with one of my powerlifters. One day sitting in my office, I get a call from a gentleman in regards to my nutritional consulting services. He told me he was a powerlifter and was in desperate need to get his nutritional plan on track. I told him that it would be at least a 2 week wait for him to get to see me for consulting since I have a very busy schedule. He pleaded and begged and whined, until I finally gave in to see him after my normal hours. I guess I did it out of the goodness of my heart, or it could be that he invited me out for a steak dinner at the best steakhouse in town to discuss what we could do with his program. During the consultation he laid out his nutritional diary to me from the previous month. As I went through the pages, I couldn't believe my eyes. Could this really be what this guy eats? To put it politely, his diet was atrocious! I know that may seem a little harsh, but it really isn't considering what I was reading. Let me lay out some of things he had on the day of the consultation. He got up around 9 A.M. and guess what? He skipped his breakfast. What ever happened to eating the 'breakfast of champions'? Well, around 12:30 he decided to have his first meal of the day. Here he had 2 bologna sandwiches with extra mustard, a chocolate cupcake and washed it down with 16oz of cola. Ok, this was a nice start to fuel him for the rest of the day. Sugar, refined carbohydrates, processed meat, nitrates, preservatives, fillers, binders, caffeine, corn syrup, food coloring, sodium

made a side note that he felt sluggish during his workout and slightly bloated. GO FIGURE! If I inhaled that much grease and sugar an hour before training I would be looking for the nearest emergency room to get my stomach pumped, not the closest squat rack to bang out some heavy lifts. After his workout he devoured a pint of Double Fudge ice cream. When I asked him why he had this directly after his workout, he said because "he deserved it", he trained hard that day. If I decided to have a pint of ice cream every time "I deserved it" I would have about 70% bodyfat by now. OK, here I am thinking maybe there was some scientific basis for his meal design, but guess what ... there wasn't! Who am I fooling? This guy's nutritional plan couldn't get much worse ... or could it? Before bedtime he snacked on some pepperoni sticks and some potato chips. When I inquired about the pepperoni sticks he informed me that they are an excellent source of protein. I guess I must have missed that day at the University. As he dropped a nutrition revelation upon me, I looked at him with amazement. I was taught that pepperoni was one of the lowest quality proteins available and was loaded to the brim with saturated fat, cholesterol, nitrates and preservatives among a variety of other nice additives. As I was sitting there pouring over his nutritional diary, it hit me. Maybe one of the major supplement companies can take this guy's advice and come out with a 100% Pepperoni Protein powder. Now, that sounds delicious - NOT! So, as I looked at his journal entry with disgust on my face, he looks up at me and says, "I need a little fine tuning with my plan, eh?" I shake my head and tell him that his plan needs a lot more than a little fine tuning, it needs a TOTAL RECONSTRUCTION!!! Now get this, he looked a little shocked that I said that. Did he actually think he was eating like superstar? After some time discussing his mistakes and numerous shortcomings, we decided he needed some serious help to get his plan on track. We set up another appointment, but it was only after one stipulation. He had to follow exactly what I prescribed, and he promised that he wouldn't waste my time. He was dead serious on getting his nutritional plan optimized and I would be the guy to get the job done! After the initial consultation, I saw this gentleman once a week to monitor his progress and to make sure he was sticking with the plan. We did a complete assessment with him before we started the nutritional program. I measured his bodyfat and lean tissue percentages. We also took before and after photos. We took his maxes on all three of his powerlifts and other major assistance exercises. He had a blood test done by his doctor so we could monitor his cholesterol, blood pressure,

and did I forget, more sugar. A beautiful start for

a beautiful day. At around 6 P.M. he decided to

have his next meal. Here he had a frozen dinner

with another 16 oz. of cola and 4 chocolate chip

cookies. All this 1 hour before hitting the gym. I

guess his concept of pre-workout nutrition and

mine vary quite differently. In his journal he even

After one month of following my plan we did another assessment to see his progress. First let's take a look at the most important thing ... his strength on the powerlifts. In the one month period, the weights he was using for 3x2 now

thyroid function, as well as his blood sugar level.

Since he had a case of borderline high blood

pressure, this was one major consideration for

his nutritional program.

miraculously became the same weight he was now using for 5x5 in all three of the powerlifts. I looked at him with shock on my face. I asked him if he was using any different equipment. supplements or other goodies that may have caused such a remarkable increase in his strength in such a short period of time. He listened to my instructions and didn't change any other variable except for his new nutritional plan. Next we measured his bodyfat percentage and his lean to fat ratio. As he took off his shirt I could see a noticeable difference in his bodyfat level since the last time I did the assessment one month prior. He measured in at 16%, down from 22%, I know we are not bodybuilders, but almost all lifters like to look leaner while being stronger. He also had some positive results with his blood sugar level and his blood pressure rating as well. I now had a 'believer'. He understood how proper nutritional planning can not only make a big difference in your overall health, but your strength and performance level on the platform! This would be just the beginning in a long career of success. This gentleman's performance was taken to new heights. During his time under my nutritional guidance, he has won 4 World Championships and 2 National titles as well. Before this time he competed mainly at the state level. The progress he has made under my guidance has been spectacular. He has even set several drug free World Records in the masters division. This client not only became one of my star subjects, but a close friend as well. The purpose of this example is not to make fun of his past nutritional habits, but to show you that you can make a huge difference on your performance when you follow the right nutritional plan!

#### WHAT IS THE FUTURE FOR **POWERLIFTING NUTRITION?**

The main purpose for my writings in Powerlifting USA is that I want to educate you on how to eat like a true strength athlete. I have reviewed diet plans of some nationally ranked powerlifters and after digesting their nutritional diaries, I can only imagine what they could be accomplishing and what their totals would be, if they optimized their nutritional plan. After fine tuning my athlete's meal plan, the results that they see are incredible. The lean muscle tissue starts to increase. Their bodyfat level, no matter their weight class, begins to decrease. Their strength steadily increases, and their recovery between their workouts is shortened. Their overall energy level is drastically improved and their endurance and volume workload in the gym takes a huge step forward. There are so many areas in powerlifting that can be affected by your nutritional plan. If you have neglected your power meal plan, it is now time to throw down those Twinkies and pepperoni sticks, and start treating your body like a power machine that will be fuelled for strength and power like never before. There is no time better than now to take powerlifting nutrition into the millennium, and take our totals to a new level! If ignoring your nutritional plan was something you have been guilty of in the past, it's not too late to change. Get your powerlifting nutritional plan on track and watch your total soar!

For questions or comments in regards to this article email me at aricciuto@xtremepower.com. You can also visit my website at www.X-tremePower.com



# TRAINING

# **Organization of Training: Part 1**

as told to Powerlifting USA by Louie Simmons

When planning training, one must not plan for the next meet, but rather the next year or even longer. The following are some issues to consider.

- \* Weight gain or loss
- \* Improving form on competitive lifts or special exercises
- \* Raising work capacity and improving general fitness
- Gaining general training knowl-
- \* Testing character and courage
- \* Learning how to use legal equip-

The effectiveness of your training is based on all of these consid-

Weight gain or loss. First, you must be in the correct weight class. If you are 6 ft tall and weigh 180 lbs. you need to gain weight. A lifter like this should increase his protein and calorie intake, or he cannot com-



Matt Dimel won APF Senior after he ruptured his patella tendons

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To solve the problem, on max effort day do max 3's up to max 6's. This will build extra muscle mass while also building absolute strength. At Westside we recommend doing only a total of four exercises per workout. To gain weight, add two exercises to add muscle mass. When you gain up to the proper weight class, drop back to the original four exercises, not counting abs. As far as food intake, skip the chocolate milk and cookies and learn about proper nutrition. Buy a book or two and read and learn.

You have gained too much if your deadlift goes backward. Your waistline will get too big and your hands will become too fat. I know. It happened to me. You must be disciplined. It might take 5 years of hard training to build yourself to the right weight class.

Improving form. Improving form is a necessity, but it is sometimes difficult. At Westside we have people who are very good in all lifts. To teach a new lifter, we place them in one of our groups. By interacting with that group, they are taught good form through watching and listening. We never criticize, but rather analyze. We always tell the truth to each other and especially to visitors, because many of them don't have the luxury of great training partners to watch over them.

Special exercises will play a large role in perfecting top form in all three lifts by doing exercises for whatever muscle group is lagging. This in itself will help perfect your form. If only stands to reason if you have a weakness in a muscle group, it can destroy your form. A word of caution: If you are starting out, start

Matt Dimel always had a triceps problem, but year after year he

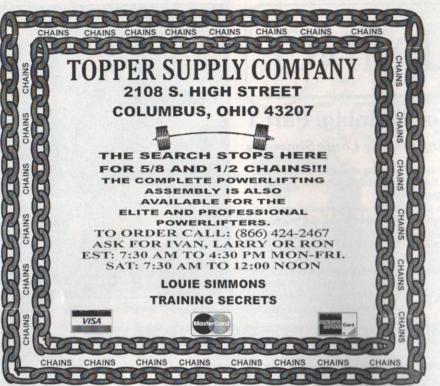
would gain little by little, and his poorest lift, the bench press, would increase. After rupturing both patella tendons, he eventually won the APF Seniors again. His improved bench press helped. A champion will become a champion by becoming better at his worst lift.

Raising work capacity and general fitness. Why is this so important? First, we all need to work on our weaknesses. Sometimes it is the ability to train at a fast pace. During a workout, your energy level can drop quickly. Some experts say at 45 minutes. Therefore, one must train at a fast pace to ensure the most important work is completed in 45 minutes. This involves lactic acid tolerance training. That is,

while training, a pump in the hips and lower back will occur while squatting and doing back work. To think that one must fully rest between sets is old thinking, to say the least. If you do a work task and fully recover and then repeat the same work, you will use the very same muscle fiber. You gain nothing by training this way. But, by enlisting shorter and shorter rest intervals between work sets, i.e., the interval method, the work will be far more intense, involving more muscle fiber. You will find that the last half of your speed sets will be more explosive, and the last set, the most explosive of all. When lactic acid is produced, so is growth hormone.

If you have a high work capacity, a high-volume, high-intensity workout is not as tiring for you, as it would be for someone out of shape. This enables you to train a little heavier and longer and a little faster than your enemies. This requires one to do small, roughly 20minute, workouts during the week. The workouts are directed toward any particular weakness you have. It could be a muscle group, flexibility, conditioning, and even concentration, through meditation, or restoration, through massage, saunas, ice baths, back adjustments, or even watching films.

To raise general fitness to a high degree may take years. A lifter's goal should be to raise his classification ranking from class 4 to USPF standard Elite. At Westside we have developed 56 Elite lifters, starting out with nothing. Some who have achieved all-time world record per-



formances are Chuck Vogelpohl,
Kenny Patterson, and Rob Fusner,
to mention a few. They continually
raised their work capacity. As they
became stronger, their ability to
recuperate, perfect form, concentrate, and raise volume increased.

Chuck and I do about 14 workouts a week. We will do a couple sets of dumbbell presses to failure or timed sets with some lat and ab work before squatting. We may do sled work and glute/ham raises before a bench workout. You can even do sled work or the Reverse Hyper machine before a squat or deadlift workout with no adverse effects when you are in top condition.

By doing a lot of sled work of all types your work capacity will greatly improve. On max effort day the heaviest sled work is performed. It may involve pulling up to six 45pound plates on a flat steel sled. The sled is pulled in two ways: with the strap hooked to the back of your belt or holding the strap in your hands between your legs with an upright posture and with your arms straight. The amount of weight is reduced throughout the week until possibly a weight of roughly 60 pounds is used. The weight is lowered, but the length of pulling is greater: 600 feet for the heaviest work and up to 2000 feet for light work. For upper body work, I have dragged for 2 miles nonstop.

I sometimes do a lot of box jumps as a replacement for some of the sled pulling. Light fireman's carry can also be done. We also throw a medicine ball for a set time, usually

3-15 minutes with a ball weighing 10-40 pounds. Light powercleans are also very beneficial for conditioning. Do them in one of two ways: First, drop to a hang clean and do powercleans with the interval method. A set can be done every

60, 45, or 30 seconds, depending on your level of fitness. A second variety is to add a push jerk or push press with each set. The sets should last 5-20 minutes. This is a tough one. Dumbbells can be done in a very slow fashion, for up to 8 minutes. Use the shortest time, 2 minutes, with the heaviest bells. For example, use 50-pound dumbbells continuously for 5 minutes, keeping track of the reps.

Walking lunges can also be done. But whatever exercise you do, it should slowly increase in intensity and volume as years pass.

Ease into the work, but always aim to increase the amount of work. The better condition you're in, the faster your new records will come.

There is much to learn if you are to succeed, and it takes time. You must gain mentally, technically, and physically. So be patient; it will come.

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At this time, we want to congratulate **Dave Tate** from **Elite Fitness** on being our top dealer this year. We have decided to turn over our Powerlifting "Market" to him. From now on, you can place your band orders through him. Just so you know, he **is** selling our bands with our blessings. Thanks, Dave, for all your help!

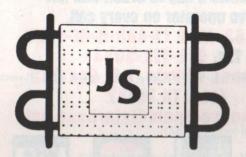
You can reach him at:

Dave Tate
Elite Fitness Systems
1695 Itawamba Trail
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Here are some of the records our customers have reported:

Ryan Cincoski	Bench Press	from 285 lbs. to 315 lbs.
David Gan	Bench Press	from 250 lbs. to 300 lbs.
Ryan Kennelly	Bench Press	780 lbs. all-time record
Luke Lenhardt	Bench Press	from 185 lbs. to 250 lbs.
Eugene S. Rychlak, Jr.	Bench Press	from 585 lbs. up to 620 lbs.
John Schimchick	Bench Press	from 420 lbs. to 450 lbs.
Dennis St. John (age 54)	Bench Press	400 lbs. (PR)
Jeff Welker (age 52)	Bench Press	from 365 lbs. to 390 lbs.

Thanks for sending us your success stories!!



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# The BENCH

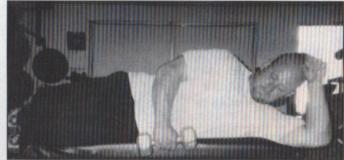
# PREVENTIVE MAINTENANCE

as told to PL USA by GEORGE HALBERT

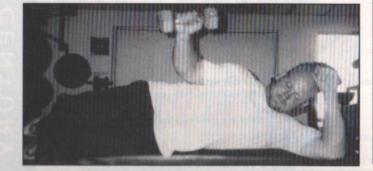


(above) Start - elbows tucked into body. (below) Finish - Elbows tucked into body. (All photographs are courtesy of George Halbert)





(above) Start - (below) Finish - be sure to force elbows into your sides



Let me start by telling you this article won't put 25 pounds on your bench in one month. The purpose of this article is to insure the longevity of your lifting career. The area of "preventive maintenance" that this article will deal with is the rotator cuff. The rotator cuff gets very little direct strength training in most bench press programs and as one becomes stronger and stronger in the delts, pecs, lats and triceps the stresses on the rotator cuff become greater and greater and an imbalance in the body will result. It is then only a matter of time before an injury sets in and rotator damage is a very time consuming injury to overcome. So, let's build a stronger

There are 4 sets of exercises that I will show you that work the four areas of rotation of the rotator. Now these are not the only 4 exercises, but once you learn these

exercises and realize their distinct purposes you will be able to come up with your own exercises using the same principles to better suit the equipment available to you. I personally recommend doing these exercises as a second workout. The reason for this is it will not detract from your primary workout and you will be able to focus directly on the task at hand ... stronger rotators. Now, I understand that not everyone is able to get in a second workout, so it is ok to put this in with your main workout. It is most important that you do not neglect your rotators or they will neglect you. You should train your rotators 1-2 times a week, I recommend you start with once a week and work up to twice a week and then from there decide for yourself which works best for you. I recommend that you do 2-3 sets per each exercise (remember, total of 4 exercises) for

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(above) Start Position - (below) Finish position of the Shoulder Horn



12-15 reps. It is crucial that you use strict form and do not swing or use momentum in any way. Let me use the shoulder horn exercise as an example. Let's say you decide that 2 sets per exercise works best for you. You will start with 15 pound dumbbells for 2 sets of 12. Let's say you are able to perform both sets for 12 reps. The next time you perform this workout you will attempt 15 pound dumbbells for 2 sets of 13. If successful the next workout you would try 15 pound dumbbells for 2 sets of 14. If suc-

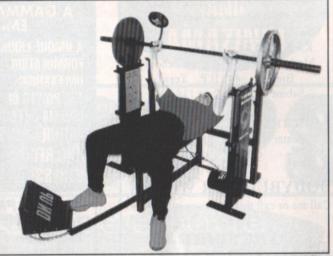
... "The rotator cuff gets very little direct strength training in most bench press programs and as one becomes stronger and stronger in the delts, pecs, lats and triceps the stresses on the rotator cuff become greater and greater and an imbalance in the body will result."

try 15 pound dumbbells for 2 sets of 15. Finally if successful for 2 sets of 15 the next workout you will move up to 20 lb dumbbells and drop back to sets of 12 trying once again to progress upwards in reps and then in weight. This is a form of progressive overload training. It is important to remember, with this type of training, not to move up if you are unable to complete the all the reps and they must be performed correctly and strictly. Also realize over time that your progress will stall in your rotator work using just strictly progressive overload training and that other training methods will become necessary to continue your improvement, but this will get you well on your way to very healthy rotators and a very long career in benching. For those of you not familiar with other types of training other than progressive overload I will cover more in future articles, but this will get you started.

cessful the next workout you would

Remember your rotators are your lifting career. Your rotators handle a high amount of stress from your primary muscles and from the weights you lift. Protect and strengthen your rotators and they will protect your lifting career.

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(above) Start - (below) Finish - always keeping the elbows stationary



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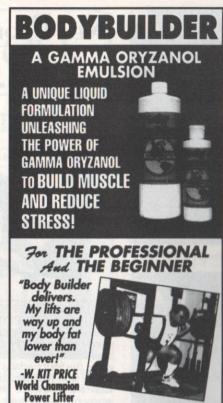
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Recently, Magnus Ver Magnusson of Iceland (former World's Strongest Man contest winner) came to the US for a strength symposium. There were athletes and researchers from all over the globe, with a wealth of information to share. Amazingly, though, what a lot of the people came to the seminar for was to see an exhibition in which a 198 pound lifter was going to attempt a bench press of 700 pounds.

You would think that most people would be interested in learning something to improve their own performance, rather than watching someone else perform. Still, I have to admit I was curious. This isn't something you see every day. Even Magnus, who has competed against the greatest strength athletes to walk the earth, was excited. When it came time for the exhibition, we joined the throng of inquisitive spectators.

This was an international audience that holds strength athletes with the same esteem that Americans have for football and baseball players. A European witnessing a guy weighing 198 pounds bench pressing 700 pounds would be analogous to an American seeing Barry Bonds cracking five home runs in a single game. Magnus wanted to see the guy up close and personal. Before taking our seats in the audience, we went behind the scenes to meet him.

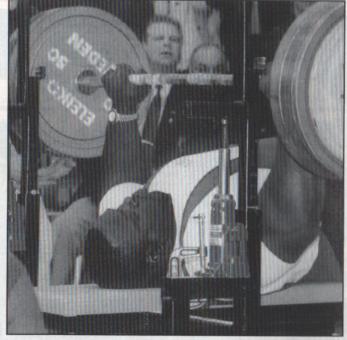
When we got backstage, the guy was warming up with 315 pounds. After he pumped out ten easy reps he stood up and looked our way. The guy had a huge chest and deltoids, and his arms were absolutely massive for a guy weighing 198 pounds. Yet, with all that upper body mass, he didn't exactly look like a guy who could bench press 700 pounds. To be honest, the only guy I had ever witnessed bench pressing that much weight was James "Hollywood" Henderson, and James weighed every bit of 400 pounds when he did it. I knew Anthony Clark and a number of other guys had lifted even more, but they too weighed close to 400 pounds. Heck, I met the best bench pressers in the world when I wrote my book The Bench Press - The Training Techniques of the Worlds Greatest Bench Pressers, and everyone one of those athletes were significantly bigger than this guy. Then, too, I have witnessed guys like Mike McDonald, who looked like they didn't have a muscle on their body, make lifts that were inconceivable. So, I wasn't really

The guy realized who Magnus was, and walked over and introduced himself. After some small

sure if he could do it or not.

# Dr. JUDD

# No Mas! No Mas! by Judd Biasiotto Ph.D.



James Henderson's bench presses were done right. (Hiro Isagawa)

talk, he told us he would see us later and started walking back to the warm-up area. As he was walking away, he suddenly turned back and, as if an afterthought, yelled over to Magnus, "You are looking at a future World's Strongest Man. You don't want any of me." He was smiling as he said it, but somehow I felt the comment was in poor taste. Magnus acknowledged his proclamation with a smile of his own, but I could tell that he was a little taken aback by the guy's boldness. In all candor, I didn't like the way the guy handled the situation. He just came off as being a little too arrogant, which was unfortunate, because I could tell he was actually a good person.

For his next warm-up the guy took 425 pounds. The first repetition went up relatively easy, but the next four reps were pretty tough. After seeing that, I thought there was no way in the world this guy could even come close to bench pressing 600 pounds, let alone 700. He just didn't have the explosive power.

What transpired next was rather peculiar. One of the lifter's spotters came over and asked us to leave. He said that Magnus and I were distracting him. The first thing that ran through my mind was that if we

were distracting him what was an auditorium full of people going to do to his concentration? I was willing to comply with the request, but, ominously, Magnus informed the guy that he wasn't going to leave. There is an old cliche that states "Where does 1200 pound gorilla sit? (The answer being) -- anywhere he wants too." The spotter immediately turned, without saying a word, and went back to his business.

It didn't take us long to find out

why he wanted us to leave. First, they taped a good three inches of padding to the lifter's upper back. I assumed they did that so that he could get a better arch when he was bench pressing. After they had the padding taped to him good and tight, they crammed him into a three-ply denim lifting shirt. Once in the shirt he had to walk around with his arms extended straight in front of him. The shirt was so tight that he couldn't separate his hands more than six inches apart. His outfit may have looked lampoonish, but boy was it effective.

He took one more warm-up with 525 pounds. Amazingly, he could barely get the weight to his chest with all of that equipment on, but once he did, he drove the weight back up with relative ease. I couldn't believe how easy he made that lift

especially after seeing him struggle with 425 pounds. I looked over at Magnus. He was shaking his head. I knew exactly what he was thinking ... "This is a joke."

It got worse. He opened up on stage with 600 pounds. Once again he had trouble getting the weight to his chest. This time, however, he had trouble getting it back up. In fact, the lift would have stalled a good inch below his sticking point if it weren't for his spotter, helping him up with it. I am serious, it was like he was doing a forced rep with the spotter lifting half the weight. Surprisingly, when they got the weight back into the rack, he jumped up and acted as if he actually made the lift.

He did 650 pounds exactly the same way, with the spotter assisting him from his chest right up into the rack. After that lift Magnus turned to me and said, "This is the best two man lifting I have seen in my life." Magnus was right, one guy was benching the weight and the other guy was deadlifting it. It was embarrassing to watch. To add insult to injury, they went on to attempt 700 pounds. Thank God, they both missed the weight this time.

After he missed the 700 pounds, he grabbed the microphone and apologized to the audience for missing the lift. He should have apologized for insulting their intelligence. Heck, he should have apologized for making a farce out of the sport.

After that exhibition, a lot of people were wondering out loud about the legitimacy of powerlifting records. I am sure Magnus is back in Iceland telling everyone this story and explaining how Americans establish such mindboggling lifts. Let me tell you this too ... because of my profession, I am around a lot of professional and world class athletes in other sports and they routinely raise the ethics issue concerning drugs and equipment and how the sanctity of powerlifting records have been compromised.

I would like to think that all of the lifts in powerlifting are legitimate. I would like to believe that all lifters perform naturally and that their strength is the product of hard work and not drugs or gimmicks. When you achieve something, it should be because you worked hard to achieve it. Unfortunately, I know better. There are more and more stories like the aforementioned circulating throughout the powerlifting community. More and more athletes are being accused of cheating or using gimmicks to make lifts. We know this is wrong, yet nobody does anything about it. Someone has got to stand up and say, "No Mas!, No Mas!'

Judd Biasiotto Ph.D.

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	11.3666	GAUGLER, RICK	54USA	75.00	852.5	1879.4	13MAR82	6	9.3974	GIBSON, VANESSA	GBR	55.60	522.5	1151.9	09NOV96
	11,3636	INABA, HIDEAKI	44IPN	51.70	587.5	1295.2	12NOV87	7	9.2857	ABRAMOVA, IRINA	74RUS	59.50	552.5	1218.1	02DEC00
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27	11.1666	LAINE, JARMO	66FIN	75.00	837.5	1846.4	24FEB02	17	9.1023	JERUMBO-WARMAN, M.	58USA	59.60	542.5	1196.0	09NOV96
28	11,1607	THIOS, DENNIS	69INA	56.00	625.0	1377.9	08NOV92	18	9.0780	SHAFER, RUTH	59USA	63.95	580.6	1280.0	22NOV85
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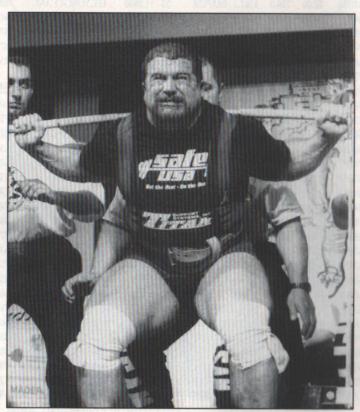
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It's a fact; as you read this writing thousands of situations exist capable of causing you an immediate release from this world. This is a dangerous, chaotic, violent reality we live in. Don't believe it? Cross the road, wearing dark clothes, when the bars let out in a college town. Go to a Snoop Dogg show in a KKK uniform, unarmed, alone. Date an NBA star. Drink the water in Third World countries. Just holding still in most parts of the Middle East can cause a quick end to your long-term investment plans. The fact that this is a high-risk world is made much more valid when combined with familiarity of nature's uneven distribution of survival factors. We, presuming the reader to be human (or a lawyer), got: self-awareness, and cool thumbs and wrists; other critters got exoskeleton armor, the ability to fly, run 65 miles an hour, horns, claws, fangs, incredible sensory capabilities, freedom from telemarketers, poison, and some don't even mate for life (or 5 minutes for that matter). As a Biologist that is also obsessed with strength and power, well, I quickly saw that we were ripped off (except for Brad Gillingham). Barring almost no exception we are the most FRAGILE organisms on this planet, pound for pound. Please imagine, if you will, an 80 pound Praying Mantis. This example would be smaller than the lightest weight category in powerlifting, by far. Yet even Big Brad G. would be at a loss to defend against such a creature. As I understand it, this 'bug' would be able to tip over pick-up trucks, fly 50 miles per hour, slice steel, and repel bullets. Still too glamorous an example? Keep in mind a 70 pound moth will be about as dangerous. Likewise for ladybugs, frogs, heck - who wants to see a 20pound mosquito? If we switch to our own branch of life we discover that even as mammals we are the laughingstock of the party. Not counting the claws and fangs stuff, we are many times weaker per pound than the next most frail of mammals. Some are 7-9 times 'stronger' per bodyweight than healthy humans. Reliable evidence has shown babu apes to be VERY physically ( and often intellectually) superior to adult human athletes. Dr. Judd has a great story of picking a fight with a small chimp, resulting in bruises where his insurance does not cover. What is my point in all this? In general, our only hope is to get stronger. Sure many other factors aid in survival, but don't bank on brains being the big winner in nature. Knowledge, information - yes. Just don't count on your great human ability to think making the difference in cold, hard nature. You won't get any slack from sharks, hyenas, timber wolves, etc. even if you have good SAT

# "Things Will Try To Kill You"

as told to Powerlifting USA by Mark Daniel



Kirk Karwoski would happily damage any bus that dared to hit him.

scores and can fix any automotive problem. Nope, it'll come down to force, I reckon. I know that many would ponder the lack of a mention for flexibility and cardio-vascular endurance. Well, actual range of motion is helpful, but will not be the deciding factor when an adult grizzly bear is attacking. So, on to endurance!

Allow me to recall a story from my dozen or so," highly productive" years of college. Fact is, I wasn't the most 'goal-oriented' student around, but as an Exercise Physiology/Kinesiology major I did get the pleasure of being SURROUNDED by fit. wellness-oriented scholars (in other words: skeletons that could move for long periods of time, with nice running shoes). These folks saw large muscles as impediments; thoughtdisrupting tissues designed to hide insecurities, at best. I had many a lively debate with these classmates, and even with 'instructors'. My favorite opponent was a Phd. Candidate I will refer to herein as "Cecil" (his real name is much sillier). "Cecil" was a real-live ENDURANCE ATH-LETE. If you don't know, these are the really competitive skeletons, with the nicest running shoes, and are able to do pointless, repetitive activities for hours, even without Ritalin.

"Cecil" was of the very common belief that, since I could bench press much more then I weighed, I was 1) an idiot; 2) on drugs; and best of all 3) ill suited to survive! I know enough not to contest anybody on issue #1. I have been drug tested quite a bit for being so weak a powerlifter, so #2 is a compliment. But #3 was unacceptable. Sure, "Cecil" was basically in control of my grades for this course, but I could not let such a slur from this 'Ally Mcbeal' looking geek pass uncontested. Seeing as how "Cecil" was about the same length, weight, and width, of an IPF legal knee wrap (only more flexible), one would assume he would see himself as at risk in the deadly realm of nature. Not so. He loudly and vigorously contended that an endurance athlete was better suited to 'survive' than a 'power' athlete, even if skill and body composition were identical! His primary assertion was simple; he would run away. In nature this is absurd. I challenge ANYBODY to come up with a group of creatures that hunt and kill at a JOG! Find a creature that will run fast AND far. Face it, good reader, if the bear hasn't caught you in about 40 seconds, he'll find other entertainment. Why would any animal burn hundreds of calories to obtain a few

eat/escape, the rest die. Okay, not too extraordinary so far. Here is the catch, where "Cecil" and his brethren strike me as insane: what propels the organism through the environment? In my life, I have never found out the musterious answer that the enemies of strength believe. Science has shown for decades that only muscular force can be used to allow animals to move faster, all other things being similar. I STILL can't believe that there are maniacs that think that LOSING weight will INCREASE strength, as many wrestlers and some other athletes think. Would these guys rather tussle with Ray Benemerito than Allen Iverson (even unarmed)? Bigger engine more propulsion, within reason. So, "Cecil" putters away. I use superior short-term acceleration to catch him. and possibly snap his cellphone antenna of a neck. End of story? Not so. He stated that his fantastic mobility would allow for evasion beyond my 'clumsy' ability. As this is an assumption based on the premise that LESS tissue allows for MORE agility, we'll just let it go. Next is the famous "my greater athleticism(?) will allow me to fashion a spear to toss at you" statement. Of course, I'll use a bigger projectile, throwing it harder and faster. Still, the uninformed see any muscular size as causing the amazing 'muscle-bound' effect. These people really need to see the upper bodies on male gymnasts, etc. - and there are as many scrawny inflexible klutzes as massive ones, I am sure. But "Cecil" might say he could scamper up a tree! Oh my, what is the strength athlete to do? Well, shake the tree, knock it down, or wait at the bottom, living off of greater body mass. It just makes sense; outrun, jump, swim, hit, and so on: the stronger creature can propel itself through the atmosphere harder and faster. One last thing "Cecil" and I disagreed on was more easily seen to most. If a bus hits Kirk Karwoski and the world's greatest marathoner with equal force, will the result be the same? Come on now. If he plants his feet Kirk may damage the bus! A larger, stronger animal will survive trauma better than a similar one with fantastic cardiovascular endurance. Come to think of it, endurance ain't gonna win much in nature. If a boxer knocks your head off in the first round, will anyone care that you WOULD have still been fresh in the twelfth? Nope. Things will try to kill you, and you'll have plenty of time to be bony after your funeral. Last I heard, "Cecil" got his Ph.D., but was permanently injured when it was dropped on his left leg. Train to be strong AND healthy, and more than just survive.

hundred more, especially while risk-

ing injury? Fact is, the FASTEST

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# FORCE TRAINING

by Dave Tate of Elite Fitness Systems

Answer: Yes. Here is why. The

Question: My question is concerning extra workouts. I've read several different articles on the use of extra workouts in a training program and am confused as to how to implement them into my training program. Does everyone need them? How long do they need to be? How do you determine weight % and reps per set for these extra workouts?

Answer: I'm going to clarify extra workouts (as I see them) and I hope that this may clear up some of the confusion about them.

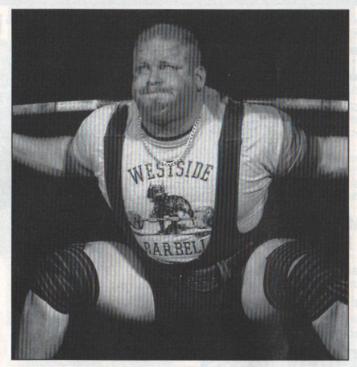
First, not everyone needs extra workouts. If you are young and in fairly good shape, I doubt you need them. Most people, especially novices, can stick to the basic 4 day training template and be fine. Many times, lifters are not ready physically or mentally to handle the extra workouts. Their work capacity is too low for the training volume. This causes a state of over training and will actually hurt not enhance your train-

If you are an athlete, remember that the running, conditioning, fieldwork, specialty work, etc. all take a toll on the body. You need to focus on restoration and rest: not hitting the weight room. Your mind needs a rest also, and just getting out of the training environment will do wonders.

Second, the term workout needs to be looked at differently. Most of the time it is seen as an intense training session. But in reality it can be anything. 2x15 of reverse hypers and some pull down abs could be a workout. In my Force Training seminar people are always amazed when I list band good mornings and stretching as a workout.

Third, an extra workout, in my opinion, is anything that helps you get ready for the big 4 sessions of the week. This could be some extra stretching at night, some light sled dragging to get rid of soreness, sitting on your couch eating pizza, or getting a nap in. Everything should be geared to making those workouts better. If you are doing triceps pushdowns every day. and your elbows are killing you and your ME work is down, what benefit are you truly getting from the extra workout?

Fourth, extra workouts need to be added in gradually. Don't do something just because someone



Westside Training Methods have become more prevalent nationwide.

else does. It takes years to develop a high work capacity. Take your time and be patient. Remember this; too many people are trying to do too much and make this system complicated.

Question: What do you guys do to prevent elbow pain? My triceps strength is going up, but several days after a workout they still ache. I don't want to stop training, but feel like I may start going backwards if I can't get rid of this pain. Please help!

Answer: This has been a complaint of many powerlifters over time and isn't unique to any one thing. What one person can do without pain can set another lifter back several weeks. The trick is finding what exercises and movements hurt and simply stop doing them. There is always an alternative; it's just up to you to find what that is. I have talked about this issue with many lifters and here are some remedies that have helped various people over the

1. Make sure you warm-up properly. This may mean that you need to take 10-20 more minutes than your training partners before a workout to get ready or it may mean that you need to progress slower to your working weight.

2. Use liniment. There are various liniments that can be applied topically that will help with the

3. Wear neoprene elbows sleeves when training. This will help keep the elbows warm.

4. Take an anti-inflammatory before you train.

5. Ice after training.

6. Have ultra-sound done to your elbows.

7. Move your grip out when

8. Use glucosamine/MSM. 9. Try Active Release Therapy

Try any combination of the above and see what happens. The important thing to remember is that you are not going to be stronger if you are hurt, so you have to find a way around the pain until it

Question: I got into a debate with a strength coach that wanted to take the bands off the bar after DE day and work up to a single. I told him it wasn't a good idea, but he insisted that his athletes do it. I know you've made some references to it before but I couldn't remember them. Is it detrimental to take the bands off during a session?

bands allow the bar to drop faster than gravity. This is called accelerated eccentrics. The faster the bar moves on the way down, the faster it will come up. Of course. the eccentric phase must still be controlled and strong; this is not an invitation for every lifter to lose form and hurt themselves. Having said that, by taking the bands off of the bar during a session, the eccentric portion of the lift will be slowed significantly and thus the concentric (the raising of the bar) will be slower. Louie did an informal experiment with Matt Smith that he detailed in his article "Training Methods." Here is a quote from the article, "With 550 pounds of only weight on the bar, the eccentric portion took 0.9 seconds and the concentric 1.35 seconds. With a combination of weight and bands (375 lbs. + 175, 550 at the top and 375 at the bottom) the eccentric phase was 0.55 seconds and the concentric 0.76 seconds. When only bands were used (750 at the top and 550 at the bottom), the eccentric phase was 0.53 seconds and the concentric 0.57. Bands work like muscle and connective tissue; they lengthen and contract in addition to absorbing kinetic energy." Although this was not a formal study, it shows why the bands shouldn't be taken off of the bar. All one really needs to do is try it themselves. Perhaps if your strength coach actually trained what he coached, he would understand why. This is the main reason why I constantly preach that coaches should have some education under the bar and not just at a desk. Every guy in our gym would tell you to keep the bands on the bar. They may not know the exact science or reasoning behind it, but they are experienced enough to know that the bar speed would significantly decrease.

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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, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (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 two quick questions for you regarding the Metabolic Diet. I am already through the assessment phase and everything is going well. I know you are very busy so I will keep the questions short as possible. 1 - At the back of the book in the food tables, using steak as example, it gives values regarding fat, carbs, protein and calories, but when it says per 3 oz. does it mean raw or after cooking, as I know the meat will weigh less cooked? 2 - I am getting most of my protein through fish and lean meats and protein powders. I am getting at least 25% of my fats from good fats, but the rest is from dairy fats such as double cream and cheese. I know these are very high in saturated fats, but are not heated or processed in any way. Is my health at risk? I am taking lots of flax seed oil and GLA and EPA, etc. Thank you so much for having the time to read and hopefully answer my e-mail. I did E-mail you last week congratulating you on your brilliant book. I will not bother you again. Yours faithfully Rob.

Dear Robert: 3 oz is for the raw food. That's the only real way to measure foods since the amount they shrink depends on how they are cooked. I've found that most people on the Metabolic Diet don't run into any significant adverse changes to their serum cholesterols, especially if they take in a reasonable amount of good fats such as the omega three and omega six EFAs (flax - ALA and LA, fish oils - EPA and DHA, GLA, etc.) and the monosaturates like the oleic acid from olive oil. If you're at all worried, have your serum cholesterol levels done and even compare them to what they were before you went on the diet. As far as bothering me again, it's OK. Let me know how you get along and if you decide to check your cholesterol, what your values are. All the best, Mauro

DEAR MAURO: I've been on the Metabolic Diet for a few months and I think its fantastic. I've put on muscle mass and dropped body fat at the same time. I've got to squeeze down to 165 for a powerlifting contest coming up. I am currently not dieting, just hoping to maintain my current weight of about 180. Is this a good way (the Metabolic Diet) to get down to a realistic weight, so I can cut the rest the day before weigh-ins? I need every bit of strength I can get, and I'm trying not to lose any. I appreciate your time, and you did a great job with the book. Several of my friends have tried it with much success as well (the losing bodyfat bit, while retaining muscle). Thanks for your time, Mark

Dear Mark: The Metabolic Diet is an excellent way to cut back to say around the 172 lb. mark, plus or minus a few pounds, over several weeks so it won't significantly effect your strength. Then drop the rest of the weight within 48 hours prior to the weigh in, getting much of it back, and usually a lot more if you're been following the Metabolic Diet, before you get into the serious lifting. BTW, I'm just finished writing an e-book, the Anabolic Solution for recreational and competitive Powerlifters. It ties in the Metabolic Diet with phases of training and nutritional supplement use. It also includes extensive information on making weight and what to do prior to weighing in, after you've weighed in and during the competition to maximize your functional bodyweight and strength. After all, the more muscle you have at any given weight class, the more weight you can lift. This was shown (as if we really need scientific proof) in a recently published study (Brechue WF, Abe T. The role of FFM accumulation and skeletal muscle architecture in powerlifting performance. Eur J Appl Physiol



# The Metabolic Diet

Mauro DiPasquale, M.D.

Price: \$34.95

Availability: Ships within 24-48 hours To Order call 1-905-372-1010 or or-

der on line at www.MetabolicDiet-com. Hardcover - 512 pages (order code PLUSA923)

Also check out my other major site, www.CoachSOS.com for powerlifting information and articles. If you're confused as to what kind of diet you should be following, 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 fitness experts. After a while it gets pretty hard to sort out just what kind of diet is best for maximizing muscle mass and minimizing body fat. Should you do high carbohydrates, low fat, low carbohydrates, high fat, low protein, high protein, or maybe just cycle them all and hope that something

The Metabolic Diet is a one-stop solution to the age-old dilemma of what diet is best to maximize muscle mass and strength. Don't miss out. Order a copy right now. You won't be disappointed.

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My new ebook available from www.MetabolicDiet.com or www.CoachSOS.com. The Anabolic Solution ties in the Metabolic Diet and various nutritional supplements with the basic powerlifting training phases to offer a viable alternative to drug use.

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2002 Feb;86(4):327-36.) The Anabolic Solution has over 220 pages of information that will allow to increase your strength and lean body mass while at the same time cutting back on your body fat, and get into the best competition shape of your life, competition after competition, and year after year. The Anabolic Solution is all about manipulating the body's anabolic and the catabolic hormones and growth factors to give you the anabolic edge as far as your training and competitions. You can order the Anabolic Solution for Powerlifters from www.MetabolicDiet.com, and if you enter the special PL USA discount code you'll get an automatic 10% off anything you order from the store. Best of luck with the competition. Mauro

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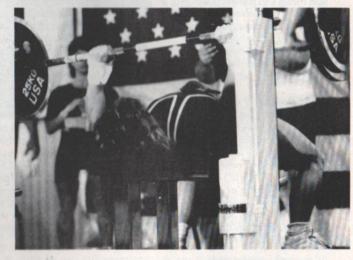
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I once heard that there is a fine line between "hobby" and "mental illness". People usually say something like this to criticize me for my iron obsession, and I never try to explain anything to them. But to you, I'll explain that anything worth doing - is worth doing to excess! I can't stand "well-rounded individuals;" send the mentally ill fanatics to me instead. They're more fun!

Real lunatics have nicknames. and that is one way to check the authenticity of an asylum. Some of the more interesting people I've

worked out with include: Hillbilly Bigs, Hippy Jeff, The Bulgarian Brothers, Animal. Big Billy, Ed (not his real name), and so forth. (You get the idea.) Some people want to go to a bar "where everybody knows your name." Fine, but give me gym where everyone knows my nickname!

When Dan Matthews contacted me about Ironworks gym in Florida, the first thing I noticed was the nicknames (and the Monster Truck). I got photos of Kamikaze Dan, Strongman Ron, Henry the Czech, G. Man Gary, and Tom the Transvestite. Oh wait, that last photo was from another stack. Anyway, these names intrigued me - and then I found out they do Powerlifting meets there, they have Strongmen, and they even have a guy "training to be run over by a truck!" IS THIS A GREAT GYM OR WHAT?!

Here's the story, as told by Dan

In 197.5, Rafael Guerrero, Cuban fighter pilot, weightlifting champion, acrobat, international weightlifting coach, strength statistician and historian, opened Gold Coast Gym in North Lauderdale, Florida. Rafael built most of the equipment himself, so there is no chrome and lots of aluminum paint. Five years ago he sold the gym to Gary and Leigh Anne McCartney who changed the name to Ironworks. Rafael, then in his 70's, got married and now travels the world with his bride as international representative for York Barbell Company.

The gym was intended as a haven, for the many serious athletes who live or visit in South Florida. Gary and Leigh Anne have continued that tradition. Ironworks is located in the shade of an overpass. The parking lot looks like a warm-up room for monster trucks,

# HARD CORE GYM #15 "Modern Alchemy Gold into Iron"

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

where the super-heavyweight and Roman chair sit-ups, squatting with champion is Gary's silver growl-

safety squat bars and pulling with trap

bars and bending bars with partials and lockouts; and floor doing presses, board presses, and cambered presses. Men and women both do high pulls, power snatches and power cleans. Somebody is always working with stretch bands, chains, or bungi cords. The heavy bags are

constantly thumping. There is no sauna, but the heavy bag room is un - ventilated. New England's Strongest Man Ron Fortin, who is training to be run over by a truck likes to lie on the floor and stake plates on his stomach. A couple of guys hang their heels to raise their blood pressure for big lifts. There is a bowling ball if any

one wants to play catch. There is even an arm wrestling pulley. Since there is no place for dance aerobics, Tai-Bo or spinning, there are works. no certified fitness twinkies on the payroll. But Gary, Leigh Anne, and Jimmy are always available to help

newcomers. There are seven world champion powerlifters who train here along with about 30 up-and-coming competitors. Ron has recruited 5 or 6 strongman competitors, who have an annex which includes beer kegs, boulders, a Conan's wheel, and a truck to drag around Detroit Lions Oscar Smith. the friendliest T-Rex on the planet, holds court in the gym every afternoon. Independent professionals, like strength coach Kamikaze San Matthews (NASA World Champ) and Joe Kozma (Collegiate National Bodybuilding Champ). bring their clients here to train. So

adopted.

an AR 410 bench at 165.

Jindrich Cervenka (Henry the

Czech) took 3rd place at the St. Louis

Ironworks is alive with training tips and inspiration, and is such a friendly place that youngsters and novices are quickly someday too! Ironworks produces champs in Hard Core gym info? Comments? many sports. In just 6 weeks this Spring

the Ironworks power team took home 11 first place trophies and the team championship at WNPF Pan-American Championships. Jeff Lawson set HOUSE OF PAIN



Strongman Ron Fortin is training to be run over by a truck

ing mastodon with Ironworks painted on the side.

Inside, there is a racket: guys laugh, shout and bang plates with Def Leopard and Spanish rap rattles the windowpanes. There is a juice bar with no juice. but Pan American Champ Jimmy Burgos whips up 1000 calorie protein shakes complete with bananas and Yoo-Hoo. The place smells like Icv-Hot, ammonia, and sweat on iron. There are no Otomix, but lots of work shoes and Chuck Taylor's, no spandex, but lots of meet shirts and competition gear. And there is chalk

There is always a crowd at the floor platform (complete with DJ jack), power rack and a jackup squat racks, where there is also a 10 - inch box to keep everybody honest. Guys are doing THG-raises, reverse hypers,



Pan American Champ Jimmy Burgos is bold enough to shoot an Arnold (photographs by Dan Matthews)

Strongmen II, only 2 weeks after his Pan-American win at 242. Heath Allison was 5th and Ron was 9th.

Rob Keller went to Russia for the IPF Collegiate World's. No re-

WNPF World Champ Lance Mosley won the APF State Championship with an elite 1789 @ 198. Lance has been training for 2 years. This qualifies him for the WPO Money Meets.

Undefeated Thai boxer and 3rd generation soccer goalie Doug Almeida led the Coral Springs Strikers to their league championship.

And owner Gary, the G-man himself, who has posted 1725 and a 515 bench at 238lbs., won 1st place and best poser in the Super Natural Bodybuilding Champion-

The high point of ironworks year is the South Florida Bench-off and Deadlift competition, held every October. This meet is held in the sun, in the parking lot outside the gym, and usually attracts about 80 lifters. Local fans get to see some big iron move: deadlifts go past 700, and middleweight AAU World Champ Greg Wright always does 6 plates and change. There is also a max rep bench press event, where 30+ bodyweight reps will get you in the contest and 40 will win.

In May, IPA World Champ Adam Rubin moved here from Iron Island Gym. We now have two members who are benching 400+ pounds at 165. There are some, gyms who can boast of 1 or 2 superstars in their membership, but very few have the depth and diversity of Iron-

Many people think a gym like Ironworks is not commercially feasible, but the gym has never advertised, and our membership renewal rate is about 75%.

Another note: And why not?! Who wouldn't renew with all this fun and excitement going on? Gym owners - take note! Put on strength events, cultivate fanatics - and THEY WILL COME! Heck, I want to go to Ironworks, and I live in Texas! OK, I better get back to work. (I just got a shipment of the new Monster Mini Bands, and I'm dying to try

Remember: if at first you don't succeed, skydiving is not for you. No, no; what I meant to say is that if you train real hard - you might be able to be run over by a truck

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# INTERVIEW

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

BC: BRENT, GIVE US SOME PER-SONAL BACKGROUND ON YOURSELF.

BM: Well, I'm 35 years old. I work full time as a teacher and coach. I've been married for 9 years to

my wife Connie and have three wonderful children, Shelbie, Kalli and Maximus. I was born in the small town of Sand Point, ID and moved to Spokane, WA at the age of 6.

BC: WHAT IS YOUR ATH-LETIC BACKGROUND?

BM: I played soccer, baseball, football, track, and basketball when I was real young, but found in high school that I liked football and track best. I played football at the University of Montana under former head coach, Don Read.

BC: HOW DID YOU GET INTO WEIGHTLIFTING AND COMPETING?

BM: I started competing in Powerlifting in my junior year in high school and soon found out that I enjoyed that competition more than football. I won my first ever meet and got best lifter. I found strength fascinating at an early age. My football coach at the time was very serious about us lifting weights and that attitude carried through to me. He inspired me to start and gave me inspiration to compete. After college, however, I took 7 years off to do other things before I got serious again.

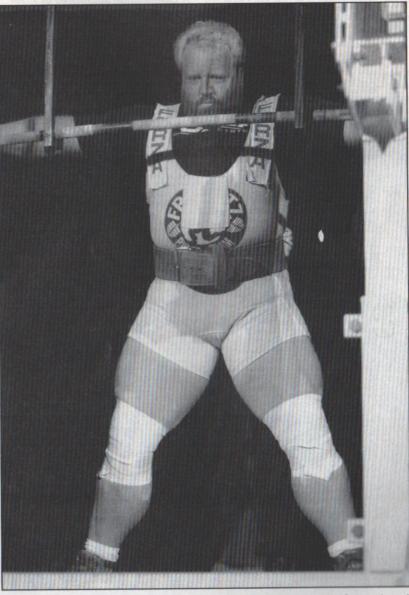
BC: WHAT ARE SOME OF THE MAJOR CONTESTS YOU HAVE ENTERED AND WHAT WERE THE RESULTS?

BM: APF SENIOR NA-TIONALS '98 4TH PLACE: APF SENIOR NA-TIONALS '99 3RD PLACE: APF SENIOR NATIONALS '00 2ND

PLACE: WPC WORLD'S '99 SUBMASTER SHW 1ST PLACE; WPC WORLD'S 'OO-SHW OPEN 2ND PLACE. My best competition lifts are squat 1074.5, bench press 601, and deadlift 788. The squat is the all time world record and will be entered in the Guinness Book this fall unless it

# **Brent Mikesell**

interviewed for PL USA by Bruce Citerman



Will Big Brent Break the 1100 barrier in the squat at Bruce Greig's North Americans?

is broken again soon. My best three-lift total is 2430, which is the 7th highest total of all time in the sport of Powerlifting. My deadlift would be much higher, probably around 850, but my grip is bad on one hand due to a

missing index finger from a gun

accident when I was 5 years old.

BC: TELL US ABOUT YOUR TRAINING VIDEO.

BM: Well, I spent a year filming. editing, clipping, and putting together a video of me training, speaking, and competing. It emphasizes the squat, but also includes tips for the bench and deadlift. It comes with a com-

plete training routine that I used to break the world record in the squat as well as routines for the dead and bench. It has me narrating and instructing on technique and training. It also shows lifters

how to use bands and chains for those who have never used them. Finally, the video has 7 1000+ lb. squats on it (including the world record). You can order it through my website

www.brentmikesell.com or even order pictures from my site too.

BC: WHAT IS YOUR TRAINING ROUTINE? BM: I train 4 days a week: on Monday, Wednesday, Friday and Saturday. Monday is bench and assistance. Wednesday is squat and assistance, Friday is a max bench day, and Saturday is lower back and squat assistance. Monday: Bench 3-4 warm ups sets of 5, heavy double, heavy single. Decline 2 heavy sets of 5. Lockouts Power Rack 2 sets of 2-3 reps. Pushdowns 3 sets of 10. Seated Rows 3 sets of 8. Military Press 2 sets of 8. Hammer Curls 2 sets of 8. Wednesday: Squat 5-6 warm up sets of 5, heavy triple, heavy single. Reverse Hypers 2 sets of 8. Leg Curls 2 sets of 10. Smith Machine Squats 2 sets of 5. Friday: Floor Press warmup in sets of 3, max out until fallure. Skull Crushers 3 sets of 10. Pulldowns 3 sets of 10. Plate Raises 3 sets of 10. Reverse Curls 3 sets of 8.

riam macnine z sets of b. Seated Calves 2 x 10

BC: WHAT KINDS OF VITAMINS OR SUPPLEMENTS DO YOU TAKE?

BM: I like to use whey protein made by EAS and glutamine and creatine supplied from GNC. I take glutamine 6 days a week, 2 servings of protein drinks a day and creatine only for 4 weeks prior to a contest.

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181		Hager, Curt	405
Smith, Paul	325	242	
198		Wahl, Scott	350
Jensen, Andrew	345	275	
		Reiter, Daniel	400

On April 13th, Wisconsin's Best Bench Press

had 140 athletes enter its 4th annual contest

People came from all over the Midwest to ete in this benefit for the Athletic Depart ment for Independence High School. We would personally like to thank all the lifters, judges, spotters, announcers, Independence High School, our concession workers, volunteers, and our head table workers who helped make this event a success, In the Pre-teen division, at 123 lbs. it was Josiah Woodman with a lift of 110 pounds to take first over Austin Russett who finished second with a bench of 85 lbs. In the women's category we had eleven lifters all unopposed in the weight classes or divisions. Those taking first in the Teen division were, Jennie Docken 97 lb. class with a lift of 130, Beth Miemietz 132 lb. class, 105 pounds, Dianna Klinger in the 148's lifting 110 pounds and Amber Steinberger in the 165's took home a 160 pound press. In the open division 148's Amie Saykally put up 145, Jolyn LaFavor in the 165's hit a nice 160 1b. bench and on an off day Charity Hovre in the heavyweight class still put up 215. Sandy Meyer in the sub-master 165 class benched 170. In the Masters I Dorothy class benched 170. In the Masters I Dorothy Goldsmith put up 110, along with Sue Grohn in the 181's hitting 150. In the masters 11 newcomer and recent grandmother in her first meet, Georgette Hovind benched 65 lbs. In the Teen 114 class newcomer Jason Bechel took first with a 180 lb. press. In the 132's Chad Wintrone dominated with a big 275 1b, bench besting his class by more than 100 pounds. The besting his class by more than 100 pounds. The 148's again belonged to Dan Pope who notched a beautiful 301 lb. lift to take first by 351 lbs. over Derek Knopps. The 165 teen class was the biggest ever as it had 15 entries within. When it was over Josh Cady and Brian Kundert both hit 300, but Cady took first based on body weight. The 181's for the 2nd year in a row were won by A.J. Jones who hit a 330 bench, beating Cory Schneider by 15 and Jeremy beating Cory Schneider by 15 and Jeremy Kramolis by thirty. The 198's saw Chris Ritscher blow by everyone with a 335 lb. press, the next closest was Mike Powers at 280. The 220's was our tightest battle with the top three being separated by a total of 5 pounds. Matt Hund Placed first with 295, followed by Justin Jeffrey, and Kyle McMartin finishing with 290. In the 142 lb. class Nick Matter 200, with Jake Vamer taking second with a 250. If the 242 lb. class, Nick Martin put up a 310, with Jake Vamer taking second with a 250. The 275's saw Pat Osborn distance himself from the others by 30 pounds as he hit a big 350 lb.
press. The 308's had Stuart Johnson bench 290
for first place, and in the heavyweight class BIG
Jamie Hinker blew up 335 pounds, In the open division, we have made a little history here in Independence. Joe Mukite, from Elgin, IL rocked the auditorium with a triple body-



A Competition Sponsored by Inzer ... competitors at the Wisconsin's Best Bench Press tournament. (thanks to Glenn Woychik for photos)

weight 450 lb. third attempt, then added a 455 lb. fourth attempt to take first by 185 pounds. This guy is really something, he is simply guts and determination! The 165's had a nice battle and determination! The 165's had a nice battle between Todd Stinson and Pat Sullivan, but in the finish it was Stinson by 10, with a 360 pound press. The 181's had Christian Madsen take first with a 375, with Redgie Nielson taking second with a 350 pound bench. Brad Hanneman took the 198's with force, and notched a 385 1b bench. The 220 open class had a tremendous battle with Eric Leverence and Curt Hager trying for the top spot. Eric prevailed with a 5 pound victory over Curt by putting up 410 lbs. The 242's was a bunch of meat eaters, with eight of the nine entry less than the 100 lbs. The 242's was a bunch of meat eaters, with eight of the nine entry less have weight class. Both Brust and John were prevailed with a 5 pound victory over Curt by prevailed with a 5 pound victory over Curt by putting up 410 lbs. The 242's was a bunch of meat eaters, with eight of the nine entries hitting 400 or more. Bill Pechmiller, the vetalone in their classes. In the masters 11 divieran, stole the show today with an awesome eran, stole the show today with an awesome 540 bench at 237 pounds body weight. Shawn Becker was second with a 490, but did manage to Bob Goldsmith as he edged out Roger a 500 on his fourth attempt. The 275's had Karl Hermann beating out John Easterly, when they went 425, and 405 respectively. The 308 class selson at 1242, bob Broot at 275, and 10m went 425, and 405 respectively. The 308 class selson at heavyweight were lone entries in belonged to Ray Flint who muscled up a nice 500, and notched a 520 fourth attempt, First time lifter Tim Soley was second with a 405 tall's, Brian Briggs racked a nice 310 in the press. In the sub-masters, we had five entries 198's. The 220's had Bob Dingfelder squeak 500, and notched a 520 fourth attempt. First 500, and notched a 520 fourth attempt. First time lifter Tim Soley was second with a 405 press. In the sub-masters, we had five entries all unopposed in their weight classes. Paul Smith at 181, hit 325. Andrew Jensen benched 345 in the 198's, as well as Curt Hager pounding up a 405 in the 220's The 242's had Scot Wahl nail a 350, and Daniel Reiter in the 275's Smith drilled 325, Steve Karninski made the Wahl nail a 350, and Daniel Reiter in the 275's rack 400. In the masters I division, Al McCredie rack 400, In the masters! division, Al McCredi
was the lone entry in the 165's hitting 305. The
181 lb class had Tim Sullivan beating out
Leonard Woodman by benching 365, to
Woodman's 250. The 198's had long time lifter
Mark Jenkins rack a smooth 405, taking first
was Star Kaminski made the
275's
Simin drined 325, Steve Karninski made the
275's
Steve Karninski made th

sion, Charlie Feaster was all alone in the 148's out the win over Richard McGinley by five pounds. Bob with a 325 and Richard with 320. over Steve Kaminski who pressed 385. Taking meet"! (thanks to Brandon Gray and Glen third was the wild man Ricky Phillips, with a Woychik, Co-meet directors for these results).



Joe Mukite joined the Triple Bodyweight Club, with a drug test to boot, at the Wisconsin Best BP contest.

Dear Mike: I will be sending you some photos from my recent meet at Wisconsin's Best Bench. It was not sanctioned but they seem to follow APF rules. Glen Woychik ran the meet and did a great job, in comparison to other meets I've attended. He is big on promoting teens into the sport. The photos are not of great quality, but they show the lift. I am also doing some photo shoots for "House of Pain", which will probably be better quality. I'll send some of those in addition to my drug test from Ernie Frantz.

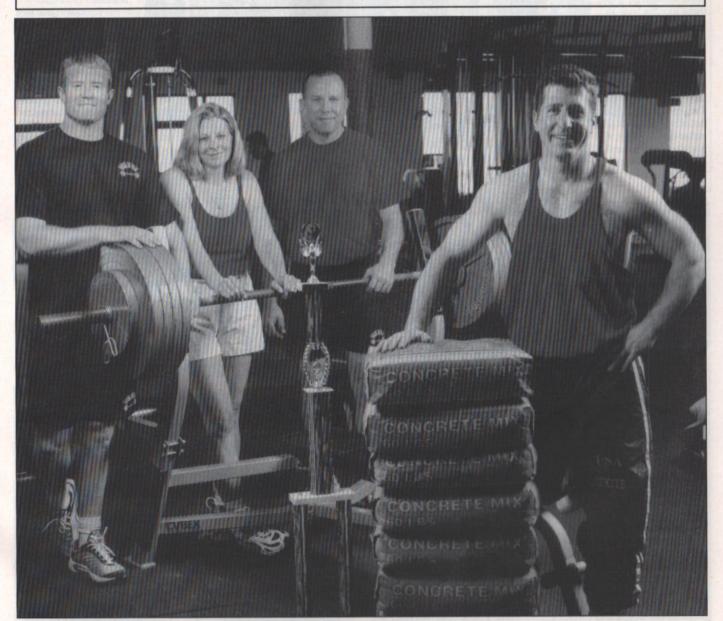
I just got back into lifting 2 years ago. I had shoulder surgery 5 years ago and the doctor told me I'd never lift again. I guess miracles do happen because I put up 455 @ 147.5 at the Wisconsin's Best Bench. My goal is to break 500 pounds and doing it drug free. I am emphatic about my methods and believe that heart and mind are the true way to the top. I have nothing against non-tested lifters - a lot of techniques I have learned come from non-tested lifters - I just think they don't believe in themselves enough. Hopefully, someday, I can make believers out of the same people. My training program even works for the beginner. I have helped friends who lift (w/o competing) and they have made 100 pound gains in one year. I personally have made a 100 pound gain in the last 18 months from 353 to 455 and I'm not done. When I do blocks - I have hit 525 for two with 5 blocks. I have no lid on my jar and, God willing, I will keep making gains. I believe we get out of life what we put into it. I think the key word there is "believe."

I am speaking at our High School's Sport Banquet this year and hope to pass on what I have learned in my quest to be the best. I plan on helping local area sports with weight training to develop power. I am going to continue my quest to be the best drug free bencher ever

I do plan on lifting in other drug free divisions wit different gear. I recently talked to Lance Slaughter to get his views on it all. I kind of fell into the AAPF since I am from Illinois but am open to lifting in all divisions. I do have to say that I will miss Ernie Frantz since he is semiretiring. He is one of the few guys that will invite you into his club and teach you what he knows, he'll take your phone call and he doesn't care who you are - he just wants to help people interested in the sport. And ... he never wants anything in return.

Mike, keep your eye on me. I will answer anyone's questions and have nothing to hide. And with the exception of you / my wife / and our local newspaper - I do not brag about myself nor will I ever gloat on what I have done.

Thanks for listening, Joe Mukite



Joe Mukite (front) benched 455 weighing only 147.5, virtually equivalent to the 8 bags of concrete shown above, at the Wisconsin Best Bench meet, in this photo that was taken for the House of Pain catalog. (in the rear are Garrett Tershel, Joe's wife Marily Mukite, and Joe Hummel).

# WORKOUT of the Month

A new concept in weight training instruction. A workout bu 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)

A few months ago I returned to Powerlifting. I had always enjoyed lifting, but I could never keep motivated for more than six months. Six years had passed since the last time I had lifted regularly. Entering my mid-thirties, I wanted to reclaim some of my lost youth. I decided

that I was going to return to Powerlifting. I had always been a good deadlifter, but these months back in the gym have been exciting. At 210 pounds, I took my deadlift from 500 to 700 pounds, naturally! No illegal substance here. Just hard work and right eating. In a recent deadlifting workout, I pulled 605 for a set of five, doubled 650, and pulled 675 for a single. lanticipate pulling 730 in the next few months.

I don't claim to be an expert. I just want to tell you what works for me. This article was written for the beginning lifter. The more advanced lifter might scoff at my approach; but if you are new to the sport and experiencing difficulty dead-

lifting, I believe that this information will be of help to you. Give it a try: you might find yourself deadlifting a lot more than you thought possible!

If you have spent any time in the gym, you have probably had the concept of "form" preached to you. Everyone stresses form, but so few truly practice it. Bad form will hinder your progress and increase your risk of injury. The first thing we have to do when deadlifting is to think of it as one fluid movement. Each muscle should be working in unity with other muscle groups. Muscles are in unity when the legs lock out, hips drive forward, and the shoulders roll back -- all at the same time. If any of these muscle groups lock out before the others, you have a form problem. If your form is off, decrease the weight and correct it. Each muscle group should reach lock out at the same time.

When approaching the bar, foot

# "BACK TO BASICS" **DEADLIFTING DOs**

as told to PL USA by Robert Karacson



Robert Karacson of Rockwood, Michigan, pulling 650 for reps while training in the gym.

placement is crucial. Whether you use a conventional (narrow) stance or sumo (wide) stance, your shins should just lightly touch the bar. Be careful not to get too close to the bar as you move into position. If you move too close, you create frictino against the bar increasing the difficulty of the lift. Move Back! The less friction you create, the better. If you sumo lift, your shins should be about an inch away from the bar. As you bend over to take hold of the bar, your shins will naturally move forward and lightly touch the bar. If you use a conventional stance, you will have to stand back 2-3 inches form the bar. Like the sumo stance, your shins will move gently against the bar when you move into position.

Next, look at your hand and feet positions. You should use a reverse grip and tightly grip the bar. If you use a sumo stance, your hands will rest inside your thighs and extend up in a straight line. Read that straight down from your shoulders. Your feet will be slightly to moderately turned out. If you use a conventional stance, your arms will extend on the outside of your thighs and your feet should be facing straight ahead.

When you descend to grip the bar, get your hips (butt) down only raising them gradually as the bar moves into the lockout position. In the sumo position, your thighs should be slightly above parallel. If you use a conventional position, your legs will be in a high squat position. If you are in the right position, this will help give you the drive to lift the bar off the ground. The greatest mistake that deadlifters make is raising their hips and locking out their legs too early. This will move the weight too far out in front and places tremendous stress on the back. The legs and back

muscle groups need to work together. If your legs are stronger, use them to create momentum for you back. But be careful, though, if your legs ahead of your back, you've just increased the likelihood of a missed attempt To keep your legs from getting ahead of the

must drive simultaneously. Be-

cause legs are typically stronger

than the back, they have a tendency

to lock out earlier. Remember, all

rest of your body, keep your back flat or slightly arched. A lifter gets into trouble when his back rounds. Once your back is rounded, it is very difficult recover. Lifters can avoid this problem by looking ahead or slightly upward. Look in the direction you want the bar to go. If you are looking down, that is where the bar will stay -- down! In a good deadlifting position, the lifter is leaning forward. If you are too upright, you will eliminate the use of your back muscles. A slight to moderate lean will maximize the lifter's use of back muscles.

If your form is correct, the bar should move

again! The bar should move up in a straight line. If I were standing at your side, I shouldn't see the bar move toward or away from your body. I should be able to draw a line perpendicular to the resting bar position to the completed lift. If the bar moves from that path, you have a problem. Chances are the problem rests with one of those issues already mentioned. Go back, isolate the problem, and make the necessary changes.

Deadlifting is more than a pull; it is an explosion! Many deadlifters fail because they lack explosiveness - not strength. When training for the deadlift, begin slowly and lightly, but as you warm up, use greater speed. You want that bar to "snap" as you lift the weight off the floor. Work on speed during your intermediate sets. Don't wait for poundage to increase; fire that bar up

throughout your workout. Speed is crucial in moving the weight. If you lack speed, your effectiveness as a deadlifter will be hindered.

Unlike the squat and bench, there is no lowering of the weight in deadlifting. When you lower the bar in the other strength movements, you store up energy for the push. In the deadlift, there is no energy storage phase or negative movement. The bar only moves in one direction - UP! Granted, the bar comes down, but only after the lift is complete. Because the bar moves in only one direction there is no wasted energy. Maximal energy can be used to drive those hips and throw those shoulders back.

I know that the current trend in deadlifting is not to deadlift; but for the beginning deadlifter, this is a mistake. I work from this simple principle: "If you want to be a good deadlifter, then deadlift!" It is difficult to develop good deadlifting form if you are doing "good mornings" and and other movements all the time. If after several years of training you hit a plateau, then you can incorporate more advanced and assistance training. Until that point, there is no substitute for deadlifting.

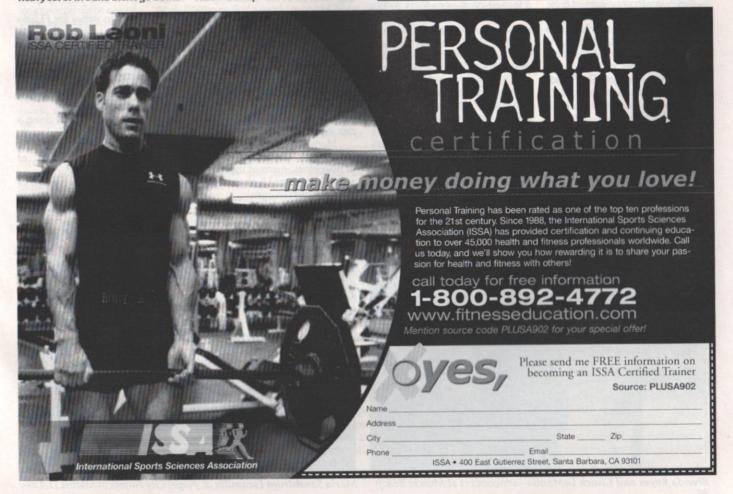
I personally find that my body responds best to sets of five. I begin light, but work myself up to one heavy set of five and then I go down in weight. For example, I usually take 3-4 sets at 135 to get a good stretch. Then I do one set of five at 225, 315, and 405. Then I usually do a single at 495 to prepare my body for my heavy set. My last heavy set of five is 585. After completing five at 585, I go down to 495 for a set of five. My last set of five is at 405. In all my previous sets, I use a sumo stance. In my final set, I use a conventional stance.

When working out, listen to you body. If it is hurting or excessively sore, back off! Give your body time to recuperate. There have been many times when I have gone to the gym expecting to lift big weights only to return home after a few sets. Lift heavy sets of five for 3-4 weeks, and then lighten up. The rest your body receives will empower you for your next phase of deadlift training.

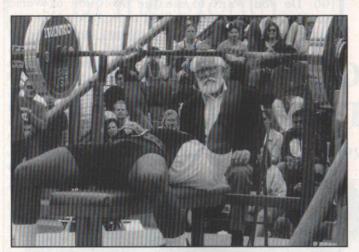
Lastly, what to do about those nasty calluses? Many a good deadlifting workout has been brought to a halt because of torn calluses. I have found that the easiest way to remove calluses was to take a hot bath. After letting your calluses soak for a while, use your finger nail to scrap away the dead skin. If you've soaked it long enough, the dead skin should come off in layers. There is no reason for calluses to affect your next training session, if you follow this tip.

Strength & Speed New! 2002 fun fact book by Dale Harder. Like Guinness Book + Believe It Or Not combined, this beefy encyclopedia is crammed with strength & endurance records for every age 1 to 100. Do you want to see the evolution of world records in every track & field event? See how you compare! Do you know the heaviest man to run a 4:00 mile? The lightest man to put the shot 70'? Which president could do a one-arm chinup? Do you know what 300 lb man can do chinups, holding 200 lb? Anecdotes and percentile ratings in track & field, weightlifting & powerlifting. Plus articles on highland games, stone lifting, Basque lifiting, grip strength, pullups, pushups, caber tossing, farmer's walk, fire walking, martial arts, canal vaulting, apnea diving, high diving, fittest man, Inch dumbbell, strong men, & much more. 356huge pages.

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# RIMERSE



Ken Tate in action at Venice's Muscle Beach, hitting a 380 at 181.

Power Scene hopes you've been having, a fun, and strong, summer. Out here in sunny Southern California, in addition to all the other summer fun, summer means powerlifting at Venice's Muscle Beach. Power Scene was there to catch the action at a couple of the beachside meets.

June's bench press contest drew overcast skies, along with 38 lifters and lots of friends, coaches, and spectators. Scott Marcinek hit a successful opener of 407, weighing 198; he does his training at the Lake Forest World Gym. The American Eagle Gym's Ken Tate, who's been training for ten years, hit a 380 at 181.

We caught up with Ken and American Eagle Gym owner Sherry Houston, and they've got a bench meet coming up on October 6th, the Mid-Cities BP. American Eagle Gum is now in its 15th year, and you can get hold of them at 562-

As for Muscle Beach, it's hold-

ing the APF West Coast Bench Press Championships on September 14th. For info on that meet, or any of the various Muscle Beach events, call 310-399-2775.

Announcing the meet were Brenda Reves and Chuck LaMantia; Chuck has been a fixture at Muscle Beach for over a decade. (He may have been there longer than some of the palm trees.) Chuck was a competitive powerlifter from the late 1970s through the early 1990s, and had PRs of 575 SQ, 400 BP, and 575 DL.

Chuck was back at the announcer's table for July's deadlift competition, where John Ford ripped a big 710, and James Kegrice took Best Lifter honors with a 661 at 198. Kevin Meskew did his usual fine job as meet director.

In the crowd was star deadlifter George Brink, who was looking great at 265 lbs. George had dieted down from 331, and is thinking about doing the Tournament of Champions bodybuilding show later



Big George Brink is looking lean these days (N. Low photographs)

this year, then coming back to powerlifting next year in the 275 lb.

Finally, in doing our own training, we visited the Angel City Fitness Gym in Marina del Rey, and we came across Marie Sandstrom Escamilla, a very talented young woman who came here from Sweden eight years ago.

Marie covers the bodybuilding and strongman scene for a variety of magazines, many of them overseas. Here in the U.S. she writes for graphicmuscle.com IRONMAN; in Sweden she has a monthly column in B+K. You can check it out at www.b-ksportsmag.se

Marie also writes for FLEX's German edition, and for Body Fitness, which appears in Spain and France. And she speaks over a half dozen languages, and competes in figure competitions, and was on the Nike performance team in Europe, and does fitness modeling.

Marie is also currently doing a lot of personal training, and working on a training video (in English). You can contact her at simplyfitinc@aol.com

September means the end of summer, and back to school, and back to the gym if you've been taking the summer off. 'til next time, stay strong and healthy. NED LOW



Brenda Reyes and Chuck LaMantia - announcers at Muscle Beach. Maria Sandstrom Escamilla at Angel City Fitness in Marina Del Rey



In the last two decades or so, it seems every discipline has developed it's own group of specialists. This applies to medical doctors, oil and telecom creative financial gurus, and to the guys at the Home Depot. Powerlifting too has always had its specialists, lifters who excelled or concentrated their efforts on one of the three lifts. In the last few years we have witnessed an explosion of bench press specialists that have seemed to rewrite the record book in every issue of PL USA. What makes pow-

erlifting so much different than many other endeavors, is that each lift is so unique, compared to the others. Some lifters seem better suited for one powerlift over the others. Only an elite few rank at or near the top in all 3 events. A decision many lifters make is whether to specialize in a certain lift they prefer or have relatively better body structure for, or place equal emphasis on each lift for a balanced total. In order to make this decision; a lifter must examine the factors involved.

The first factor is body structure. If you remember my past series of articles on body structure and each of the lifts, you know body structure can not be altered. If you have long arms, this will tend to favor the deadlift and be detrimental in the bench. Shorter legs would be a plus in the squat, while shorter arms would be a boost in the bench. Of course, varying grip, stance, etc. can partially compensate for most shortcomings. In the end, your body structure will be the ultimate physical limitation on each lift. That is, no matter how hard or smart you work your bench, if you have NBA basketball player arm length, don't expect to make the PL USA Top Five list in the bench. By the same token, this doesn't mean that you should not train the bench hard, nor that you can not improve, however, if you do have a body structure that favors a lift that would be an important factor in your decision to specialize.

Another factor is selffulfilling prophecy. If you favor one lift over the others, it could very likely show the most progress over time. Just looking at this, a lifter might say that this lift should

# STARTIN' OUT

A special section dedicated to the beginning lifter

# **Novice Specialization**

as told to Powerlifting USA by Doug Daniels

be the one that should re-

ceive specialization or prior-

ity in training. Again, this

should be balanced with how

hard and consistently you

have trained the other lifts.

Some lifters do a lot of bench-

ing and little squatting and

even less deadlifting. These

two lifts require much more

energy to train and some lift-

ers are just plain guilty of

being too lazy to train them

hard enough. Not to be for-

gotten is inefficient lifting tech-

nique. It could be very pos-

sible your lagging lift could be

caused by bad lifting style.

Consult an experienced lifter

for a critique of your lifting

techniques. This could reveal

An overlooked factor is

effects on each of the lifts. A

bench is most effected by any

bodyweight change, followed

lift. As a lifter increases in

improve as well another. This

specialization. Your bench

deadlift may increase frac-

weight may determine your

stronger lifts. This would

indicate that your stronger lift

same over your career. This

could greatly effect how you

view your goals, strengths and

weaknesses. This, of course,

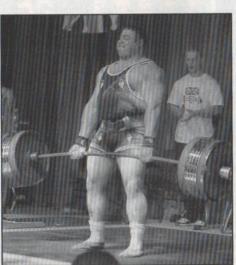
could apply in reverse in the

event of weight loss. A weight

loss could spell a drop in your

bench, all things being equal.

never knew you had.



some untapped power you Not a Novice, and Not a Specialist ... but ... "On the 28th July, at the BPC British Championships, Andy Bolton pulled a world record 420 kg deadbodyweight. Changes in lift, 926 lbs. Take a long hard look at the picture bodyweight have different above, think of the last time you ever saw someone deadlifting anywhere near this kind of weight general rule of thumb is the so proficiently, comfortably and, of more importance, undeniably. This is how a finished deadlift should look; the lifter stood erect, with knees by the squat, then the deadlocked and shoulders back. At the 2000 WPC Worlds, in Vegas, Bolton pulled 407.5 kg, deletbodyweight, the lift that was ing the long-standing 140 kg class record of 402.5 once your strong suit may not kg, by South Africa's Gerrit Badenhorst. The following year, at the nationals, he upped this could change the lifter's whole mark to 410 kg. At the 2001 Worlds, he came in training strategy, including as a super-heavy and pulled 418 kg, to take Heisey's WPC record. At the Arnold Classic earcould really take off when you lier this year, Andy and man-mountain, Mark move up in bodyweight, and Henry, gave us history's greatest ever display of deadlifting prowess, when both men went head your once relatively strong to head in a contest for reps with 402.5 kg (887 tionally in comparison. In lbs)!!! Andy emerged the victor, with three reps to this case, your current body-Mark's two! His recent 926 should now establish him as history's greatest deadlifter, but there is plenty more left in this man. His attempt came up so fast that it was blatantly clear he was probably might not always remain the around 15-20 lbs short of his maximum! The icing on the cake for Andy was that his WR deadlift also gave him a new record total of 1128 kg. -2487 lbs. Andy had been nursing a shoulder injury and was holding things back for the upcoming worlds. He turned up at the nationals not really knowing how strong he was (he had only gone to 320 kg on the deadlift), hence his 9 for 9 performance. His 440 kg squat was deep and explosive, as he smiled his way to the top. He was refereed by three international referees of different nationalities in a high caliber international competition (England, Scotland and Wales)" Brian Batcheldor

leaving the bench press as the lift of choice. Shoulder problems could limit your benching, but could have no effect on your ability to train the squat or deadlift.

Next, we should examine goals. There are primarily two types of meets, 3-lift meets and bench press meets. There are very few meets that feature either the squat and/or the deadlift. The large amount of bench meets provides an avenue for bench specialists to compete. This could be a justification for bench specialization. Some 'bench-only' men do lift at 3-lift meets in order to be eligible for state and national records, which may be required by various organizations to be set at 3lift meets. In this situation, many take token squats and deadlifts just to make the necessary total. Very few big bench men seem to dominate important 3-lift meets. What this indicates is that the other two lifts may be more critical in the final total. This could provide clues as to the best attack in the long run for the 3lift competitor.

Sometimes in order to get a lagging lift in line with the others, a lifter may choose to specialize on that lift. This could mean more sets of assistance work and/or more sets of the actual lift. This could lead to overtraining that lift and actually cause a decrease in it. As always, let common sense be your guide. Listen to your body for signs of overtraining, like unusual amounts of soreness and decreasing strength. Before you consider doing extra work, again evaluate your technique for flaws or give thought to moving up a weight class. This makes even more sense if you struggle to make weight for meets. Let your body grow and perhaps your lagging lift will grow with

My recommendation to novice lifters is to train all three lifts with equal concentration and dedication for at least a year or two. Do not expect to be equally as proficient in each lift, but don't let that be an excuse to not train them hard. Better training, lifting technique, mental focus and changes in bodyweight are all factors in your long-term progress. Specialize in increasing your overall total and your future goals will be more obvious.

Injury may effect your choice to specialize. Back or knee problems may limit training volume in the squat, thus

Doug Daniel's Web address: members.aol.com/ddanil12345/ default.htm

# G.N.C. NUTRITION UPDATE

# "Gaining Mass with MEGA MRP" by Jeff Stout, PhD

Judging by millions of Americans, you would think that gaining weight is easy. Just take a look around any public place, and it's a given that you'll probably see enough obese individuals to give you sensory overload. In fact, according to the U.S. Surgeon General's office, about one of every two adults in the United is overweight (www.surgeongeneral.gov/topics/ obesity/). And although this should come as no shock to anyone when you consider our fast-food society, keep in mind that these people aren't even trying to gain weight!

That's the problem. While there are enough obese people to take over the entire McPlanet, those dedicated individuals who are earnestly trying to pack on lean mass simply can't do it. It seems simple enoughjust hit the weights and take in more calories than you expend, right? Actually, there's more to it than that. Basically, unless you have Arnold's genetics, you will likely fall into one of two unfortunate categories.

The first is the "no-gainer." This poor individual's metabolism is so sky high that his body uses all those extra calories for bodily processes, not sparing a bit towards gaining muscle. But the other category may be even worse. While this second individual may be able to gain weight, it usually only contributes to the growing spare tire that sits about his waist. Again, gaining lean body mass is the tantalizing prize that sits just out of reach.



**Dr. Jeffrey Stout** – is the Director of Sports Science for G.N.C. Inc.

But relax, my friends, there is

hope. In essence, years of painstaking research have been the driving force behind the latest crucial discoveries in the quest for new lean mass. As we've found, the answer goes beyond simply adding calories and loading up on protein. If it were that simple, we could list an abundance of ways to obtain a power-packed, nutritious meal. For instance, egg whites are a great source of protein, lean meat is fantastic for delivering needed amino acids, and many carbohydrate foods are solid energy boosters. But interestingly, most meal replacement powders are no better than these foods. What separates MEGA MRP, both from traditional

ery of the precise amount and combinations of key nutrients that prime the body for protein synthesis while avoiding unwanted fat. (Try getting that from everyday foods!) It's this research-driven combination of ingredients that makes MEGA MRP so distinguished, and it's why GNC scientists have made it the preeminent formula on the vast meal replacement market.

So who should take it? Well, obviously anyone looking to pack on lean mass, but let's not narrow the scope of the product's genius. Because of the precise ratio of protein and carbohydrates, as well as the host of powerful ingredients (we'll get to those later), it's an ideal powder for any fitness enthusiast. With new lean mass you also improve your metabolism and general health, which is important for football players and ballet dancers alike. Plus, it doesn't hurt that it's convenient and tastes like a smoothie.

Now, the ingredients. MEGA MRP contains a premium protein blend, creatine, glutamine, BCAAs, and Aminogen(R) and Carbogen(R). Here's a closer look:

> Whey + Egg + Casein proprietary protein blend

Gaining mass is impossible without first achieving positive nitrogen balance. This is accomplished when your body takes in more nitrogen (proteins are made up of amino acids which contain nitrogen) than it eliminates as waste. So, taking in enough protein is crucial, but the types and amounts are equally important.

The combination of protein in MEGA MRP is specifically designed to produce both a quick rise in amino acids (from the whey protein) and a slow, sustained increase (from the egg and casein). All contained nicely in a convenient package!

#### Creatine

By now, creatine is world-renowned in its ability to improve highintensity exercise performance. It's a natural component of muscles and is present as free creatine and creatine phosphate. Creatine phosphate is the primary high-energy fuel of skeletal muscle during intense weight training, so including it in MEGA MRP is an obvious choice.

#### Glutamine

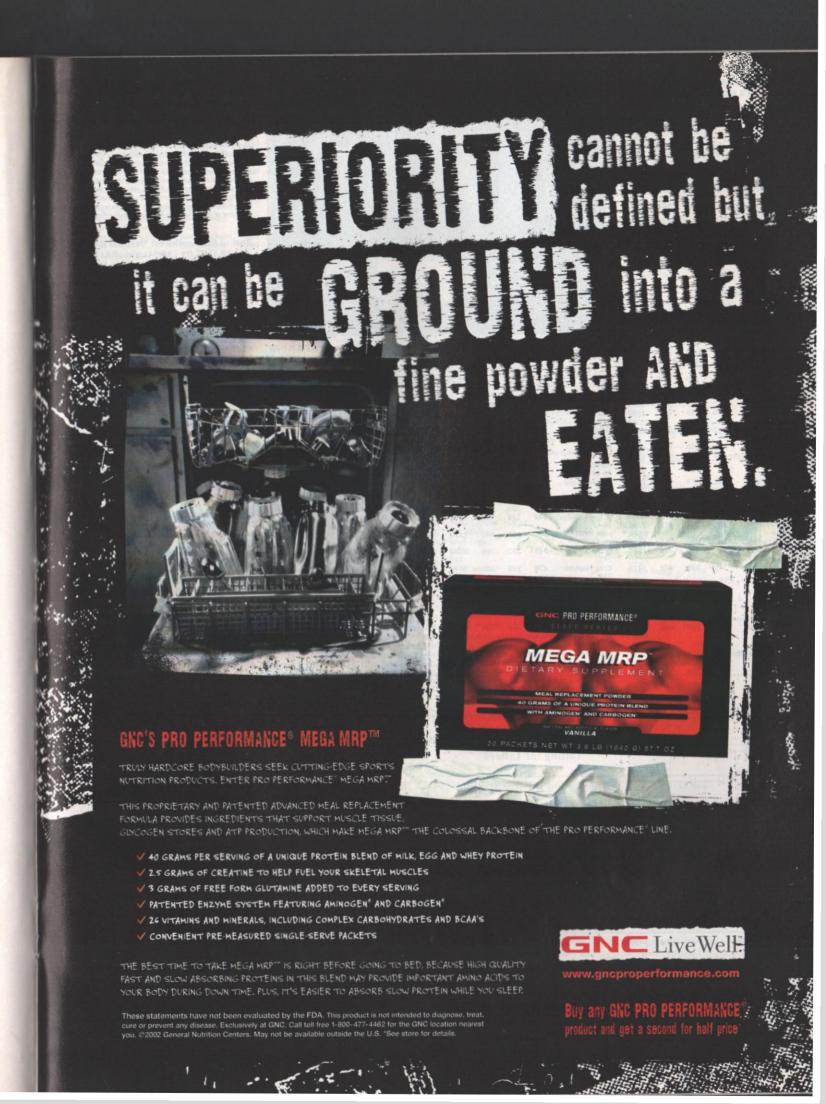
Glutamine can be thought of as the ultimate amino acid. Not only is it one of the most abundant amino acids found in muscle, it also serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. And, since high-intensity exercise can deplete glutamine levels, it makes sense to supplement glutamine in the diet through MEGA MRP.

#### **BCAAs**

Together, the amino acids leucine, isoleucine, and valine (the Branched-Chain Amino Acids) compose 30-35% of muscle tissue and provide 70% of free nitrogen to the body. Without a doubt, these are the Big Boppers, and study after study has indicated their involvement in achieving positive protein balance. They can also spare the loss of glycogen, thus fueling intense workouts. It's no surprise then that they are the most depleted amino acids during training, making their supplementation all the more crucial, Of course, MEGA MRP is loaded with them, especially within the whey protein, which contains a high BCAA content.

Of course, MEGA MRP would not be complete without a flawless array of vitamins, minerals, and carbohydrates. It never hurts to be healthy when packing on the pounds.

"While there are enough obese people to take over the entire McPlanet, those dedicated individuals who are earnestly trying to pack on lean mass simply can't do it. It seems simple enough-just hit the weights and take in more calories than you expend, right? Actually, there's more to it than that."





250 200 160 115 350 300 760 615

220

340

335

450 420 275 335

385

405 385 270 230

315 230

Justin Roland

Open Matt Catalino

Greg Hallstr 16-17

Ren Mills

Ben Kuchta lunior 20-23

OPEN

16-17

319 16-17

Steve Laskowski 360

315 675

560 410

395 930

540 500

515

515 430

470

550

470

205

465 270 525

1005

1255

140

365 255

Joe's Gym-The A.D.A.U. Pennsylvania open team champs-(back row - left to right) Adam Hersperger, Matt Catalino, Jason Munch, Dave Grandinetti, coach Joe Orengia. (front row - left to right) Ramone Cruz, Chris Michalak, Doug Perhacs. (Photo courtesy of Joe Orengia)

18-19	270	235	310	875
Jeff Davis 2 18-19 Jeff Davis 2			310	875
	10			
148		235	370	875
Ramone Cruz 4 40-44	115	280	470	1165
Ramone Cruz 4	115	280	470	1165
D. Grandinetti 4	120	335	500	1255
	130	280	500	1210
R. Breckinridge 3 16-17	145	235	500	1080
John Kmetz 4 40-44	130	280	500	1210
R. Breckinridge 3	145	235	500	1080
Greg Hopkins 4	170	345	600	1415
Terry Wallick 4	100	260	300	960
Scott Galbraith 1 Sub Master 35-39	145	435	155	735
Scott Galbraith 1 55-59	145	435	155	735
Terry Wallick 4	100	260	300	960

the ones that make it work. With out them the meet directors would probably cancel the contest and go fishing. What a great group of people the ADAU members are. They show up on time, all the time, and stay until everything is cleaned up. Thank you - Many more lifters qualified for the Nationals in July and many new records were set; starting with 12-year-old Doug Perhacs at 97 pounds in the 12-13 year old class. He gets better at every contest and what a zentleman. Doug won the title and set 13 year old class. He gets better at every contest and what a gentleman. Doug won the title and set all new teen American records. Newcomer Brad Pataky won the 14-15 105 class with all new records and will be DYNAMITE at the nationals. Chris Michalak, Dustin Crissey and Jake Reed were the top teens in the 123 class with Reed setting the top teens in the 123 class with Reed setting three new teen records in the 16-17 year old division and winning the teenage lightweight Champion of Champions award At 148, master lifter Ramone Cruz dominated once again and will be defending his national title in Pittsburgh-Teens, Jl. Tomasino and Jason Munch were GOLD winners and will be heading for Pittsburgh, too. Matt Catalino used this contest for a primer for July and won the 181 class and the Champion of Champions award-Teens Mark Schroder and Jim Folmar won their divisions with Adam Hersperger on Folmar's tail after missing making weight for the 165 class. Herspergers 1190 total at 167 bodyweight gave him the heavy weight teen Champion Champions title. Josh Ferraro and Dave Grandinetti battled it out for the title at 198 with Ferraro pulling a nice 540 dead lift to win. Also in this class the top teens were Hallstrom (14-15), this class the top teens were Hallstrom (14-15), Mills (16-17) and Fiorelli (18-19). A big battle was

forecast in the 220s between Pat Hakola and Bart Wood, but Hakola came out the winner after Wood pulled a quad muscle on his second squat Wood pulled a quad muscle on his second squat and had to drop out. He went on to coach his Northeast team to win the Teenage State team title-At 275, teenager Tank Byerly had a great day and set all new teen state record, with teammate Scott McHenry winning the 319 teen title. In the Open Championships, Jeff Davis from Ohio won the 132 class while setting two teen American records and Ramone Cruz won the 148's and the Champion of Champions award. Dave Grandinetti won the 198 class with teenager John Kmetz placing second & setting the teen sq and tot records. Yours Strongly, Drug Free, and Raw Joe Orengia "Success is simply a matter of luck- Ask any failure"... -Earl Wilson.

#### Best of the Southwest "Natural Raw" 28 OCT 01 - McMurray, PA.

W MASTER

CORY WALKER 500

MARK BRODY 425

	W. MASTER		MARK BRODY	425
	T. ANTOINETTE	115	J. MEDVAN	365
	W. GRANDMAS			
	CAROL KOCH	100	TEEN LIGHT (14	-16)
	TEEN LIGHT (14	-16)	S. ANTOINETTE	400
	ERIC HAHN	200	W. HEAVYWEIG	HT
	S. ANTOINETTE	170	VICKI RIZZO	155
	TEEN LIGHT (17	-19)	WOMENS	
	ROSS HUGHES	235	MASTER	
	MENS MASTER		T. ANTOINETTE	255
			W. GRANDMAS	
			N. SCHUCHERT	
	Men Grand Mas			260
	<b>B.SIMANOVICH</b>	400	MENS MASTER	
			M. SCHWARTZ	545
i	132		D. SPHAR	325
,	K. STEVENSON	250	MEN GRANDMA	ASTER
,	148		TONY SIKORSKI	350
u	C. VENTURELLA	330	132	
n	CHRIS TARR	260	K. STEVENSON	400
h	RICK NEUROHR			
-	165		RICK NEUROHR	465
t	J. WILLIAMS	390	CHRIS TARR	375
t	MIKE HART	290	165	
d	<b>B.CARMICHAEL</b>	240	MIKE HART	560
V	198		J. WILLIAMS	410
e e	B. ZEMAITIS	380		
e o			<b>ADAM GAVLAK</b>	
g	ADAM GAVLAK	335	<b>BOB DICKSON</b>	550
-	220		T.SIMANOVICH	550
r	<b>B.SIMANOVICH</b>	350	220	
e  -		335	<b>B.SIMANOVICH</b>	660
	242		242	
8	JIM WOODS	490	GREG OLIVER	640
t	TERRY GIBSON			560
d		410		
r	275	200	RON VILLANI	475
n	RON VILLANI		R. HENNINGS	425
			HEAVYWEIGHT	
	R. BENNINGS			
n	HEAVYWEIGHT		JOE MEDVAN	500
e			TERS TEENAGE;	
h			NS; TERRI ANTOI	
n			(thanks to Body	
,			urray, PA, and M	
s	rector Steve Siwi	ak fo	r providing the re	esults.)

# **International Powerlifting Association** "Lifting for Lifters"

#### Application for Registration New Last Name First Initial Renewal City Street Address State or Province Zip Code Country Telephone Date of Birth Age Sex Elite Am Sign if above answers are correct. Parents sign if under 18 years.

Adult \$25 ~ High School and Special Olympics \$15 Registration Fee: Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

# 2nd Annual USAPL BP Competition

THE RESERVE TO SECURE ASSESSMENT AND ADDRESS OF THE PARTY	102 -	Gillette, WT	
114		123	
T 14-15		Verla Nicholas	165
Josh Craig	132	Men Master 50-	54
148		Steve Hill	242
Colby Wilson	143	220	
165		Men Master 40	44
Joey Sairl	165	Randy Lang	429
T-16-17		165	
Donia	143	Ken Aragon	270
181		OPEN	
M. Renner	154	148	
148		Adam Komrad	248
Medina	198	165	
165		Todd Craig	237
Gonzalas	154	Ken Aragom	270
198		Phil Spizzing	292
Davis	226	Jeff Hernandez	281
148		Jay Opp	325
Adam Kamrad	248	181	
198		lim Miller	319
Matt Ullrick	297	C. Marchiando	330
275		220	
Strickland	303	Randy Lang	430
242		242	
Alex Dickinson	413	Alex Dickson	413
148		275	
W		Jason Whitaker	286
Therese Chaulk	121	SHW	
165		Rob Lester	573
Melanie Mosley	171		408
		providing meet re	

#### 4th OK STATE BP/DL (WABDL) 16 MAR 02 - McAlester, Ok.

275 Kelly West

185

170

160

250 220

Youth Develor

Teen/114 A. Hrenchin

Bart Noriss

Jimmy Forehand 290 Charles Johnson 230

Shawn Blevins 195 Char Clayton Pinson 165 242

132

**David Lewis** 

Ron Richter

Open/165 George Baker

Randy Moore

Jeremy Murrell 435

Larry Bradham 360 198

Patrick Thomas 440

530

Clayton Pinson	165	242	
Floyd Jackson III	140	Jason Jackson	600
198		David Lewis	430
<b>Brandon Ward</b>	300	275	
242		Kelley West	450
Terry Austin	255	Jeremy Murrell	435
275	200	308	
	330	Mike Hamby	515
Josh Quickle	330	SHW	313
Junior/181	240		F20
Breck Berry	340	Ron Richter	530
198		Women's	
Richard McKeef	er	123	
405		Karen Gordon	150
Ben Baker	360	165	
Mike Bivin	290	Masters (47-53)	
220		Marlane Welch	225
Brad Neal	405	DEADLIFT	
242		Youth Developm	ent
Ryan Myers	485	148	· ····
275	403	(10yrs,Old)	
	435	BrianMincher	185
Jeremy Murrell	433		103
Novice		Teen	
165		132	
John McBride	270	Charles Johnson	330
Gene Collier	195	148	
181		Brian Morris	375
Jeff Dombek	340	Floyd Jackson III	240
Luke Ellsworth	315	220	
198	RIFE C	Pierre Ngo	535
K. Loudermilk	405	John Bowen	415
Ben Baker	360	lunior	113
Frank Powell	355	181	
Jeffrey Landers	295	Breck Berry	540
Floyd Jackson Jr.	210	198	
220		Barry Dotson	525
Patrick Huddle	335	Novice	
242		148	
Terry Putnam	360	Craig Trantham	335
N. LaChappelle	330	165	
	285	Gene Collier	350
Jerry Linder	285		330
275		181	
Steve Morgan	440	Luke Ellsworth	
Jeremy Murrell	435	198	
Anthony Davis	400	Frank Powell	405
308		Floyd Jackson Jr.	250
	340	220	
Brett Fleak	340		550
Brett Fleak Masters	340	220 Patrick Huddle	
Brett Fleak Masters 165		Patrick Huddle 242	550
Brett Fleak Masters 165 George Baker	405	220 Patrick Huddle 242 Terry Putnam	550 530
Brett Fleak Masters 165 George Baker Dennis Berry		220 Patrick Huddle 242 Terry Putnam N. LaChappelle	550 530 525
Brett Fleak Masters 165 George Baker Dennis Berry 198	405 215	220 Patrick Huddle 242 Terry Putnam N. LaChappelle Jerry Linder	550 530
Brett Fleak Masters 165 George Baker Dennis Berry 198 Roy Weaver	405 215 350	220 Patrick Huddle 242 Terry Putnam N. LaChappelle Jerry Linder 275	550 530 525 390
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Brett Fleak Masters 165 George Baker Dennis Berry 198 Roy Weaver Greg Bersche	405 215 350 330	220 Patrick Huddle 242 Terry Putnam N. LaChappelle Jerry Linder 275 Anthony Davis	550 530 525 390
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Brett Fleak Masters 165 George Baker Dennis Berry 198 Roy Weaver Greg Bersche Lawson Essex T.C. Lewis 220 Billy Lumpkin W. Hollecker 242 Ken Anderson Jimmy Harper Jim Schulz 275 Ron Hood Russell Morton Jimmy Duckett 308 Mike Hamby Austin Webb Submasters 165 Bobby Lee 181 Greg Bullington 220 D. Chesmore 242 Ron Harlow Terry Putnam 275 Ray Elliott SHW Ron Richter	405 215 350 330 315 275 345 295 420 375 300 530 375 300 515 415 290 340 400 400 360	220 Patrick Huddle 242 Terry Putnam N. LaChappelle Jerry Linder 275 Anthony Davis 308 Brett Fleak Masters 165 Dennis Berry 181 William Watts 275 Russell Morton Jimmy Duckett 308 Doug Lowrey Submasters 165 Joe Stone 181 Greg Bullington 242 Ronald Harlow Terry Putnam Law/Fire Submas 242 R. Muhammad Law/Fire Masters Michael Irwin Open 198 Randy Moore 220 Chris Bogart	550 530 525 390 505 565 355 410 665 300 405 450 670 530 sters 620 615
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Brett Fleak Masters 165 George Baker Dennis Berry 198 Roy Weaver Greg Bersche Lawson Essex T.C. Lewis 220 Billy Lumpkin W. Hollecker 242 Ken Anderson Immy Harper Jim Schulz 275 Ron Hood Russell Morton Jimmy Duckett 308 Mike Hamby Austin Webb Submasters 165 Greg Bullington 220 D. Chesmore 242 Ron Harlow Terry Putnam 275 Ray Elliott SHW Ron Richter Law/Fire/242 Jason Jackson	405 215 350 330 315 275 345 295 420 345 260 353 300 515 415 290 340 400 400 405 530 600	220 Patrick Huddle 242 Terry Putnam N. LaChappelle Jerry Linder 275 Anthony Davis 308 Brett Fleak Masters 165 Dennis Berry 181 William Watts 275 Russell Morton Jimmy Duckett 308 Doug Lowrey Submasters 165 Joe Stone 181 Greg Bullington 242 R. Muhammad Law/Fire Submas 242 R. Muhammad Law/Fire Masters Michael Irwin Open 198 Randy Moore 220 Chris Bogart Womens 123	550 530 525 3390 505 565 410 665 300 580 405 450 670 530 sters 620 615 540 655
Brett Fleak Masters 165 George Baker Dennis Berry 198 Roy Weaver Greg Bersche Lawson Essex T.C. Lewis 220 Billy Lumpkin W. Hollecker 242 Ken Anderson Jimmy Harper Jim Schulz 275 Ron Hood Russell Morton Jimmy Duckett 308 Mike Hamby Austin Webb Submasters 165 Bobby Lee 181 Greg Bullington 220 D. Chesmore 242 Ron Harlow Terry Putnam 275 Ray Elliott SHW Ron Richter Law/Fire/242	405 215 350 330 315 275 295 420 345 260 530 375 300 515 415 290 340 400 400 405 530	220 Patrick Huddle 242 Terry Putnam N. LaChappelle Jerry Linder 275 Anthony Davis 308 Brett Fleak Masters 165 Dennis Berry 181 William Watts 275 Russell Morton Jimmy Duckett 308 Doug Lowrey Submasters 165 Joe Stone 181 Greg Bullington 242 Ronald Harlow Terry Putnam Law/Fire Submas 242 Romald Harlow Terry Putnam Law/Fire Submas 242 R. Muhammad Law/Fire Masters Michael Irwin Open 198 Randy Moore 220 Chris Bogart Womens	550 530 525 390 505 565 410 665 300 580 405 4450 670 530 620 8615 540



Ken Anderson dropping 448 lbs. on his chest, tho the spotters caught it before it really hurt him (Photograph courtesy of Kim Brownfield)

What a meet!!!!!!!! There were 119 of the finest lifters in the Midwest on this day. How on by far the most successful lifting meet we Open finest lifters in the Midwest on this day. How about the 290 lb, WABDL teenage world record set by Jimmy Forehand of Krebbs, Ok, Marlane Welch made her return to lifting and is as strong as ever with a 225 lb, Bench, Jason Jackson became only the 4th lifter from Oklahoma to legitimately lift 600 lbs. In the state. Jason just keeps getting stronger. The masters lifting was incredible with the master himself for supporting me and I think the world of each lifters were avesome. Thank You to every one lifting was incredible with the master himself for supporting me and I think the world of each lifters were avesome. Thank You to every one lifting was incredible with the master himself lifting was incredible with the master himself Ron Hood returning to competition with a very impressive 530 lb, bench. Ron is now 54 yrs. old and his lifts always are very impressive. Ken Anderson made the journey from Dallas and had a new master world record but upon locking it out it slipped from his hands and 447 lbs. Hit him square on the chest. The spotters stopped the sudden mishap from becoming a deadly one. Ken got up from the bench and walked away. What a tough guy. He did later on find out he had a broken thumb. Mike Hamby and Ron Richter just keep on getting Hamby and Ron Richter just keep on getting stronger and stronger. They both lifted very well. The Illinois Crew took home some hard-ware also. Karen Gordon won overall lifter awards in the Bench and the Deadlift. Ron Harlow had the biggest dead lift for the day with a 670 lb. Dead lift and an outstanding lifter award, 700 was a very near miss. Michae Irwin who is a favorite among the crowd in Oklahoma lifted a new Law/Fire record of 615 lbs. Chris Bogart did some impressive Dead lifting by hoisting a new Ok. State record of 655 lbs. In the 220 lb. Class. Russell Morton also lifted a very impressive dead lift of 665 lbs. The teenage lifting was very outstanding with Pierre Ngo lifting an impressive 535 lb. Dead lift. In closing I would like to thank Sheila and

and everyone of the lifters who I have had the Don White, SR. privilege of getting to know my last 24 years of competing. (results courtesy Kim Brownfield.)

# MID-SOUTH RAW BP & DL od, AR

08 JUN (	UZ - (	Jenwoo
WOMEN	BP	DL
97		
20-23		
Alisha Doucet	95	
148		
40-49		
Anita LePitre	100	
165 50-59		
Rose Taylor		200
MEN:		
148		
16 &Under		250
Sage Pruett 165	155	250
16 & Under		
Bobby LePitre	210	
16 & Under	210	
Stuart Thomas	165	315
275		
16 & Under		
Drew Dickerson	160	

Jacob Fumeaux 195 225 17-19 17-19 265 510 John Lane 165 Open Robert Matlock 320 Open Quion Brock David Seewald 220 Open Ken Jordan 242 250 405 Chris Marlin 242 275 John Sappington 365 Mike Erby 319 30-39 Randy Wickson 242 Charles Lee 50-59 Daniel Singleton 245 220 Rusty Stopp Bill Taylor 270 345 242 50-59 Al Harris Larry Brown 165 225 60-69 Harold Hager 200 (Thanks to Dan Singleton for the meet results.)



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

Last Name	First Na	ame		Initial	Renewal Y N	Current Card # (If Renet
Street Address						Club Name
City		State		Zip	aless.	Area Code/Telephone
Current WABDL Classificati	ion Referee Status	U.S. Citizen?	Date of Birth	Sex M F	Today's Date	Card Issued By

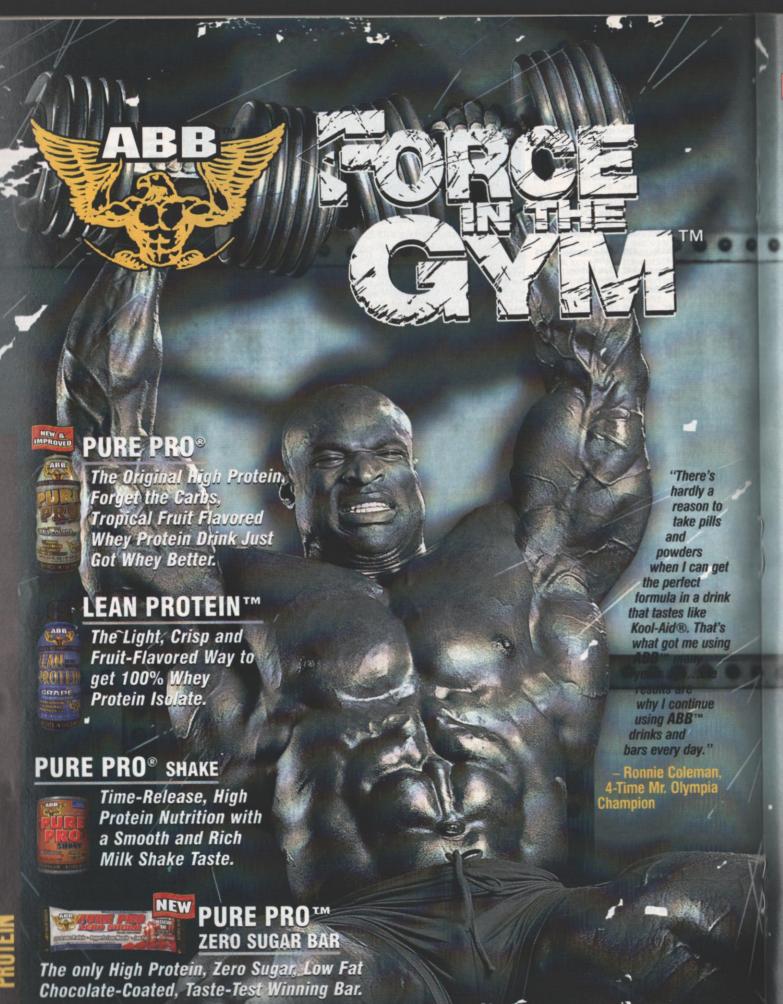
Registration Fee \$20.00 Make checks payable to and mail to: **WORLDASSOCIATION OF BENCH** PRESSERS AND DEADLIFTERS P.O. Box 90305 Portland, OR 97290

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If under 18, have parent initial

Signature\_



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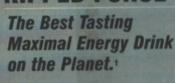
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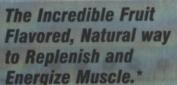
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		SPRING BP BL Lantana, FL	731	Brandon Ward, Mike Necolettos, Derek Penkava, Lance Mosley, Graham Strickland, Dwayne Kouf, Tracey Kouf, Ed Rectenwald, Cynthia Gefvert and
WOMEN Teen 13-16		Robert Stevens 275:	203	the National Honor Society students from Santaluces. The strong team from Santaluces High
132:		Lee McClelland	264	School highlighted the teens. They all lifted well
V. Vasquez	82	308:		and have a great Coach in Dwayne Kouf. Long
198:		Bill Frisch	479	Nguyen hit a big 308.5 at only 148 pounds. Bill
Alicia Stanley	77	Junior		Frisch came to bench and hit very strong 479.5 and
Teen 17-12 114:		Anthony DeFa1co	402	gave 501.5 a heck of a ride. Bill will bench 500 as a teenager. The females saw big PRs hit by Deb
S. Mackey 132:	66	Brandon Ward	248	Toby and Fran Napalitano. June Herzog was in her
Deborah Toby	137	Rich Daniels	407	first meet and had a great showing with 115.5.
148:	137	Sal D	358	The males also had a great day. In the Juniors Tony
F. Napa1itano	88	198:	330	DeFalco benched 402.2 without a bench shirt. Rich
Submaster	-	Derek Penkaya	429	Daniels had a good day and hit 407.7 in the 181
198:		220:		Open. Rich was coming back off a shoulder injury he suffered in a meet last year. Julian Ulvang won
June Herzog	115	Julian Ulvang	446	on bodyweight over Lance Mosley with both bench-
MALE		Lance Mosley	446	ing 446.2. Mike Hurnrnel dominated the 242s.
Teen 13-16 148:		Mark Savin 242:	374	Mike benched a hard fought 551. Mike will be trying to qualify for the WPO in June. In the 275s
S. Guarnieri	159	Michael Hummel	551	we saw the return of Marcus Kinsey. He had a great
Luke Backus	159	D. Wiesenfeld	440	day for his first meet back and benched a strong
165:		Aaron Ward	440	473.7. Marcus, no more of that other sport for you!
Nicholas Dubay	192	Dave Sharkey	407	Mike Necolettos won the 308s with an easy 529.
Miguel Benitez	170	Jim Cotton	407	We hope everyone had a great time and we look
Joey Rothrock	165	Coleman Hodapp	402	forward to seeing you at our future meets. We will

s 154

170

214

203

192

Matthew Sapyta 225 Special thanks to our sponsors: Inzer Advance Designs (800-222-6897), Elite Fitness Systems

announcers: Jay Mac, Richie, Brian Schwab, Doug Hollis, Dave Sharkey, Tom Incledon, Greg Larkins,

275:

Eric Martin

WoodyHurley

Masters (45-49)

Masters (55-59)

Richard Conover 341

Bryant C1em

Eric Gonzalez

lordan Hymel

John Perez

David Rosser

Matt Desiderio

A. Gonza1ez

Garrett Urban

Long Nguyen Devin Dobson

Teen 17-19

473

336

429

413

OPEN

SETH SCHURER 300 242

Lance Mosley, Graham Strickland, Dwayne Kouf, Tracey Kouf, Ed Rectenwald, Cynthia Gefvert and the National Honor Society students from the National Honor Society students from Santaluces. The strong team from Santaluces High 275 School highlighted the teens. They all lifted well 33-39 and have a great Coach in Dwayne Kouf. Long ALBERT HARRIS Nguyen hit a big 308.5 at only 148 pounds. Bill FULL POWER FEMALE 301.5 a heck of a ride. Bill will bench 500 as a teenager. The females saw big PRs hit by Deb NOVICE Toby and Fran Napalitano. June Herzog was in her first meet and had a great showing with 115.5. 40-49 STHEMBER FECKY RIENIER FEMALE 304.9 STHEMBER FECKY RIENIER FECKY BLENIER FECKY BLENI DeFalco benched 402.2 without a bench shirt. Rich Daniels had a good day and hit 407.7 in the 181 Open. Rich was coming back off a shoulder injury he suffered in a meet last year, Julian Ulvang won on bodyweight over Lance Mosley with both benching 446.2. Mike Hurnrel dominated the 242s. Mike benched a hard fought 551. Mike will be trying to qualify for the WPO in June. In the 275s we saw the return of Marcus Kinsey, the had a year trying to qualify for the WPO in June. In the 275s we saw the return of Marcus Kinsey. He had a great day for his first meet back and benched a strong 473.7. Marcus, no more of that other sport for you!

Mike Necolettos won the 308s with an easy 529.

We hope everyone had a great time and we look forward to seeing you at our future meets. We will be having the South Florida Summer Bench Blast on August 17th. The Halloween Bench Blast will be in late October. For more information call Bob.

#### Southside Barbell Club for providing the results.) PPL Georgia Drug Free Meet 20 APR 02 - Augusta, GA Michael Hummel 551 BENCH D. REYNOLDS 370 ompson 402 148

PHIL NEWSOME 390\*

in late October. For more information call Bob Youngs at 561-718-9877 or email us at

southsidebarbell@hotmail.com, (thanks to

165		RAW	
NOVICE		SHAWN REID	540*
M. HUNTER	225	275	
181		33-39	
50-59		LAMAR SMITH	510*
MILLER NORRIS	180*	SHVV	
SUBS		NOVICE	
KENNY MARTIN	395*	R. GONZALEZ	335
220		DEADLIFT	
RAW		148	
GREG BARTLEY	395	OPEN	
33-39		SETH SCHUBER	300

				ROBERT MONEY	455	365	475	129
	BP	DL	TOT	RAW				
				NED WILLIAMS	595*	425*	580*	160
ER	105	325	430	SHW	-			
				OP/SM/RAW				

BILLY WILSON 500\* 370 500 1370\* BEST TEEN LIFTER - ADAM ROWELL \* BEST LEG-ENDS LIFTER-MACK BRANHAM \* BEST OVERALL LIFTER - MARK PHILLIPS \* HIGHEST TOTAL GREG CAMPBELL \* BEST BENCH - GREG
CAMPBELL \* BEST BENCH - GREG CAMPBELL \* BEST DEADLIFT - MARK PHILLIPS \* BEST RAW BENCH - SHAWN REID \* BIGGEST DEADLIFT MARK PHILLIPS \* \* = NEW PYTHON RECORDS. WHAT DID YOU DO THIS SPRING? MOW THE LAWN? GO ON A PICNIC? GO FISHING? WELL THE IRON WARRIORS OF THE PYTHON POWER LEAGUE DECIDED TO STRAP UP AND HAVE A NO HOLDS BARRED MUSCLEHEAD THROW DOWN! WAS IT ROUGH? HOW ABOUT A 740 POUND SQUAT BY "KILLAH" KARL TILLMAN, A 545 LB BENCH PRESS BY GREG "DA HEAD CAMPRELL A 680 DEADLIFT BY MARK PHILLIPS AND A TOTAL DOMINATION OF THE TEENAGERS BY ADAM "BIG RAL" ROWELL? THESE WERE JUST A FEW OF THE HIGHLIGHTS OF THESE CHAMPIONSHIPS! THIS WAS TRULY A SHOW-DOWN AMONGST IRON WARRIORS AND THE RESULTS WERE TRULY WORTH BRAGGING ABOUT, BUT AS THEY SAY IT AIN'T BRAGGING WHEN YOU CAN BACK IT UP! GREG "DA HEAD"
CAMPBELL AND "MARKY" MARK PHILLIPS HAD 220 LR. CLASS SHOWDOWN THAT WAS CON TESTED UNTIL THE LAST LIFT! THESE TWO HAD TWO OF THE HIGHEST TOTAL EVER IN THE PPL WITH THE HIGHEST TOTAL EVER IN THE PPL GOING TO GREG CAMPBELL WITH 1855 LBS WHO IS THIS GUY "BIG RAL" ADAM ROWELL OF THE TEENAGE DIVISION? HE IS THE GUY THAT TOLD ME HE WAS THE "NEW" MAN IN THE TEENAGE DIVISION AND HE PROVED IT, SO LOOK OUT "THIN" BEN MARTIN OF ALABAMA HE'S HERE! WE WELCOME THE NEW "RAW" BENCH PRESS KING "BIG SEXY" SHAWN REID WHO BENCH PRESSED 540 POUNDS AT 234 LBS BODYWEIGHT! I'D LIKE TO THANK "MELLIE BODYWEIGHT: TO THE TO THANK "MELLIE MEL", "NIN", "SHAYLA", "PEPPAH", "JASMINE", "SOUPBONE", "BIG C", "DANNY MORATES", "IKE 'DA WARRIOR' SCOTT", "JEREMIAH 'JUKE-BOX' SMITH", "TONY", "T J.", AND ANYONE ELSE WHO HELPED WITH THIS MEET. WITHOUT YOU WE COULD NOT HAVE THESE COMPETIONS. THANKS! UNTIL I SEE YOU AGAIN .. STAY CLEAN, STAY STRONG AND I'LL SEE ON THE PLATFORM! (TEE "SKINNY MAN" MEYERS)

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148 (FEMALE)

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SETH SCHURER 275

L STREETMAN

DOUG REIMER

220 14-16

185 105

265

270

315 270 315 910

TIM LAWRENCE 300\* 195\* 395\* 890\*

. HEUANGPANGA 435\* 285\* 460\*

ROBBY ASLINGER 285 235 385

KARL TILLMAN 740\* 415

BRUCE BRIDGES 350 300 435 1055

JASON AMMONS425 375 525 1325

605

M. BRANHAM 275\* 275

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Mark Waldspurger of Lansdale, PA, benched 500 pounds at a body weight of 258. He placed 1st in the 275 men's open division. One year ago, when he benched 405, he set a goal of 500 - one year later he reached it - through hardwork, research, and information in PLUSA (Photo courtesy of Michelle Landis)

#### LARRY FREDERICK JR Memorial BP 2 MAR 02 - Lansdale, PA

2 MAK	UZ - L	ansuale, FA	
OPEN		M. Bickelman	140
148		Karen Mayer	160
<b>Terrance Pinkett</b>	395	WOMEN A	
W. Romanelli	275	D. Musselman	115
C. Ramirez	210	WOMEN B	
181		Ellen Lonnberg	105
Terry Dickey	415	WOMEN C	
John T. Long	325	Elaine Mazack	55
Jesse Evans	270	TEENAGER A	
198		Brandon Henn	315
Steve Lewis	365	L.J. Piperato	200
lason Devlin	335	B. McGonagle	165
Todd Evangelista	330	TEENAGER B	
220		I. Musselman	260
Chris Morris	435	C. Ramirez	210
Monte Lesser	415	Daniel Iwaniuk	240
Don Ratchford	390	SPECIAL OLYMP	ICS
242		Nelson Baynes	80
Hugh Sharkey	465	Erica Dillon	190
Mark Hoffman	440	Eaton Evans	150
Rich McAllister	410	Andrew Wilson	155
275		Tim Herman	170
M. Waldspurger	500	Craig Zelner	160
Matthew Mann	450	Brian Quinn	145
Jim Piperato	415	Scott Renk	140
MENA		M. Pauliwsia	135
Hugh Sharkey	465	Dan Miller	135
Monte Lesser	415	<b>Bobby Johnson</b>	120
Larry Butz	345	Glenn Weaver	125
MEN B		Justin Griffith	125
Paul Kane	340	Kevin Kleiner	100
John Hansberry	305	Doug Lawson	100
Randy Axe	385	Mary Konesky	75
MENC		<b>Annette Lurquin</b>	75
<b>Richard Durante</b>	225	Michael Guerin	80
Gary Bechtel	240	Jason Nowlan	75
Larry Federick	240	M. Harrison	70
WOMEN open		John Ortiz	70
J. Rodenbaugh	155	S. Dougherty	55
Best Lifter: Terra	nce Pir	kett- 395 @145.1	<b>Feam</b>
Division- 1st No	rth Per	YMCA. 2nd Coa	ist to
coast, 3rd Philli	psburg	4th Dog Pound	. 5th
	4.	things of the sale of the	8/3

USAPL WASHINGTON STATE

18 MAY 02 - Seattle, WA

132 M

Lance Lucas

Trisha Vickrey

Pele Kunjara

Marii Lykke 55-59 W

60-64 W 132

Bryan Wlaker Anthony Lucas 18-19 M

50-54 W 148

18-19 M 165

40-44 M 165

55-59 W 165 Dana Backiel 14-15 W 181

Open M 181 Eric Dodd

45-49 W 181

Open M 198

Tony Ruggiero Open/Master 181

Jr. M 181

Open M

55

235

135

270

120

210 250

235

135

225 435

305

125

120

135

145 245 630

335

200 95

155

210 70

320

465

205

335

515

SQ BP DL TOT

135 225

265

320

445

235

210

350 420

300

335

215 410 965 315 555 1385

1125

1505

1155

#### Open W 198+ Kireen Ellis 225 230 415 400 350 325 16-17 M 220 250 450 1100 420 415 265 455 1135 55-59 M 220 18-19 M 275 1745 Open M 275 45-49 M 275 715 465 675 1855 Police/ Fire 275 550 420 550 1520

350 510

335

Iill Arnow

Tom Ovens 550 420 550 1520 Open M SHW Vince Eldridge 600 440 680 1720 The 2002 USAPL Washington State Championship was held May 18th at Garfield High School in Seattle. Thirty-nine lifters competed and several hundred spectators showed up to watch as 38 state hundred spectators showed up to watch as 38 state records and 13 American records (pending authentication) were set. Record performances include the following: Damian Lewis set state records in the 16-17 year old 132 division. He squatted 300, benched 235, pulled 365 and totaled 900. 132 lb. open lifter Pete Kunjara came out of retirement and set a state squat record with 440. Faith Ireland had a fine day at 132 lbs, 55-58. Her 120 bench, 240 deadlift, and 540 total are new state records. 60-64 master Sharee Olson broke her own American squat record with 200 and then broke it again with squat record with 200 and tine broke it again with a great effort of 210 lbs. I've seen thousands of squats and this one had the most heart (it took over 10 seconds to complete). Her 210 deadlift and 490 lb. total are new state records. Congratulations Sharee! Anthony Lucas pulled 420 and totaled 990 for new state records at 16-17, 148 lb. men. 18 year for new state records at 161-1, 146 lb. men. 16 year old Ben Ingels benched 235 for a state record. At 148 lbs Bonnie Cromwell had a great day. Her 255 squat, 300 deadlift and 690 total are all American records in the 50-54 masters category. Bonnie is getting better ever time she competes. Great job girl! Jennifer Triplett impressed everyone by breakgirl! Jennifer Triplett impressed everyone by break ing the 14-15 year old 181 lb. squat record (American) with 315 on her second attempt. She broke her own record on the third attempt with 335. She set two more American records with a 335 deadlift and an 805 lb. total. Look for big things in the future form this teenager. Veteran lifter Leamon Woodley had the meet of his life. Leamon won the 181 lb. open and masters division with a 1675 total. His open and masters division with a 1675 total. His second attempt squat of 655 looked like 315 and broke the existing Masters American Record. He went to hit 675 for another American record. He looked good for at least 700. His 350 bench and 650 deadlift are new state records at 181, 45-49 age group. Leah Smith added to her own record collection with a 145 lb bench press (state) in the 45-49 181 lb division. Shawn miller lifted raw and went 480, 275, 535 at 198. A collection was taken to buy him equipment for the next meet. It's great to buy him equipment for the next meet. It's great to see some old school purists still at it! First time lifter Jill Armnow set two new American squat records. She had to take her opener over to get her

first record of 315 lbs. She got in the groo

## USAPL ALL MIDWEST BP/DL 08 JUN 02 - Chicago, IL (kg)

	00 10110		mengo, 15 (ng)	
	<b>WOMEN 67.5 be</b>	ench	Master 40-49	
	Deana Parsons	45	Tony Horvath	157.5
	Open dead lift		Kelly Parsons	100
	Deana Parsons	102.5	d/l Open	
	75 bench		Dan Morris	242.5
	Patricia Shutter	60	master 40-49	
	Open d/l		Kelly Parsons	175
	Patricia Shutter	122.5	110 Open	
	82.5 bp		Raoul Donati	237.5
	Sherri Stamper	120	Stan Kramer	202.5
	MEN 67.5 Open		Dave Barbuvak	167.5
	<b>Todd Greenman</b>	125	Scott Schoen	142.5
	Open d/l		dl Open	
	<b>Todd Greenman</b>	192.5		142.5
	Masters 40-49		Dave Barbuvak	265
	lim Marchio	200	275 bp open	
	75 Open bp		Scott Schoen	230
	Rob Langwell	162.5	Nectar Kirkiris	202.5
	Junior		16-17	
		167.5	Michael Devries	175
	82.5 bp		Masters 40-49	
	Dean Young	117.5	Brain Martin	160
	Masters 40-49		dl open	
	Bob Fabiano	167.5	Scott Schoen	240
	Open DL	1.30300	Nectar Kirkiris	320
	Dean Young	210	teen 16-17	
	Masters 40-49		Michael Devries	272.5
	Bob Fabiano	245	master 50+	
	90 bp Junior		Rich Sadowski	222.5
	Brad Whatley		Men Unlimited	Open
	Master 40-49		G. Lealifrano	240
	Stephen Vollmer	162.5	Dion Rhodes	260
s	Master 50+		Clint Dewald	222.5
N	W. Wuczerewicz	130	Dave Meservey	202.5
n	d/l Master 40-49		Master 40-49	
e	Stephen Vollmer		Dave Meservey	170
f-	100 bp Open		dl open	
	Dan Morris	157.5	Clint Dewald	285
e				
d	<b>BEST LIFTERS- B</b>	ENCH	PRESS : MEN'S	OPEN

- GEORGE LEALIFRANO, RAOUL DONATI, DION RHODES, TEEN - MICHAEL DEVRIES. JUNIOR - NICHOLAS DELUISE, MASTERS BRIAN MARTIN, WOMEN-SHERRI STAMPER. DEADLIFT - MEN'S OPEN SCOTTSCHOEN, CLINT DEWALD, NECTAR KIRKIRIS, TEEN: MICHAEL DEVRIES, MASTERS - BOB Great performance by all and powerlifting is alive and well in Washington. (Thanks to Todd Christensen, Meet Director, for the meet results.)

(Thanks to USAPL for providing these results.)

finished with 335 in the 198 lb 40-44 mas group. Greg Brown's total of 1100 at 200 is a new 16-17 year old state record. DeShaun Milliket broke all existing 18-19 year old 275 lb state records. He went 600 squat, 505 bench, 640 dea lift and 1745 total. He just missed a 520 bench which would have been an American record. He holds the 18-18 year old WABDL World Record with 518. Look for him this fall in a U. of Oregon football uniform Great job big D! Master lifter Roger Hendrix set new state records at 45-49, 275 lbs with a 675 lb deadlift and an 1855 total. Tom ovens set new state Police / Fire records at 275 lbs. He had a perfect 9 for 9 day with a 550 squat, 420 bench, 550 deadlift and 1520 total (all records).

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2202 Huge Iron Powerlifting Schedule 11-02-02 AAPF Southern States Powerlifting Championships

11-10-02 WPO Bench Bash for Cash 11-8,9 -02 WPO Powerlifting Semi-Finals (New Orleans, Louisiana)

11-30-02 APF Southern States Powerlifting Championships (light day)

12-01-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

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14 SEP, USAPL Michigan Hall of Fame PL, Bob Fabiano, 5660 W. Clark Rd., Lansing, MI 48906, 517-668-8068
14 SEP, Harbor Days Bench Press Contest, Randy Gallan, (760) 724-3947, rg a l l a n @ v u s d. k l 2.c. a. u s,

14 SEP, WABDL 9th Mad Dog BP (Muskogee, OK - open, teen, masters, jr., submasters, law/fire, women) Ron Hood, 918-681-1112

14 SEP (NEW DATE), WNPF Lifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

14 SEP, APA California State PL, BP, DL (Sacramento, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, APA Nevada State PL, BP, DL Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apawpa.com

14 SEP, APA Oregon Staet PL, BP, DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-was.com

14 SEP, United we Stand BP (Touch 'n Go- Men + Women - New Castle, PA - Open, Novice, 14-16, 17-19, 20-23, 33-39, 40-49, 50+, Police/Fire. 24" Trophies 1st-5th, \$100 - Best lifter 97-181 + 198-SHW. Portion of Proceeds Donated to help families of 9/11 tragedy.) Charles 724-654-4117

14 SEP, Pittsburgh Legends of the Platform BP & DL, Jamie Harris, 412-384-5051 Ext 1, OATJEZ@AOL.COM

14 SEP, Muscle Beach/APF West Coast BP Championships (open, masters, juniors, spec. olympians -t-shirts & medals to all participants) Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

14 SEP (correct state), YMCA Challenge 1st annual Open BP, 19550 N. 10th St., Covington, LA 70433, Linda, 985-893-4800

14 SEP, SLP Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429. www.sonlightpower.com

5429, www.sonlightpower.com
14 SEP, Iron Boy Bench Press Classic (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboyenterprises.com
14 SEP, WABDL Washington State BP & DL (drug tested - Hoguiam, WA) Don Bell, 360-533-5711

15 SEP, USAPL Slippery Rock Bench Bash, Jason Beck, One Good Place #1, Portersville, PA 16051, 724-368-8932 15 SEP, Midwest Open Drug Free PL, BP, DL, Fitness Lifestyles, 641 W. Stevenson St., Freeport, IL 61032, 815-233-2292

15 SEP, 4th Deadlift on the River, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships II (open men & women, native, youth & teen, junior, submaster, master)

# Coming Events

Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay. Toth@Fredonia.edu

21 SEP, Barbarians Strongman Challenge, 50 Hamptonburg RD, Campbell Hall, NY, Ben 845-590-6236, or 201-996-7238

21 SEP, 1st Bartlesville Classic, Gilkeys Karate and Fitness ® 5701 SE. Adams Blud, Bartlesville 74006, Jim Duree, 5619 Pawnee Ave, Kansas City, KS 66106, (913) 596-7326, JDuree7086@aol.com

21 SEP, 3rd Lynch Mob Shirtless Bench Press (Circleville, OH) John Weaver, 740-477-6847, or Jon Elick, 740-420-3063, antman517@aol.com

21 SEP, NASA New Mexico Regional, Mike Adelmann, Box 44651, Rio Rancho, NM 87174, 505-301-3887

21 SEP, 4th Sci-fit of Georgia BP (Georgia State Farmers Market) Joe DeVerville, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005

21 SEP, SLP Open National Powerlifting Championships (Hoopeston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

21-21 SEP, USAPL Nevada State PL & BP, Jim Kralich, 150 Chris Ave, Elko, NV 89801, 775-777-7591

22 SEP, USAPL Wyoming Open PL & BP, Ron Erickson, 11214 Blazer Rd, Cheyenne, WY 82009, 307-778-2043
22 SEP, ADAU Connecticut Raw Drug Free PL & BP, Robert De La Vega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548
22 SEP, SLP Wisconsin State BP/DL (Burlington, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429 www.sonlightpower.com

5429, www.sonlightpower.com 28 SEP, ABF Monster Bench Tour (Atlanta, GA) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, Kineticstrength.com

38 SEP, USAPL World Gym's ID State BP & DL, Cindy Kynoch, 1515 Northgate Mile, Idaho Falls, ID 83402, 208-529-8254

28 SEP, USAPL Squat & Deadlift Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

28 SEP, USAPL Colorado Open Bench Press, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

28 SEP, 9-11 Bench Press (N. Carroll H.S., Hampstead, MD - all wt. classes, age groups, divisions - men & women) Coach David Dodson, 717-359-9594

28 SEP, APA Southeast Coast BP, DL (Winter Park, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@ana.una.com

scott@apa-wpa.com
28 SEP, USPF Florida State PL, Bill
Beekley, 4215 Carmen St., Tampa, FL
33609, 813-289-3063

28 SEP, SLP National 'Raw' Powerlifting Championships (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP (additional contest, change in designation), USBF BP Nationals & USPC Power Curl Nationals (open, masters, teen, police/fire, military-wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian @usbf.net

28 SEP, NASA Wisconsin Regional PL. BP, PS (Marshfield, WI) SQPBDL@aol.com

28,29 SEP, IPA Pennsylvania State/ Northeast Regional PL & BP, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

5 OCT. Ottumwa YMCA Strength Team presents the Budweiser Octoberfest Bench Blast, Top Lifter - \$500 CASH, Jared Beard, 611 N. Hancock St. Ottumwa, IA 52501, (641) 684-6571 5 OCT. USAPL Indiana State BP & PL Ervin Gainer Sr., 6449 Waterloo Ln., Indianapolis, IN 46268, 317-379-1613 5 OCT, 2nd annual Fall Classic BP and/ or DL (teen, raw, open, women, submaster, masters) John & Kayleen Blackstone, Muscle Bound Fitness, 102 E. Main St. W. Lafayette, OH 43845, 740-545-0840 5 OCT, Central California PL & BP (open en, teen, 20-23, 35-39, master, women) Lisa & Steve Denison, 5012 Rogue Water Ct., Bakersfield, CA 93313, 661-664-7724, pwrlftrs@powerliftingca.com,

5 OCT, 100% Raw Nationals, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004 5 OCT (date determined), NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

12 October 2002

APF Northern California Open
Powerlifting & Bench Press
(San Francisco, CA)

John Ford 650-757-9506

# 7 December 2002

APF 49th Annual Iron Man Open Powerlifting & Bench Press Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805

5 OCT. APA Bay State Open BP. DL. (Northampton, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch. 122 W. Sale St., Tuscola, II, 61953, 217-253-5429, www.sonlightpower.com 5 OCT, 2nd annual Record Breakers Meet, Jamie Fellows, Box 375, Belmont,

NH 03220, 603-267-8158 5 OCT, NASS North American Strong man Championships (St. Louis, MO) Willie Wessels, 314-609-6031, dwes370162@msn.com

5 OCT, NASA Ohio Regional PL, BP, PS (Springfield, OH) SQPBDL@aol.com 6 OCT (NEW DATE). SLP lowa State BP/DL (Coralville, IA) Dr. Darrell Latch. 122 W. Sale St., Tuscola, IL 61953, 217-

253-5429, www.sonlightpower.com 9-13 OCT, IPF World Masters (Ar-

12 OCT, WNPF Palmetto Classic BP/ DL (Greenville, SC), Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

12 OCT, USAPL PA Ironman & Ironwoman BP/DL, Dennis Hulslander, 6 Church St., Stewartstown, PA 17363, 7171-993-8000

12 OCT, ABF Monster Bench Press Tour (St. Pete, FL) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, Kineticstrength.com

12 OCT, WPL World Championships (open, women, masters, teenage Holiday Inn Midtown - Savannah, GA) Ann or Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4574 or 660-1006, e.leverett@att.net

12 OCT, ADAU Raw North Country Open BP & DL (Saranac H.S.) Dr. John Cerruti, 83 River St., Lake Placid, NY 12946, 518-523-7173

12 OCT, WPA World Bench Press Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

scott@apa-wpa.com 12 OCT, APA Northwest Region BP (Kennewick, WA) Scott Taylor, Box 27204,

El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com 12 OCT (NEW DATE & phone num-

ber correction), Olympus Gym Open BP & DL (raw & assisted - men/women open - novice, teen, jrs., submasters, masters, police, fire, military) Vernell Morris, 5470 St. Barbarus Rd., Oxon Hill, MD 20745 301-505-2255

12 OCT (revised date), APF N. Califor-

nia Open PL & BP (San Francisco, CA) John Ford 650-757-9506

12 OCT, 8th APF Wolverine Open PL & IronMan, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI48017, 313-610-2019, nharbourne@comcast.net

12 OCT, 4 Seasons Association Fall Bench Press, Kevin Deming, The Four Seasons Association, 904 Four Seaons Rd., Bloomington, IL 61701, 309-663-2022 ext 34 or kevin@4-seasons-club.com 12 OCT, SLP Arkansas State BP/DL (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 12 OCT, NASA Tennessee Regional PL,

BP, PS (Nashville, TN) SQPBDL@aol.com 13 OCT, APA Northwest Region DL (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 OCT, WPA World Deadlift Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-

13 OCT, White's Truck Stop YMCA BP/ DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

13 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St. St. Charles II 60174 630-377-7527 19 OCT. USAPL Thunder Mountain Open, Mai, Wm. Wheeler, 115 Madden Circle, Ft Huachuca, AZ 85613, 520-538-4328/533-3180

19 OCT, The Boardwalk Gym Fall Classic BP (Winona, MN), DWG Productions, 2018 Jackson St., LaCrosse, WI 54601 608-787-5693 or 507-452-7133

19 OCT, Walker's Gum BP Classic (open & raw-men, women, master, teen, police, military, fire - 5 places) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

19 OCT, Ashtabula YMCA BP Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013

19 OCT, Thunder Mountain Open (Barnes Fieldhouse Gvm. AZ 85613) Mai, William Wheeler, 520-538-4328, & Kathy Gray 520-533-3180

19 OCT, 11th Muscle Beach Special Olympics Power Lift-Off, Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

19 OCT (updated), Bob Hafner Championship (PL, BP, DL - open, women, teen, master, special olympian) Bob Hafner, 12105 Lake Louise Dr., Gretna LA 70056, 504-393-9521 or ottohaf@aol.com

19 OCT, USBF Maryland State Bench Press, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D. Augustilus, 410-515-1607, Gtrdave99@aol.com

19 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

19,20 OCT (additional day), 6th Pennsylvania Power Challenge (BP/DL - 19th, PL - 20th) Gene Ruchlak, 143 2nd Ave. Roversford, PA 19468, 610-948-7823 19,20 OCT, NASA Iowa Regional PL, BP, PS (Des Moines, IA) SQPBDL@aol.com

20 OCT (tentative), East Coast Strongman Challege (Virginia Beach, VA) Gayle Schroeder, strength@exis.net, www.powerandstrength.com

20 OCT, SLP Pecatonica Fitness Fall BP/DL Classic (Pecatonica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 25 OCT (new address & terms), AAU Richmond International Bench Press (cap of 100 benchers), VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbbeeez@aol.com, FAX 804-266-8908, Judy 804-559-

4624, Jill 804-730-8810 25-27 OCT, WNPF World PL & SQ Championships (Youngston, OH-lifters must qualify at a WNPF national or major championship) Ron Deamicis, 6531 New Rd., Youngs town, OH 44515, 330-792-6670 26 OCT, USAPL Central USA PL/BP. Michael Cissell, 1296 Henke RD, Lake St. Louis MO 63367, 636-561-1242 26 OCT (date assigned), South Florida Halloween Bench Blast, Bob Youngs 5 6 1 - 7 1 8 - 9 8 7 7,

southsidebarbell@hotmail.com 26 OCT, IPA Nazareth Barbell Bench Dead Bash, Mike Miller or Deb Ames, 610-746-7000, nazbar@enter.net.

26 OCT, APA Bench Press Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

26 OCT, NASA Big River Classic (Blutheville, AR) Darul & Tobey Johnson. 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094

26 OCT, INSA/INSAA World Championship (Plano, TX) David Newingham, 4347 Floramar Terrace, New Port Richey, FL 34652, 727-781-0417, Strouds Fitness - 817-

26 OCT, 1st annual PPL USA Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806 PYTHONGYM@AOL.COM

26 OCT, 20th ADAU "Central PA Open" (open and all age groups for both men & men - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814 765-3214, al@pikitup.com

26 OCT, ANPPC Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, ww.sonlightpower.com

26,27 OCT (new address & terms), AAU Raw & Assisted Worlds - (cap of 350 lifters, NO EXCEPTIONS, FIRST COME FIRST SERVE) VA Powerlifting Association, 1811 Southcliff Rd, Richmond, VA 23225, Barbara 804-233-9570, barbbeeez@aol.com, FAX 804-266-8908, Judy 804-559-4624. Jill 804-730-8810

26,27 OCT (new address), AAU Richmond International Open Meet VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570, barbbeeez@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-

26,27 OCT, NASA North Carolina Regional PL, BP, DL, PS (Hickory, NC) SOPBDL@aol.com 27 OCT, SLP Central Illinois Open BP/

DL Championships (Hillsboro, IL) Dr. Darrell Latch, 122 W. Sale St. Tuscola, 61953 (217) 253-5429

27 OCT, APA Deadlift Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

OCT, NASA PA Regional Qualifier PL, BP, PS, Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283 OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

2 NOV. 2nd Body Structure Bench Press (touch and go, 24" trophies 1st-5th, men & women, open, novice, 20-23, 33-39, 40-49, 50+, 14-16, 17-19 - no formulas) Chuck Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117

2 NOV, USPF Texas Cup (Austin, TX men/women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/ Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460,

www.seguinfitness.com
2 NOV, SLP Illinois State BP/DL, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 217-253-5429

2 NOV, AAPF Southern States PL (Day tona Beach, FL) 877-HUG-IRON nugeiron@logicalcity.com

2 NOV (added category), USBF Eastern Regionals Raw & Assisted Bench Open, USPC Power Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

3 NOV, CPA Championnat Quebecois PL (Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc. J1E 819-346-9466 marcelstlaurent@sympatico.ca

3 NOV, USA "Raw" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 8,9 NOV (NEW DATE), WPO Powerlifting Semi-Finals (New Orleans, LA - Ernest Morial Convention Center) 877 - HUG - IRON

geiron@logicalcity.com 9 NOV, Gold's Gym BP Challenge (touch and go) Greg or Buffy Gordon, 1630 N. Main St., Morton, IL 61550, 309-444-

9 NOV, NASA WV Regional Qualifier PL, BP, PS, (Ravenswood, WV) Greg Van Hoose, Rt 1 Box 166, Ravenswood WV 26164, 304-273-2283

9 NOV, USAPL Michigan State Meet & Great Lakes Open, Mike Poirier, 1279 103rd Ave, Plainwell MI 49080, 269-685-5614

9 NOV, USAPL Hawall State, Tony Leiato, 3036A Kahaloa Dr., Honolulu, HI 96822, 808-988-6378

9 NOV, USAPL Maryland State PL (Laurel Sr. H.S) Mark Daniel, 9413 Squires Laurel, MD 20723. mdaniel55@comcast.net

9 NOV, APA Longhorn Open PL/BP (Brenham Fitness Center - Brenham, TX) Scott Taylor, Box 27204, El Jobean, FL 33927 941-697-7962 FAX 801-905-7046, scott@apa-wpa.com

9 NOV, 11th Mon Valley Fitness Center

BP Classic (BP, DL, BP for reps) MVFC, Box 567, Dunlevy, PA 15432, 742-483-2438 MVFC@zcominternet net

9 NOV, NASA Illinois & Indiana Regional PL, BP, PS (Flora, IL) SQPBDL@aol.com 9 NOV, SLP Fitness One Fall Classic BP/ DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429 www.sonlightpower.com

9.10 NOV. USAPL New Jersey State PL, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

10 NOV (NEW DATE), WPO Bench Bash for Cash (New Orleans, LA -Ernest Morial Convention Center) 877-HUG-IRON, hugeiron@logicalcity.com

10 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 10 NOV, Iowa/Midwest Open BP, DL, Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

14-17 NOV, 100% Raw World Championships (all ages, wt. classes, 5 yr. drug testing period, 10/19 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

14-18 NOV, WABDL World BP & DL Championships (drug tested -Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-762-5066, FAX 503-762-5067

15-17 NOV, IPA Nationals (Holiday Inn Worthington) Elite Fitness Sys-tems, 1695 Itawamba Tr., London, OH 43140, 888-854-8806, www.elitefts.com

16 NOV, Lake Holcombe BP (male/ female - teen, open, masters - Lake Holcombe H.S.) Brian Briggs, 27140 240th Ave., Holcombe, WI 54745, 715-239-0411

16 NOV. NASA PA Regional Qualifier PL. BP & PS (Uniontown, PA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

16 NOV. SI P Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 NOV, Rhode Island State PL + BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921. T Isabella@msn.com

17 NOV, SLP Rhino's Fitness BP/DL Classic (Roscoe, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22-24 NOV (new location), 1st WNPF Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-

23 NOV. USAPL Idaho State/Open Bill Davis, 1800 Garrett Way #19. Pocatello, ID 83201, 208-233-8035 23 NOV, Planet Fitness APA Winter Classic (PL, P/P, BP, DL) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, iowaapachair@apa-

23 NOV, USAPL Mass/Atlantic States Open (Warwick, RI) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 (8-10PM)

23 NOV, Eastern American BP (Holiday Inn - Forsyth, GA - I-75 / Exit 186 - Open Over 40 - Women - Novice - Teen Police/Fire, Submasters) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 302, 770-474-2633

23 NOV, Omaha Open (full meet, BP, DL, Push-Pull) 4808 Cass, Omaha, NE 68132, Keith Machulda 402-444-5596 23 NOV. USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King 23 NOV, USPF Pan American Bench Press Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489. www.usabodybuilding.com,

usabodybuilding@hotmail.com 23 NOV, USPF Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

24 NOV, APF Pine Tree State Open + National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

24 NOV, USAPL Ohio State PL & BP (2 contests - open mens and women, mens and women raw, mens master, mens masters raw, police & fire, mens teen) Kings Gum. 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank

30 NOV (NEW DATE & INFO), APF/ AAPF IronDawg Open PL, BP, (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684,

30 NOV, 100% Raw Bench Press Worlds, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

30 NOV, APA Mississippi Open BP, DL (Vicksburg, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

30 NOV. CPA Championnat Quebecois BP & DL. Push & Pull, Curl (Montreal) Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc., J1E 2S2, 8 1 9 - 3 4 6 - 9 4 6 6 celstlaurent@sympatico.ca

30 NOV, APF Southern States (light day qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcitv.com

30 NOV, 1 DEC, 2nd annual YESPA Powerlifting & Bench Press Nation als (Fruitland, MD) 410-749-9101 or 742-9201, ask for Trend or Fred 1 DEC. The Best of the BP/DL Raw #6 (sculptured trophies) Body Fitness Center, McMurry, PA, Steve 724-941-7270

1 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728 1 DEC, APF Southern States (heavy day

qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

5-8 DEC 02, IPF World Bench Press (Luxembourg)

7 DEC, ISA presents Full Power II, PL, Push/Pull, BP, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117 7 DEC. 19th Annual SE Cup PL and BP, Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, day - (229) 896-3988, (229) 896-3989, bduke@alltell.net

7 DEC, APA Patriot Open (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

7 DEC, APF 49th Iron Man Open PL &

BP Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437,

322-6805 7 DEC, MPA Miller Chevrolet Christmas BP Classic (19 & under, open - non-residents welcome, masters, police/fire/ military, 40+ police/fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n) 7 DEC, USAPL New York State

BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http:// www.geocities.com/bruceswan500/

7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7.8 DEC, AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

7,8 DEC 02, USAPL Virginia State PL/ BP. John Shifflett, Box 941, Stanardsville. VA 22973, valifting@aol.com

8 DEC, APA Nutmeg State Open BP & DL (Norwich, CT) Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, (860) 546-2091, djslaga@yahoo.com 8 DEC, 10th Raw ADAU "Coal Country"

Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@nikitun.com

14 DEC. 15th Elkhart BP Classic, Jon Smoker, 30907 CR 16 W., Elkhart, IN

46516, 219-674-6683 14 DEC, ABF Monster Bench Tour (Orlando, FL) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513 Kineticstrength.com

14 DEC, USAPL Michigan State Open BP & DL, Mike Poirier, 1279 103rd Ave. Plainwell, MI 49080, 269-685-5614 14 DEC, CPA Championnat Regional PL & BP (Granby, Quebec) Benoit Brodeur, 450-378-7666, 450-372-0087

14 DEC, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

15 DEC, WNPF Sarge McCray BP, DL+ Ironman (Bordentown, NJ) Troy Ford, Box 142347, GA 30214, 770-996-3418 28 DEC, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

18 JAN (NEW DATE), 3rd APF Michigan Bench for Cash, State BP Championships (cash prizes 1st-5th based on Reshel Formula - \$1000 for 1st place) Jim Harbourne, 1018 Coolidge Ave., Clawson 48017, 313-610-2019, omcast.net

18 JAN, APA Texas State (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

24-26 JAN, USAPL 2003 Women's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

25 JAN. White's Truck Stop/YMCA Winter Bench Press and Deadlift, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com,

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JAN, PPL Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 706-790-3806, PYTHONGYM@AOL.COM

1 FEB, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

8 FEB, APF West Coast Push Pull (San Mateo, CA-Stark's Gym) John Ford, 650-757-9506

9 FEB. AAU MO State PL. X-Treme Fitness, 607 North Highway 47, Union, MO, 63084, (636) 583-1179, Darin Gilley, 2820 Old Gray Summit Rd, Pa cific, MO 63069, (636) 742-4537

15-16 FEB. NASA OH State HS & Teen World Record Breakers PL, BP & PS (Springfield, OH) Greg Van Hoose, 1 Box 166, Ravenswood, WV 273-2283 26164 (304) auhl@wirefire.com

MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX

1 MAR, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-

272-0051 8 MAR, USAPL Battle of the Great Lakes VI PL/BP (Cleveland, OH - M/F Open, H.S. I & II. Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261.

8 MAR, USAPL Virginia Open PL & BP. John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com,

8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, 07876. 973-584-7410

n@worldnet.att.net 21-23 MAR, USAPL High School Nationals, James Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

22 MAR, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Orengia 4468 W. 26th st., Erie, PA 16506 814-833-3727 www.pikitup.com

23 MAR. USPF Rhode Island State PL+ BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921 T Isabella@msn.com

29 MAR, NASA VA State Champion ships, PL, BP & PS (Charlottesville, VA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

29 MAR, APF/AAPF Georgia State Open PL & BP (APF Sr. Nationals Qualifier Holiday Inn, Marietta, GA) L.B. & Nadine 770-725-6684, Baker.

www.irowdawg.com 12 APR, ISA Superman (Clean & Jerk,

BP. and DL), Push/pull, BP contest, 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

12 APR. White's Truck Stop/YMCA Spring BeP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com,

12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823 25 APR, 25th anniversary Met-Rx USPF Women's Sr. National Powerlifting Championship (cash prizes Wayfarer Inn Convention Center, Bedford, NH) Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-6226-

www.americanpowerlifting.com, davefollansbee@aol.com

26 APR, 9th Annual Dungeon Powerworks Slam Bench & Deadlift. Drug Free Only, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042 (616) 435-7586 or Tyrone Ward (616) 273-1092

26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166. Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

APR, PPL Georgia State "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806,

APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!)
Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-215-0115,

2-4 MAY, USAPL Masters Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-

3 MAY, NASA KY State Championships, PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-

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2283, gvhl@wirefire.com 29 MAY - 1 JUN, APF National 10 MAY, Old Dominion BP and Curl, Championships (Seniors Open, John Shifflett, Box 941, Stanardsville, (434) 985-3932, valifting@aol.com w.virginiausapl.com 17 MAY, USAPL New England States

Open, Greg Kostas, 113 Linden St., Whitman, MA 02382, 781-477-6714 17 MAY, ADAU "NO druggies Allowed" Squat - Bench- Deadlift Championships (No total - single lift national qualifier open + all age groups - men + women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikitup.com

Masters, Teen, Juniors men and women-Holiday Inn, Marietta, GA. WPC World Qualifier for WPC Worlds in Darwin, Australia) L.B. Baker, Box 40, Bogart, GA 30622, 770-725-6684, www.IronDawg.com

Finalists will be contacted during the first week of November 2002. If an official judge is not available in your area, we will

then need a video of you weighing yourself in on a scale and then weighing the dumbbells individually. All finalists will receive 31,000.00.

7 JUN, USAPL Pete Lenzi Memorial BP (Cleveland, OH - M/F Open, H.S. 1& II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil. Raw. Novice) Garv Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com7

JUN, Strawberry Fest. Strongman/ woman RAWBPOutside, John Shifflett, 941 Box Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
7 JUN. USPF/AAU Sooner State Games. Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

12 JUL. Independence RP& Curl John Shifflett, Box 941. Stanardsville, 22973. (434) 985-3932. valifting@aol.com, 18-20 JUL USAPI Men's Nationals. Steve Howard. 2107 Arrow, Rapid City, SD 57702, 605-348-4039

JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest, to be held at the Boys Club in Bedford, Indiana, (866) pushpull, (770) 739-0184, or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117

JUL, PPL Southeastern "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806,

9 AUG, Blue Ridge Strongman/Woman John Shifflett, Box 941, Stanardsville, 22973. (434) 985-3932 valifting@aol.com

16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com www.virginiausapl.com

23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 24- Hour Total Fitness, Lithia Springs, GA, (866) pushpull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117 6 DEC. USAPL Virginia State PL & BP. John Shifflett, Box 941, Stanardsville, (434) 985-3932 valifting@aol.com

13 DEC, ISA Presents Superman of the Century, Superman, Powerlift-ing, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117 13 DEC, Christmas BeP Classic/Curl, John Shifflett, Box 941, Stanardsville (434) 22973. 985-3932 valifting@aol.com www.virginiausapl.com

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

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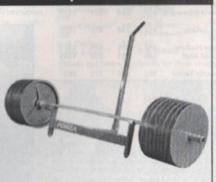
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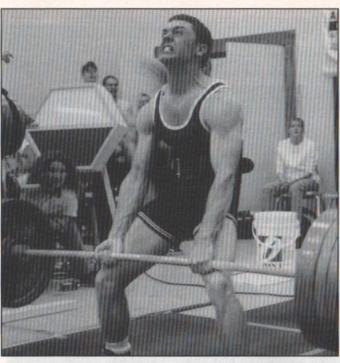
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o hand you the dumbbells when you were already or the bench? Ever wonder how many more reps you could get if you didn't have to waddle over to the bench and try to get into pressin position without killing

yourself?

**USAPL Rocky Mountain** 11 MAY 92 Polatello, ID

11 MA	1 92	Polate	llo, ID	
BENCH Women		Scott Je Mike H		245
123		198		
Frannie Taylor 132	125	Doug C Bob Ba	layton	400 345
Suanne Casey 148	130	Darren 220	Jacobs	330
Eula Compton	150	Richard	Oliver	380
165 Hannah Cowgill	135	242 Alex Di	ckinson	405
198			/atson nderson	
Holly Oxford Kristina Sowder	120	Andy A Marc S	nderson owder	385 340
Men		275		
132 Spencer Myers	225*	Carl Ro Tyvan S		475 440
148		Chris C	arlin	420
Adam Davis 165	270	Scott B	erger	335
Tony Hutchins	365		merhor	n 540
Kenny Rothe	290	SHW Peter H	lerdt	315
132	SQ	BP	DL	TOT
Spencer Myers 148	310	225	405	940
David Edmonson	420	250	485	1155
Adam Davis Craig Sutton	370 355	270	400 385	1040 945
165 Jerry Bourquin				
Robert Wright	510	365	625	1500
Tony Hutchins Kenny Rothe	425	365 290	475	1265 1190
Joel Weiss	325	225	400	950
181 Dave McCarthy	490	310	525	1325
Mike Hudson	485	305	485	1275
Justin Barrett 198	345	225	490	1060
Doug Clayton	475	400	570	1445
Andy Scardino Darren Jacobs	425 350	290 330	485 420	1200
220	330		720	
Ryan Ragain Scott Mecham	505	420	550	1475
Jim Lukens	465	330	475	1270
242 Andy Anderson	605	385	545	1535
Mike Casey	560	360	585	1505
Andy Watson David Wolf	500 480	400 335	485 520	1385 1335
275				
Chris Carlin Brandon Clark	750 700	420 405	720 620	1890 1725
242				
Alex Dickinson Trey Stevens	425 350	405 220	450 370	1280 940
242			N. Comment	
Andy Anderson Doug Clayton	605 475	385 400	545 570	1535 1445
165				
Tony Hutchins Dave McCarthy	425 490	365 310	475 525	1265 1325
198	425	220	407	1240
Andy Scardino 148	425	330	485	1240
David Edmonson 220	420	250	485	1155
Jim Lukens	465	330	475	1270
181 Mike Hudson	485	305	485	1275
David Wolf	480	335	520	1335
123 Frannie Taylor	185	125	275	585
Suanne Casey	210	130	220	560
123 Meredith Ruland	220	110	255	585
165				
Holly Oxford Hannah Cowgill	245	135	270	650
Kristina Sowder	195	120	225	540
(Thanks to USAPL Fitness Inc., of	Pocat	roviding l	he mee	results
11th Annual Roc	ky Mo	ountain S	tates P	owerlif
ing Championsh				
along with 26 be petitors coming				
vada, Utah, and	Wyo	ming. A	sizable	contin
gent from Bulle also participated	t Gyn	Rocky A	soula A Aountai	n State
meet is held eac	h yea	r in Poca	itello, le	daho o
the 2nd Saturday male lifter was	y in M	ay. The r	nost im	pressiv
Billings, Montan	a, wh	o won fi	st place	amon
the open 275 we	ight c	lass with	a total o	of 1,890
Chris has been I to compete at th				
2003. The most				
Frannie Taylor, a	ge 27	, from B	ackfoo	t, Idaho
123 class, who and deadlifted 2	squat	ted 185	bench otal in	ed 12
first full meet.	The m	ost insp	iring li	fter wa
Darren Jacobs, a	ge 29	, in the	men's o	pen 19
class. In June 2 driver based in F				
- Dased III I		,,		



Spencer Myers attempting a 435 lb DL (All photographs by Wayne Rhoden)

540 in the 319 class. This meet normally at-tracts some very competitive seasoned lifters Brewer's House of Pain, which provided shirts, Participation in the USAPL Men's Open New Bay Products & Resources, Pizza Hut, Notionals and planned to compete in this July Pepsi, Taco Bell, Warbonnet Electric, and our 2002 Men's Open Notionals. Thanks to the commitment of time, energy, and personal Kirk-TV, for their support and coverage of this

13 foot fall from his truck. By blocking his fall with his hands he broke both wrists with 12 excellent crew of scorers Nancy Davis and fractures in each wrist. This injury laid him up for over 15 weeks interrupting his own powerlif ting training which started in 1997. This was made to be accident. Darren's first full power meet following the accident. Darren is the coach of Frannie Taylor and has helped train other aspiring powerlift like them in communities throughout the nation, ordinary lifters have the opportunity to Schermerhorn Tom Utah, age 38, who benched so thank our many sponsors including Pack like to thank our many sponsors including Pack from throughout the Rocky Mountain States caps, and water-hotters for spotters, loaders area. This year we also had a large number of and as door prizes. To Scott Safe at Safe USA new powerlifters, seven for whom this was who donated two competition lifting belts their first full threelift power meet, including presented to the best overall male and female one teenaged competitor as well as two new powerlifters. Other sponsors who generously supported the meet included American Family Myers, in the men's 132 class qualified for Insurance, Coors Lite, Frito-Lay, Econo-Lodge, resources shown by such people as meet direcevent. (The meet write-up by Sean Anderson)



Frannie Taylor, at the 11th Annual Rocky Mountain States, demonstrating beauty and strength while completing a squat being spotted by Darren Jacobs

	USAPL H				
	FEB 02 -	Herr	manto		1
	WOMEN 165	SQ	BP	DL	тот
	18-19 teen				
	Peri Sharpe 148	250	160	300	710
	40-49 masters		The same	1000	500
	Judy Drenth MEN	240	145	305	690
	123 14-15 teen				
	Travis Friedsam	200	120	265	585
	Spencer Sharpe	255	135	325	715
	16-17 teen Rob Parrott	275	160	375	810
	165 Mike Giddings	355	160	375	890
	Frank Dusek 18-19 teen	290	165	375	830
	David Lerach	425	250	460	1135
	Neil Wedel	300	200	405	905
	16-17 teen				
	Cory Nelson	405	280	415	1100
	Ben Deering 18-19 teen	320	210	370	900
	Matt Lucas 198	400	250	415	1065
	16-17 teen				
	Ryan Boiler 18-19 teen	340	210	420	970
	Nate Armstrong		250	460	1140
	Joe Lofaid 220	350	235	450	1035
	16-17 teen Robert Klein	240	165	275	68*d
	242 Ryan Carlson	405	225	450	1080
1	275		200	FOF	
,	Dan Kennedy JeffreyStevenson	605 425	365 305	505 420	1475 1150
	165 20-23				
	jr. Tony Williams	485	280	450	1215
1	275 Kenneth Andrs	575	260	545	1380
,	181 40-49 masters				
1	James Klein	475	290	475	1240
	David Aldrich	370	285	390	1045
	50-59 masters Sid Reid	460	270	525	1255
,	198	400	2,0	323	1233
,	40-49 masters Gary Grahn	420	290	490	1200
	220	420	290	490	1200
•	50-59 masters	-20	200		1450
)	Joel Bemtson Tom Haggenmill	530 er	360	560	1450
	60-69 masters Philip Markert	325	200	350	875
	242 40-49 masters	323	200	330	0,3
	Rick Kolbeck 50-59 masters	600	380	585	1565
	Brian Hudyma 275	610	405	595	1610
	40-49 masters				
	Dan Rgnonti	625	400	660	1685
	Steve Johnson	510	410	535	1455
	50-59 masters Roy Simmons 181	550	400	600	1550
	novice	205	202		1057
	Derrick Gieske	390	380	515	1285

LICARI U

Derrick Gieske 390 380 515 1285 The Hermantown crew headed up by Joe Cooper & myself put on this annual event again in fine fashion in Hermantown Minnesota which has become the mecca of Powerlifting in Minnesota. This event every year not only brings out the best in Masters lifting, it also brings new lifters into Powerlifting. Some noteworthy lifting that I saw was Judy Drenth setting a new women's master deadlift record of 305. Tony ms setting a new state record squat of 485. Joel Bernstsen setting 3 master state records, in Squat, Bench and Deadlift., Dan Kennedy a 275 lbs. in 16-17 division squatted 605 and totaled 1475 simply outstanding, he's got great potential to become one of the best. ks to all that lifted you did an outstanding job and gave the spectators an awesome show also thanks to all that helped judge, spot & load without you guys there wouldn't be meets! Thanks again, Rick Stanius. (Thanks to USAPL for providing the meet results and the report)

# APA CT Open Bench Bash

Vincent Pictury
Jeff Milne
370 Glenn Jackson
David Wilcox
365 308 lbs.
Master 50-59 (formula) Vincent Dizenzo\$ 655!
Roland Cote 420\$ Billy Tucker 510
Art Nixon 250 Joe Maningas 445

Master 60-69 (formula) SHW
Brendan Ford 490
!-APA / WPA World Record. \*- CT State Record.



Vin Dizenzo came clo

on a technicality. Look for that record and more to fall soon. Our Submaster division winner Elwin Paskell won the 242 lb. class as well. Elwin is still trying to find the right shirt and when he does, look out. Brian Sisk just continues to improve. He made a nice 550 in the 275 lb. class and came close with a new CT state record, 295 lb. Vincent Dizenzo a new CT state record. 295 lb. Vincent Dizenzo stole the show. With Glen Chabot on hand to lend support, Vincent left us speechless. He opened with 605 lbs. and is the most explosive lifter I've ever seen. If you blinked you missed it, it was that fast. 655 was equally as fast, effortless. The magic 700 was called for and Vincent came ever so close, no more than 1" from lockout. Expect for him to join the 700 club soon. Brendan Ford was our SHW Drew Rossi 198 Master 60-69 (formula) SHW

Brendan Ford 490
!-APA / WPA World Record. \* - CT State Record.
\$ - Best Lifter . 5 World and 11 CT State records
were set. Thanks to sponsors World Gym-Norwich
for a great meet site and Crain's Muscle World for

meets worthwhile! (Results from Donna Slaga.)

# the terrific gift certificates. To Gary Larson, Janet Arel, Lynn Cannamela, Dawn and Lon Baker, Michelle and Mikel Brockway and my terrific husband elle and Mikel Brockway and my terrific husband Mark, I've gotten many compliments on our meets and that is due to all your hard work. You guys are the best. This meet was very well attended and had a huge and very supportive crowd, continuing our trend of ever larger meets. 15 yr. old Jaymie Piper of MA got us off to a great start winning the lightweight women's division and setting a 4th attempt World Record. Jenn Trayner won the women's middleweight division with a fine 120 and I expect to see more from her soon. 53 yr. old Tanya Lucas from RI proved you don't get older, just better, winning the women's master division with a solid 170 lbs. All 3 teens entered in the 13-16 division set CT state records. Michael Marzik 18 USPF BARBEE CLASSIC 16 division set CT state records. Michael Marzik 198 16 division set CT state records. Michael Marzik came out on top with 320 at only 156 lbs. Be Cuehn and Fred Bonheim weren't about to be outdone and set CT state records of their own. The teen 17-19 division was a battle between 17y. to Diana Weatherly 402 276 413 1091 UNIOR WOMEN teen 17-19 division was a battle between 17 yr. old win brothers Dan and Don Rivers. Don came out on top this time setting a new World Record with a nice 375. Dan wasn't far behind setting a CT state Carin Stocks record with an impressive 390. Byan Hitchcock won the Junior division but not before Tim Gardiner Amanda Silvas 127 55 132 314 Amanda Silvas 254 and Jeff Vynalek got their names in the CT record books with some fine lifting. The men's Submaster division was won by MA lifter Elwin Paskell. Elwin 667 Stephanie Williams 259 116 292 division was won by MA lifter Elwin Paskell. Elwin had a shirt rip on him but still got a very impressive World Record of 580 at only 235 lbs. bodyweight. The men's Master 40-49 division was a huge class with 10 lifters. Jonathan Saber came out on top with a terrific 455 at only 189 lbs. 49 yr. old Vincente Pichay also lifted in this class and smashed his own World Record with a whopping 240 at only 122 lbs. Perennial winner Roland Cote took the Master's 50-59 division with style. Gerry Beals came to add some pounds to his CT state record in the 60-69 division and did just that with an easy 275 lbs. The Master 70+ division was won by Austin Myers. Austin currently holds 3 CT state records in the bench and 1 expect to see another addition soon. In the Men's Open division, Vincente Pichay added to his World Record in the open 123 lb. class. Bob added to his World Record in the master division with a CT state record in the open 123 lb. class. Bob Cittleman won the 148 lb. class with a solid 30. Brett Moorehead came from ME and made it count with an impressive 360. Brett unfortunately tore his shirt on his opening attempt so we never got to see what he really had in him. Next time. Allen Donovan gutted out some tough lifts to take first in the 1815 constitue. Short the 40.40 Market see National Control of the Control of the

	242 Shawn Hartley		358	424	1207	JUNIOR BENCH 165
/ Inn	MASTERS MEN 7					Zach Decker OPEN BENCH
Alpen B'	Adolph Hoffman MASTERS MEN 6 198		132	308	694	181 Kenneth Rice 220
	CliffManis MASTERS MEN 4	270 15-49	215	386	871	Coby Washburn 220 John Hendrix
	Barry Gresham MASTERS MEN 4		430	661	1797	BEST LIFTERS: BEST Masters 308. BEST Open Men 220. BEST
	Robert Blount Jr 198	408	265	551	1224	Masters 308. BEST Junior 20-23 148.
1 4	Jesse Vasquez 242	662	391	573	1527	Timothy Lamando WOMEN - Diana
N	Stephen Witt SUBMASTER ME 198	579 N 35-39	353	496	1427	Women 165. BES Weatherly Open V
crait	Dan Lamamann 242	397	314	496	1207	WOMEN - Amand BEST LIFTER JUNI
80	Scott Pritchard JUNIOR MEN 20 148	402	314	518	1235	Junior 13-15 114s.
1	Timothy Lamando	0 441	270	485	1196	Body Str 04 MAY 0
7	Trenton Wade 220	474	336	507	1317	WOMEN 132 Novice
lose with	Jeff Allen JUNIOR MEN 18 148	501	303	629	1334	April Kordish Open
nna Slaga)	Jason Lopez	386	182	413	981	Yvette Vlack Submaster 33-39

Michael La

**JUNIOR M** 

Wesley Joh

Zach Deck

Chris Quai

IUNIOR M

Stephen Ra

Vance Gue James Latk

Adam Upso 220 Jeff Weathe

148 James Reid 148

165

242 Kelby Eddle 275

165

220

242 James Baldy MASTERS B

275 **Ernie Surel** John Hend

165		
Zach Decker	243	243
OPEN BENCH		
181		
Kenneth Rice	391	391
220		
Coby Washburn	457	4*67
220		
John Hendrix	364	364
BEST LIFTERS: BEST L	IFTER MEN-B	larry Gresham
Masters 308. BEST BE	NCH MEN-CO	oby Washburn
Open Men 220. BEST 5		
Masters 308. BEST DI	ADLIFT - Time	othy Lamando
Junior 20-23 148. BI	ST LIFTER JU	NIOR MEN -
Timothy Lamando Jur	nior 20-23 148	. BEST LIFTER
WOMEN - Diana We	atherly Open	Women 165.
BEST BENCH WOME	N - Diana We	eatherly Open
Women 165. BEST	SQUAT WO	MEN - Diana
Weatherly Open Wor		
WOMEN - Amanda	Silvas Junior	Women 114.
BEST LIFTER JUNIOR	WOMEN - A	manda Silvas
Junior 13-15 114s. (R)	esults from Se	eguin Fitness.)
D. J. Ct.	Fit	- DD
Body Struc	ture Fitnes	SS BP

ıez	662	391	573	1527	Timothy Lamando	Juni	or 20-23 148. BEST	LIF
itt	579	353	496	1427	BEST BENCH WO	MEN	therly Open Wom  - Diana Weather	y O
R MEN	N 35-39						QUAT WOMEN en 165. BEST DEA	
mann	397	314	496	1207	WOMEN - Amar	da S	ilvas Junior Wom WOMEN - Amano	en 1
ard EN 20-	402	314	518	1235			sults from Seguin	
mando	441	270	485	1196	Body St	ruct	ure Fitness BF	,
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ade	474	336	507	1317	WOMEN		181	1
	501	303	629	1334	132 Novice		RonJohnson	350
EN 18-			AU1761	STORT	April Kordish Open	105	Jeff Badger Juniors 20-23	230
					Yvette Vlack	180	181	
Z	386	182	413	981	Submaster 33-39	No.	Ben Moran	300
ird	491	342	540	1372	Yvette Vlack	180	Dj Memo 220	265
EN 16-	17				MEN		losh Johnston	370
					Open 123		308	3,,
poon	254	116	303	672	Zach Simons	150		355
	303	176	314	794	165		Men's Novice	
	303	176	314	794	JimRiccisano	320	165	250
nson					181	250	Max Zeigler 181	250
					Ron Johnson 198	350	Ben Moran	300
er					Jefferurdyn	330	220	
And the second	207	227	480	1102	W. Valintine	225	Lou Pullia	380
-	386	237	480	1102	220		Josh Johnston	370
ls	386	259	325	970	Donald Johnston Monte Lesser	450	Bill Antoun	350
					Lou Pullia		308	330
rspoor	1				242	300	Joe Medvan	400
		212	105	1220	Ron Antoun	400	Adam Bulfone	355
eman	501	243	485	1229	275	710	SHW	
arcia	452	303	474	1229	Dan Swope	510	Dave Champ Submaster 33-39	260
EN 13-	15				308 Nate Rolle	380	220	
					Teen	300	Lou Pullia	380
imos	314	176	380	871	14-16		275	
rra	165	138	254	557	123		James Smith	440
	103	.30	-54	337	Chuck Greco	145	Master 40-49 198	
(a	408	226	424	1058	181 Nick Dichicko	345	W. Valintine	225
					Pat Turko	200	220	
amm	424	203	358	987	198		Monte Lesser	400
4					Doug Mangino	265	308	200
n	501	336	551	1389	Teen		Nate Rolle	380
					17-19 165		GrandMaster 50+ 275	
erly	601	380	623	1604	Seth McBurney	190	Ted Peggy	300
		24/2	600	1500	198		308	
WIN	601 PRESS	3*63	628	1582	Jason Chiappini	340	Bob Bowyer	325
PERCE	. RESS				220	-	GrandMaster	60+
1		375		375	Kurt Decker Police & Fire	235	242 Bill Antoun	350
		1001				. V.		
rix		364		364	(manks to Charle	s ven	turella for these re	suits



Sheldon Weingust set a new USPF American Record and Texas State Record of 402 lbs. in the 45-49 age group, 165 lb. class. It was a new PR for him and he also won Best Master Bencher of the South Texas Championships (photograph provided by courtesy of Sheldon Weingust)

#### 10 th Annual Senior Olympics BP 16 JUN 02 - Arcadia, CA

10 101	4 02	- Arcaula, CA	
55-59 LW		Haskvitz, Allen	205
	75	Sneider, Harry	400
Sneider, Sarah MW	15		200
11111		Spankle, Tom	
Jones, Louise	105	Williams, Wayne	150
Connelly, Arline	95	65-69	
65-69		LW	
HW		Mora, Manny	180
Roncelli, Bingo	80	Mighell, John	130
MW		MHW	
70-74		Johnson, Edward	275
Martin, Louise	70	HW	
50-54		Cronin, Douglas	210
HW		Roncelli, Gino	190
DiPietra, John	315	75-79	
55-60		MW	
LHW		DiSessa, Robert	205
Weinstock, Bill	195	HW	
Manjikian, Haig	150	Bonnell, Robert	210
MHW		80-84	
Lynch, Jack	340	LHW	
Patchen, Ray	180	Malin, Eugene	130
HW		HW	
Connelly, Robin	205	Glosser, Isadore	140
60-64		85-89	
LHW		LW	
Morgan, Robert	200	Cowell, Alfred	100
MWH		90-94	
Acosta, Carlos	223	LHW	
Alshiller, Arthur	210	Manjikian, Joe	45

LW - Light weight. MW - Middle Weight. LHW -Light heavy weight. MHW - Mid heavy weight. HW - Heavy Weight. The Senior Olympics is a rapidly growing organization with over 600,000 athletes participating In the United Stales. Powerlifting is a very popular event in Southern California. The year we had the first ever 92 year old participate in this very exciting bench press competition. The highlight of the competition was an oustandinf lift by Robert DiSessa who at age 76 and weighing 166 lbs put up 205 lbs. Robert was the co-winner of the best lifter award along with Dr. Harry Sneider. Louise Martin, age 74, pumped up 70 lbs and got the best lifter award for the women in the compe-tition. Louise Jones from San Marino California was able to put up 105 lbs in her second competi-tion and is training for a national AAU champion-ship. Jack Lynch put up a very impressive 340 lbs and hopes to enter international events very soon. Harry Sneider, who has won numerous world and national championships put up a very easy 400 lbs. Those who may be looking for some good old Inose who may be looking for some good old fashioned fun, fellowship, and great competition can contact Dr. Harry Sneider at 115 Loralyn Dr., Arcadia, California 91006 or give him a call at 626-355-8964 for further details on how one can participate in this very enjoyable event for those 50 years of age and older. (Thanks to Harry Sneider for providing these meet results and the meet report.)

# APA BATTLE OF THE BADASSES

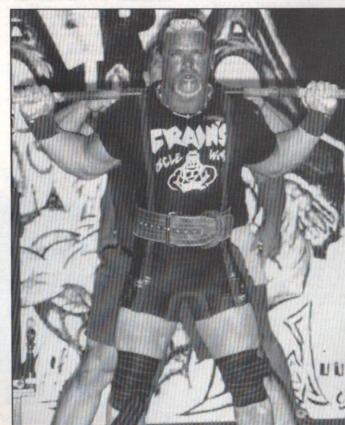
APA BATTL		-		
03 AUG			אר, וא	
Bench - Men 40-		242		
Gunn, Bob	445	Belcher,	Ken	420
Wicker, Mike		275		
Bench - Men's Jun		Turner,		460
Wesley, Scott	475 s	Jones, A	ntonio	440
Stanley, Brian	290	308	ci.	
4th:	300s	Thomas	Chad	
Bailey, Philip	245	SHW		
Bench - Men's Op 165	en	Prosser, Bench -		
Stanley, Brian	290	Peterso	n, Jon	530
181		Submas	ter	
Gullie, Chad	285	Turner,	Rudy	460
181		Bench -	Women	i's
Harrington, Phil		Open		
198		123		
McVicar, Jeff	560	Lane, R		170
220		Matonie	, Jenny	130
Peterson, Jon	530s	165		
220		Scanlon	, Julie	330s
Lewis, Douglas	435	198		
		Poulnot	t, Rebel	kah220
Power - Men's 40	49			
Hines, Stewart	585s	380	550s	1515s
Moore, Jack	375s	240s	405s	1020s
Wicker, Mike	260	270	340	870
Power - Men's 50				
Burton, Coley Men's Junior	405	250	400s	1055
Robertson, Kyle	550s	455s	575s	1580s
Power - Men's Su				
Ceasar, Clarence	515	450	455	1420
Slate, Rusty	485	350	525	1360
Hemplepp, Mike	405	360	450	1215
Power - Men'sTee		300		
Pratt, Mathew	420	270	450	1140
Transport Transport		4th	455s	1145
Van Dyke, Chad	405	250	430	1085
Power Women's		*	430	1003
Vaughan, Amy	405	235	405	1045
4th	435!as			1097!as
Power Women's			78-7183	
rower women's	reemage			



Left to Right ... Sr. Olympics Meet Director Dr. Harry Sneider with gold medal winner Joe Manjikian, age 92, and Sarah Sneider, gold medalist in the women's division. (courtesy Sneider's Family Fitness)

impson, Becky	315s	175!s	315 323!	805 813!s
ower Men's Ope 98	en			
AcVicar, Jeff	685	560!	615	1860a
lodges, Lynn 20	475	365	485	1325
Mash Travis	820s	525	695	2040!a
Prookman, Mike Power - Womens		400	540	1570
aughan, Amy	405	235	405	1045
th	435!as	242s	420!as	1097!as
S - State Record. Record. The APA I				

attended. Special thanks to the sponsors: Universa Chevrolet, Quality Towing, Chiropractic Partners, Wendell Auto Brakes, Spellman's Transmission, Mimi's Tanning Shak, Kai's Sports Bar & Grill, and National Discount Nutrition. The lifters were very happy the cash prizes that were distributed among the best lifters. Unfortunately, we had 3 bombouts, we had several State, American and World records set. The atmosphere was great and this added to the multitude of records set. Special thanks to Planet Fitness for providing a great meet site and special thanks to it's owner Kevin for setting up a DJ station and making announcements with music provided for each lifter. Some highlights from the meet were 16 year old Becky Simpson totalling 813 for a WPA World record, ships were held this past Saturday, August 3rd. The competition was incredible, sportsmanship fantastic, and the atmosphere was one of the best I have lb. bodyweight, and freaky 560 bench which gave



Battle Winner ... Jeff McVicar took the Men's Open Bench and Powerlifting in Clayton, North Carolina. (photo courtesy Scott Taylor)

im Men's Best Lifter in the bench press, Travis Mash winning men's best lifter at bodyweight 220 and a total of 2040 for an American record in the total Julie Scanlons incredible 330 bench and 2 near lifts of 350 only to be red lighted for her butt near lifts of 350 only to be red lighted for her but coming off the bench to win Women's Best Lifter in the Bench Press. Spotting was fantastic with Strong-man competitor Johnny Perry as center spotter as well as Capt. Kirk Karwoski spotting many of the lifters. I would like to commend the spotters/ loaders and all meet staff for doing an excellent joh and referee's John Demchak, Jerry Tancil, & Randy Smith. Unfortunately, I lost my complete list of helpers so I know I am forgetting a few names but thank you especially to the beautiful ladies who helped me out at the scoretable (they did all the work). Stay tuned as the APA returns to Clayton, NC this December for yet another exciting event. The equipment was great, the meet staff was very organized, the trophies were outstanding. What an incredible meet it was. (Thanks to Scott Taylor for

#### World Gym Bench Press Meet 29 JUN 02 - Lake Orion, MI

	181 Master		220 Open	
	54(Women)		Tony Butson	425
	Sandy Britton*	95	Bob Hillier	370
	181 Teenage		242 Open	Par
	<b>Brett Hewitt</b>	305	Robert Lipinski*	500
	198 Master 45-4	9	Jeff Campion	435
	Joe Burd 250		275 Open	
ı	198 Master 60-6	4	Kevin Wood	315
,	Ron Hemenway	330	275 Master 60-6	4
,	198 Open		Ralph Soffredine	
ł	<b>Bo Schumacher</b>	315	Super Heavy We	
Y	Tom Pecheniuk	245	Joe Pecheniuk	
3	198 Teenage		Joe . celieniak	
-				

Adam Paulsen 315
\*Best Female. \*\*Best Male. It was a light turnout for the first World Gym Lake Orion bench press meet, but there was no shortage of enthusiasm. Most of the lifters were first timers and were a little nervous. However, once the lifting started, excitement replaced nervous-ness. The meet was held in the World Gym of Lake Orion and our thanks to the owners Bo Schumacher and Camilla Denison. Thanks to our judges/spotters, Dan Kozar, Hany Miller, Richard Allen and lifting legend Kenny Richardson, A special thanks to Tony Butson for the use of his bench and power bar. Tro-phies supplied by John Smoker. (Results are courtesy Lydia & Les Hasler, meet directors).

#### USAPL BIG BENCH BLOWOUT 30 JUN 02 - Denver, CO

148		Chris Mann	363
Teen 18-19		Blake Hutchison	374
Deanne Gertner	170	275	
165		Norm Prewitt	429
Schlachtnhover	148	181	
123		40-44 Masters	
Teen 14-15		James Shires	270
Jason Trudell	181	Dan Sheahen	297
Teen 16-17		198	
Dane Karras	198	Jeff Miller	347
Open		Masters 60-64	
132		Bill Helmich	303
Troy Kibel	198	220	
165		Masters 65-69	
Nick Arguello	347	Bill Bradley	303
198		70-74 Masters	
Lance VanDyke	314	Ernie Tauck	281
Jeff Miller	347	242	
Fred Prutch	347	Masters 60-64	
Steve Heyl	358	Bob Fleming	303
Russel Clark	363	275	
220		Masters 65-69	
Todd Ruppert	330	H. Blackman	374
Mike Ota	462	SHW	
165		Masters 55-59	
Teen 14-15		Gip Duggon	418
Mike Sell	187	Masters 65-69	
Open		John McIntyre	347
242			
John Klemob	341		

Outstanding Lifters: Open Mens - Mike Ota. Master Men - Jon McIntyre, Teen Men - Dane Karras, Teen Womens-Deanne Gertrer. 2 state records Women's teen - Deanne Gertrer 170 bench. Masters 65-69 Hooard Blackmon 374 bench. Mike Ota missed what would have been his 3rd state record at 3 different weight classifications. He failed to wait for the bench press 'start' command form the head referee. He did the weight easily & probably cannot waitfor the next bench meet. (Thanks to USAPL for providing the reuslts to Powerlifting USA.)

# **CHICKAHOMINY YMCA BP**

132		0	
0		<b>Bobby Vincent</b>	350
Bev Crocket	110	H. Prosise	350
JoAnn Rossi	105	220	
148		0	
T 16-17		Kevin Jones	430
Bennett Barlowe	165	M 45-49	
1 20-23		Paul Sutphin	315
<b>Emmanuel Urban</b>	210	242	
0		T 15	
Melvin Webb	250	Andrew Conner	185
165		0	
T 18-19		Chris Ayers	285
Jeffrey Ladd	195	M 45-49	
181		Carroll Lucas	350
0		M 40-44	
Tremel Collier	225	WM. Wansickum	265
M		275	
55-59		A. Harrison	375
Paul Smith	220	SHW	
0		M 45-49	993
William Waller	385	G. Engleheart	370
Chris Gregory	245	0	
198		Jeff Pierce	460
M 40-44		D. Thompson	
Rick Edwards	275	Tom Woodson	335

Contest drew a record number of 24 lifters. Some of the highlights of the meet were William Waller's 385 bench press @ 181 which was done "Raw" and Kevin Jones' 450 @ 220 bench press which was also a double body weight assisted bench. Special thanks goes out to Chickahominy YMCA staff and volun-teers. Without them this meet would not have been ible. (Thanks to meet director Phillip Battle.)

Open T. Fair

A Muntz

14-15

C. Hargett A. Shelton

W. Tooker

E. Gonzales

B. Chason

D. Dansby

P. Alaniz

G. Zenick

T 14-15

J. Devereux J. Vasquez I. Charra

N. Gutierrez 181

Master 40-44

R. Contreras

Bench

T 16-17

P. Chaney T 18-19 C. Wofford

D. Claton T. Emmite

P. Chanev

Novice

A. Upson

Novice B. Tacket

Master 55-59 J. Yakubosky

Master 50-54

M. Madison

R. Parnell . Griffin

R. Cummings

W. Smith Open Bench

G. Martin

I. Iordan

C. Clark

Novice

A. Bonelli

K. Mortor

220

Open Master 40-44

T. Hambric Master 55-59

Bench

Master 40-44

Novice

R. White IR

132

330 181 347

303 192 352

314 231 347

198 369 143 264

292 391

115

176

275

248

325 231 358 936

407

462

424 253 446 1124

270 314 440 424

253

308

330

303

363 363 281

397

523 253 611 1388

473 330 473 1278

380 402

242

1003

176

1173

1102

1410

402

1212

1129

1276

462 1267

462 1014

1576

1295

391

385

1196

314 782

374 1003

330 766

529 1333

479

413

303 259 248

303

336 225 396

264 203

374 253

253 181

518 451 336

440

451 352

402 286 501

468

446

473

457

363 187

683 628 413 358

462

496 314 473 1284

325 259 451 341

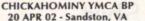
#### **USAPL Colorado Bench Press** 10 FEB 02 - Parker, Colorado WOMEN OPEN STEVE HEYL

165		242	
C. KROEKER	94	J. ONORATO	507
WOMEN MASTI	RS	ROBERT LEWIS	407
198		242	
A. MCTIGHE	198	BILL MAJOR	391
MENS-TEEN		B. FINCH	374
242		JON KLEMOLA	341
A. DICKINSON	374	275	
MENS OPEN		JAY TAMSETT	418
13 2		J. EHRHARDT	418
LUKE HANIFEN	308	SHW	
148		<b>BOB BURCHAM</b>	518
RON FRY	352	MENS MASTERS	
DAVID JOSEPH		J. MCINTRYE	380
165		JOHN LUJAN	396
ROBERT AUDAY	/314	R. FLEMING	292
181		R. MINSHEW	352
IOE FRANKLIN	418	H. BLACKMON	330
220		R. MARTINEZ	352
MICHAEL PEEK	203	JEFF MELLER	341
220		JIM SHIRES	264
IEFF BROWN	363	DAN HARTMAN	248
I. ROSTVEDT			
TODD RUPPERT	352	<b>B.SHALKOWSKI</b>	451
Romania			

\* STATE RECORD. (results courtesy of USAPL)

# **USAPL TEXAS / REGION 8** 18,19 MAY 02 - Arlington, TX

123	sQ	BP	DL	101
T 14-15				
Y. Miranda	231	110	270	611
K. Ramirez	209	104	203	518
T 16-17				
J. Bohannon		137		606
M. Lopez	214	110	236	562
132				
T 14-15				
H. Whited	214	126	220	562
Open				-
J. Ray	358	231	363	953
Novice			240	
H. Hughes	248	143	319	722
148	203	132	253	589
D. Ryan 181	203	132	253	589
Open				
M. Baum	325	192	385	903
198	323	132	303	303
T 16-17				
L., Burdick	259	148	253	661
198+	237		-	
B. Brittany	253	143	236	633
MEN	1000		£ (313)	o Carro
123				
T 16-17				
J. Brown	341	187	303	826
T 18-19				
J. Scrubbs	380	225	429	1047





Chickahominy YMCA Bench winners: (Left to right) Front Row - Tremel Collier, Kevin JOnes, William Waller, Bobby Vincent, Phillip Battle, Chris Gregory, Carrol Lucas. Middle Row - Gene Engleheart, Ashberry Harrison, Jeffrey Ladd, Tom Woodson, Rich Edwards, Bev Crocket, Chick Nickleson. Back Row - William Van Sickle, Jeff Pierce, Andrew Conner, and Brandon Fisher. (This photograph was courtesy of Phillip Battle.)

	S. Rosenberg	137	308	523	970	D. Broseman	633	319	501	1455
59	Open					M. Ellison		319		319
	E. White	606	485	652	1741	J. Abraria	473	374	523	1372
	A. Myakon	551	308	639	1499	B. Poronsky	341	264	462	1069
48	D. King	551	336	562	1499	C. Walk	429	231	446	1107
130	Bench					W. Ferguson	644	468	600	1752
20	E. White		485		485	M. Ringer	650	391	650	1692
	C. Washburn		451		451	W. Wakefield	573	402	545	1521
	D. Bida		330		330	W. Wakefield		501		501
70	C. Colchado	501	369	523	1394	O. Sanchez	275	330	330	936
66	R. Shelton	418	264	429	1113	(Thanks to USA	PL for p	rovidin	g these	results.
06					1 171 15	T. THITCHIEF	No.	Decision.	TITLE TO	

ATTENTION all NATIONAL & WORLD CHAMPION POWER-LIFTERS. Now you can proudly wear a beautiful ring symbolizing the years of training effort that you devoted to achieve the honor of being a CHAMPION. These rings are produced by "JOSTEN'S".



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- \* extra reinforced construction
- \* guaranteed more results than any other shirt
- \* recommended for experienced powerlifters only

Improved Heavy Duty

- \* tight tough fit
- \* strong support off chest
- \* extra comfort built in
- \* great immediate results

great infinediate results	a service and
Name	
Address	
the state of the course of the second of the	
phone	
Qty.	Color
Heavy Duty Blast Shirt \$58	151
High Performance Heavy Duty \$77	
Extra High Performance Heavy Duty \$100	
relaxed measurements of shoulders chest arm	
colors - Black,Red, Navy Blue, Royal Blue MC VISA DVR COD CHECK add \$6.00 S&H	

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Texas 75606, 1-800-222-6897, 903-236-4012

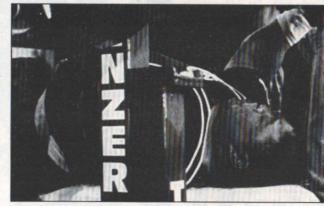
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- \* extra reinforced construction
- \* guaranteed more support and power than anything ever available before now An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

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The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



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TO A STATE OF THE PARTY OF THE	

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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

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ede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller g • any color • made in USA • lifetime guarantee
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rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00
The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
1 - 2 oz. block
es putting on tight suits easier. M, L
s of 12
T-SHIRTS
( )

T-SHIRTS	
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Inzer Intensity - multi-color deadlift design	\$10.00
OFFICIAL MEET T-SHIRTS	
paddest bench in America - illulu-coloi design	\$10.00
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m)	\$10.00

# **VIDEOS**

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

10 Years Ago in PL USA ... winners at the USPF Seniors in Raleigh, NC included Ann Leverett (97 - 771), Glynnis Bierria (105 - 766), Mary Jeffrey (114 - 1008), Carrie Graffam (123 - 1058), Rachel Mathias (132 1047) with Bettina Altizer 2nd with 1036, Vickie Steenrod (148 - 1168) with Andrea Sortwell 3rd at 948, Sarah Robertson (165 - 1118), Veronica Mercer (181 - 854), Shelby Corson (198 - 1240), Juanita Trujillo (SHW - 1311) and for the men it was Phil Hile (114-1173), Tim Taylor (123-1267), Lamar Gant (132 - 1498), Dan Austin (148 - 1713) followed by Tony Convers' 1565, Dave Ricks (165 - 1713), Greg Jones (181 - 1747) with Dan Wagman in 4th at 1658, Sly Anderson (198 - 1807) with Scott Waits 6th at 1675, Steve Goggins (220 - 1973) with Ed Coan guest lifting to 2292, Dave Jacoby (242 - 2077), Kirk Karwoski (275 - 2248) followed by Paul Fletcher's 1763, and Harold Collins (SHW-2176) with Shane Hamman in 3rd at 2011. At the APF Seniors Cheryl Finley won the 123s with 920, followed by Amy Weisberger's 876, Ashley Boyce won the 132s with 925, Mariah Brock (Liggett) won the 148s with 1162, Laura Dodd won the 165s with 1262, and Tamara Grimwood took the 181s with 1218, and Maris Sternberg won the SHWs with 810. In the Men's division, Mark Hartmann won the 123s with 1218, Doug Heath won the 132s with 1317, and Jesse Jackson the 148s with 1515. Matt MacLean was the 165 winner with 1603 (followed by Angelo Berardinelli's 1559), and Rich Ludy won the 198s with 1818. Jesse Kellum won the 220s with 2082, and Brian Nester the 242s with 2171. Scott Warman won the 275s with 2314. and John Ware won the 308s with 2243, followed by Kieran Kidder's 2066, and the late Matt Dimel won the SHWs with 2287. Herb Glossbrenner detailed his eye witness account of the shocking and tragic death of his friend and fellow master lifter Dr. Ken Sommer during their trip to Las Vegas for the NASA World Championships. We dedicated this issue of PL USA to Ken as well as ADFPA stalwart Lee Marsh. TOP lifts on the TOP 100 SHW list were Jim Mersberg's 942 squat, Anthony Clark's 700 bench, Gary Heisey's 925 deadlift, and John Ware's 2303 total. We had Craig Tokarski's Workout Of The Month after he broke through the 700 barrier (703) putting 120 lbs. on his bench in 8 months. A new videotape was introduced, called "The Strongest Man in Recorded History" by Larry Coleman about the late, great Paul Anderson. Our Power Research section had an intriguing article by Thomas Fahey Ed.D. on how to cut weight without losing muscle. We had an article on the Glen Mills Bulls high school program, after their win at the NASA High School Nationals. Dr. Judd Biasiotto picked his Greatest PLers of all time (114 Inaba, 123 - Gant, 132 - Bradley, 148 - Dan Austin, 165 - Ausby Alexander, 181 - Mike Bridges, 198 - Larry Pacifico, 220 - Coan, 242 - Kuc, 275 - Dave Pasanella, SHW - Reinhoudt. The WNPF took out a full page ad promoting the first 100% drug tested World Championships (via "lie detection, unrinalysis, and blood testing") In our ADFPA TOP 20 ranking for the 181s, the top lifts were a 655 squat by C. Kantor, a 450 bench by Jim Stone, a 685 deadlift by Tee Meyers, and a 1719 total by Greg Jones.

# APPLICATION FOR REGISTRATION **American Powerlifting Association**

Last Name	First Name	Initial Date of App
Street Address	City	State or Province
Country	Zip Code	Telephone Number
Date of Birth A	ge Sex	Mail and make checks payable to APA P.O. BOX 27204
Social Security Nun	iber	EL JOBEAN, FL 33927
Registration Fee: \$2	0 High Scho	ool Athlete: \$10
Parents Initial	I Certify	y that
If Under 18 yrs.	the abov	e answers
	are correct	1 19. EU. BOY 270 L. LEEU WAY
	X	

11 MAY				
Teen under 16				
M. Welcheck	370t	215	375T	960t
Teen 16-19				
J. Ashworth	405t	255	450T	1100
C. Warvel		300t		
13-16				
TJ Owens		245t		
Master 60+				
G. Keesey	320	310M	415M	1050
148				
J. Hunt	300#	250#	320#	870#
165				
T. James		375\$		
198				
B. Adams	480	295	500	1275
J. O'Brien	420	305	420	1145
R. McNutt		500\$#		
N. Ashbrook		345		
220				
A. Ashbrook		325		
242				
T. O'Reilly			480M	
275				
R. Rhoades				

Judges: J.M. Blakley Edwards, Bruce Stotler, Scott Taylor. \* denotes best lifter. M denotes Ohio Master Record, t denotes Ohio Teenage Record, # denotes Ohio Submaster Record. \$ denotes Ohio Record. Several state records were set at the APA Springfield Open Championships held at the YMCA of Springfield Ohio. Secial thanks to Jim O'Brien who put a lot of effort into making this event happen and of corse tot he spotters and referee's for doing an excellent job. The teenagers were incredible considering thier ages and the numbers they were putting up. (Thanks to Scott Taylor - APA President for providing the meet results to PLUSA.)

POLICE & FIRE Nationals

POLICI	t & FI	KE Na	ational	S	M-2				
06 APR	02 - To	peka	. KS (k	(g)	John Adcox	122.	-		
55	SQ	BP	DL	TOT	170.8	122.	.5		
youth					Juniors				
Kristen Maloney	1		20	20	Lucus Johnson 187	102.	.5		
Gabrielle Malor	neey		20	20	Pure				
55					Nick Scott	142.	5		
Ty Kennedy 138.8	50	25	60	135	205 SM-1	172			
inter					Matt Gangi	195			
Laura Hodgson 154.3	125	55	140	320.0	SHW M-5				
SM-2 Kevin Cauley 170.8 SM-1	175	115	167.5	457.5	POLICE POWER 250.2 Pure	187. SPO		NCH	
Matt Cairns	187.5	125	170	492.5					
187 Novice	107.3	133	170	492.3	POWER SPORTS	160 S CUE	RLS		
RussellFleming	160	122.5	175	457.5	170.8				
M-5					Juniors Lucus Johnson	47.5			
Doug Mounkes	220	160	207.5	587.5	187				
187					Pure				
Pure					Nick Scott	65			
Eli Buller Inter.	200	137.5	220	557.5	I would like to the the police and f				
Eli Buller 205	200	137.5	220	557.5	tered around the	se fin	e peopl	e who	serve and
SM-1	100				youth, special oly	ympia	n. Som	e of the	lifters for
Shawn Farris 205	235	132.5	227.5	595.0	special mention the highest tota	were	Stewa	rt Vena	able with
SM-2					standing police				
Chuck Fanagan 227	175	127.5	227.5	529.5	outstanding lifte standing fire figh	r in t	he ope	n, GA	hatz out-
SM-1					outstanding lifte				
Michael Banner	252.5	187.5	272.5	712.5	outstanding spec				
Shane Chambers M-1			240	561.5	best sq, bp, dl & would like to just	& tota	I in the	raw d	livision. I
Leonard Lewis SM-1	227.5	175	237.5'	640.0	to the meet was	an ou	tstandi	ng lifter	. (thanks
Darryl Brown 250.2	250	192.5	250	692.5	to James Duree f	or pro	viding	ne mee	t results)
NickRathwell	240	167.5	230	637.5	USAPL	COY	OTTE	CLAS	Н
Jeff George 280	250		250		07 APR		The state of the state of		
Inter.					181	SQ	BP	DL	TOT
Joseph Hodgson SM-2	265	190	257.5	712.5	HS-BP HS				
lim Mellon	275	152.5	275	702.5	Strong, Michael		310		
Stewart Venable 315		200	2*85	735	Nielsen, Jared HS-PL		255		
Al Myers	290	205	182.5	682.5	148				
315 Pure					Hart,Ryan 220	270	200	350	820
John Kennedy POLICE POWER	182.5 LIFTIN		190	490.0	Myrick, Jon F-1 14	325	195	405	925
154.3 SM-2					VanMeveren, C. 181	185	85	230	500
		44-							

175 115 167.7 457.5

Russell Fleming 160 122.5 175 457.5

SM-1 Shawn Farris	235	132.5	227.5	595.0	
M-2 Eddie White	250	162.5	285	697.5	
SM-2 Chuck Flanagan 227	175	137.5	227.5	530.0	
SM-1 Michael Banner	252.5	187.5	272.5	712.5	
M-1 J. Gaszewshi SM-1	207.5	130	210	547.5	
ShaneChambers SM-2	227.5	130	240	597.5	
James Warring 250.2	215	167.5	205	587.5	
SM-1 Nick Rathwell 280 M-5	240	175	230	645.0	
Rick Newton M-2	200	115	205	520.0	
Al Mobley POLICE POWER 280	BENC		172.5 ADLIFI	275.0	
SM-2 Sgt- Brian Holme POWER SPORTS 250.2		200	247.5	447.5	
Juniors David Guiledge 280	227.5	165	227.5	620	
FIRE FIGHTER PO	200 OWER	115 BENCH	205	520	
Inter. G Matz 187	170				
M-2 John Adcox 170.8	122.5				
Juniors Lucus Johnson 187 Pure	102.5				
	142.5				
ACCOUNT OF THE PARTY OF THE PAR	195				
Robert Maxey POLICE POWER 250.2 Pure	187.5 SPORT	S BENC	Н		
POWER SPORTS 170.8	160 CURLS	,			
Juniors Lucus Johnson 187 Pure	47.5				
Nick Scott I would like to tha	65 ink all t	hose lif	ters esp	ecially	
the police and fi	e fine	people	who ser	rve and	
protect us. There youth, special oly	mpian.	Some o	f the lif	ters for	
special mention the highest total	735 k	tewart g., Edd	Venab lie Wh	ite out	
standing police li outstanding lifter	fter ful	meet.	Darry	Brown	
standing fire fight outstanding lifter	ter ben	ch, Sgt	Brian h	folmes	
outstanding speci	al Olyr	npian A	Aatt Ga	ngi for	
best sq, bp, dl & would like to just:	total i	n the r	aw div	ision. I	
to the meet was a	n outs	anding	lifter. (	thanks	

#### **USAPL COYOTTE CLASH** 07 APR 02 - Chambers, NE

181 HS-BP	SQ	BP	DL	TOT
HS				
Strong, Michael		310		
Nielsen, Jared HS-PL		255		
148				
Hart,Ryan 220	270	200	350	820
Myrick, Jon	325	195	405	925
/anMeveren, C.	185	85	230	500
Nielsen, Jared	275	255	400	930
Miller, James	340	230	405	975
arecki, Brian	410	220	350	980
Thanks to USAP	Lforp	providin	g these	results.)

#### USAPL Missouri State (kg) 4 MAY 02 - St. Louis, MO

37.5

27.5

45

**Nacy Bloom** 

123 16-17

132 50-54

Natasha Hill

132 16-17 Richelle Dorsey

Billy Mitchell John Mueller

242 Open

John Boyce

275 Open

G. Schoonmaker 97.5

181 40-44

Pat Der Dr. Mike Hartle Shawn Deal 165 50-54 147.5

155 145

217.5

Kathy Jones	92.5		y Scholz					
Iwona Szubert	40	181 45			2290	City		
148 40-44			el McNa	iry 115	-			
Kathey Jones	92.5	198 40			Tions !	A SWE		
165 16-17		Greg K	udwig	170				TICA
Stefanie Huston 181 16-17	30	Bruce :	Schmidt 1-54	125	20 SU	Curren	USPF C	lassitica
Lindsay Pledger	57.5	Bill Ha	rris	120	Story	Elite M	aster 1	11 11
165 Open		220 40		400	Stanford			SINE
Maureen Post 165 45-49	85	Gene I 220 50		150	N 05	Curre	nt College	iate
Maureen Post	85	Jim Bo	urisaw	172.5	EN PA	de ha	,	NI
Terri Smith	60	242 50 Greg C			The same of		Y	N
181 60-64 Buella Bishop	45	275 40			AUS			
198 16-17	43	Eric Co		172.5	10000	Kegi	stratic	on re
Danielle Hill	75	275 45			SEP PY	Make	check	s pay
	13	John V		150	Indiana	LINIT	ED STA	TES
198+ Open	62.5	SHW 4		130	002.01			
Sabrina Pledger 198+ 16-17	02.3	Jerry P		182.5	The Late	NATIO	DNAL H	HEAD
	40	148 18		102.3	Marine I	P.O. 8	30x 650	0
Jayna Pate	40	M. Stri		125	15 K. E.	and the second second	Jtah 84	
132 Open	152.5	165 14		123	18	Hoy,	Jian o	1001
Tim Taylor	100	Jon Ad		102.5	1000			
Kevin Otte	100	165 16		102.3	The latest			
198 Open	102 F		Schmitt	42.5	RIVERILL	If Un.	der 18 h	ave Pa
Phil Marti	192.5	181 16		42.3	MILE NO			
Roger Petzoldt	172.5			147.5	PERM	a consider		
Greg Ludwig	170		r Brown		SHW			
Coby McGinty			Daniels	97.3	Jerry Ple	dans	300	182.
220 Open	***	220 16		90			240	185
Kevin Hazlett	195		Pender	80	Brad Ma			150
Dave Noonan	170	SHW 1		00.	Brian Mi		200	130
Matt Bauman	157.5		Bauer	92.5	Men 16.		100	105
165 Open	SQ	BP	DL	TOT		onmaker auritzen	150	122.
WOMEN				225	198 40-4			
Kelly Glueck	95	57.5	122.5	275	Greg Lu		235	170
165 16-17					Bruce So		182.5	125
Stefanie Huston	62.5	30	50	132.5	Rodney		102.5	120
165 45-49							102.3	120
Terri Smith	30	60	75	165	198 60-6		182.5	117.
181 16-17					220 40-4		102.3	11/
Lindsay Pledger	137.5	57.5	140	335	Bob Boy		260	160
181 60-64	02	40	102 5	220	242 50-5		200	
Buella Bishop	82	45	102.5	230	Greg Ch		70	227.
198+			175	415	SHW 40		70	44/1
Sabrina Pledger	165	75	1/3	413	Jerry Ple		300	182.
MEN					SHW 45		300	
132 Open			470	202 5	Ed Finne		65	182.
John Hunn	125	97.5	170	392.5	165 14-1		03	102
Kevin Otte	112.5	100	137.5	350			177.5	102.
148				400	Jon Ada		177.3	102
Rick Bertel	140	97.5	182.5	420	165 18-1		62.5	42.5
181		37.46			Robert S		62.3	42.5
Dennis Riney	227.5	177.5	230	635	181 16-1			07.5
David Hyatt	182.5	145	205	532.5	Joseph I		87.5	97.5
Roger Petzoldt	220	172.5	255	642.5	198 14-1			
Greg Ludwig	235	170	225	630	L. Stend			
BruceSchmidt	182.5	125	240	547.5	Justin Po		80	80
Kerry Clueck	175	95	205	487.5	Dustin F		205	130
Steve Reando					D. Fank		247.5	135
Bob Boyles	260	160	270	685	WOMEN	N		
Mathew Bauman	270	157.5	247.5	675	97			
Billy Mitchell	250	155	225	630	Tonya S	mith	47.5	
Thomas Nuzum	197.5	135	217.5	550	114 Op	en		
Chad Holmes	305	192.5	320	817.5	Jessica I	Ray	107.5	62.5
N. Kannady	142.5	145	217.5	492.5	16-17	The Late		

20 Years Ago in PL USA .... E. J. Kreis' National Cup meet in Nashville, TN saw winners Joan Fruth (97 - 584), Mike Cross (123 - 1107), Diane Frantz (132 - 1025), Fran Ruettiger (148 - 1455), George Herring (165 - 1703), Vinson Keyhea (181 - 1725), Walter Thomas (198 - 1857), Jim Cash (220 - 1973), Mark Dimiduk (242 - 1912), Dave Shaw (275 2105), and Gus Rethwisch (SHW - 2154). At the Teenage Nationals in Greensburg, PA, Ed Coan placed second to Lloyd Kee in the 18-19 165s (1647 - 1642), and other notable winners included Joe Ladnier at 198 (1763), Scott Edmiston at 220 (1774), and Dave Pasanella at 275 (2050). USPF President Conrad Cotter discussed different modes of drug testing (lie detector versus urinalysis) after attending a meet in Mobile, Alabama jointly sanctioned by the ADFPA and USPF, with testing administered by Brother Bennet, Robert Crawford, and Lucian Gillis. The TOP 100 123 lb. list had best lifts of 515 squat (Chuckie Dunbar), 320 bench (Dunbar), 500 deadlift (Bob Lech), and a 1383 total by Lamar Gant.

Jessica Ray

148 40-44

148

332.5 215

237.5 155

Scott Mckelvey

320

207.5 600

227.5 600



125 210

210

107.5 62.5 127.5 297.5

285 545

127.5 297.5

592.5

Rodney Lawary Rick Fowler Kevin Hazlett

Billy Mitchell

Dion Rhode

165 50-54

198 40-44

Greg Ludwig Bruce Schmi

198 60-64 ance Rargatze

242 45-49

**Eric White** 

David Rogers Anthony Harper

Doug Hepburn David Adamson

**David Watts** 

181 Novice David Hyatt

lason Hiatt

Kerry Glueck Rob Kukuljan

Jeremy Raber

220 Novice Dustin Farrar

G. Schoonmaker 150

275 Dr. Mike Hartle 272.5 217.5 240

185 135 145

215

195

205 130

105

182.5 117.5 200

127.5 190

142.5 190

210 545

# Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name	L'SC Bele	Firs	t Name	AUSTRAL TURNELL	to to	gino? rapino	Int	ial	Rene		Current Card *	(If Renewol)	
Street Address	DE NY		Est of	W. San	Spanish Spanis	Squar ch Par	min a	OT an	H 0		The same	Club Name	S. Alle
City	ANN		- States	mb D	Sta		esidi ana	1 252	Zip	Cirt	Madi Nati	Area Code/Te	lephone
Current USPF Classificati	atus 1 Cat 2	Cat 2 Nat State			Current High School Y N			Special Olympian Y N		Inmate Y			
Current Collegiate Y N	u.s.c	Lituzen N	- 119	of Birth	/	abalia o(e)	Sex M	F	To /	days	Date /	Card loss	ed By
Y N  Registration Fee  Make checks paya  UNITED STATES F	hle to	00 and Ma	il to:	/ ATION	Sch	ool wit	SPEC	CIAL FI	enrollm	ent,	and in	Special Olympimates when	paid v

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In recognizing the need for drug-usage detection, I agree to submit to

and shall accept the results and consequences of such tests.

ing procedures deemed appropriate by the USPF or its agents

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 Amy Hasner 143 285 130 150 305 340 720 790 Hitchcock 122 300 Boys Teen 14-18 Bob Diehn 227 315 Chris Locke 222 460 J. Mathy 220 475 J.Betzinger 197 500 C. Cornelius 221390 255 335 455 1215 500 1280 400 375 K. Parrson 198 350 205 930 Open 198 550 1160 285 Tristan Neely 205 390 315 350 540 375 500 Jacob Wolter 500 John Maccanelli 500 500 360 1315 285 235 Josh Hudson David Impula 165 250 642.5 Greg Opahle 395 260 450 1105 Darin Heverdahl 540 380 585 Matthew Pagel **Brett Salscheider700** Scott Schoen Luke Peters 550 430 625 182.5 142.5 212.5 527.5 185 120 212.5 517.5 375 260 220 182.5 105 172.5 482.5 lim Busalacchi 485 400 520 142.5 197.5 555 475 295 B. Luedtke 175 107.5 205 487.5 142.5 125 210 477.5 M. Burton 127 230 135 325 690

E. Anderson 142 245

T. Schutte 151 205 P. Banister 128 165

120

(Thanks to USAPL for providing these results.)

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# PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negalives, Powerlifters First Aid Kit, TOP 100 20s, 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, ADEPA 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 Ir/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA Nanal 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

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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 Interew, 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

**USAPL 20TH ANNUAL VIKING OPEN** 

19 MAY 02 - Chicago, IL (kg)

105 47.5 102.5 225

125 290

142.5 327.5

130 265

170 395

150 360 137.5 327.5

127.5 325

132.5 282.5

112.5 267.5

SQ BP

105 60

142.5 82.5

122.5 42.5

52.5

100 57.5 100 257.5

125 150 445

107.5 210 482.5

120 65 65

70

170

100 55

135

WOMEN

April Marlatt

Erin Walterman

Sarah Nettis

Ruth Welding

Shelly Murawsk

Amy Hasner Devon Doan

**Emily Hasner** 

Rebecca Haas

Sue Hallen

Teen 14-15

Teen 14-15

100 148s, ADFPA TOP 20 275s.

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Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sen/95 TRIPLE SENIORS ISSUE ADEPA APF/USPF. How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

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mons, Rob Wagner, TOP 100 114s

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Nick Trzaskas 60	150	80	167.5	397.5	Dan Zager 82.5	142.5	105	200	447.5	Jim Thompson Master 50+	182.5	137.5	65	385
Teen 14-15					David Wiley	280	152.5	242.5	675	lim Rouse	217.5	157.5	240	615
David Norris	130	70	135	335	Troy Crigger	232.5	152.5	272.5	657.5	100	217.3	137.3	240	013
Teen 16-17			100	333	John Maccanekki		150	227.5	600	Chad Crigger	295	170	285	750
C. Blesinger	142.5	82.5	160	385	John Figarelli	142.5	102.5	150	395	Miguel Salazar	227.5	182.5	250	660
67.5					Greg Zweig	230				John Valpatic	217.5	132.5	235	585
Open					Teen 14-15					Teen 14-15		132.3	233	303
C. Carter	175	100	167.5	442.5	Levi Jungbluth	182.5	112.5	222.5	517.5	Alex Reid	160	102.5	180	442.5
Steve Wielgos	145	105	170	420	Joseph Tronzo	167.5	107.5	182.5	457.5	Mark Tawfik	147.5	90	165	402.5
Teen 16-17					Philip Whalen	125	72.5	160	357.5	Teen 16-17				
A. Shuarksman	155	90	182.5	427.5	Teen 16-17					Joseph Mathy	230	155	207.5	592.5
Teen 18-19					Jeff Eberenz	187.5	115	197.5	500	Marcus Tabani	185	125	192.5	502.5
C. Carter	175	100	167.5	442.5	Manuel Aponte	122.5	95	160	377.5	lunior			- C	LUG LUG
Master 50+					Teen 18-19					Lauren Cohen	285	185	265	735
John Loftus	110	70	115	295	Louis Heimbrock	137.5	95	170	402.5	110			diam'il	Signal
75					Junior					Jay Leinfelder	312.5	197.5	295	805
Open					Dan Weingart	197.5	140	217.5	555	Richard Auxer	297.5	190	312.5	800
Erick Nickson	252.5	172.5	287.5	712.5	Masfers 40-49					Pete Andrich	287.5	185	287.5	760
Manuel Rivera	210	155	215	580	David Wiley	280	152.5	242.5	675	Andy Nettis	260	177.5	165	702.5
A. Maldonado	170	107.5	190	467.5	90					Ahmad Atef	212.5	172.5	250	635
Chris Ranzy	137.5	85	170	392.5	Open					Teen 18-19				
Teen 16-17					Jim Morchlewitz	267.5	185	250	702.5	Emmanuel Buck	185	165	205	555
Blake Dedas	175	110	200	485	Jim Prusha	260	152.5	255	667.5	125				
Teen 18-19					Tyrone Ward	227.5	142.5	272.5	642.5	Open				
A. Maldonado	170	107.5	190	467.5	Brett Masouka	192.5	140	215	547.5	Scott Lade	350	260	290	900
Junior					Reggie Anglin	205	125	215	545	Abdul Weslowski	320	177.5	320	817.5
Tad Melzger	175	97.5	230	502.5	Teen 14-15					E. Lilliebridge	272.5	187.5	282.5	742.5
NicholasDeluise	40	167.5	40	247.5	Vincent Abrego	180	112.5	190	482.5	Richard Haas	265	195	227.5	687.5
Masters 40-49					Teen 18-19					Teen 14-15				
Manuel Rivera	210	155	215	580	Ross Grady	267.5	145	267.5	680	Tommy Gleason	215	135		
Duane Young	205	112.5	215	532.5	Wayne Literal	220	150	227.5	597.5	Junior	or the same	100		
Bernie O'Connel	192.5	145	185	522.5	Brett Ziebarth	197.5	132.5	215	545	Ryan Benson	250	152.5	250	652.5
Michael Tetrick	65	132.5	65	262.5	Masters 40-49					Master 40-49				
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Tyrone Ward

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	142.5	102.5	150	395	Miguel Salazar	227.5	182.5	250	660	
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	182.5	112.5	222.5	517.5	Alex Reid	160	102.5	180	442.5	
	167.5	107.5	182.5	457.5	Mark Tawfik	147.5	90	165	402.5	
	125	72.5	160	357.5	Teen 16-17					
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					Lauren Cohen	285	185	265	735	
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					Jay Leinfelder	312.5	197.5	295	805	
	197.5	140	217.5	555	Richard Auxer	297.5	190	312.5	800	
					Pete Andrich	287.5	185	287.5	760	
	280	152.5	242.5	675	Andy Nettis	260	177.5	165	702.5	
					Ahmad Atel	212.5	172.5	250	635	
					Teen 18-19					
Z	267.5	185	250	702.5	<b>Emmanuel Buck</b>	185	165	205	555	
	260	152.5	255	667.5	125					
	227.5	142.5	272.5	642.5	Open					
	192.5	140	215	547.5	Scott Lade	350	260	290	900	
	205	125	215	545	Abdul Weslowski	320	177.5	320	817.5	
					E. Lilliebridge	272.5	187.5	282.5	742.5	
	180	112.5	190	482.5	Richard Haas	265	195	227.5	687.5	
					Teen 14-15					
	267.5	145	267.5	680	Tommy Gleason	215	135			
	220	150	227.5	597.5	Junior					
	197.5	132.5	215	545	Ryan Benson	250	152.5	250	652.5	
					Master 40-49					
	227.5	142.5	272.5	642.5	Patrick Diggins	242.5	142.5	257.5	642.5	
					80					

Masters 50+ Rich Sadowski Men Unlimited Open					
	200	120	230	550	
Open					
John Magee	250	210	200	660	
Danuel Coyter	222.5	170	252.5	645	
Teen 18-19	227.5	107.5	200	535	
Nick Slusher Junior	221.3	107.3	200	333	
Michael Norwood Master 40-49	d 222.5	170	267.5	660	
Rob Keyes	270	192.5		742.5	
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John Magee	250	210	200	660	
Best lifters - Oper Leinfelder. Wom Grady. Junior: Lat Best Squat: Scott I Dead Lift: Erick N Jew Meet highli deadlift record - 1 teen deadlift record - 1 teen deadlift record - 2 - American teen of Tetrick - Illinois M	en: Angi uren Coh Lade. Bes lickson. ights: An 190.5-Er ord - 142 press rec deadlift	e Over en. Mas st Bench Team B gie Ove in Walte 5 - Dev ord - 75 record -	deer. Te ster: Jim : Scott L & W G rdeer - A erman- A in Doar i - Levi J · 222.5 -	m Rouse. ade. Best ym, Lake American American a - Ameri- ungbluth Michael	
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Nationals, PL Weapons, Pat Beaumasi

Middlewts., Isoflavones.

Dennis Brady, TOP 100 181s

Joe Dube, Jackie Davis, TOP 100

Dec/98 ... IPF Masters-luniors - Mens/

WPC/WDFPF/AAU/AAPFWorld Meets,

Injury Avoidance, USA All Time 800 DLs,

Jan/99 ... WABDL Worlds, WPC Worlds

Pt. 1. IPF Men's Worlds Report, Louis

Simmons on Bands and Chains, WNPF

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Guggulot", The Arnold Classic, Westside Wade Hooper Interview, loe Onosai, Invitational, USAPI Women's Nationals, Russian Stretches, TOP100 275s. Jun/99 ... Powerlifters as Bodybuilders,

1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs 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 Sep/99 ... USAPL Men's Natls., APF SRs.

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

Pt. 1, Mike Bridges Workout, Special

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

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Infor mation Management, Maximal Resistance Method by Louis S. TOP 100 181s Jan/00 ... IPF Worlds, WABDL Worlds,

Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Cent More Big BPs by Louie S, TOP 100 220s Mar/00 USAPI 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.

Building the Torso, TOP 100 123s Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL TPre-Meet Checklist, How to Do the SO-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

nons, TOP 100 Middleweights Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP

Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s. Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands,

USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking Extra Workouts by Louie, TOP 100 242s May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by

J.M. Blakley, Top 100 275's

Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Inrview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s Aug/01 ... Garry Frank Goes 2601 - APF

358 192 490 275 Daivd Tipon 242 Bryan Getchell 551 429 628 **Buck Holman** Open SHW 396 600 1598 M - Master Record. S - Submaster Record. T - Teen Record. X - Special Olympian Record. O - Open Record. P - Police & Fire Record. (Thanks to USAPI for providing these results to Powerlifting USA.) Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s Sep/01 ... WPO Semi-Finals, "No Deadlift Routine, Ray Benemerito, Knee Pain & MSM. Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno In

terview, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed

Jon Myrick 242

Bill Sindela

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Rick Cech

Stef Silva

Rita Carlson

Open 165

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David Berger

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Cycling by Louie S., TOP 100 148s. Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Suc cess, Jill Mills, Rich Salvagni, TOP 181s Jan/02 ... IPF Men's Worlds, WABDL BI Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louis on Training the Lockout, TOP 100 198s Feb/002 ... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds Halbert on Lockout, Blakley on Shoul ders, All Time TOP 50 SQs, TOP 100 220s Mar/02 ... USAPL Women's Nationals TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method" Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiainen Interview. Louie on DL Training, Jennifer Thompson terview, Back Up Your BP, TOP 242s May/02 ... Brent Mikesell's 1074 Squa Plyometrics, Finnish DL Secrets, TOP 100 Benchers (Schwartz/Wilks), Jennifer Maile Workout of the Month, TOP 100 275s. Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie

Interview, TOP 100 114s. Aug/02 ... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Recods by Louie Your Bench Shirt by Halbert, TOP 123s LIST THE ISSUES YOU WAN (AND AL TERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWER LIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CALI-FORNIA 93011, USA.

nmons on the Importance of Volume

Dan Austin Interview, TOP 100 SHWs.

Jul/02 ... Kennelly Benc hes 780, IP

Women's Worlds, APF Nationals, Carbo-

hydrate Manifesto Pt. 1, Karen Sizemore

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4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer	85** 70 165*	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H	s 45-49 Ferguso e Master Ferguso rce icks Juncan s 40-44	n 360 rs 45-49 n 360** 485* 500* 350*
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika	85** 70 165*	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H Barry D Masters Larry H	s 45-49 Ferguso Master Ferguso rce icks Juncan s 40-44 icks	n 360 rs 45-49 n 360** 485* 500* 350* 340
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148	85** 70 165* 260**	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H Barry D Masters Larry H Barry D	s 45-49 Ferguso Master Ferguso rce icks Juncan s 40-44 icks	n 360 rs 45-49 n 360** 485* 500* 350* 340 350** 340
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23	85** 70 165* 260**	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H Barry D Masters Larry H Barry D Law/Fir	s 45-49 Ferguso e Master Ferguso rce icks uncan s 40-44 icks uncan	n 360 rs 45-49 n 360** 485* 500* 350* 340 350** 340 4. 40-44
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes	85** 70 165* 260** 200*	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H Barry D Masters Larry H Barry D Law/Fir Barry D	s 45-49 Ferguso e Master Ferguso rce icks uncan s 40-44 icks uncan e/Mil. A uncan	n 360 s 45-49 n 360**  485* 500* 350* 340 350** 340 4.40-44 340**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN	85** 70 165* 260**	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H Barry D Masters Larry H Barry D Law/Fir	s 45-49 Ferguso e Master Ferguso rce icks uncan s 40-44 icks uncan e/Mil. M	n 360 rs 45-49 n 360** 485* 500* 350* 340 350** 340 4. 40-44
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN	85** 70 165* 260** 200*	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H Barry D Masters Larry H Barry D Law/Fir Barry D	s 45-49 Ferguso e Master Ferguso rce icks uncan s 40-44 icks uncan e/Mil. A uncan	n 360 s 45-49 n 360**  485* 500* 350* 340 350** 340 4.40-44 340**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97	85** 70 165* 260** 200*	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H Barry D Masters Larry H Barry D Law/Fir Barry D	s 45-49 Ferguso e Master Ferguso rce icks uncan s 40-44 icks uncan e/Mil. A uncan	n 360 s 45-49 n 360**  485* 500* 350* 340 350** 340 4.40-44 340**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open	85** 70 165* 260** 200* 185 SQ	Masteri Walter Lifetime Walter SHW Open Jeff Pie- 4th Larry H Barry D Masteri Larry H Barry D Law/Fig Barry D BP	s 45-49 Ferguso e Master Ferguso rce icks juncan s 40-44 icks juncan e/Mil. M juncan	n 360 s 45-49 n 360**  485* 500* 350* 340 4.40-44 340**  TOT
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller	85** 70 165* 260** 200*	Master Walter Lifetime Walter SHW Open Jeff Pier 4th Larry H Barry D Masters Larry H Barry D Law/Fir Barry D	s 45-49 Ferguso e Master Ferguso rce icks uncan s 40-44 icks uncan e/Mil. A uncan	n 360 s 45-49 n 360**  485* 500* 350* 340 350** 340 4.40-44 340**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Tevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148	85** 70 165* 260** 200* 185 SQ	Mastern Walter Lifetime Walter SHW Open Jeff Piet 4th Larry H Barry D Mastern Larry H Barry D Barry D Barry D	s 45-49 Ferguso e Master Ferguso rce icks uncan s 40-44 icks uncan e/Mil. A uncan DL	n 360 s 45-49 n 360**  485* 500* 350* 340 4. 40-44 340**  TOT
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller	85** 70 165* 260** 200* 185 SQ	Masten Walter Lifetime Walter SHW Open Jeff Piet 4th Larry H Barry D Masten Larry H Barry D BBP 90	s 45-49 Ferguso e Master Ferguso rce icks juncan s 40-44 icks juncan e/Mil. M juncan	n 360 s 45-49 n 360**  485* 500* 350* 340 4.40-44 340**  TOT
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson	85** 70 165* 260** 200* 185 SQ	Mastern Walter Lifetime Walter SHW Open Jeff Piet 4th Larry H Barry D Mastern Larry H Barry D Barry D Barry D	s 45-49 Ferguso e Master Ferguso rce icks uncan s 40-44 icks uncan e/Mil. A uncan DL	n 360 s 45-49 n 360**  485* 500* 350* 340 4. 40-44 340**  TOT
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13	85**  70  165* 260**  200* 185 5Q  210 305	Masten Walter Lifetim Walter SHW Open Jeff Pier 4th Larry H Barry D Masten Larry H Barry D BP	s 45-49 Ferguso Master Ferguso rce icks uncan a 40-44 icks uncan DL	n 360 s 45-49 n 360**  485** 500** 340 350** 340 4.40-44 340** TOT
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson	85** 70 165* 260** 200* 185 \$Q 210 305 140** 305*	Masten Walter Lifetime Walter SHW Open Jeff Piet 4th Larry H Barry D Masten Larry H Barry D BBP 90	s 45-49 Ferguso Master Ferguso rce icks uncan a 40-44 icks uncan DL	n 360 s 45-49 n 360**  485* 500* 350* 340 4. 40-44 340**  TOT
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40	85** 70 165* 260** 200* 185 SQ 210 305 140**	Masten Walter Lifetim Walter SHW Open Jeff Pie- 4th Larry H Barry D Mastern Larry H Barry D BP 90 170 90**	s 45-49 Ferguso Perguso Pergus	n 360 s 45-49 n 360**  485* 500* 350** 340 350** 340 4. 40-44 340**  TOT  540 875 390**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson	85** 70 165* 260** 200* 185 SQ 210 305 140** 44 305**	Masten Walter Lifetim Walter SHW Open Jeff Pier 4th Larry H Barry D Masten Larry H Barry D BP	s 45-49 Ferguso Perguso Master Ferguso rce licks uncan s 40-44 licks uncan DL 240 400 160**	n 360 s 45-49 n 360**  485** 500** 340 350** 340 4.40-44 340** TOT
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Mosters 4	85** 70 165* 260** 200* 185 \$Q 210 305 140** 305* 44 305*	Master Walter Lifetim Walter Lifetim Walter SHW Open Jeff Piele SHW Open Larry H Barry D Law/Fir Barry D Law/Fir Barry D 170 8P 170 170 170 170 170 170 170 170 170 170	s 45-49 Ferguso Perguso Pergus	n 360 s 45-49 n 360**  485* 500* 330* 340 4. 40-44 340**  TOT  540 875 875**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson Lifetime Masters 4 Lynne Nelson	85** 70 165* 260** 200* 185 SQ 210 305 140** 44 305**	Masten Walter Lifetim Walter SHW Open Jeff Pie- 4th Larry H Barry D Mastern Larry H Barry D BP 90 170 90**	s 45-49 Ferguso Perguso Pergus	n 360 s 45-49 n 360**  485* 500* 350** 340 350** 340 4. 40-44 340**  TOT  540 875 390**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson	85** 70 165* 260** 200* 185 \$Q 210 305 140** 305* 44 305*	Master Walter Lifetim Walter Lifetim Walter SHW Open Jeff Piele SHW Open Larry H Barry D Law/Fir Barry D Law/Fir Barry D 170 8P 170 170 170 170 170 170 170 170 170 170	s 45-49 Ferguso Perguso Pergus	n 360 s 45-49 n 360**  485* 500* 330* 340 4. 40-44 340**  TOT  540 875 875**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynen Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* -44 305**	Master Walter Lifetim Walter Lifetim Walter Walter Harry H Barry D Law/Fir Barry D Law/Fir Barry D 170 90** 170** 170**	s 45-49 Ferguso Perguso Mastete Ferguso Crece Licks Li	n 360 s 45-49 n 360**  485* 500* 350* 340 4. 40-44 340**  TOT  540 875** 875**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson	85** 70 165* 260** 200* 185 \$Q 210 305 140** 305* 44 305*	Master Walter Lifetim Walter Lifetim Walter SHW Open Jeff Pieis SHW Open Jeff Pieis SHW Open Larry H Barry D BBry D 170 BP 170 170 170 170 170 170 170 170 170 170	s 45-49 Ferguso Perguso Pergus	n 360 s 45-49 n 360**  485* 500* 330* 340 4. 40-44 340**  TOT  540 875 875**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290*	Masler Walter Ufetim Walter SHW Open Jeff Piels SHW Open Jeff Piels Barry D Masster Larry H Masster Larry H Masster Larry H 70	s 45-49 Ferguso Perguso Referguso Perguso Perg	n 360 s 45-49 n 360**  485* 500* 350* 340  4. 40-44 340**  TOT  540  875  875**  875**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynen Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* -44 305**	Master Walter Lifetim Walter Lifetim Walter SHW Open Jeff Pieis SHW Open Jeff Pieis SHW Open Larry H Barry D BBry D 170 BP 170 170 170 170 170 170 170 170 170 170	s 45-49 Ferguso Perguso Pergus	n 360 s 45-49 n 360**  485* 500* 350* 340 4. 40-44 340**  TOT  540 875** 875**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 40-44 Lynne Nelson Lifetime Masters 40-44 Belinda Hayes Catherine Garcia 165 Masters 40-44 Belinda Hayes Catherine Garcia	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* -44 305* -44 305* -45 155	Master Walter Lifetim Walter Harry Dopen Jeff Piels ShW Open Jeff Piels Master Larry H Barry D Law/Fir Barry D Law/Fir Barry D 170 90** 170** 170** 170** 170**	s 45-49 Ferguso Fergus	n 360 s 45-49 n 360**  485* 500* 350* 340  4. 40-44 340**  TOT  540  875  875**  875**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Masters 4 Lynne Nelson Lifetime Masters Lynne Nelson 165 Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 60-64 Sue Pack	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290*	Masler Walter Ufetim Walter SHW Open Jeff Piels SHW Open Jeff Piels Barry D Masster Larry H Masster Larry H Masster Larry H 70	s 45-49 Ferguso Perguso Referguso Perguso Perg	n 360 s 45-49 n 360**  485* 500* 350* 340  4. 40-44 340**  TOT  540  875  875**  875**
4th 97 Youth 14-15 Darnell Floyd 11-4 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 40-44 Lynne Nelson Lifetime Masters 40 Lynne Nelson Lifetime Masters 40 Lynne Nelson Lifetime Masters 40 Lynne Nelson Lifetime Aberta 40 Lynne Nelson Lifetime Masters 40 Lynne Nelson Lifetime Masters 40 Lynne Nelson Lifetime Masters 40 Lynne Nelson Lifetime Garcia 181 Masters 60-64 Sue Pack 198	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* -44 305* -44 305* -45 155	Master Walter Lifetim Walter Lifetim Walter Harry Dopen Jeff Pieie Master Larry H Barry D Law/Fir Barry D Law/Fir Barry D 170 90** 170** 170** 170** 170**	s 45-49 Ferguso Fergus	n 360 s 45-49 n 360**  485* 500* 330* 340 4.40-44 340**  TOT  540 875 875** 875** 805* 505
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson Lifetime Garcia 181 Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 60-64 Sue Pack 198 Open	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* -44 305** 290* 155	Master Walter Lifetim Walter Lifetim Walter Lifetim Walter Larry H Barry D Law/Fir Barry D Law/Fir Barry D 170 90** 170** 170** 170** 170** 170** 170**	s 45-49 Ferguso Fergus	n 360 s 45-49 n 360**  485* 500* 330* 340 4.40-44 340**  TOT  540 875 875** 875** 805* 505
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Masters 4 Lynne Nelson Lifetime Garcia 181 Masters 60-64 Sue Pack 198 Open Karen Phillips	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220**	Master Walter Lifetim Walter Lifetim Walter Harry Dopen Jeff Pieie Master Larry H Barry D Law/Fir Barry D Law/Fir Barry D 170 90** 170** 170** 170** 170**	s 45-49 Ferguso Fergus	n 360 s 45-49 n 360**  485* 500* 330* 340 4.40-44 340**  TOT  540 875 875** 875** 805* 505
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynne Nelson Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 40-44 Lynne Nelson Lifetime Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 60-64 Sue Pack 198 Open Karen Phillips Sub-Masters 35-39 Sub-Masters 35-39	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220**	Maslern Waller Lifetim Waller Lifetim Waller Harry Har	s 45-49 Ferguso Perguso Read Harace Perguso Pe	n 360 s 45-49 n 360**  485** 500* 3350** 340 4.40-44 340**  TOT  540 875 390** 875** 875** 805* 675**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson 165 Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 40-64 Sue Pack 198 Open Karen Phillips Sub-Masters 35-39 Karen Phillips	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220**	Master Walter Lifetim Walter Lifetim Walter Lifetim Walter Larry H Barry D Law/Fir Barry D Law/Fir Barry D 170 90** 170** 170** 170** 170** 170** 170**	s 45-49 Ferguso Fergus	n 360 s 45-49 n 360**  485* 500* 330* 340 4.40-44 340**  TOT  540 875 875** 875** 805* 505
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Masters 4 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson Lifetime Masters 5 Lynne Nelson Lynne Nelso	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220**	Maslern Waller Lifetim Waller Lifetim Waller Harry Har	s 45-49 Ferguso Perguso Read Hall Perguso Read Hall Read	n 360 s 45-49 n 360**  485** 500* 3350** 340 4.40-44 340**  TOT  540 875 390** 875** 875** 805* 675**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curfis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 41 Lynne Nelson Lifetime Masters 40-44 Lynne Nelson Lifetime Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 60-64 Sue Pack 198 Open Karen Phillips Sub-Masters 35-39 Karen Phillips 198+ Masters 60-64	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220** 335*	Mastern Walter Walter Ufetim Walter W	s 45-49 Ferguso Perguso Read Hall Perguso Read Hall Read	n 360 s 45-49 n 360**  485** 500* 3350** 340 3.40**  TOT  540 875 390** 875** 875** 805* 1005* 1005*
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson 165 Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 60-64 Sue Pack Sueren Phillips Sub-Masters 35-39 Karen Phillips 1984 Masters 60-64 Suci Stinnett	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220**	Maslern Waller Lifetim Waller Lifetim Waller Harry Har	s 45-49 Ferguso Perguso Read Hall Perguso Read Hall Read	n 360 s 45-49 n 360**  485** 500* 3350** 340 4.40-44 340**  TOT  540 875 390** 875** 875** 805* 675**
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynne Nelson Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson Lifetime Garcia 181 Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 60-64 Sue Pack 198 Open Sub-Masters 35-39 Karen Phillips Sub-Masters 35-39 Karen Phillips 198+ Masters 60-64 Suci Stinnett 66	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220** 335*	Mastern Walter Walter Ufetim Walter W	s 45-49 Ferguso Perguso Read Hall Perguso Read Hall Read	n 360 s 45-49 n 360**  485** 500* 3350** 340 3.40**  TOT  540 875 390** 875** 875** 805* 1005* 1005*
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curlis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Youth 12-13 Teresa Geer Masters 40-44 Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 41 Lynne Nelson Lifetime Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 60-64 Sue Pack 198 Open Karen Phillips 1984 Masters 60-64 Suci Stinnett 66 Kids 10-11	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220** 335*	Master Walter Walter Ufetin Walter Harry H	s 45-49 Ferguso Fergus	n 360 s 45-49 n 360**  485** 500** 330** 340 4. 40-44 340**  TOT  540 875 875** 875** 805* 675** 1005* 1005* 355*
4th 97 Youth 14-15 Darnell Floyd 114 Youth 12-13 Kelly Bullock 132 Teenage 14-15 Chris Geer Masters 40-44 Curtis Munechika 148 Junior 20-23 Emmauel Urbano Teenage 14-15 Trevon Hayes TRIPLE CROWN WOMEN 97 Open Caitlin Miller 148 Lynne Nelson Lynne Nelson Lynne Nelson Lifetime Open 40 Lynne Nelson Lifetime Masters 4 Lynne Nelson Lifetime Garcia 181 Masters 40-44 Belinda Hayes Catherine Garcia 181 Masters 60-64 Sue Pack 198 Open Sub-Masters 35-39 Karen Phillips Sub-Masters 35-39 Karen Phillips 198+ Masters 60-64 Suci Stinnett 66	85** 70 165* 260** 200* 185 SQ 210 305 140** 305* 44 305** 290* 155 220** 335*	Mastern Walter Walter Ufetim Walter W	s 45-49 Ferguso Perguso Read Hall Perguso Read Hall Read	n 360 s 45-49 n 360**  485** 500* 3350** 340 3.40**  TOT  540 875 390** 875** 875** 805* 1005* 1005*

88					Monika Krisinski	135	205	225
Michelle Caton	80*	55*	115*	250*	MEN	133	203	
97					132			
Open					Open			
Marci Lineman	145*	90*	200	435*	Jason Helms	325*	225*	400*
105					Law/Fire/Military	Open		
Masters 40-44					Jason Helms	325**	225**	400*
Maureen Cahill	75**	75**	180**	330**	148			
123					Open			
Open					M. Callaghan	450	230	420
Sherrie Fosdick	170	110*	260*	540*	165			
S. Burkhold er	185*	85	255	525	Open			
Sub-Masters 35-3	39				Luis Bermudez	545	390	565
Sherrie Fosdick	170	110*	260*	540*	Teenage 18-19			
132					Joel Roberts	375	250	410
Masters 40-44					Sub-Masters 35-39	9		
Rosie Gilbert	140	90	160	390	Steve Jaffe	425		420
148					181			
Open					Masters 55-59			
MeredithHayes	165	110	245	520	<b>Howard Gutnick</b>	410	270	510*
Open					Micheal Scott	400	230	490
Stephanie Renick	180	125	200	505	Masters 60-64			
Sub-Masters 35-3	19				David Parsons	300	270	325
Sonja Lewczyk	150*	90*	205*	445*	Law/Fire/Mil. Mas	sters 55	-59	
165					Micheal Scott	400**	230**	490*
Masters 45-49					Howard Gutnick	410**	270**	510**
Genny Cayton	165*	155*	205*	525*	198			
Lisa Facemire	105	95	145	345	Open			
Lifetime Masters	45-49				Jim Coleman	500	385	525
Genny Cayton	165**	155**	205**	525**	Tony Benedict	500	300	550
198					Sub-Masters 35-39	)	THE PARTY OF THE P	
Masters 40-44					Adham Ramses	405	235	450

	565	Masters 40-44				
		Tommy Holland	525	390**	545	1460
		4th	545*			
		Law/Fire/Military	Open			
	950*	Jim Coleman	500**	385**	525	1410
		Tony Benedict	500	300	550**	1350
*	950**	Roger Johnson 220	455	365	520	1340
		Open				
	1100	Rob Eckart 220	460	375	530	1365
		Teenage 14-15				
	1500	Brett Sweitzer Masters 40-44	420*	270*	460*	1150*
	1035	Chip Hasty	505	315	415	1235
		Rudy Garcia Masters 45-49	380**	275**	380**	1035**
		Paul Sutphin	625	350	575	1550
		Lifet. Law/Fire/M	il. Maste	ers 40-4	4	
	1190*	Rudy Garcia	380	275	380	1035
	1120	242 Open				
	895	Jeff Jobes Masters 40-44	600	400	560	1560
*	1120**	Kenneth James	500	300	550	1350
*	1190**	Masters 55-59		/		1330
		Roger Ernst	45	45	75	165
		Law/Fire/Mil. Ma	sters 40	-44		
	1410	Kenneth James	500**	300**	550*	1350**
	1350	275 Open				
	1090	PhillipBattle	670	450	625*	1745
	1090	PhillipBattle	670	450	625*	1

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lunior 20 -23 Open Chris Semmel 365 550 mmauel Urbano ub-Masters 35-39 no 145\* 185\* 145\* 475\* 135\*\* 130\*\* 250\*\* 515\*\* Masters 50-54 325\*\* 260\* 405\*\* 340\* 250\* 500\*\* 1190\* loe Lineman sters 55-59 masters 305 Lary Eggleston 305\* 205 Law/Fire/Military Open 165\*\* 120\*\* 280\*\* 565\*\* Mark Drinkard 500\* 360\* 590\* 1450\* 475 360 500 340 310 425 Masters 40-44 1075 Gerald Briggs 675\* 475 550\* 1700\* William Waller 505 Wayland O'Brier 235\*\* 250\*\* 350\*\* 835\*\* Teenage 16-17 105 Preston Bowers 300 170 375 845 Teenage 14-15 Gene Allgood 165 210\*\* 115\*\* 245\*\* 570\*\* Sub-Masters 35-39 Nathaniel Kadle 425 300 550 1275 405\* 315 435 1155 123 345 330\* 440 1115 245 255 345 845 Teenage 14-15 Chris Lawyer Brian Blackman Tyler Carter 475\* 360\* 1335\* 205\* 130\* 255\* 590\* Mark Light Youth 12-13 Masters 45-49 Teenage 14-15 Christopher Geer Teenage 16-17 Philip Orr Masters 50-54 145\* 90\* 190\* 425\* 415 Riley Wasso 160 245 Teenage 14-15 C. Balance 380\* 250\* 500\* 1130\* 325 215 365 905 lames Alston Teenage 16-17 215\* 130\* 255 600 Masters 60-64 Ryan Green Oscar Hickman 350\* 235\* 375\* 960\* David Parsons 300 270 325 895 320 210 415 945 Jared Shone Open Joe Lineman 340\* 250\* 500\* 1090\* Lifetime Masters 60-64 305\* 215\* 400\* 920\* 250 250 325 825 Oscar Hickman 350\*\* 235\*\* 375\*\* 960\*\* Open Wayland O'Brier 235 250 350 835 Ricky Young Teenage 14-15 Jake Carter Teenage 16-17 Masters 45-49 Steve Foster Masters 70-74 300\* 170 325 795 Mike Barcelone 500 325 510 1335 Mike Barcelone 300 323 310 1333 Teenage 14-15 MikePilgram 315\* 255\*\* 405\* 975\* Junior 20 -23 135\*\* 130\*\* 250\* 515\*\* 210\* 400\* John Miller Graham Kirby 315\* 170 385 Law/Fire/Military Open

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138

700\* 460 700\* 1860\*

Sub-Masters 35-39

A. Goodman

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The Squat





Brian Blackman 245\* 255\* 345\* 845\* Lifetime Masters 45-49 Steve Foster 300\*\* 170\*\* 325\*\* 795\*\*

Lifetime Masters 70-74

Kevin McCloskey 500\*\* 385\* 540\* 1425\*

Rusty McNamara 440\* 335 550\* 1325\*

415 250

430\*\* 340\*\*

Wallace Barnett 325\* 270\* 425 1020\*

io465

455

460\*\*

405 350

Bruce Miller 465 375 540 1380 Paul Wilson 430 300 485 1215

Robert Bolster 420 225 450 1095

Junior 20-23 Matthew Green 450 280 480 1210 Sub-Masters 35-39

Masters 30:34
Tom Dorsey 325 260
Lifetime Masters 40-44
Lifetime Masters 40-44
Lifetime Masters 40-44
135 145 425
135 145 425

319 Open Nick Minneti 750\*\* 440\* 775\* 1965\*

Teenage 16-17 Mathew Miller 500\* 270\* 575\*\* 1345\*\*

Marci Lineman 145 90 200 435

Open Sherrie Fosdick 170 110 260 549

Sherrie Fosdick 170 110 260 549

Joe Lineman 340 250 500 Wayland O'Brier 235 250 350

B. Bumgardner 320 210 430 960 181 Masters 60-64

Oscar Rickman 350 235 375 960

Open Miles Baker 460 320 520 1300 Masters 60-64 Wallace Barnett 325 270 425 1020

Larry Eggleston 305 205 165 Teenage 16-17

600 455 640 1695

600 435 640 1693 625\* 405 550 1580\* 490 350 475 1315 465 320 435 1220

625\* 405\* 550\* 1580\*

465\* 320\* 435\* 1220\*

145 135 145 425

500 440\*\* 600 1540

420\* 270\* 460\* 1150

210 115 245 570

205 130 255 590

215 130 255 600

420

385 895

Open
Bryant Garnett 520 365
Bryant Garnett 465 375

William Wigmore 480 375

360 340

280

325\*\*

265

460\*\* 320\*\* 520 1300\*

245 225\*\* 360 830

455\*\* 265\* 475\* 1195\*\*

415\* 250\* 500\*\* 1165\*

460

245\*\* 225\*\* 360\*\* 830

350 285 420 1155

380 255 465 1100

135\* 300\* 145\* 580\*

500 300 500\* 1300

505 1190

475 1195

405 1175

500 1165

James Cowan Nicholas Daliessio

Masters 40-44

lames Hannah

Wally Spicer Masters 55-59 Bill Lindsey

4th Masters 60-64

Masters 70-74

James Hannah

Peter lensen

**Bobby Taylor** 

lake Taylor Masters 40-44

Kenny Sauer Masters 45-49

Sub-Masters 35-39

Masters 55-59

Scott Odom

Baron Dixon M. Cangelosi David Wood

**Baron Dixon** 

Masters 40-44 David Wood Dan Beacher

Masters 50-54

Masters 40-44

Rod Blackwell 500 Virginia State Champion

Sub-Masters 35-39

220 Teenage 14-15

**Brett Sweitzer** 165 Sub-Masters 35-39

Teenage 14-15 Gene Allgood

Masters 55-59

132 Teenage 16 -17 Ryan Green 2

Tyler Carter

Steve Jaffe

105

John Martin

242

220

Peter Jensen 245 Lifetime Masters 45-49

Lifetime Masters 45-49

Wally Spicer 415\* Lifetime Masters 70-74

Masters 45-49

Sub-Masters 35-39

Barptist Nupieri 405













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625 405 550 465 320 435 1580 435 1220 Sub-Masters 35-39 625 405 550 Baron Dixon 1580 Masters 40-44 David Wood Dan Bescher 145 135 145 425 Lifetime Masters 40-44 David Wood Dan Bescher 320 135 435 1220 145 425 465 145

American record, \* - Virginia Record, Well the AAU and the East Coast are up and running with another set of big and successful meets. On the weekend of May 10-12 the Women of Steel prooted three AAU events, the Triple Crown Classic (world qualifier), the Virginia State Championship and the Old Dominion Bench Press Contest. The meet was held at the Showplace Annex in Richmond, Virginia. The Triple Crown Classic was the
AAU world qualifier for the East Coast and we had
an amazing turnout of 125 lifters who traveled
to see you all in October 25-27 for the AAU 2002 an amazing turnout of 125 lifters who traveled from as far away as Florida, Wisconsin, Michigan, World Championship, Richmond International Open and Richmond International Open and Richmond International Bench Press. Train hard and train heavy. Barbara, Judy and Jill, 66-181 weight class. In the assisted open women's the Women of Steel. We also presented a trophy in division, 11 year old Catlin Miller lifted 210, 90, 240 with a big total of 540. In the women 198 open who passed away this year, Fred Lange. Fred was a long term of the company open and masters division of 1483 303, 174, 400 total of 875 which were all American & V.A. Records. The women's raw divisions started with 66 lb. 10 year old Kendra Miller with a 145, 85, 180 and total of 410 and all were American records. Also in the 123 open and submaster new comer Sherrie Fosdick with a 170, 110,260 and total 540 and with Sharon Burkholder close behind with 525 lotal. In the Men's assisted division, 165 open Luis Bermudez lifted 545, 390, 565 and total 1500 Truly a grand lifter to watch. In the master 55-59 age group it was a close neck to neck with Howard Guinick 410, 270, 510 with a total of 1190 and Michael Scott 400, 230, 490 – 1120 which for both were American records. Howard in lifetime and Michael in military. In the raw male division, youth 105 lb. 14-15 age Gene Allgood set all American records with 210, 115, 245 = 570. In the 165 open was a close race with Scott Gav and Chris Lawyer with Scott Gay finishing first. The 181 open class was won by Mark Drinkard 500, 360, 590 = 1450 and Mark Light taking second but finishing first in the master 40-44 with a 475, 360, 500 = 1335. Or he second day, two of Walker's Gym 15 year old teenagers walked away with records, Brett Sweitze finished with all V.A. Records in the assisted divi sion and Mike Pigram with all VA. Records and one American record for the bench in the raw division. In the assisted 198, Jim Coleman 500, 385, 525 – 1410 placed first with second to friend and fellow marine Tony Benedict with t = 1350. In the masters 40-44 Tom Holland won with 545, 390, 545 = t 1460. Great lifting Tom. Masters lifter Paul Sutphin in the 45-49 came away with big numbers: 625. 350, 575 = 1550. 242 open was won by Jeff Jobes 600, 400, 560 = 1560. Now the 275 submaster was won by Anthony Goodman: 700, 460, 700 - 1860 In the raw 198 junior, Kevin McCloskey 500, 385, 540 – 1425. Miles Baker finished first in the 198 master 45-49 American record in both s - 460, and b - 325. Bill Lindsey also had American records in s - 460 and b - 340 in master 55-59. In the 275, ennessee Scott Odom won with a 600, 455, 640 = 1695. And one of our favorite lifters, Baron Dixon in submaster won and set of V.A., records with 625, 405, 550 = 1580. Mathew Miller was a new comer to the sport with grand totals of 500, 270, 575 -1345 at 275 youth and 16 years old. The day finished with big Nick Minneti in the open division with three American records: 750, 440, 775 – 1965 in open 319 class. Congratulations to all the win ners. Now on Friday night we held the Old Domin-ion Bench Press contest with 61 benchers. The women's division for assisted was won by master 45-49 Risa Montgomery with 135 and American record. In the raw women's all women, Carolyn -70, Amy - 110, Barbara - 145, Teresa - 85, Sue - 185 and Monika - 185 all set American records. In the men's assisted the big bench was from Paul Bossi with a 530 in the open 220. And Curtis Bryant registered both raw and assisted totaled 475. 275 open Kurtis Calloway benched 485. The raw division was led off by 8 year old 66 lb. Tyler Rudacille with an American record of 55. 14 year old Damell Floyd also won and set an American record with 85 in the 97 lb. class. In the 132 master 40-44 Curtis Munechika won and set an American record with 260. Jonath Goode benched 340 in 165 class. 70 year old Morris Skelton benched 300 at 220 class In the 275 masters 50-54 Wayne Thompson benched 365 and broke the American record along with good friend, Walter Ferguson at 319 benched 360. The SHW was won by newcomer and big man on the block, Jeff Pierce with a 500. I expect to see close to 575 from him in the near future. Last lifter was SHW Larry Hicks with a 350 and American record in master 40-44. The team trophies were: 1 Mike's Gym, 2 - Mike's Gym, 3 - Team NSR - Weight

Room and 4 - Tayouns Power team. The Old

Dominion Bench Press team trophy went to Project Lift out of Henderson NC and run by William Hawkins. William and his men have taken a lot of time with this team of 10 young men. They deserve a hand for all their efforts and time they have put into training these new and young athletes. The boys did a great job in their lifting and you can just feel the team spirit in the group. We the Women of Steel would like to thank all our good friends, referees, volunteers and family for helping us put on these three meets. Our special thanks to Fred "Dr. Squat" Haffield for his wonderful and informative lecture on squatting. And to Chris Lawyer owner of the Weight Room for the loaner of the weights. The Women of Steel: Judy Wood, Jill Meads and Barbara Beasley really owe a great amount of our success to Steve Wood, Judy's to the province of the weights. The Women of Steve Wood, Judy's thanks to Barbara Beasley really owe a great amount of our success to Steve Wood, Judy's the masters division and as well as the American records. The powerlifting world will miss Fred and busport he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friend support he gave to each of the fellow powerlifters over the years. We honored our good friends, spilling for ellow powerlif Dominion Bench Press team trophy went to Project in the masters division and as well as the American Angela Vizi amount of our success to Steve Wood, Judy's tions Dave. (Thanks to Barbara Beasley for results) husband. For without him and his support and helping hands this meet would have never taken off. Steve put endless hours of work into helping all asters division of 148: 305, 170, 400 for phies and still holds the records in AAU and USAPL

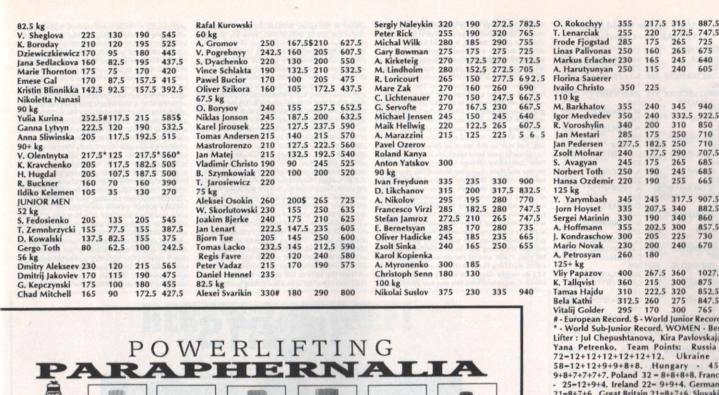
20-23 JUN 02	- Bal	atone	lle, Hu	ingary
JUNIOR W 44 kg	SQ	BP	DL	тот
N.Krikunova	135	72.5	132.5	340
Sanna Apuli	115	57.5	130	302.5
Made Durk 48 kg	70	47.5	92.5	210
Natalia Tokareva	155*	65	120	340
H. Rantala	11 7.5	70	120	307.5
lnes Tronke	120	62.5	115	297.5



60

35 70 165







Frode Fjogstad	285	175	265	725						
Linas Palivonas	250	160	265	675						
Markus Erlacher	230	165	245	640						
A. Harutyunyan	250	115	240	605						
Florina Sauerer										
Ivailo Christo	350	225								
110 kg										
M. Barkhatov	355	240	345	940						
Igor Medvedev	350	240	332.5	922.5						
R. Voroshylin	340	200	310	850						
lan Mestari	285	175	250	710						
Ian Pedersen	277.5	182.5	250	710						
Zsolt Molnar	240	177.5	290	707.5						
S. Avagyan	245	175	265	685						
Norbert Toth	250	190	245	685						
Hansa Ozdemir	220	190	255	665						
125 kg	OTHER DE	100	of Oliver	NOTE OF						
Y. Yarymbash	345	245	317.5	907.5						
Jorn Hoyset	335	207.5	340	882.5						
Sergei Marinin	330	190	340	860						
A. Hoffmann	355	202.5	300	857.5						
I. Kondraschow	300	205	225	730						
Mario Novak	230	200	240	670						
A. Petrosyan	260	180	7	No. of Lot						
125+ kg	200									
Vliy Papazov	400	267.5	360	1027,5						
K. Tallqvist	360	215	300	875						
Tamas Haidu	310	222.5	320	852.5						
Bela Kathi	312.5	260	275	847.5						
Vitalij Golder	295	170	300	765						
# - European Rec										
* - World Sub-Ju										
Lifter : Jul Chep										
Yana Petrenko										
72-12+12+12			Ukra							
58-12+12+9+										
9+8+7+7+7+7. P										
- 25=12+9+4. 1										
21-8+7+6 . Grea										
16-9+7. Norway										
Vitaliy Papazov,										
Team Points: Rus: Ukraine - 66 -										
49-9+9+8+8+8+										
7+5. Norway -										
			31-7+7+6+6+4+1. Finland - 29-9+9+7+4.							
Sweden 15-9+6. Czech Republic 15-8+5+2.										

France 15-6+4+3+2. Denmark 14-7+6+1. 12 Great Britain 13-7+6. Armenia 13-5+ 4+4.

Bulgaria 12-8+4. Slovakia 12-7+5. Austria 10-5+5. Lithuania 6-6. Belgium 1-1. Italy 1-1.

(thanks to Thomas Klose for the meet results)

220 272.5 747.5

15 JUN 02	BP	DL	TO
Teen	-	1000	76
Mike Ferguson 161	290	470	-
Kris Hicks 148	225	375	60
Dan Tillman 140	160	375	53.
Matt Blessing 148 WOMEN	210	350	56
Shannon Parrish 114	175	350	52
Jennifer Benns 138	135	245	38
J. McCaulan 251	110	280	37
Rae Lee Fiore 112 MEN		270	
148			
Tom O'Donnell	265		36.
Joe Mazza	500		50
Pat Curley	350	575	92
181	-30		
Rudy Hillyard	400		40
Andy Franks	260		26
198			
Zeke Cruz	350	620	97
Pete Grohoski	470	0.0	47
220	***		
Pat Delvey	440	660	110
Dick Crane	425	530	95
Luke Dalton	315	550	86
Ryan Baldwin	250	360	61
242	230	300	0.
Tim Parrish	450	665	11
Mark Hoffman	485	585	10
Blane Rundle	450	590	10
Ryan DeFacco	405	230	40
275	103		
Dan Rundle	335	430	76
John Mannind	500	430	50
SHW		STORE S	
Gene Rychlak	640	585	12
Gary Benedetti	465	570	10.
James Grove	285	460	74
Masters 40 +			
Gerry Barsky	275	560	83.
Tom Nolf	250	370	62
Masters 80+	Basel In		
P. Eberhardinger		200	200

#### **USPF Rhode Island State** 17 MAR 02 - Cranston, RI

17 141741	. 02	Cians	ton, K	•
BENCH PRESS TEENAGE		123 STEVE CO	OSTA	140
132 S. LAZZARESCHI	210	132 S. LAZZA		
242		148		
CRAIG LACROIX SUB-MASTER	315	JERRY CE 165		365
220 ED FLORI	460	M. DINO 181	BILE	350
275 TED J. ISABELLA	425	N. PAOLI	ELLO	360
SHW TOM MANCINI	435	J. SABER J. CARRE	IPO.	435 385
198		220		
L. MARINELLI 242	320	A. BACC/ 220		440
MASTER'S DIVISI		A. TRIDE	NTI JR.	415
275 LAZZARESCHI JR.	.550*	C. DEBAR 242	RTOLO	475
198 I. SABER	435*	B. DELAN	AARE JR	
275 J. BOURGUALT	480	G. LAZZA		1 550 480
220	415*	T. ISABEL		425
A. TRIDENTI JR. 220		BILLY TU		
DONABEDIAN 242	245	GUEST LI 181		
RAY DAME 308	375	BOB MA: 198	SELLO	460
BILLY TUCKER MEN'S DIVISION	hele	CRIS TAB	ULINA	410
TEENAGE:	SQ	BP	DL	TL
S. LAZZARESCHI	270*	210	315*	795
W. STANTON	415*	355*	580*	1350
C. LACROIX	430	315	480*	122
198 MIKE BAIROS		375		
SUB-MASTER'S D	IVISIO			
JOE REEVES 275	800*	525*	760*	2085
TED J. ISABELLA	765	425	740	1930
198 BOB DUCHARME	655*	400*	600*	1655
JOEACCIARDO	550	380	540	1470
198 L. MARINELLI	460	320	375	1155
242 S. MICHELSON	500	300	500	1300
242				1195
MIKE TARRO MASTER'S DIVISI	635* ON:	415	145	1193
MONTEMBAULT	660*	450*	550*	1660
J. BOURGUALT	620*	480	600*	1680
198 ALFRED IRBY JR.	455	300	500	1255
KEVIN ROSSI MEN'S DIVISION	440	420	420	1280
132		210	245	705
S. LAZZARESCHI 165	270	210	315	795
S. BARATTINI 181	315	260	375	950
N. PAOLELLO BL 198	520	360	520	1400
BOB DUCHARME	655	400	600	1655
JOE TA VARES	525	340	630	1495
J. CARREIRO	555	385	515	1455
MARK D'IORIO	700	440	760	1900
MONTEMBAULT MIKE TARRO	660	450 415	550 145	1660
TED J. ISABELLA	765	425	740	1930
J.BOURGUALT 30B	620	480	600	1680
JOE REEVES (BL)	800*	525	760*	2085
GUEST LIFTER'S 105		TO THE SAME		
A. SCUDDER 181	185	110	300	595
ELI GHITMAN 198	320	165	390	875
<b>GEORGE SOUSA</b>	520	370	545 ould fin	1435
First and foremost thank all my spo	nsors	SPINE T	ECH, a	.k.a
Robert A L'Europ Nutrition, Michae	Tarr	o Law Ass	ociates,	Aver
Grille, Providence	Auto	Ignition 8	Marin	e Cor
Eagle "I" Painting, Control, Motor M	edic N	AD. Witho	ut them	Iwo
not be able to put of like to also thank	on this	contest ea	och year potters	load
scorekeepers and	my an	nouncers	who he	ped
this year. As alwa making this year'	s Cha	mpionshi	ps a su	ccess
one. On a persor	nal no	ote, it was	anoth	er rea

tough year for my family with illness and I almost comer to the sport, William Stanton, competing was not able to run this year's meet. If it was not for raw in the 308 lb. weight class. With the 308s as a at Ocean State gym. I was one of the lucky ones that got to know Sloan and watch him grow up and become the young man he is today, but outside of his dad, I was one of the proudest men in that room, watching Sloan destroy those records in the surface out rocky in the squat, but finished sirrong with a good total and the lightweight best room, watching Sloan destroy those records in the masters division, and all new records in the sirrong with a good total and the lightweight best silfer award. Next we have 8ob Duchrame, moving year looking to finally squat that elusive 800 lb. 132 lb. weight class, forman Paterielo dropped with a 450 bench and a 550 deadlift, which got him a 450 bench and a 450 bench and a 550 deadlift, which got him a 450 bench and a

with a PR second attempt in the squat of 655, looking to break the open men's record of 675. Bob took a 680 third attempt, but unfortunately the lifter before Bob dropped the bar and was injured. was not able to run this year's meet. If it was not for the help of foe Reeves, it would have been very new division last year, William set all new records looking to break the open men's record of 675. Bob difficult to have a successful meet. Joe helped in getting all the sponsors for the contest, putting up all the opsters and helping me send out applied. Some tremendous potential in this sport and I hop with the delay and already being wrapped, Bob continues on his path of Powerlifting. In the would have came off. Thanks Joe. This year's competing act we had a lot of state records set this year. As in the past we had another good representation of lifters in the Teenage, Substantial of the past we had another master & Masters divisions, with new and old faces competing for their state championship. In the feenage division we had Alfred Irby large in the submasters. Mark D'lorio ever, came back again this and still hanging in there, came back again this and still hanging in there, and the submasters. Mark D'lorio large in the submasters. If it was not for the class, along with setting the standard for the class, along with setting the standard for what future lifters have to beat. William shows lifter before Bob dropped the bar and was injured. What future lifters have to beat. William shows lifter before Bob dropped the bar and was injured. What future lifters have to beat. William shows lifter before Bob dropped the bar and was injured. What future lifters have to beat. William shows lifter before Bob dropped the bar and was injured. What future lifters have to beat. William shows lifter before Bob dropped the bar and was injured. What future lifters have to beat. William shows lifter before Bob dropped the bar and was injured. Will be was a few for the class, along with setting the standard for looking to break the open dowing to break the open dowing to break the open few for the class, along with setting the standard for looking to break lowing to break the open few for the class, along with setting the competing for their state championship. In the teenage division we had a newcomer to competing, but not to the sport of Powerlifting. Stoan provided in the submasters of Powerlifting again this and still hanging in three, came back again this year, in the 242s, as a guest on the submasters of powerlifting. Stoan provided in the submasters. Mark D'Iorio came back again this year, in the 242s, as a guest submasters of powerlifting. Stoan provided in the still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with a torn-up knee. He is still put up good and the light was a role and a 1900 lb. total He started out a little rocky in the squart lifter once and attempt of 725, but came back with a torn everord attempt of 725, but came back with a torn everord attempt of 725, but came back with a time for the was a trong put of 80 lb. With a 1900 lb. total He at whith a 1900 lb. total He at



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on my third attempt, determined to not let this weight beat me again, and took it for a long ride weight beat me again, and took it for a long rine back up to the top, but unfortunately the judges called me on depth for the first time in my eighteen years of competing. I did not fare to well in the bench with an injury to my left arm, but I did finish out the day with a PR deadlift, total, and winning my open class and a second in the ster's. James Bourgault Sr., my long time 242 & 275 competitor (he just seem to follow me everywhere in this sport), came out this year with PR lifts all around. Those lifts gave Jimmy a second place in his class, second place in the masters division and 3 new masters state records on top of it. Joe Reeves finishes out our open division competitors, lifting in the 308 lb. class. Joe show a lot of determination and strength this Joe show a lot of determination and strength this year, competing on a shortened training program, due to having pneumonia for 6 weeks during training. He hit some big numbers on his way to setting all new squat, deadlift and total records in the open 308s. His strong showing got him first place in the open class, first in the submasters, all new records in the submasters division and best lifter for the heavyweight division. In our bench portion of the contest, we had some more impressive lifting. In the 148 lb. class we had Jerry Celio come back, after a few years off, to try and break his own bench record. On his second attempt, Jerry popped up 365 lbs. to break the record, just missing 370 lbs. on his third

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attempt. He won first place in his class and Best Lifter for the Lightweight division. Next we had Albert Tridenti Jr. competing in the 220 lb. class and the Master division. He to was looking to break his existing Master record of 405 lbs. Albert went right after his old record with an opening attempt of 415 lbs. His missed on his first, but not on his second, and set a new state record. He than tried to better that with a third attempt of 425 lbs, but he was just short on the lock out. In the 242 lb. class we had another lifter chasing after another state record. Bob Delamare came to the meet looking to, as he said, "to smash the 525 lb. state record". He had a large cheering section, with signs and picture, to support him. Bob came to the meet with an aggressive approach. He wanted open up with 530 lbs. to break the record right off the bat, which turned out to be a little too aggressive. With three failed attempts, each a little harder than the last, Bob bombed out of the meet. I'm sure he will get it next year. In the 275 lb. class, George Lazzareschi came out to better his own state record of 575 lbs. George opened up with an easy 550 lbs. and jumped right to 580 lbs., for the record. Unfortunately, he just missed on both his second and third attempts. However, he still walked away with first place in his class, the Masters and Best Lifter for the Heavyweights. I would just like to thank all my competitors for coming out and making this years show another great one. Hope to see everyone next, bigger

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better and chasing more records. Take care. (Thanks to Ted Isabella for the meet results.)

Nick Farthing

130 290 420

	W	100	Fare	
<b>USPF</b> West	Virgi	nia Hi	gh Sc	hool
23 FEB 02 -	South	Char	leston	, WV
FEMALE		BP	DL	TOT
132 F				
Leah Craver		70	170	240
220 S		165	250	415
Lashawna Moss		165	250	415
F .				
Josh Lambert		75	165	240
So.				
Zane Tucker		145	155	300
1				
Matt Dunn		120	200	320
123				
F Callanhar		90	205	295
Cody Gallagher		90	203	293
Troy Goins	195	290	485	
132 F	-	1		
Brandon Riffee		175	325	500
Carl Frankovich		190	290	480
Hank Weese		85	215	300
Dylan Griffith		85	195	280
So.		400	205	405
Eric McCoy		190	305	495

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osh Edens ason Brooks	155 160	315 300	470 460
teve Martin	265	350	615
tatt Pickens	220	300	520
.Dibartholomew	250	250	500
evin Hamm	175	325	500
ohn Vaught	265	420	685
Pennington	165	410	575
Pennington 65	185	355	480
rent Brown	155	315	470
lliot Griggs	315	380	695
dam Hill	185	325	510
D Arnold	210	230	440
eth Amos	265	420	685
lerb Maynard	235	425	660
lick Barb	230	290	520
David Asbury ric Bowan	180	330	510
	ST MORE	200	210
uke Lynch 81	225	350	575
Shrewbury	160	355	515
81	160	333	313
yler Fink	220	400	620
Vill Haynes	175	350	525
toy Cate 81	215	300	515
immy Hebb 81	220	285	505
ustin Good	200	385	585
linton Reese	190	375	565
98			
eremy Estep	120	300	420
Nathan Haynes	225	400	625
andrew Crawford 20	250	325	575
. Higgonbotham	215	380	595
o. ric O'Dell	250	500	750
Matt Wright	230	375	605
dan Lough	250	405	655
Kemp Peterson 142			
eremy Owens	185	300	485
Brandon Davis	150	305	455
PhilHaynes 275	360	450	810
eremy Statts	205	365	570
io. Ryan Dibacco	175	275	450
CharlieMatthews	280	490	770
acob Roberts	325	400	
Darren Wilburn	255	450	705
1111		250	100
Rick Kinzer	275	350	625
ustin Walker 108	145	320	465
MET PARKET THE	Yawas	DESK S	S all si
ay Estill	135	380	515

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# Immaculate Heart of Mary BP

	2 - 10	oungstown, Ol	
123 LBS.		John Phillips	360
Open		220	
Zachary Simon	175	17-19	
20-23		Travis Acevedo	230
Zachary Simon	175	20-23	-0.2
132		Roger Vensel	275
17-19		Open	
Shawn Heffner	225	Dessie Cheers	420
165		33-39	
Open		Mark Keyser	315
C. Venturella	360	Rick Buletko	275
Lee Thomas	335	40-49	
17-19		Steve Popovich	340
Jarad Clark	220	242	
40-49		M. RexRoad	280
C. Venturella	360	L. Crawford	280
181		Open	
17-19		Terry Gibson	480
Tyrus Klasonsky	205	33-39	
20-23		Terry Gibson	480
Ben Moran	280	40-49	
Open		Ronald Antoun	420
Ben Moran	280	John Vega	395
198		275	
17-19		Open	
M. Panamarczu	k225	Mike Stanec	455
Open		SHW	
Ken miller		40-49	
50-59		Bill Lenzi	500
THE RESERVE AND ADDRESS OF THE RESERVE AND ADDRE			1

THIS YEAR'S BENCH PRESS CONTEST WAS ONCE AGAIN A SUCCESSFUL AND ENJOY-ABLE ONE WITH MANY FIRST TIME LIFTERS ENTERING THE CONTEST. IN THE 123LB CLASS ZACHARY SIMON DID AN EASY FIRST TIME LIFT TO WIN THE OPEN AND JUNIOR DIVISIONS. IN THE 132LB CLASS FIRST TIME LIFTER SHAUN HEFENER DID A STRONG LIFT CHARLES VENTURELLA AND LEE THOMAS ING OUT THOMAS AND ALSO WINNING THE MASTERS CLASS, TEEN LIFTER JARAD CLARK RETURNED DOING A FINE LIFT TO WIN HIS DIVISION. IN THE 181 LB CLASS TRYUS KLASONSKY DID A STRONG LIFT IN HIS FIRST CONTEST AND BEN MORGAN PUT UP A STRONG LIFT TO WIN THE JUNIOR AND OPEN DIVISION, IN THE 198LB CLASS FIRST TIME LIFTER MIKE PANAMARCZUK DID AN EASY LIFT IN THE TEEN DIVISION AND KEN MILLER AND JOHN PHILLIPS PUT UPSTRONG LIFTS TO WINTHEIR DIVISIONS 220LB LIFTERS TRAVIS ACEVEDO AND ROGER VENSEL DID NICE LIFTS WINNING THEIR DIVISIONS AND DESSIE CHEERS PUT UP A STRONG LIFT WINNING HIS DIVISION. TWO FIRST TIME LIFTERS MARK KEYSER AND RICK BULETKO BATTLED IN THE SUBMAS-TER CLASS, BOTH PUTTING UP STRONG LIFTS. FATHER STEVE POIOVICH ONCE AGAIN DID A STRONG LIFT IN THE MASTERS **DIVISION AND WAS A GREAT HOST ONCE** AGAIN, IN THE 242LB CLASSES TEEN LIFTERS MICHAEL REXROAD EDGED OUT LANNY CRAWFORD WITH BOTH PUTTING UP STRONG LIFTS.IN THE MASTERS DIVISION RONALD ANTOUN AND JOHN VEGA BATTLED FOR FIRST WITH ANTOUN EDG-ING OUT VEGA.TERRY GIBSON PUT UP THE SECOND HIGHEST BENCH OF THE DAY WIN-NINGTHE OPEN AND SUBMASTERS CLASSES. 275LB LIFTER MIKE STANEC DID AN EASY LIFT WINNING THE OPEN DIVISION, IN THE SHW DIVISION BILL LENZI TOOK THE MASTERS DIVISION PUTING UP THE HIGHEST BENCH OF THE DAY, ONCE AGAIN MY WHO HELP PUT ON THIS MEET AND ALL THE LIFTERS WHO ALWAYS HELP MAKE THIS A GREAT MEET. (RESULTS BY RON DEAMICIS.)

# AAU RAW NATIONALS (kg)

29,30 JU	JN 02	- Bos	ton, M	A
66	SQ	BP	DL	TOT
6-7			<b>Billimi</b>	HIDL
D.DELGALLO	37.5	25	55	117.5
7.00	45	30	62.5	137.5
S.MARROCCO 97 OPEN	45	25	57.5	127.5
M.SOUZA 45-49	75	32.5	102.5	210
M.SOUZA 105 10-11	75	32.5	102.5	210
A.McGLOSKEY	90	50	120	260

A. DELGALLO	75	45	95	215	123 50-54					165 OPEN				
8-19	85	40	100	225	A.FARRAR 132	60	20	142.5	222.5	C.HURD MOSES	212.5 207.5	140 122,5	245 215	597.5 545
M.BOWERS	75	37.5	87.5	200	R.DELGALLO OPEN	150	85	165	400	D.MOSES SM	210 165	102.5 207.5		527.5 545
S.BEASLEY	87.5	62.5	137.5	287.5	E.KUPPERSTEIN 148	212.5	110	250	572.5	40-44 R.HERBST	150	130	205	485
OPEN SOUZA	85	52.5	130	267.5	16-17 D.CENTENO	135	92.5	145	372.5	K.DUBE 50-54	210	102.5	215	527.5
R	A Comment				14-15				A CONTRACTOR	S.BROWN	195	207.5	217.5	540
SOUZA COLL.	85	52.5	130	267.5	A.MERCADO 15-16	107.5	85	137.5	330	60-64 R.HUTCHISON	160	102.5	192.5	455
SOUZA	85	52.5	130	267.5	J.BYRNE 18-19	147.5	72.5	170	390	65-69 L.McCRARY	85	62.5	142.5	290
15-49 .WOOD	80	52.5	122.5	255	B.OREILLY OPEN	170	125	227.5	522.5	181 15-16				
A.AMERLING	137.5		167 5	387.5	ROMANELLO	182.5 155	137.5 82.5	195 197.5	515	J.DZERKACZ 16-17	182.5	92.5	182.5	457.5
GARDELLA SM	A CONTRACTOR OF THE PARTY OF TH		152.5		R.HOULE	182.5		202.5		B.HEISER 18-19	187.5	102.5	187.5	477.5
A.AMERLING GARDELLA	137.5 115	82.5 95		387.5 362.5	R. HOU LE 55-59	182.5	72.5	202.5	490	P.NOONAN OPEN	182.5	125	200	507.5
165 18-19					P.GRIFFITH	177.5	90	175	442.5	A.BASETTI 40-44	215	142.5	245	602.5
C.COOK	107.5	52.5	140	300	16-17 R.MERCADO	137.5	75	175	387.5	C.MARTIN 45-49	192.5	110	227.5	530
16-17					18-19			1	4.900	D.SCHUMAN	215	140	217.5	572.5
R.SOSA	82.5	82.5	132.5	297.5	D.SLIWINSKI	125	140	160	425	45-49				



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J.FORMATO 45-49LT	135	122.5	190	447.5
J.FORMATO 60-64	135	122.5	190	447.5
D. PARSONS 198	137.5	120	147.5	405
16-17				
B.MERCED 18-19	160	115	180	455
B.SANDS 45-49	188	125	237.5	550
J.McDOWELL 50-54	210	125	237.5	572.5
J.MONTI 70-74	175	122.5	182.5	487
D.LEVESQUE P&F	150	92.5	212.5	457
T.RIDLON OPEN	185	130	207.5	522.5
C. ELA	205	130	237.5	572.5
C.FABRIZIO 220 18-19	215	142.5	282.5	640
F.DZERKACZ	232.5	130	232,5	595
	162.5	147.5	215	525
J.BUCKLES	155	125	197.5	477.5
R.McDONNELL 40-44	265	190	282.5	737.5

T.BRIEN 45-49	272.5	155	255	682.5	
G.PARIGIAN	237.5	122.5	52.5	612.5	
K.MARSHALL	137.5	97.5	197.5	432.5	
J.BYRNE 50-54	157.5	145	227.5	530	
T.BOWERS 55-59	185	122.5	217.5	525	
D.MANSFIELD 65-69	202.5	107.5	205	515	
B.SPIEGELBERG OPEN	147.5	102.5	18 2.5	432.5	
R.GIUGGIO	207.5	142.5	205	555	
F.DZERKACZ	72.5	130	232.5	595	
G.PARIGIAN				612.5	
C.FARRELL	262.5	160	265	687.5	
D.McGINTY	245	175	292.5	712.5	
R.McDONNELL P&F	265	190	282.5	737.5	
T.BRIEN NOV	272.5	155	255	682.5	
R.GIUGGIO 242 IR	207.5	142.5	205	555	
D.HENRY IR	220	145	260	625	
Protomastro 45-49	287.5	190	295	772.5	
J.WENCUS OPEN	197.5	160	20	607.5	
THE RESERVE AND ADDRESS OF THE PERSON NAMED IN					

682.5	G.HOLMES	235	145	237.5	
	C. Shedrick	247.5	152.5	240	670
612.5	Protomastro	287.5	190	295	772.5
432.5	275				
530	14-15				
	B.BEAUDOIN	160	102.5	180	442.5
525	SM				
	B.BEAUDOIN	160	102.5	180	442.5
515	50-54				
	L.MCGRANE	230	167.51	275	672.5
432.5	55-59				
	R.CROSS	185	145	202.5	532.5
555	OPEN				
595	M.AMBROSE	230	145	240	615
612.5	B.BIRNBAUM	237.5	147.5	295	680
687.5	319				
712.5	OPEN				
737.5	A.BAKER	265	232.5	272.5	770
	E.MALINOWSKI	295	147.5	290	732.5
682.5	16-17				
	E.MALINOWSKI	295	147.5	290	732.5
555	SHW				
	16-17				
	T.DELPHIA	125	70	142.5	337.5
625	46-49				
	K.NYHOLM	295	195	277.5	767.5
772.5	OPEN				
	R.DELEON	285	207.5	272.5	765
607.5		295			767.5
	The 2002 AAU R	AWNA	TIONA	LPOW	ERLIF

ING CHAMPIONSHIPS were held on June 29 and 30, 2002 in Woonsocket RI at the Holiday INN There were 83 Lifters ranging from 6 yrs old to 70 yrs old. 40 American records were set by 19 different Lifters. The BIGGEST Squat was 650.25 lbs by 17yr E.Mailinowski, BIGGEST Bench Press was 512.5 lbs by Tony Baker and the BIGGEST deadlift was 660 lbs by Damor McGinty. The Team Trophies went to MEN'S 1ST. BORDER PATROL, 2nd PUTNAM POW-ERLIFTING, 3RD MUSCLE MILL MASTER WOMEN'S Fist Place, WOMEN OF STEEL BEST LIFTERS DAY ONE. WOMEN'S OPEN A.Amerling. WOMEN MASTER -B.Beasley,
MEN'S OPEN -E, Kupperstein. MEN'S MASTERS-S.Brown, YOUTH -A.McGloskey, BEST LIFTERS DAY TWO. MEN'S OPEN -S.Protomastro. MEN'S MASTERS-D.Levesque.
POLICE & FIRE -- T. Brien. TEEN -E.Mailinowski. Special thanks to Bob Souza
Thanks to Baystate Athletics, Power Shack Gym Tim Brien AAU RI State chairman, HOLIDAY INN EXPRESS, COCA-COLA Bottling of RI, Marlien at MR Trophy, Spotters Loaders Judg ers Table help and the Lifters for making this Meet a BIG success. (Thanks to Ray Cross AAU

.5				
IFT-	<b>USAPL State Ben</b>	ch Pre	ss / D	eadlift
	Championshi			
		BP	MINI	02
	Women	215		
	L. Loughney	213		
	Men's Junior Bench M.Hufnage	390		
	M. Lohman	290		
	S.Naspinsk	290 255		
	J.Trevis			
	Mike.Marispini	165		
	Men'sOpen			
	165	325		
	B.Kegler J.Sinkel	275		
	181	2/3		
	E,Alter	300		
	181	300		
	Masters			
	J.Marispini	395		
	I.Kasdan	335		
	198	-		
	Masters			
	T. Lohman	430		
	Dan.Perich	395		
	D. Lux	305		
	220			
100	Masters			
•	C. Payne	410		
	S.Weatherhead	375		
	242			
	Masters			
	R.Schubert	335		
	275			
	Masters			
	Don Perich	450		
	Supers Open			
	Chad Wolter	350		
	BENCH/DEADLIFT	-		
	Women's	BP	DL	
	M.Shuttleworth	155	225	
	C.Bang	130	270	
	Men's Junior			
	K.Chiodo	255	410	
	D.Chido	270	410	
	Marc.Marispini	290	375	
	Men's			
lan.	Open	BP	DL	TOT
88	165		-	
928	P.Wong	375	500	875
	T.Williams	295	500	795
-	J.Mitchell	290	460	750
	181			
	Masters			
	J. Unger	250	420	670
_	198			
-	S.Timonen	360	625	985
	220			
	OPEN	400		005
	M.Edelstien	420	575	995
	220			
	Masters	240		0.10
	G.Edwards	340	500	840
	T.Haggenmitter	315	505	820
	242			
	Open	E40	250	1100
	J.Kaczor	540	560	1100
	B.Durham	380	630	1010
	R.Buckles	405	520	925
	275			
10	Open	440	***	1050
	D.Voth	440	610	1050
	C. Moeckly	380	570	950
	(thanks to USAPL for	munci 45	an all	was all a

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P.S.C.P.A. S	TATE	HIGH	H SCH	1001
04 MAY 02				
114 J. V.			iis sei	10013
JEFF BUCKLEY	170	125	210	505
114 VARSITY	170	123	210	303
I. DRUMMOND	355	190	420*	965*
PAO KHANG	395	190	375	960
DEKOVEN KERR	360	160	405	925
123 J. V.	300	100	403	723
DWON HUNTER	405	205	450	1060
J. CLACANO	275	155	300	745
IAMES HOWKINS		140	245	585
123 VARSITY	,200			505
IEREMY SHAULIS	275	190	375	840
132 I.V.			3,3	040
R. STEVENSON	390	205	395	990
IEVON MATEO	345	185	450	980
C. RAYMOND	340	170	370	880
CHRIS STOHL	300	180	320	790
DAN FLANNERY	180	145	225	550
132 VARSITY	mide	A POLICE	a like or	THE STATE OF
D. NORTHERN	455	255	490*	1200*
DAVID HILL	390	210	460	1060
TODD ZELIZNIK	390	220	410	1020
IOE BEEZUP	340	180	400	920
J. DECHELBOR	305	185	305	795
148 J.V.				
O. WHITAKER	415	210	455	1080
JIMMY MCVEIGH	300	200	380	880
TONY BEAMER	250	205	395	850
MATT VERNA	300	145	325	770
R. MOUSSEAU	250	155	275	680
148 VARSITY				
JAMES SWEET	620*	290	540*	1450*
BJ AHMADAZEH	540	295	530	1365
S. BRISCOE	455	275	440	1170
D. BUCHANAN 4	50	230	460	1140
T. KNEPPER	385	240	460	1085
LUKE HALLMAN	400	200	430	1030
JOE PEREZ	325	215	365	905
<b>ERIC GISKOWSKI</b>	315	200	380	895
JOHN BUCKLEY	215	180	270	665
165 J.V.				
	26111			

H	SCH	OOL					
	ls Sch		M. COSGROVE	415	255	425	10
1111	is scn	oois	KEVIN RILEY	375	220	475	10
			JULIUS DAVIS	400	215	455	10
	210	505	DICK STROHL	350	210	450	10
		100000	MIKE FERGUSEN		250	410	93
	420*	965*	DAN RIMBEY	350	200	375	92
	375	960	D. CROISETTE	315	210	350	87
	405	925	J. HERRMAN	280	170	400	85
			NATHAN SINKO	290	200	360	85
	450	1060	M. SOUCHAK 30	0	190	335	82
	300	745	RAY GRIFFITHS	185	135	250	57
	245	585	JOSH HARDING	305		385	69
			JIM NAUM		120	170	29
	375	840	165 VARSITY				
			DURANBEEKS	510	355	550	14
	395	990	MATT NOCTOR	500	280	560	13
	450	980	DUSTINKEEL	505	275	500	12
	370	880	LEWIS ADKINS	525	275	475	12
	320	790	IAMES CLOSE	500	265	420	10
	225	550	AI WILLOUER	345	200	405	95
	Ditteros		C. MOUSSEAU	300	190	350	84
	490*	1200*	RYAN BENNICK	270	210	325	80
	460	1060	MATT TAYLOR	300	175	285	76
	410	1020	IOHN KING	175	175	350	75
	400	920	181 J.V.		***	330	,,,
	305	795	JASON THOMPSO	ON	515*	245	49
	455	1080	B. SHIHINSKI	430	265	430	11
	380	880	JUSTIN YOUNG	350	220	460	10
	395	850	DAVE WILLOUER		195	400	95
	325	770	M. KIRKPATRICK		180	365	84
			BLAKE WATCHER				
	275	680		280	220 150	345	84
		44504	RYAN CONLEN			365	79
	540*	1450*	DOUG BABBITT	300	165	315	78
	530	1365	SCHMITTINGER		170	335	77
	440	1170	P. LUKASEVICH	250	165	275	69
	460	1140	181 VARSITY			2	
	460	1085	RICARDO MEEKS		300	550	13
	430	1030	KEITH FOX	490	270	515	12
	365	905	DANNICE	450	300	480	12
	380	895	G. SCHWARTZ	270	160	375	80
	270	665	198 J.V.				
			JAMES SISSON	400	205	460	10
		1840	JAMES SISSON	400	205	-	460

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THE RESERVE OF THE PERSON NAMED IN COLUMN 1988

James Sweet, at the P.S.C.P.A. State High School Championships, psyching up for his 3rd DL (This photograph is courtesy of J.C. Hill)

T. JACKSON	285	150	325	760	Loren Mangino	175	127.5	227.5	530
SHANE SPENCER		180	320	725	Daniel Lepert	175	107.5	187.5	470
V. MARSHALL	310		390	700	Anthony Lucas	150	115	187.5	452.5
SHAWN BROWN		205	425	620	A. Schvartsman	167.5	102.5	170	440
R. CUMMINGS	200	115	225	540	Jon Norwood	167.5	112.5	157.5	437.5
198 VARSITY			-	Total of the	Adam Nagela	167.5	87.5	182.5	425
<b>EUGENE MOORE</b>	585	290	640	1515	N. Pinkgrman		0710	102.5	420
J. HABERMAN	480	320	460	1260	148				
G. MARINELLI	430	345	465	1240	18-19				
RICHARD WILLIS	475	285	465	1225	David Kibler	237.5	125	230	592.5
J. RYAN KOLB	425	250	475	1185	<b>David Hammers</b>	212.5	137.5	220	570
LEON TEET	415	260	505	1180	JR				
MARK WALLACE	370	280	360	1020	M. Rodriguez	197.5	105		
PAT KREIDLER	450	285		735	165				
MIKE SLOTCOFF		205	380	585	14-15				
220 J.V.					Jake Ragusa	187.5	105	217.5	510
G. GRANLAND	505	265	440	1210	Jeremy Auerbach	130	115	165	410
KEITH LYNN	470	255	455	1180	16-17				
RYAN ESCHBACH		230	465	1095	Colby Larson	200	127.5	187.5	507.5
M. CICCIMARO	365	245	435	1045	Blake Dedas	177.5	112.5	200	490
JAKE HEYDT	335	225	425	985	Paul Bunce	192.5	92.5	195	482.5
C. COTTRJL	300	205	410	915	Robbie Roybal	165	112.5	192.5	470
JOHN LUCAS	300	205	400	905	Shane Oakley	177.5	95	197.5	470
JTKING	300	155	325	780	18-19	ces i		2020	SATELAN IN
MIKE MCFADDE		355	350	705	William Lubeck	195	137.5	192.5	525
DONMARSTELLE	K	210	350	560	Benjamin Brooks	190	110	210	510
CHRIS ROBERTS		160	315	475	Ryan Nagele	180	107.5	205	492.5
220 VARSITY	***	400	***		Nicholas Gutigraz				
T. BEASLEY	560	400	560	1520	JR	585	591		
N. RAISON	535	355	540	1430	Todd Straub	215	145	250	625
JAMES HELMS	525		515	1380	Ryan Snelling	207.5	145	262.5	615
S.STANISLAV	440	330	520	1290	Eric Walton	215	145	257.5	600
D. HOWARD	490	265	465	1220	Clay Grubbs	225	130	237.5	592.5
242 J.V. HOLLIN FISHER	425	270	500	1195	Clint Edwards	227.5	142.5	212.5	582.5
BRYAN SMITH	435	220	480	1145	Tony Williams	230	132.5	220	582.5
ABU CLARK	405	290	445	1140	14-15				
PHILLIP YANONE		275	420	1045	Joesph Tronzo	172.5	107.5	190	470
242 VARSITY	.330	2/3	420	1043					
RYAN ARROYO	615	285	575	1475	Justin Young 16-17	160	95	215	462.5
F. CARPENTER	490	285	500	1275	Ryan Keathley	227 5	150	230	592.5
NAIM MCCLAIN	450	250	460	1160		227.5	117.5	242.5	
KYLE DEVENNEY	350	225	450	1025	Cory Saltzman Dan Papesh	170	95	200	567.5 465
275 JV	330		430	1023	18-19	170	93	200	403
C. BRIGHT	500	315	585*	1400*	C. Nasser	215	127.5	252.5	595
DAVE VUKOVIC	460	305	490	1255	Greg Dennison	170	105	240	515
DON GILMORE	375	215	425	1015	JR	1,0	103	240	313
WES HARPEL	350	200	400	950	David Zaworski	242.5	175	240	657.5
MIKE CHAMBERS	330	225	355	910	Dan Fletcher	215	152.5	272.5	630
275 VARSITY					Nicholas Piazza	225	155	250	630
WILL ZIMPFER	500	230	510	1240	Scott McManus	212.5	137.5	252.5	602.5
BRAD BAVER	470	285	480	1235	Kevin Gwin	197.5	160	222.5	580
NATE HARPEL	300	230	510	1040	198				
MATT ALLEN	350	275	410	1035	16-17				
SHW J.V.					Ryan Meniniga	215	120	227.5	562.5
IAN WERTMAN	540*	285	500	1325	Simon Michell	197.5	107.5	217.5	515
L. JONES	440	225	400	1065	Jeff Eberent	195	117.5	202.5	510
MOST OUTSTAN	DING L	IFTER -	VARSIT	YJAMES	Brandon Clark	170	130	195	495
SWEET - GLEN	MILL	S SCH	OOLS.	MOST	18-19				
OUSTANDING L			ON HU		Jeremy Hartman	245	170	272.5	687.5
GLEN MILLS SC				LTS BIG	Casey Wafford	245	137.5	242.5	625
SCHOOL-GLEN M					Way ne Literel	227.5	145	217.5	582.5
2ND. PLACE PA					JR				
SCHOOL - UPPER					<b>Shawn Geernaert</b>		192.5	292.5	750
THORPE?NDPLA					Lauren Cohen	272.5	185	270	727.5
to J.C. Hill for pro	viding I	he resu	its of thi	s meet)	Seth Abrams	210	207.5	220	637.5
					220 14-15	THE RES	College		
					Alex Reid	157.5	105	197.5	445
USAPL TEEN	AGE/	IR. N	ATIO	NALS	18-19				
					S. Kouimanis	277.5	182.5	255	715
14-16 JUN			The state of the s		Joseph Harris	190	147.5	242.5	510
114	SQ	BP	DL	TOT	Adam Dyce	235	147.5	240	622.5
14-15		-			16-17			200	
Jeremy Meyers	117.5	72.5	147.5	332.5	M. McFarlane	217.5	137.5	250	605
Bryan Prescott	102.5	57.5	122.5	282.5	Brian Lemay	227.5	135	222.5	585
Dan Nitzken	87.5	55	112.5	255	Carles Rallis	195	132.5	245	572.5
16-17 Mike Hafenbrack	155	82.5	180	417.5	JR I. Townsend	245	180	267.5	707.5
Marke Halenbrack	133	0.4.3	1250	41/.3	I. IOWISEIG	443	100	407.3	/0/.3

to J.C. Hill for pro	viding	the resu	lts of th	is meet)
LICADI TEEN	ACE	/ ID .	IATIO	NIAIC
USAPL TEEN 14-16 JUN				
114	SO	BP	DL	TOT
14-15				
Jeremy Meyers	117.5	72.5	147.5	332.5
Bryan Prescott	102.5	57.5	122.5	282.5
Dan Nitzken 16-17	87.5	55	112.5	255
Mike Hafenbrack IR	155	82.5	180	417.5
Marc Barbier 123	107.5	92.5	167.5	367.5
14-15 Brandon Hatfield 16-17	142.5	70	147.5	360
V. Niedoliwka	182.5	112.5	220.5	515.5
Dane Karras	137.5	87.5	162.5	385
Nick Trzaskus 18-19	137.5	80	160	377.5
Jeremy Scruggs	172.5	107.5	212.5	492.5
Herve Harvey 132	170	107.5	195	472.5
14-15				
Ryan Hart	122.5	87.5	167.5	377.5
David Norris 16-17	130	65	100	295
Ryan Smith	162.5	97.5	195	455
Charles Blessinger		95	167.5	415
Rory Bogan JR	142.5	87.5	167.5	397.5
Trey Cunningham	205	122.5	210	537.5
Micah Kiletico	192.5	122.5	217.5	532.5
Luke Hanfen	157.5	132.5	172.5	462.5
Spencer Myers 148 14-15	145	95	172.5	412.5
Jason Thomas	142.5	82.5	157.5	382.5
Caleb Williams 148	250	137.5	237.5	625
16-17				

20	JR				
20	M. Rodriguez	197.5	105		
5	165				
5	14-15		12		THE PART
10	Jake Ragusa	187.5	105	217.5	510
10	Jeremy Auerbach	130	115	165	410
95	16-17 Colby Larson	200	127.5	187.5	507.5
45	Blake Dedas	177.5	112.5	200	490
5	Paul Bunce	192.5	92.5	195	482.5
5	Robbie Roybal	165	112.5	192.5	470
5	Shane Oakley	177.5	95	197.5	470
0	18-19	CER S		200	92000
5	William Lubeck	195	137.5	192.5	525
5	Benjamin Brooks	190 180	110	210	510
•	Ryan Nagele Nicholas Gutigraz		107.5	205	492.5
20	JR	1225			
30	Todd Straub	215	145	250	625
80	Ryan Snelling	207.5	145	262.5	615
90	Eric Walton	215	145	257.5	600
20	Clay Grubbs	225	130	237.5	592.5
	Clint Edwards	227.5	142.5	212.5	582.5
95 45	Tony Williams	230	132.5	220	582.5
40	181 14-15				
45	Joesph Tronzo	172.5	107.5	190	470
	Justin Young	160	95	215	462.5
75	16-17			District to	
75	Ryan Keathley	227.5	150	230	592.5
60	Cory Saltzman	207.5	117.5	242.5	567.5
25	Dan Papesh	170	95	200	465
10*	18-19	0.5	405.5	0.00	205
00* 55	C. Nasser	215	127.5	252.5	595
15	Greg Dennison IR	170	105	240	515
)	David Zaworski	242.5	175	240	657.5
	Dan Fletcher	215	152.5	272.5	630
	Nicholas Piazza	225	155	250	630
40	Scott McManus	212.5	137.5	252.5	602.5
35	Kevin Gwin	197.5	160	222.5	580
40	198				
35	16-17				
15	Ryan Meniniga	215	120	227.5	562.5
25	Simon Michell	197.5	107.5	217.5	515
MES	Jeff Eberent	195	117.5	202.5	510
OST	Brandon Clark 18-19	170	130	195	495
ER -	Jeremy Hartman	245	170	272.5	687.5
BIG	Casey Wafford	245	137.5	242.5	625
MAH	Way ne Literel	227.5	145	217.5	582.5
IALL	JR				
JIM	Shawn Geernaert		192.5	292.5	750
anks	Lauren Cohen	272.5	185	270	727.5
eet)	Seth Abrams	210	207.5	220	637.5
	220 14-15	1575	105	107 -	445
11917	Alex Reid 18-19	157.5	105	197.5	445
LS	S. Kouimanis	277.5	182.5	255	715
	Joseph Harris	190	147.5	242.5	510
	Adam Dyce	235	147.5	240	622.5
	16-17				
T		217.5	137.5	250	605
T 2.5	M. McFarlane	THE PARTY NAMED IN		222.5	585
T 2.5	M. McFarlane Brian Lemay	227.5	135		
T 2.5	M. McFarlane Brian Lemay Carles Rallis	227.5 195	135	245	572.5
T 2.5 2.5	M. McFarlane Brian Lemay Carles Rallis JR	227.5 195	132.5	245	
T 2.5 2.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend	227.5			572.5 707.5
T 2.5 2.5 3.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242	227.5 195	132.5	245	
T 2.5 2.5 3.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17	227.5 195 245	132.5 180	245 267.5	707.5
T	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen	227.5 195	132.5	245	
T 2.5 2.5 2.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17	227.5 195 245	132.5 180	245 267.5	707.5
7.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19	227.5 195 245 250	132.5 180 130	245 267.5 278	707.5 642.5
T 2.5 2.5 2.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275	227.5 195 245 250 262.5	132.5 180 130 157.5	<ul><li>245</li><li>267.5</li><li>278</li><li>302.5</li></ul>	707.5 642.5 722.5
7.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17	227.5 195 245 250 262.5 240	132.5 180 130 157.5 167.5	245 267.5 278 302.5 227.5	707.5 642.5 722.5 635
7.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands	227.5 195 245 250 262.5 240 272.5	132.5 180 130 157.5 167.5	245 267.5 278 302.5 227.5 262.5	707.5 642.5 722.5 635 717.5
7.5 7.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands Justin Graham	227.5 195 245 250 262.5 240 272.5 205	132.5 180 130 157.5 167.5	245 267.5 278 302.5 227.5 262.5 222.5	707.5 642.5 722.5 635 717.5 512.5
7.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands Justin Graham Mario Westbrook	227.5 195 245 250 262.5 240 272.5 205 235	132.5 180 130 157.5 167.5 182.5 105 147.5	245 267.5 278 302.5 227.5 262.5 222.5 230	707.5 642.5 722.5 635 717.5 512.5 612.5
7.5 7.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands justin Graham Mario Westbrook Darren Gay	227.5 195 245 250 262.5 240 272.5 205 235 220	132.5 180 130 157.5 167.5 182.5 105 147.5 137.5	245 267.5 278 302.5 227.5 262.5 222.5 230 242.5	707.5 642.5 722.5 635 717.5 512.5 612.5 600
7.5 7.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands Justin Graham Mario Westbrook Darren Gay Henry Thomason	227.5 195 245 250 262.5 240 272.5 205 235 220 355	132.5 180 130 157.5 167.5 182.5 105 147.5 137.5 187.5	245 267.5 278 302.5 227.5 262.5 222.5 230 242.5 305	707.5 642.5 722.5 635 717.5 512.5 612.5 600 847.5
7.5 7.5 7.5 7.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands Justin Graham Mario Westbrook Darren Gay Henry Thomason	227.5 195 245 250 262.5 240 272.5 205 235 220	132.5 180 130 157.5 167.5 182.5 105 147.5 137.5	245 267.5 278 302.5 227.5 262.5 222.5 230 242.5	707.5 642.5 722.5 635 717.5 512.5 612.5 600
T 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5 2.5	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands Justin Graham Mario Westbrook Darren Gay Henry Thomason Matt Wenning	227.5 195 245 250 262.5 240 272.5 205 235 220 355 325	132.5 180 130 157.5 167.5 182.5 105 147.5 137.5 187.5 210	245 267.5 278 302.5 227.5 262.5 230 242.5 305 295	707.5 642.5 722.5 635 717.5 512.5 600 847.5 830
T 2.5 2.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3.5 3	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands Justin Graham Mario Westbrook Darren Gay Henry Thomason Matt Wenning Thomas Ruszala Jerry Pritchett Shane Newark	227.5 195 245 250 262.5 240 272.5 205 235 220 355 327.5 250 300	132.5 180 130 157.5 167.5 182.5 105 147.5 137.5 187.5 210 210 190 222.5	245 267.5 278 302.5 227.5 262.5 222.5 230 242.5 305 295 272.5 295 265.5	707.5 642.5 722.5 635 717.5 512.5 600 847.5 830 810 735 785
T 2.5 2.5 3.5 3.5 4.5 4.5 4.5 4.5 4.5 4.5 4.5 4.5 4.5 4	M. McFarlane Brian Lemay Carles Rallis JR J. Townsend 242 16-17 N. Rasmussen 18-19 Drew Traub Rob Camfield 275 16-17 Chris Sands Justin Graham Mario Westbrook Darren Gay Henry Thomason Matt Wenning Thomas Ruszala Jerry Pritchett Shane Newark Adam Schauble	227.5 195 245 250 262.5 240 272.5 205 235 220 355 325 327.5 250 290	132.5 180 130 157.5 167.5 182.5 105 147.5 137.5 210 210 190 222.5 192.5	245 267.5 278 302.5 227.5 262.5 222.5 230 242.5 305 295 272.5 295 295.5 297.5	707.5 642.5 722.5 635 717.5 512.5 612.5 600 810 735 785 780
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#### **USAPL NEW ENGLAND STATES** 18 MAY 02 - Warwick, RI

355 185

BP DL 305 350

205

165 275 625

205

Special Olympics SQ

Kevin Bligh G. Nothnagle

Bench press Seth Reardon

Women's				
	375*	225*	380*	980*
Melissa Beliveau	270**	135**	300**	705**
Sheila Sullivan	280**	140**	315**	735**
Donna Aliminosa		95	220	520
Women's Grandn				
Donna Alirninosa	205	95	220	520
Florette Ruggiero	225**	125**	300**	650**
Teenage				
Ben Puccio	420	240	425	1085
Michael Campbel	1480**	320**	500**	1300**
Patrick Noonan	460	280	395	1135
Chris Simister	525	225	475	1225
Patrick Cleary	385	230	465	1080
James Salabert	350	255	370	975
Shane Reilly	365	190	400	955
Michael Rossi	280	205	305	790
Junior				
Timothy Lyons	705	405	635	1745
Louie Morrison	550	380	550	1480
C. Lentini	470	300	450	1220
M. Campagnone	430	240	430	1100
Dan Poulos	335	225	440	1000
Keith Gilbert	350	240	415	1005
Joe Peters				
Submaster				
Gene Marshall	495	345	495	1335
Rick Johnson	560	305	600	1465
Andrew Miller	550	525	580	1655
Joe Pontes	555**	300	525	1380**
Arthur Molligi	425	255	400	1080
Joe Koldoff	550**	345**	520	1415**
Saul Michelson	525	310	525	1360
Master's				
Kevin Rossi	480**	440**	440	1360**
Michael Rainey	500	430	600	1530
Bob Connell	525	410	450	1385
David DiRienzo	475	425	475	1375
Daniel Wiswell	520	330	580	1430
Bruce Topol	410	370	440	1220
Grandmaster's				Series Series
Kevin Iskierski	405**	250**	475**	1130**
John Nesbitt	345	200	470	1015
Clyde Parker	375	330	420	1125
<b>Butch Troiano</b>	300**	380**	435**	11 15**
132 Lb.				
Eric Kupperstein	500	265	565*	1330*
148 Lb.				
Jason Roy	425	360	475	1260
Herman Ho	430	280	430	1140
Mike Callahan	450	230	425	1105
165 Lb.				
Steve Beaupre	565	385	530	1490
Sean DiCataldo		350	575	1450
Gene Marshall	495	345	495	1335
Emile LaCerte, Jr.		290	470	1185
Chris Gifford	325	220	415	960
181 Lb		NA DESP		
Jason Nickerson	590	370	525	1485
Louie Morrison	550	380	550	1480
Eric Cordeiro	525	280	425	1230
M. Carnpagnone		240	430	1100
Les Greene	525			
198 Lb.				

Check/Money Order # \_\_\_\_

Cardholder Signature:



Anthony Saunders on the way up with a successful 905 lb squat in the SHW division (All photographs are courtesy of Gregory Kostas) 148

orge Sousa	525	355	540	1420	
ne Moven	500	330	520	1350	
nk Juszynski	430	300	515	1245	
Lentini	470	300	450	1220	
0					
Avery	585	385	605	1575	
Laliberte	650	375	545	1570	
Pontes	555**	300	525	1380	
ron Czysz	455	355	505	1315	
Jon Galicki	510	240	530	1280	
2 Lb.					
n Lyons	705	405	635	1745	
nce Reardon	655	375	565	1595	
Peters	530				
5 Lb.					
trick Johnson	725	500	625	1850	
ott Gagnon	600	375	625	1600	
n Wiswell	520	330	580	1430	
e Kildoff	550	345	520	1415	
per					
thony Saunde	rs830	500	670	2000	
h	905				
drew Miller	550	525	580	1655	
RHODEISLAN	DSTATE	RECOR	RDS.*M	ASS STATE	
CORDS . BEST	LIFTER:	Eric Ku	pperste	in. 132 lb.	
vision, 1330 To	otal. BES	TLIFTE	RSTAN	DINGS: 1.	
ic Kupperstein,	1330 at	131 lbs	. 2. Steve	Beaupre,	
90 at 163 lbs. 3	. Patrick	Johnso	n, 1850	at 269 lbs.	
Sean DiCatald	o, Jr., 14	150 at 1	64 1/2	lbs. 5. Tim	
ons, 1745 at 2	241 lbs.	TEAM	STAND	INGS: 1st	
ext Level Fitnes	s (RI) 35	pts. 2nd	d Maine	Powerlift-	
g All Stars (Me	) 30 pts.	3rd Po	werzon	e (NH) 13	
s. 4th Raynhan	n Ultima	te War	riors (M	(A) 10 pts.	
FFICIALS: Joe V	Vencus,	William	McLau	ghlin, Beth	
reet, Greg Kost	as. Onc	e again	, Rene A	Aoyen and	
e members of	next Le	vel Fitn	ess did	a tremen-	
ous job in host	ing and	organ	izing thi	is contest!	
e meet was t	very we	I run,	the spo	otting was	
cellent, and th	e judgin	g was f	air and	consistent	
roughout the o	lay! The	se were	some o	f the com-	
ents that I hear	dabout	his eve	nt. It did	run a little	

| Source | S Northeast and these were a definite plus! Travis
Regan and GCI Sports designed some very unique
and outstanding awards that were a big hit with all
of the lifters. As one can see by the results, the
lifting was phenomenal at this event! Lifters came
from Maine, New Hampshire, Massachusetts, Connecticut, and Rhode Island to take part in this
year's New Englands. Many records were set by
both men and women of all ages. Some of the many
notable lifts were as follows: Eric Kupperstein
lifting 1330 at 131 lbs., Tony Saunders squatting
905 lbs. on a 4th attempt after struggling with 830
on his opener and 2nd attempts. Tony also benched lifting 1330 at 131 lbs., Tony Saunders squatting 905 lbs. on a 4th attempt after struggling with 830 on his opener and 2nd attempts. Tony also benched 500 lbs. Patrick Johnson squatted 725 lbs. and also benched 500 lbs. Tim Lyons squatted 725 lbs while benched 500 lbs. Tim Lyons squatted 705 lbs while benched 500 lbs. Tim Lyons squatted 705 lbs while benched 500 lbs. Tim Lyons squatted 705 lbs while benched 500 lbs. Tim Lyons squatted 705 lbs while benched 500 lbs. Tim Lyons squatted 705 lbs while benched 525 lbs! Michael Campbell, 18 Rick Johnson, Andrew Miller, Kevin Rossi, David ep. DiRienzo, Jason Roy, and Scott Gagnon were able so to complete all of their attempts successfully! In closing, I would personally like to thank everyone involved in this event. The sponsors, loaders and is spotters, officials, table help, admissions, concessions, Rene Moyen, Mike Macchioni, Next Level Fitness members - for again, without everyone's help we could not have hosted such a successful event! Most of all, thank you to all of the lifters who competed and supported our USAPL event. Without your support there would be no event! These members will always be for you, and I look forward to seeing everyone in November for the USAPL Mass/ Atlantic States. (Thanks to Greg Kostas for providing these results.)

WOMEN Fred Engel Jr 340
Faydra Geraghty 135 242
Suzannsjohnson 120 Ben White 550
Carol Busco 130 275 Masters BENCH Kevin Johnson 520 Geoff Plante 475 Fred Dini 510 319 Bruce Newell 300 Brian Laudadio 198 SHW
M. Makofskey 325 Dale Taggert M. MAKOTSKEY 325 Dale Taggert 465
181 DEADLIFT WOMEN
Patrick Carroll 340 148
242 Carol Bosco 265
Michael Murphy 355 MASTERS 242 C. Slavbaugh 600 Ricky Greenspan350 MEN'S OPEN 198 220 Robert Pancaldo 315 Cary Solyna Men's Open BENCH 242 C. Slaybaugh 600 Robert Walsh 275 Jim Regan 575

USAPL MARCH MADNESS (BP/DL)

30 MAR 02 - East Greenbush, NY

# USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

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If under 21 yrs., Parent Initial: \_\_\_\_\_ Date: \_\_\_\_ Prior Reg. # \_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_ E-Mail:\_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip Code: \_\_\_ Address: Age: \_\_\_\_ Sex: \_\_\_\_ U.S. Citizen? \_\_\_\_ USAPL Registered Club Represented: \_\_\_ Date Of Birth: Membership Prices: (please circle one)

• Adult - \$40.00

• High School Division (Full year; any meet) - \$30.00

• Special Olympian - \$10.00

• High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00

• Upgrade from current HS Seasonal to HS Div. Full year - \$15.00 Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate

& Fire High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May31 Special Olympian USAPL Merchandise: (please circle choices) •T-Shirt - \$15.00 (size \_\_\_qty. \_\_\_)(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise) Polo Shirt - \$35.00(s-xl) \$37.00(xxl & up) (size \_\_qty. \_\_)(colors: navy, white)

 \*Navy Sweatshirt - \$30.00(s-xl) \$32.00(xxl & up) (size \_\_qty. \_\_)

 \*Unite Referee Designation Polo - \$30.00(s-xl) \$32.50(xxl & up) (size \_\_qty. \_\_)

 \*Logo Patch - \$5.00 (qty. \_\_) (Shpg for patch: .50)

 \*Hats - \$15.00 (qty. \_\_)(colors: white, navy, black) •Logo Patch - \$5.00 (qty. \_\_\_) (Shpg for patch: .50)

Credit Card: Visa-Mastercard-Discover Exp. Date: Card # \_\_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_ All memberships expire 12 months from date of purchase.

Membership Price: \$ Merchandise Total: \$\_ Merchandise Shipping: \$4.00

Total Purchased: \$\_\_\_\_ (White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

#### APF West Coast Open 29 JUN 02 - Newport, Oregon RENCHPRESS DEAD LIFT (18-19)R. NYLANDE 231 IO WALKER 165 OPEN NOVICE S. FAULHABER 203 CASEY FLORES 275 181 MARK RICHTER 314 OPEN DUANE TRAVIS 672 BILL LOVE BILL LOVE 380 198 (16-17) D.MCFARLAND 451 BRUCE READ 429 220 IEEE HOLLOWAY 418 (40-44) JEFF HOLLOWAY 551 540 G. NELSON OPEN I. MCGRATH 479 (50-54) R. PATTERSON 617 OPEN MEN SO RP DI TOT JASON HANSEN 402 253 G. OLSON 584 303 601 IAN MCKAY 611 314 589 1492 EVAN ARNTZEN 699 402 PHIL CICERO 540 352 556 NATHAN ELLER 451 319 457 BRADY CYPHERT 727 391 551 1647 FANNON 771 534 IOSH BRYANT 848 601 . SYMONS 710 451 639 BRENT MIKESELL 1047 601 782 VINCE ELDRIDGE 606 446 705 1757 242 BRADY CYPHERT 727 391 551 1647 SUBMASTER MEN (33-39) GERALD FIGARD 325 225 418 ROBBY FISHER 270 253 402 925 341 542 **JERRY RILEY** 501 380 501 1383 KEVIN ELLER 529 303 562 1394 LUKE HARRIS 755 485 672 1912 VINCE ELDRIDGE 606 446 705 1757 C. FIELD-EATON 325 225 402 924

IAN MCKAY 275	611	314	589	1492	
FIELD-EATON	705	429	661	1795	
Novice 220	703	429	001	1/93	
GARRETT SALLE	E 545	380	534	1459	
<b>DENNIS GASKILI</b>		270	352	1024	
C. GILLESPIE	242	507	332	1024	
275					
GORDON CRISP OPEN WOMEN	391	264	462	1118	
165					
PRISCILLA RIBIC	485	275	485	1245	
MASTER MEN					
165					
(40-44)					
ROBERT STRAKE	R374	220	418	1013	
181					
(50-54)					
G. OLSON	584	303	601	1488	
(75+) WARD CHURCH					
198	148	115	225	473	
(40-44)					
TERRY WILSON	562	347	545	1454	
DEAN WILSON	451	376	462	1289	
(45-49)	431	3/0	402	1209	
GERALD BROWN	479	352	540	1371	
C. MCFARLAND	429	308	540	1277	
(50-54)		1000			
ION WOLBERS	457	352	562	1371	
242		A Princery			
(40-44)					
JOHN LAGRILL	551	358	551	1460	ti
TYLER KOPTA	540	352	556	1448	2
JAY DONKERS	73	352	440	1258	C
275				1 1 1 1 1 1 1 1 1	41

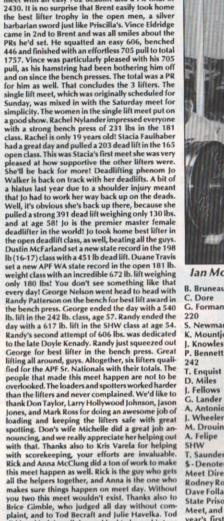
40-44) OHN LAGRILL 55 TYLER KOPTA JAY DONKERS 73 ADALSTEINSSON 832 473 710 2017 The 22nd annual West Coast Open Powerlifting Championships was held by Rick McClung at Big Bear's Gym in Newport, Oregon on June 29, 2002. This is Rick's 3rd year hosting the meet, and it was the best one yet. Big Bear's Cym moved to a larger location a few months before the meet, and instead of holding the meet in a hotel again, it was instead of noting the meet in a hotel again, it was instead held in the gym equil he gym as compared to a hotel. The night before the meet was cold, rainy and stormy, but in the morning, all the bad weather had cleared up which helped the BBQ hadd outside the year. bad weather had cleared up which hetped ine BBQ held outside the gym during the meet go smoothly. BBQ food was available to the lifters throughout the day, with proceeds going to charity. As always, Charlie Symons, Evan Arntzen and Skip Sandberg brought down the MonoLift from Richland, WA, an 8 hour drive to Newport. Thanks guys. The lifting o nour drive to Newport. Inanks guys. The litting started with numerous state records being shat-tered in the first flight alone. Colin Field Eaton went 325 225 402 924 at the mere bodyweight of 141 lbs and at age 151 All of Colin's lifts were state records.



Josh Bryant with a 848 squat @ 308 open at 21 years old(photo by APF)

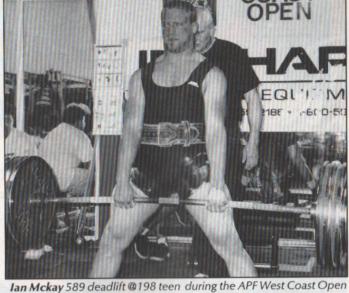
the Nationals. The previous record had slood for 20 years. Up a weight class at 181, weighing 175, Gordon went 584 303 601 for 1488 total. All but the squal were new Oregon APF Master records diff and total with 562 545 1454, respectively. Gordon also earned the best lifter award for master men. Although the women were sparse in the 3 lift portion of the meet, the quality made of for lack of quantity. Priscilla Ribic came in as a guest lifter and with a new pr and APF WA state record of 485. 500 is just around the corner. She also PR'd in the bench press with an easy 275 lb. lift. Priscilla is used to IPF rules which require the lifter to wait for a start signal on the bench. Well, she forgot that the APF doesn't have a start signal, only a press signal, and gave her friends a good chuckle as she held the bar waiting for a signal. I think Agnar finally said "GO!". And in what she calls "the longest pull of her life ifer, Priscilla again PR'd, this time in the deadlift with a 485 lb lift. She took home a proud 1245 lb. total, set all new APF WA state records, and best of all the pack and finished with a fine 1730 total. Phil came in second and Nathan took third. Robert Straker had a great day with new pr's in the 165 (40-44) class: 374 220 418 for a 1013 total. Robert came surprisingly close to locking out 468 or a 4th attempt deadlift for the record. He'll get it ext time for sure. Robert was quite pleased to fidle the 181 class at age 75. He set all new state lifter of the meet was Ward Church, who lifted in the 181 class at age 75. He set all new state to covered open class best lifter award for the women, a silver barbarian sword with dragory's head handled to the proper should be provided to the proper should be provided to the a silver barbarian sword with dragon's head handle. There was some good competition on the men's open, master and submaster classes. Eric Fox se a new submaster and submaster classes. Eric Fox se a new submaster and submaster 181 lb. record in the dead lift with a 542 lb. lift. Jon Wolbers flew down from British Columbia to compete, and set a new Canadian record in the dead lift with a 562 lb lift in the 50-54, 198 lb class. Charles McFarland and Gerald Brown battled it out in the 198 (45-49) class. Gerald set the teen phenoms - brothers Cam and Cohn Field-Eaton, Newport locals Ian McKay and Brady Cyphert made a strong showing new through the APF WCO since it came to Newport in 2000, where as a 15 year old het locals Ian to the 198 is and totaled 1355. This year, still in the 198 is and having just turned 18 the day before the medium of the strong was the strong was a strong showing and just keep getting way stronger every year. Ian has been competing in the APF WCO since it came to Newport in 2000, where as a 15 year old het locals Ian was a strong showing and just keep getting way stronger every year. Ian has been competing in the APF WCO since it came to Newport in 2000, where as a 15 year old het local in the 198 is and having just turned 18 the day before the strong was strong showing and just keep getting way stronger every year. Ian has been competing in the APF WCO since it came to Newport in 2000, where as a 15 year old het local in the 198 is a 198 in the 198 in a silver barbarian sword with dragon's head handle

with Evan Arntzen, Phil Cicero and Nathan Eller up against each other. Nathan and his brother Kevin both competed in the 220s, but the latter went in blew everyone away with her deep squats, ending the submaster class. Evan, an experienced power-with a new pr and APF WA state record of 485. 500 lifter who still holds APF WA state records from 1990, led the pack and finished with a fine 1730 day. Now there's an example of how lifting keeps you young! Besides the teen phenoms - brothers Cam and Cohn Field-Eaton, Newport locals Ian 325 225 402 424 at the state records. His older brother Cam posted some incredible lifts himself with 705 429 661 1795 weighing 268 and only 19 years old! Cam recently competed at the APF Jr. Nationals in Fresno, CA and did well there. Another lifter fresh off the Jr/Master Nationals was Gordon Olson, Gordon had set the new open 165 bl. squat record for Oregon with a 605 lb squat at Weighed lighter than Gerald. Dean Wilson and be squared by the formal square of the square o beat out Tyler Kopta for the win with his 1460 total to Tyler's 1448. Jay Dankers had a great day and took home some records to boot. Jay went 474 352 440 1258 in the 242 (50-54) class. Jay weighed in at 224; all of his lifts were new masters OR state records. Part of Brent Mikesell's "Spokane Crew", Agnar Adalsteinsson finally broke 2000 going 832 474 710 for a 2017 total in the 275 (40-44) class. Luke Harris, another of Brent's crew, was pleased with his performance in the 275 submaster class. Luke went 9 for 9 with 755 485 672 for a 1912 total. weighing only 261. Luke also took home the best lifter award for the submasters. Another awesome lifter from WA state who came all the way to Newport was Tommy Fannon. Tommy showed everyone just how strong you can be after serious injury. Less than two years ago, Tommy had a bad pec tear and had it repaired. He has since had a full recovery and blew away the crowd with impressive lifts: 771 534 639 for a 1945 total at 275 open. The heavyweight classes just keeps getting better. Big lifter Josh Bryant came up from CA to lift, weighing in at 308 on the dot. Josh posted some mindboggling lifts for a mere 21 year old: 848 601 705 for a 2154 total. Josh is on his way to a tremendous lifting career. Keep your eyes on this "kid"! Taking second to Josh was Charlie Symons. Charlie made some great gains from last year and ended with 710 451 639 for an 1801 total. The SHW class was the part of the show no one missed! Everyone in the lifting world knew that Brent Mikesell had sus tained a small tear to his quad just prior to the APF Sr. Nationals which took place on June 15th. Brent really wasn't sure how he would feel in the WCO meet. After carefully warming up, Brent opened with 903 in the squat, the same number he ended with at Sr's. Everything feeling good, he went on to squat 1008 and 1047. The 1047 was easy and deep! Brent will squat 1102 in the near future! Brent also



had a great day in the bench press, finally breaking the 600 lb. barrier with a 601 lb. lift. He finished the

meet with an easy 782 deadlift and a PR total of



		200		1140
B. Bruneau	400	300	440	
C. Dore	340	275	400	1015
G. Forman	360	175	380	915
220				
S. Newman	450	390	500	1340
K. Mountjoy	450	290	560	1300
J. Knowles	375	350	430	1155
P. Bennett	340	205	430	975
242				
T. Enquist	655\$	440\$	660\$	1755\$
D. Miles	505	310	440	1255
I. Fellows	585	420	625	1630
G. Lander	600	365	535	1500
A. Antoniou	475	415	555	1445
J. Wheeler	505	360	525	1390
M. Drouin	400	360	555	1315
A. Felipe	260	320	350	930
SHW				
T. Saunders*				
\$-Denotes sta	te record	l. * - dei	notes be	est lifter.
Meet Director	: Jamie I	ellows	Score	Keepers:
Rodney Roy an	d Paul M	ancini!	N.E. Sta	te Chair:
Dave Follansbe	e. On la	nuary 1	9,2002	, the NH
State Prison ho	sted the	Winter	rfest Fu	Il Power
Meet, and altho	ough and	cieties v	vere hig	h for the
year's first cor	npetition	there	were o	only two
DQs. Unfortur	ately. w	e only	had on	e female
competitor, Di	anne Kel	ecvint	he 35 to	39 year-
old 116 lb. clas	s. Diann	e did a 1	135 lb.	quat. 95
lb. bench, and	190 lb	deadli	ft for a	420 lb.
ib. bench, and	120 10.	ucaun	1 101 0	450 101

such an outstanding performance we encourage more women lifters to attend future power meets. J. O'Connell was the only 148 lb.. male competitor, and with a smooth squat of 200 lb., bench of 180 lb., and easy 345 deadlift we meets during the rest of the year. Finally, hope to have some competition for him at future meets. Mike Cannon took First Place in Follansbee, Jamie Fellows, and to our judges a 3/5 lb. squat, 260 lb. bench, and big 530 lb.
deadlift. Lee Walch won second place. He did
a fine job with a 925 lb. total. In the 181 lb.
class Ray "Hollywood" Fowler class Ray "Hollywood" Fowler – pardon the pun – stole first place with a 425 lb. squat, 300 lb. bench, and pulled an easy 580 lb. deadlift. Paul Kulas ran off with first place in the 198 lb. class after a 480 lb. squat, 330 lb. bench, and a 475 lb. deadlift. He also took the second place Submasters trophy with a 1285 lb, total. Yusuf Torres settled for Second Place in the 198 lb. class. He did a great job with a 475 lb. squat, 305 bench, and 500 lb. deadlift. In the 220 lb. class Steve Newman scooped first place with a 450 lb. squat, 390 lb. bench – a state record - and a 500 lb, deadlift for a happy total record – and a 500 lb. deadlift for a happy total of 1340 lb. Keith Mountjoy won second place after a 450 lb. squat, 290 lb. bench, and a 560 lb. deadlift. Third place went to Jon Knowles with a 375 lb. squat, 350 lb. bench, and a 430 lb. deadlift for a 1155 total. For his final prison Lou Andrews and Levi Serrao who stuck around and helped with trophies and just general morale at the meet. (Thanks to Julie Havelka for results.)

old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift for a 1155 total. For his final prison old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. deadlift

records across the board for his impressive 1755 lb. total and easy 665 lb. squat, a big 440 b. bench, and a 660 lb. deadlift. We wish Tom Ib. bench, and a 660 lb. deadlift. We wish Tom the best as he rejoins the world as a focused and disciplined individual in great part due to dedicated weight training. Dewayne Miles won second place in the 242 lb. class. He pushed a 505 lb. squat, a 310 lb. bench, and pulled a 440 lb. deadlift. Meet Director Jamie Fellows wor the 275 lb. class after an easy 585 lb. squat, 420 Ib bench and closed the day with a 625 lb deadlift. His total for the day: a sweet 1630 lbs Garth Lander won second place: 600 lb. squat 365 lb. bench, and a 535 deadlift. Andreas Antoniou made personal bests across the board and completing a successful day of competition won third place in the 275 lb. class with a 475 lb. squat, big 415 lb. bench, pulled a 555 lb. deadlift, and totaled 1445 lb.. The Superheavyweight Class was won by Tony Saunders a big man with a big heart and a big personality that ignites meets. Tony set state records across the board with an incredible 930 lb. squat, 530 lb. bench, and capped his day with a 675 lb. deadlift for an awesome total of 2,130 lb.. Before closing, the following individuals set state records: Jeff Wheeler in the Masters Class set state records for his 505 lb. squat, 360 lb. ench, and 1,390 lb. total. Masters Class Mark Drouin set a state record for his 555 deadlift, and Bob Bruneau - a 189 lb. Grand Masters - set state records across the board with a 40 lb. squat, 300 lb. bench, 440 lb. deadlift, and 1140 lb. total. All in all, the Winterfest Mee was a success and the competitors did a great job. The spectators were encouraging and supportive and we look forward to bigger Follansbee, Jamie Fellows, and to our judge and scorekeepers Rodney Roy and Pau

15 JUN 02	- Cha	rlotteville, Vir	ginia
Open		Steve Horton	360
40-44		Tim Kontos	310
Leigh Haines	140	198	
Men		20-23	
165		Scott Chattin	345
16-17		45-49	
Josh Dunbar	230	M. Lichtenberger	450
165		220	
20-23		College	
College		Jimmy Myers	310
Rory Duley	300	60-64	
181		Earl Robinson	310
35-39		242	
Bill Mears	320	College	
55-59		<b>Andrew Ballinger</b>	260
Jim Shoaf	290	319	
198		55-59	
Open		John Blackman	435

did head judging all day and had to be on his toes for that. He is consistent and fair - a great head judge and invaluable to the meet. Thanks also to

New Hamp	shire	USPF	Winte	rfest	
19 IAN	02 - 0	Conco	rd, Nh	1	
iniors	SQ	BP	DL	TOT	
Laudarowicz			505	1300	
I. Cannon	375	260	530	1165	
Knowles	375	350	430	1155	
ub Masters					
Saunders	930\$	530\$	670\$	2130\$	
. Kulas	480	330	475	1285	
Newman	450	390\$	500	1340	
tasters					
Wheeler	505\$	360\$			
1. Drouin	400	360	555\$	1315	
. Powers	375	280	460	1115	
rand Masters					
. Bennett	340	205	430	975	
. Bruneau	400\$	300\$	440\$	1140\$	
Vomen					
. Kelecy	135	95	190	420	
48					
O'Connell	200	180	345	725	
65			N MILES		
1. Cannon	375	260	530	1165	
. Walch	350	175	400	925	
. Runkle	285	200	415	900	
). Stone	300	170	415	885	
. Peck	300	230	350	880	
81			- Files	A SHIP	
. Fowler	425	300	580	1305	
Laudarowicz	450	345	505	1300	
. Monaney	345	325	475	1145	
. Powers	375	280	460	1115	
A. Lowman	260	200	315	775	
98					
. Kulas	480	330	475	1285	
. Torres	475	305	500	1280	
). Beatty	450	260	485	1195	
THE RESERVE OF THE PARTY OF THE					



#### Membership Application

## AMERICAN AMATEUR POWERLIFTING FEDERATION

LASTN	AME	FIRST NAME		INITIAL
	1 1 1 1 1	11111111		
	STR	EET ADDRESS		DATE OF APPL
	11111	11111111	1.1.1	
	CITY		STATE	ZIP CODE
		1111111		ZIP CODE MUST BE PRESEN
AREA CODE TE	LEPHONE NO	DATE OF BIRTH AGE	SEX	U.S. CITIZEN
				YES NO
REGISTRATION FEE \$30.00	MASTERS YES   NO	CLUB MEMBER	NAME OF CLUB YO	U REPRESENT

ATHLETES, fill out card completely and mail with fee to.

MAKE CHECK PAYABLE A.A.P.F. Headquarters

62 S. BROADWAY

AURORA, IL 60505 (630) 892-1491



# Membership Application AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY . COMPLETE ALL ENTRIES .

STREET ADDRESS STATE ZIP CODE AREA CODE AGE U.S. CITIZEN YES NAME OF CLUB YOU REPRESENT ---REGISTRATION MASTERS \$30.00 YES | NO

ATHLETES, fill out card completely and mail with fee to

MAKE CHECK PAYABLE TO: A.P.F. Headquarters

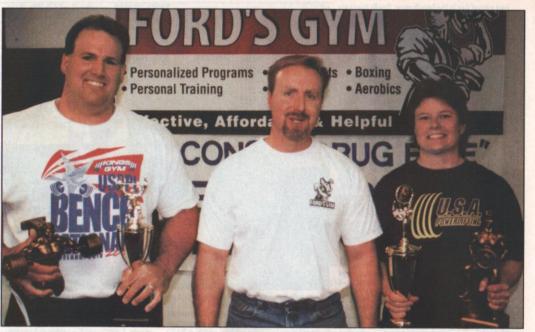
62 S. BROADWAY AURORA, IL 60505 (630) 892-1491

SIGNATURE .

# WISCONSIN STATE BP CHAMPS

04 MAY	02	<ul> <li>Madison, WI</li> </ul>	
TEEN MALE:		Kevin Bonde	430
148		242	
Dan Pope	310	Cal Cornelius	360
132		165	
Chad Wintrone	255	Al McCredie	300
242		SHW	
J. Edwards	330	Dave Meservey	365
165		Open Men's	
Ryan Hansel	260	148	
132		Jason Reeves	305
Boon Xiong	205	Dave Aldag	240
148		Michael Guetzke	
D. Pierstorff	215	165	
181		Bret Funk	345
Taylor Rose	245	James Overland	305
148		Al McCredie	300
Dustin Fuller	155	181	
Women's Masters		Jonah Roberts	462
165		Steve Heathman	410
Pam Zangle	160	198	
198		Brian Wright	440
Royal Johnson	130	John Shields	355
Open Women's		Chad Hoitink	350
148		Jon Deitrich	300
Kathy Wolfgram	175	220	
165		Michael Banda	420
Laura Styrlund*	220	David Johnson	
Lisa VanBuskirk	220	242	
MEN		Patrick Rohde	415
Masters		John Rublein	325
181		Ryan Eckert	300
Ron Elkendier	325		
220		Mike Hodge	620
Brian Briggs	305	Dave Martin*	600
SHW	1500	Dave Meservey	365
Best litter (Thanks	to Fo	ord's Gym for these	results)

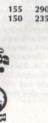




2002 Wisconsin State Bench Press Championships (left to right) Men's Best Lifter - Dave Martin. Meet Director - Ford Sheridan and Women's Best lifter - Laura Styrlund (Photograph courtesy of Ford's Gym)

	60kg				
Is	Marvi Sirkia	152.5	90	172.5	415
	Isabelle Fabre	160	85	160	405
	Aly Keizer	147.5	82.5\$	170	400
	Susanne Cunat 67.5 kg	100	80*	122.5	302.5
	vanderMeulen	155	85\$	170*\$	410
	Sabine Zangerle 75kg	135	67.5	140	342.5
5	Paivi Haapoja	200*	92.5	197.5	490
	Jackie Blasberry 82.5 kg	160	90	190	440
	Ielja Strik	205*	130*	205	540*
5	S. Mogensen	177.5*	95	200	425
	Rosemarie Beer	170	110\$	170	450
	Marie Thornton	180*	77.5	1*80	437.5

90kg				
Leila Duhem	192.5	137.5*	187.5	517.5
Katariina Nokua	210*	107.5	195	512.5
vanderMeulen	182.5	122.5	162.5	467.5
Jean Maton 90+ kg	165	100	180	445
Joanne Schaefer	217.5*	130*	205	552.5
Wilna Monte	180	107.5	185	472.5
MEN				
John Maxwell	185	112.5	210	507.5
60kg				
Frederic Tinebra	230	130	205	565
J. Nemeth	195	100	220	515
67.5 kg				
Sami Nieminen	230	155	290*	675*
Max Riviere	270*	150	235	655



# PLEASE PRINT CLEARLY \* COMPLETE ALL BLANKS

W. P. O.TM

World Powerlifting Organization™

**YEAR 2000** 

Membership Application

Last Name			First Name			Initial
Street Address/P. O. Bo	x	- N			2048,4	EAT WITH
City		NAME OF TAXABLE	State		ZIP	UTEN WA
Telephone Number	arata	Date of Birth		Age		Sex
Social Security Number	karoli sae		PERSONAL TIALS		Date of	Application
IF UNDER 18 PARENT MUST INITIAL	CORRECT AND	IIS APPLICATION I COVE ANSWERS ARE THAT I AM ELIGIBI WITH THE RULES O	CERTIFY TRUE AND LE IN	THE SECOND	37	polityarasiya 00.002

YEAR 2000 Membership Registration Fee: \$ 25.00

Mail Application & Check To:

Huge Iron Production, Inc. 910 S. Atlantic Avenue Ormond Beach, FL 32176

5*	75kg				
5*	A. Rodriguez	270	170	262.5	702.5
5	A. Zeilinger	255	192.5	252.5	700
	Erik Rasmussen	235	177.5	215	627.5
	Arnaldo Gruzza	190	127.5	215	532.5
5*	82.5 kg				
5	G. Grossbeck	270	190	265	725
	Pjotr vd Hoek	265	170	277.5	712.5
5	Frode Berentsen	277.5	185	245	707.5
	M. Lindholm	275	152.5	277.5	705
	G. Servotte	275	170	240	685
	Shane Brody	262.5	155	260	677.5
	Joe Bullock	257.5	157.5	260	675
	Ayman Kichi	235	137.5	252.5	625
	<b>Georg Thomas</b>	195	135	215	545
	90kg				
	<b>Anibal Coimbra</b>	320*	202.5	317.5	840*
	Seppo Sohlman	285	205.5*		835
	Herve Recule	282.5	177.5	290	750
	Nick Milner	257.5	152.5	270	680
	Bass Roessen	262.5	152.5	240	655
	100 kg				3
	Jarmo Sohlman	315	220	325	860*
	Orhan Bilican	300	200	270	770
	E. Bontekoning	275	145	287.5	707.5
	M. Oszwald	260	147.5	260	667.5
	Roger Piron	250	162.5	235	647.5
	110 kg				
	Stephan Vorup	350*	182.5	297.5	830
	Asbjbrn Randen	320	195	315	830
	T. Omland	322.5	207.5	297.5	827.5
	Lars Soerige	307.5	217.5	297.5 287.5	812.5
	Jorge Gonzales	310	207.5	280	797.5
	Rudi Kuster	295	120	295	710
	Bram Haz	270	167.5	270	707.5
	Cor Hilgersom	280	170	245	695
	Marco Oliva	255	110	262.5	627.5
	Mark Neele	332.5			
	125 kg				
	Clive Henry	387.5*	220	320	92*V.5
	Morten Soerig	330	212.5	297.5	840
	Henry Larsen	327.5	205	295	827.5
	Jean-Luc Collart	320	195	272.5	787.5
	125+ kg				
	F. Veldeman	320	255	302.5	877.5
	Niels Staerkjaer				875
	* - EU Cup Recor	d \$ - V	Vorld N	tasters	Record
	Best Lifter: 1-Raij	a Koskii	nen. 2-l	Laura Lo	ocatelli.
	3 - Mervi Rantar	naki. Te	eam Po	ints: Fir	nland
	48-12+12+12+12				
	+9. France 41-12				
	9+9+7. Austria 3				
	Denmark 9-9. Sp	ain 8-8	B. Best L	ifter: 1	-Anibal
	Coimbra. 2 - Cliv	e Henr	y. 3 - Ja	rmo So	hlman.
	Team Points: Fin				
	Britain 39 - 12+12	2+8+7.	Denma	rk38-	12+9+9
	+8. Austria 37 - 12	2+9+9+	7. Belgie	ım 34-	12+9+7
	+6. Norway 33-9	+8+8+	B. Franc	e 29-1	2+9+8.
	Netherlands 23-				
	Luxembourg 20-	12+6+2	2. Italy	7-7. G	ermany
	7-5+2. Netherlar				
	ropean Powerlift				
	exception 19		-		,

Mark Woodcock 230 122.5 235 587.5

ADAU Nort				
	SQ	BP	DL DL	TOT
OPEN	34	Dr	DL	101
105 CLASS				
	160	90	250	500
Benita Steffan	160	4th	260	300
100 61 166		4th	260	
123 CLASS				
Becky Skal	180	155	315	650
	4th	156 1	/4	
132 CLASS			CHARLE !	Recei to
Shanna Kaizer	165	100	205	470
Lucinda Hawes	135	80	225	440
TEEN				
16-17				
132 CLASS				
Shanna Kaizer	165	100	205	470
<b>SUB-MASTER 35</b>	-39			
105 CLASS				
Benita Steffan	160	90	250	500
		4th	260	
MASTER				
40-44				
132 CLASS				
Lucinda Hawes	135	80	225	440
MEN	133	00	223	110
OPEN				
114 Class				
	115	95	175	385
Zack George 148 CLASS	115	93	1/3	303
	425	275	470	1170
Ramone Cruz			4/0	11/0
4th	447 1	1/2		
165 CLASS				
J.J. Tomasino	315	195	405	915
Kyle Motherwell		190	335	825
Tom Davis	190	110	275	575
181 CLASS				
Jim Folma*r	455	265	540	1260
Tim Lesondak	380	210	425	1050
Tom Fafinski				
198 CLASS				
Josh Ferraro	450	275	535	1260
D. Grandinetti	415	340	490	1245
Mike Fiorelli	420	270	510	1200
Al Mangini	330	185	405	920
220 CLASS				
Jeremy Green	430	330	515	1275
Rick Thompson	370	260	505	1145
Jon Kutterna	305	190	410	905
242 CLASS	303	190	410	303
	475	305	470	1250
Terry Johnson	4/3	303	4/0	1230

275 CLASS   Kyle Motherwell 300   190   335	Jon Stewart	420	320	440	1180	J.J- Tomasino	315	195	405	915
Rich Goodenow 335			THEFT			Kyle Motherwell	300	190	335	825
Clarry Huff   225   345   375   945   220 CLASS   Rick Thompson   370   260   505	Rick Emefick	600	395	605	1600	181 CLASS				
Signature   Sign	Rich Goodenow	335	245	460	1040	Tim Lesondak	380	210	425	1015
Tony Byerly   490   270   525   1285   Jon Kuttema   305   190   410	Larry Huff	225	345	375	945					
Scott McHenry   425   345   450   1220   242 CLASS   Jon Stewart   420   320   440   12-13   319 CLASS   Scott McHenry   425   345   450   319 CLASS   Scott McHenry   425   345   450   326   440   320	319 CLASS					Rick Thompson				1145
YOUTH 12-13 105 CLASS Zack George 115 95 175 181 14-15 165 CLASS Tom Davis 190 110 275 157 169 16-17 190 190 110 190 110 190 110 190 110 190 110 190 110 190 110 190 110 190 110 190 110 190 19	Tony Byerly	490	270	525	1285		305	190	410	905
12-13 105 CLASS Zack George 115 95 175 385 TEEN 18-19 14-15 165 CLASS Tom Davis 190 110 275 575 198 CLASS Mike Fiorelli 420 270 510 16-17 319 CLASS	Scott McHenry	425	345	450	1220	242 CLASS				
105 CLASS   Scott McHenry   425   345   450	YOUTH						420	320	440	1180
Zack George         115         95         175         385         TEEN           1EEN         18-19         18-19           14-15         181 CLASS         Jim Folmar         455         265         540           165 CLASS         190         110         275         575         198 CLASS         198 CLASS         Mike Fiorelli         420         270         510           16-17         319 CLASS         319 CLASS <td< td=""><td>12-13</td><td></td><td></td><td></td><td></td><td>319 CLASS</td><td></td><td></td><td></td><td></td></td<>	12-13					319 CLASS				
TEEN 18-19 14-15 181 CLASS 165 CLASS 190 110 275 575 198 CLASS TEEN Mike Fiorelli 420 270 510 16-17 319 CLASS	105 CLASS					Scott McHenry	425	345	450	1220
14-15 165 CLASS Tom Davis 190 110 275 575 181 CLASS 1jim Folmar 455 265 540 16-17 455 181 CLASS 1jim Folmar 455 181 CLASS 181 CLASS 1jim Folmar 455 181 CLASS 1jim Folmar 455 181 CLASS 181 CLASS 181 CLASS 181 CLASS 181 CLASS 181 CLASS 191 CLASS 19	Zack George	115	95	175	385					
165 CLASS Tom Davis 190 110 275 575   Jim Folmar 455 265 540 198 CLASS TEEN   Mike Fiorelli 420 270 510 16-17   319 CLASS	TEEN									
Tom Davis 190 110 275 575 198 CLASS TEEN Mike Fiorelli 420 270 510 16-17 319 CLASS	14-15									
TEEN Mike Fiorelli 420 270 510 16-17 319 CLASS	165 CLASS						455	265	540	1260
16-17 319 CLASS	Tom Davis	190	110	275	575				4362	99.3
	TEEN						420	270	510	120-
165 CLASS Tony Byerly 490 270 525	16-17									
103 CEA33	165 CLASS					Tony Byerly	490	270	525	1285
										PF



Rick Emerick with a 600 squat in the 275 pound class, this meet was used in preparation for the Nationals (photo courtesy of Joe Orengia)

425 275 470 1170 Ramone Cruz 4th MASTER 45-49 198 CLASS 330 185 405 920 Al Mangini MASTER 50-54 275 CLASS 225 345 375 945 Larry Huff CHAMPION OF CHAMPIONS WOMEN: Becky Skal. MEN: Ramone Cruz. TEEN: jim Folmar. TEAM CHAMPIONS OPEN: Joe's Gym Of Erie. TEEN: Northeast High A big thank you to coach Bart Wood and the North East High team for holding a great contest on this beautiful summer day. Consistent officiating by the Siegels, Al and Brenda, Matt Catalino, Adam Hersperger and yours strongly as more records were set or attempted. Benita Steffen had a great day while setting all new sub-master the strong records for her Gold media at 105. American records for her Gold medal at 105.
Becky Skal won the Womens Champion of
Champions award with her efforts at 123
pounds. Her 650 RAW total included a new open American record in the bench of 156 1/ 4. Sixteen year old Shanna Kaizer and forty two 4. Sixteen year old Shanna Kaizer and forty two year old Lucinda Hawes keep improving at each contest and both won their age group at 132 pounds. Zack George, brother of the infamous George sisters and son of World Champion Carol George, competed in his first contest and won the open and age group titles. At 148, Champion of Champions, Ramone Cruz used this contest for a primer for the A.D.A.U. Nationals and set a new open and masters squat record with 447 1/2. Teenage Champion of Champions, Jim Folmar was the 181 pound winner with a great 1260 RAW total while Josh Ferraro and Dave Grandinetti battled it out at 198, with teenager Mike Fiorelli right on their

198, with teenager Mike Fiorelli right on their tail. Jeremy Greene pulled out a nice first place at 220 and Terry Johnson did the same at 242.

They, along with 275 winner, Rick Emerick used this contest for a primer for the Nationals.

MASTER

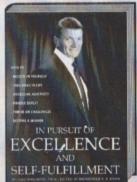
148 CLASS

Nice lifting ladies and gentlemen - See you in Pittsburgh in July. (Thanks to Joe Orengia for providing the competition results and report) SOLARIS INC. • P.O. BOX 52022 • ALBANY, GA 31703-2022

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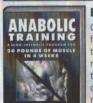
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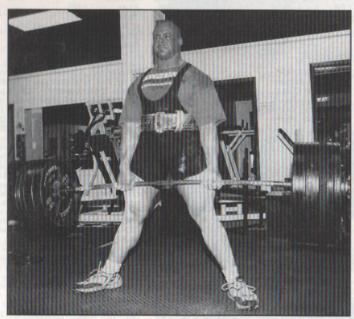


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**APA MIDWEST REGIONALS** 11 MAY 02 - Burlington, IA

SQ 210 DL 230 C. Engel 365 520 885 This meet was small but was a great place for Jerrod



Brandon Cass locks out @ 755 & totaled 2000 @ 229 (Photo by Broeg)

Safety Power Squat Bar

\$362

Combo Bar \$385

165				
J. Appenzeller	360	265	375	1000
T3				
181				
R. Anderson	425	230	400	1055
0				
242				
B. Cass		755	490	755

Appenzeller to get his fee wet in competition. In his first ever competition Jerrod totaled 1,000, and set 2 world records in the 165lb division at the age of 15. Jerrod's squat and dead lift each established a new IA state records. Big show of the meet was Brandon Cass who totaled 2,000 at 229 pound body weight via 755, 490, 755! Brandon is a young

repinsek Strength

greatest Powerlifters some day. Lots of state records were broken and established. All of Crystal Ron Cox Gassmann's lifts established solid state records for 314 Gassmann's lifts established solid state records for the women's 123 open. In the teen 18-19 Ryan Anderson broke his own state records in all 3 lifts plus the total. Pat Thomas set a good solid single lift state record in the dead lift for the men's open 220s. Carolee Engel went with the bench as a single list and established a state record 20lbs higher then her previous performance. And of course Brandon Cass established Missouri sate records, which will stand a long time in the 242s. Many thanks to all who helped me with running this meet: particularly 60-69 who helped me with running this meet; particularly Gode Garcia who drove up from Kansas City and provided the referee lights. Also thanks goes to Paul and Holly Armstrong, owners of Planet Fitness Riley McManigal 429 Gym, for providing he equipment and venue to run the meet. (thanks to Roger Broeg for the results.)

USAPL South 27 APR				
Teen Women	SQ	ВР	DL	тот
148 Cari Payne	181	137	220	540
Ashley Blake Teen Men	181	110	231	523
Josh Craig		132		132
Jon Christensen Open Women	259	154	259	627
N. Griesenbrook		132		132
Angie Engel 132	231	176	281	688
Master Brenda Howard 165	253	143	281	677
Teen Men 16-17				
Colby Larson	413	253	429	1096
Brendan Hurley 220	303	214	314	843
Brian LeMay Open Master 148	479	297	507	1284
40-49 Monte Mason 165	462	275	429	1168

\$32

Back Stress Shoulder Pain Knee Pain

Weapons

of

Champions

259	132	181 Jon Dalen	200	4		
259			369	314	497	1091
	627	Dan Cheeseman Curt Marchiando 198		330		330
	132	Joe Rueter 181	275	209	314	799
281	688	Todd Craig 198	435	253	501	1190
		Jeff Blindauer	512	424	551	1488
204		Troy Knebel	562	374	545	1482
281	677	John Bokker Chris Blair 198	562	374	551	1488
		Carey Mitzel	507	396	534	1438
		Mike Jorgensen		330		330
429 314	1096	Ed Wendel	584	374	683	1642
.14	843	Brad Leisinger Brad Slining	529	391 418	617	1537 418
507	1284	Jona Leo	600	501	573	1675
		Joe Kunzman	540	358	545	1444
		198		777		
		Dale Pearce		358		358
		Jerry Leisinger	10.000	402	W 1145	402
429	1168	Jeff Blindauer wa USAPL for provid				
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WNPF WESTERN PA 04 MAY 02 BeaverFalls, PA BENCH ASSISTED Dennis DeLauter 100

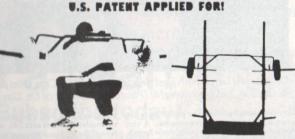
FEMALE		Teen Teen	JeLaute	100
123 35-39		181		
Lee Ann Hillard	110	Ronald MEN	Narog Ji	240
MEN 181		220		
Lifetime Tim Richards	390	40-49 Brian W	eaner	360
35-39		275 Lifetime		
Mike Ciletti 40-49		<b>Brad Ne</b>	nnebert	315
Tim Richards	390	181 Natural		
40-49		John Ro		315
Dave Vargo 242	315	Deadlift Youth	Kaw	
Lifetime Fred Brown	485	123 9-11		
Isaac Thomas	475	RJ Cook		200
35-39 Fred Brown	485	Teen 17- 181		
Isaac Thomas 50-59	475	Ron Nan Deadlift		350
Chuck Evans	345	FEMALE		
SHW Lifetime		123 35-39		
james Jennings 35-39	500	Lee Ann Teen 17		220
James Jennings	500	198		
40-49 Jerry Wilson	340	Steve M Squat R		450
Police/Fire James Jennings	500	165 Jordan B	Rlinn	400
<b>Bench Press Raw</b>	300	Squat A		
Youth 132		17-19 198		
9-11		Steve M	asura DL	575 TOT
ASSISTED Teen	SQ	BP	DL	101
132 14-16 Dallas White	260	145	300	705
198				
Tyler Stevenson 275	300	135	350	785
Matt Dutro FEMALE	325	180	405	910
123 60-69			0.00	
C. Winkelblech 181 14-16	180	85	270	535
Beth Schuster MEN	225!	90	225	540
181Natural				
Don Graham 35-39	455	145	505	1105
Mike CiLetti Greg Foy	415	335 250	450 400	1200 1055
40-49				
Don Graham 198 Lifetime	455	145	505	1105
William Evans 40-49	550	370	500	1420
Pete Catina	525	290	550	1365
220 70-79 Meluin Huff	365	240	400	1005
242 Lifetime				
Kenny Mox	475	225	225	925
275 Bill Beck	500	350	500	1350
40-49 Tom Stevenson	475	275	450	1200
RAW	4,3		A D CALL	
Youth 80				
9-11 Matt Misorski	125	65	155	345
R. Stevenson	100	45	115	260
C. Stevenson	95	60	115	270
141 12-13				
Matt Lyden	150	95	215	460
Steve Stevenson FEMALE	125	60	160	345
105 Lifetime				
S. Hennebert	75	75	115	265
123 40-49 Rose Nail	125	115	180	420
165 35-39 RondaHernon	220	110	215	545
MEN	0.0		000	Hel 14
181 NATURAL				
Jon Rock 220	425	315	500	1240
Lifetime	20	***	****	1010
Josef Schaffer Don Taylor	445	400 320	500 550	1345 1300
40-49				
Kurt Brenkus	400	260	425	1085
242 Lifetime				
Eric Kelly 275	300	240	400	940
Lifetime				

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BILL BECK AND TON STEVENSON DID SOME STRONG LIFTS WINNING THEIR DIVISIONS IN THE 275 LB. CLASSES. IN THE RAW DIVISIONS
YOUTH LIFTERS MATT MISORSKI AND RAN DOM STEVENSON BATTLED WITH MISORSKI WINNINGTHE DIVISION SETTING A NEW AMERI-CAN RECORD IN THE BENCH. THE SAME TYPE RATTLE OCCURRED IN THE 114 LB. YOUTH DIVI SION BETWEEN MATT LYDEN AND STEVE
STEVENSON WITH LYDEN EDGING OUT
STEVENSON AND ALSO SETTING A NEW AMERI-CAN RECORD IN THE BENCH, CULLEN STEVENSON DID SOME EASY LIFTS IN THE 100 LB. CLASS. IN THE WOMENS DIVISION SHAUNNA HENNEBERT DID HER FIRST FULL MEET AND DID SOME NICE LIFTS WINNING THE 105 LB. CLASS. ROSE NALLAND RONDA HERNON BOTH SET ALL NEW AMERICAN RECORDS WHILE WINNING THEIR DIVISIONS, IN THE MENS DIVI SIONS JON ROCK DID SOME STRONG LIFTS IN THE 181 LB. CLASS AND JOSEF SCHAFFER AND DONN TAYLOR HAD A CLOSE BATTLE IN THE 220 LB. CLASS WITH SCHAFFER EDGING OUT TAYLOR AND SETTING A NEW AMERICAN RECORD IN THE BENCH. MASTER LIFTER KURT RRENKUS DID SOME STRONG LIFTS IN THE MASTERS DIVISION AND ERIC KELLY IMPROVED OVER HIS FIRST MEET A FEW MONTHS AGO WINNING THE 242 LIFETIME DIVISION. BRAD HENNEBERT DID SOME STRONG LIFTS WIN-NING THE 275 LB. CLASS AND FINALLY GOT HIS
600 IN THE DL AND A SMOOTH LIFT IT WAS. IN THE RENCH PRESS ASSISTED FEMALE LIFTER LEE ANN HILLARD DID A STRONG LIFT AND ALSO
PULLED A STRONG DEADLIFT. TIM RICHARDS PUT UP A STRONG LIFT WINNING BOTH THE LIFETIME AND MASTERS DIVISIONS IN THE 181 LB. CLASS AS DID MIKE CILETTI IN THE SUBMAS-TERS CLASS. DAVE VARGO DID AN EASY LIFT WINNING IN THE 198 LB. CLASS AND FRED BROWN AND ISSACTHOMAS BATTLEDIN BOTH THE LIFETIME AND SUBMASTERS DIVISIONS WITH BROWN EDGING OUT THOMAS AND ALSO WINNING BEST LIFTER. MASTER LIFTER CHUCK EVANS DID AN EASY LIFT IN THE MAS-TERS DIVISION AS DID JERRY WILSON IN THE SHW CLASS, JAMES JENNINGS DID A STRONG 500 WINNING THREE DIVISIONS IN THE SHW CLASS. IN THE RAW BENCH YOUTH AND TEEN LIFTERS DENNIS DELAUTER AND RONALD NAROG PUT UP SOME NICE LIFTS WITH NAROG PULLING A STRONG DEADLIFT ALSO. 220 LB. MASTER LIFTER BRIAN WEAVER DID A STRONG 275
Brad Hennebert 530 315 600 1445
Teams: The Firm 1st, 2nd Stevenson's Gym. Black
Hawk High School was once Again the
Location for the W.n.P.F. Western Pa Pow.
FRIJIFING MEET. THIS YEAR THE MEET HOSTED
AUGUST. IN POWERLIFTING, ASSISTED DIVISION AND MORE STORY LIFERS ON STEEN LIFTERS CATION AND MATTER SUBMASTERS CLASS. IN THE 198 LB. CLASS PETE
OQUALIPYFOR THE NATIONALS IN JUNE AND
AUGUST. IN POWERLIFTING, ASSISTED DIVISION AND MORE STEPS ON STEEN LIFTERS DATES OF THE STEEN LIFTER STORY AND MATT DUTRO DID SOME
FINELIFTING WINNING THEIR WEIGHT CLASSES.
IN THE WOMENS DIVISIONS BETH SCHUSTER
SET A NEW AMERICAN RECORD IN THE TEEN
DIVISION WHILE BEST LIFTER CAROL

WINKELBLECH PUT TOGETHER A FINE TOTALIN
THE MASTERS DIVISION. IN THE MENS DIVITEEN LIFTERS R.J. COOK AND STEVE MASURA
PULLED THEIR WAY TO WINNING THER WAY TO WINNING THE SQUAT. TEEN LIFTER JORDIVISION AND MASTERS CLASS. IN THE 198 LB. CLASS PETE
CATINA DID SOME STRONG LIFTS IN THE MASSUBMASTERS CLASS. IN THE 198 LB. CLASS PETE
CATINA DID SOME STRONG LIFTS IN THE MASSUBMASTERS CLASS. IN THE 198 LB. CLASS PETE
CATINA DID SOME STRONG LIFTS IN THE MASOLIVISION AND WILLIAM EVANS DID SOME
SUBMASTERS CLASS. IN THE 198 LB. CLASS PETE
CAN RECORD IN THE SQUAT. TEEN LIFTER JORDAN BLINN ALSO SET A NEW AMERICAN
CAN RECORD IN THE SQUAT. TEEN LIFTER JORDAN BLINN ALSO SET A NEW AMERICAN
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THE MASTERS DIVISION. IN THE MERS DIVISION. IN THE MENS DIVISION. IN THE BILB LLEASS PETE
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LIFTERS ALL LIFTER SULD. LIFT WINNING HIS DIVISION AS DID BRAD

A GOOD FIRST MEET IN THE 242 LB. CLASS AND

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REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$15.00 HIGH SCHOOL \$30.00 ADULTS	FILL OUT ENTIRE APPLICATION AN WNPF, PO BOX 142347, FAYETTEV	ND MAIL WITH FEE TO ILLE, GA 30214

#### 14th Elkhart Bench Press Classic 8 DEC 01 - Elkhart, IN

BENCH PRESS		Wade Talley	415
junior women 97		220	
Alisha Doucet	100*	Keith Pardsh	510
master women 40	A STATE OF THE PARTY OF THE PAR	Terry Venable 4th	475 500
114	1-44	Bruce Head	350
Terry Morris	105	242	330
teenage men 13-1		Jim King	525
181	3	Brandon Cass	490
	200*	275	490
198	200	Mark Austin	425
leff Bailey	275*	DEADLIFT	7-5
shw		master women 4	0-44
Ionathan Vick	330*	114	
teenage men 16-1		Terry Morris	225
220		open women	
Jason Jones	285	132	
leenage men 18-1	9	Tonya Simmons	185
198		4th	200
Jason Hobbs	285*	teenage men 13-	15
4th	295*	132	
junior men		Daniel Young	290
165		165	
Jonathan Harris	260*	Craig Brandon	425
198		181	
Bobby Boothe	375*	B. Hardwick315*	
Derek Formon	360	4th	330*
submaster men		198	
165		Josh Hamlett	315*
Parrish Morris	245*	4th 220	330*
Bruce Stevens		Mark Cumpton	185*
Bruce Stevens	275	4th	225*
D. D. Nichols	675*	242	223
master men 50-54		Shane Wade	365*
148		4th	405*
Harry Wakefoose	205*	shw	403
165	203	Ionathan Vick	605*
Daniel Singleton	240*	submaster men	003
198	Charles and	165	
Rusty Stopp	380	Parrish Morris	325
open men		open men	
165		165	
Glen Thomas	350	Glen Thomas	475*
165		220	
Lay Khoan	340	Terry Venable	550*
165		242	
Lance Greer	315	Brandon Cass	760*
181	THEFT	Shane Lancaster	485
Chris Sorrentino	330*	275	
198	Plan	Jim Tidd	550*
Ricky Coggins The Son Light Po	430*	THE WAY IN THE	

The Son Light Power Heath Clifton Memoria Bench Press/Deadlift Championship was held March 16, 2002 at Pro Fitness in Paragould,



Dr. Darrell Latch with Best deadifter Brandon Cass who pulled 760 pounds at 232 bodyweight! (Photo is courtesy of Dr. Darrell Latch)

champion bench presser who passed away two a personal best 360. Parrish Morris took the years ago at the age of twenty-nine. A very special thanks to Heath's cousin, Kevin French, owner of Pro Fitness, for hosting this event his shoulder a few weeks earlier, was unable to the control of the state of the country of the once again. In the bench press competition Alisha Doucet won the women's junior 97 class with a solid 100, which established a new state record there. Terry Morris, tied her own state record at master 40-44/114 with 105, just missing her final attempt with 110. In the teenage 13-15/181 class first time competitor. Shay Ehrhardt won with a state record 200. Jeff lem. Using only an older Inzer double p "Bettle" Bailey won at 13-15/198 with 275, polyester shirt, can you imagine what he coul another state record. Then at shw was Big Jonathan Vick who finished the day with a state record 330. In the 16-17 age division Jason Jones won at 220 with a state record 285. Jason Hobbs also had a great day, setting the state record at 18-19/ 198, finishing with a 285 third followed by a 295 fourth attempt. Junior 165 winner was Jonathan Harris who finished with a state record 260. At 198 it was Robby Boothe, who finished with a state record 375, after missing a pr third attempt with 400. Derek Formon was second at junior 198 with

Shane Lancaster, who pulled a personal best 485. Our final competitor was Jim Tidd, who won at 275 with a new state record 550. A very special thanks goes out to coaches Shane Lancaster and Jim Tidd who brought many of the teenage lifters from Kennett, Missouri. We appreciate all you have done with these fine young men. Thanks also to the spotters and loaders and to my son Joey for all he does. (thanks to Dr. Latch for providing these results)

#### WNPF DAYTON OPEN PL CHAMPS 23 MAR 02 - Dayton, OH

	Christian	BENCH ONLY		OPEN R	AW	
		WOMEN		COOKE		415
	-0 0	165		LIFETIM		
		LIFETIME RAW		COOKE		415
	A SAME AND ADDRESS OF	BEASLEY	210	OPEN		
		OPEN RAW	240	TAYLOR		310
		BEASLEY 123 14-16 RAW		OPEN R		455
		NAPIER		NOVICE		455
		148		BUTLER	a Ming	300
		LIFETIME RAW		SHW		
; ;	ter Brandon Cass who pulled 760	TINKHAM	155	40-49 R	AW	
		40-49 RAW	-5100	RAMEY		325
)(	to is courtesy of Dr. Darrell Latch)	TINKHAM	155	LIFETIM		
	a namenal best 300 Best Marie tool the	165		LOUALI		600
,	a personal best 360. Parrish Morris took the	17-19 RAW	265	DEADLI	FI ONL	Υ.
	submaster 165 class with 245, setting the state record there. Bruce Stevens, who had injured	WARVEL OPEN RAW	265	132 12-13		
,	his shoulder a few weeks earlier, was unable to	TYLER	215	BECK		190
	get his opener of 400 in at 198. We all hope	GILLUM		181 LIFE	TIME B	
	Bruce has a speedy recovery. Then at submas-	LIFETIME RAW	200	ROCK		560
,	ter 275 it was the great D. D. Nichols. Opening	TYLER	315	242 70-7	9 RAW	
1	with an easy 600 D. D. moved next to a	181		CRUSE		315
t	personal best 650, which seemed almost as	LIFETIME RAW		SQUAT	ONLY	
•	easy. Taking a final attempt with a new state	ROCK	325	132 12-1	13	
	record 675, D. D. locked it out with no prob-	50-59 RAW		BECK		205
	lem. Using only an older Inzer double ply	FREEMAN	325	POWER		
	polyester shirt, can you imagine what he could	198		132 40-4		00
	do with a stronger shirt? This may be the greatest weight ever lifted in the submaster	LIFETIME	425	LANDES		90
	division! Well, at least there was no question	SIMPSON LIFETIME RAW	425	181 60-6 CURLEY	9	125
	as to who would take the best lifter trophy! In	DURANT	380			125
	the master division we had three lifters in the	35-39	300	40-49		
	50-54 group, all of whom set new state records	KIGHT	480	SIMPSO	N	180
	in their respective classes. At 148 it was Harry	DALTON		35-39		100
1	Wakefoose, who finished with 205. Daniel	OPEN RAW		KNIGHT		170
	Singleton won at 165 with 240 and Rusty Stopp	DALTON	385	220		
	set the record at 198 with 380. In the open	50-59 RAW		40-49		
	division there was a close one at 165 between	HYMAN	260	<b>GONZA</b>	LEZ	125
	Glen Thomas and Lay Khoan. Glen came out	220		242 OPE	N	
	the winner with 350 after Lay's 365 was turned	17-19 RAW		TAYLOR		95
	down, leaving him with 340. Lance Greer was	BUTLER	315	275 OPE		
	third with 315. Chris Sorrentino got a new pr	40-49 RAW		HOPKIN	S	170
	and broke his own state record at 181 with	BOYER		SHW		
	330. Ricky Coggins upped his state record to	GONZALEZ	340	50-59	1	405
	430 with his win at 198 over second place finisher Wade Talley, who finished with 415.	242		BAYLESS		125
	Keith Parrish broke the state record at 220 with	WOMEN	SQ	BP	DL	TOT
	his second attempt of 510, taking the win over	SHW 14-16	250	110	200	cen
	Terry Venable, who finished with 475, but	QUEEN MEN	250	110	300	660
	came back with a successful fourth of 500.	123 14-16 RAW				
	Third place at 220 went to Bruce Head, who	NAPIER	185	110	250	545
	finished with 350. Bruce was lifting in his first	132			230	313
	competition. Jim King finished with 525 and a	LIFETIME RAW				
	new state record at 242 with his win there.	LANDESS	215	170	335	720
	Brandon Cass was second with 490, just miss-	40-49 RAW				
	ing a personal best of 500 for his final attempt.	LANDESS	215	170	335	720
	Mark Austin won at 275, making just his opener	165				
	of 425. In the deadlift event Terry Morris	60-69				
	depended her title at master 40-44/114 again,	DODSON	340	170	400	910
	finishing with 225. First-time competitor Tonya Simmons seemed to get stronger with each	181				
	attempt, finishing with a state record 200 for	17-19 RAW	425	265	FOC	1100
	the win in the open 132 class. Daniel Young	DESTAFANO LIFETIME RAW	425	265	500	1190
	won at teenage 13-15/132 with a state record	ROCK	405	325	560	1290
	290. Craig Brandon won at 13-15/165 with	50-59 RAW	103	323	300	1230
	425, another state record. At 181 it was	MC ORKLE	400	205	400	1005
	Brandon Hardwick with a 315 third followed	LIFETIME				1003
	by a 330 fourth attempt for the win and the	COLLINS	470	265	455	1190
	state record there. Josh Hamlett did the same,	242				
	finishing with a state record 330 at 198. Mark	40-49				
	Cumpton got a 185 third and a 225 fourth for	BRAMMER	530			
	the record and win at 220. At 242 it was Shane	275				
	Wade with 365 and 405, setting new state records there. Then at shw it was fifteen year	HUGG	530	385	545	1460
	old wonder Jonathan Vick, finishing the day	35-39 BECK	F2F	440	F40	1505
	with 605! Fifteen years old and already pulling	BECK OPEN	525	440	540	1505
	over 600! Winning at submaster was Parrish	FERGUSON	600	340	135	1075
	Morris who finished with 325. In the open	40-49 RAW	300	340	133	10/3
	classes Glen Thomas broke the existing record	POUNDS	585	400	575	1610
	at 165 with a solid 475 final pull. Terry	IRONMAN	303	100	3.3	.010
	Venable, lifting in his first competition, won at	198				
	220 with a state record 550. One on the top	40-49				
	pullers in the country, Brandon Cass, won at	SIMPSON		425	530	955
	242, as well as best lifter, with a strong 760.	275 35-39				Per Addition
	With a more solid platform Brandon could	BECK		440	540	990
	have pulled 800! Second place at 242 went to	(Thanks to Troy F	ord fo			
					DESILITA-	

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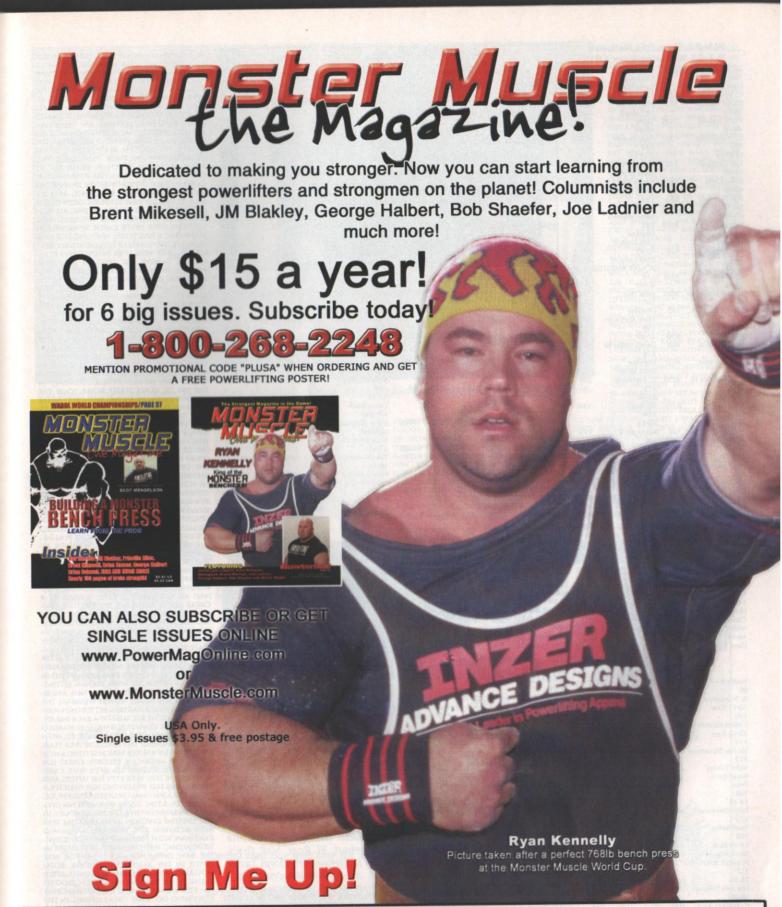
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MEN'S BENCH PRESS 242 148 Lifetime

Lifetime		Terry C		455
C. Venturella	355	Steve C		440
David Rippee	270	Police/	Fire	
35-39		Ed Dib	ari	405
Frank Ranelli 40-49	310\$	SHW		
C. Venturella	355!	40-49 Tom Ra	mev	410\$
181	3331	132	,,,,,	4104
Lifetime		17-19		
Tim Richards	370		Heffner	235!
35-39		RAW S	QUAT	
Mike Cletti	325	Youth 1		051
40-49 Tim Richards	370	Kevin B	<b>неск</b>	95!
Joe Fiumara	360\$	17-19		
60-69	3003	Steve A	Aosura	465!
Stoney Curley	350\$	242		
198		Lifetime		
Lifetime		Tom Ku	istoff	640
Scott Rowe	445	40-49		F001
220 20-25		Brad Lo	ASSIST	500!
Bud Fetty	530!	148	A33131	LU
14-16		40-49		
Shawn Stanislaw	305!	John D	ye	385!
40-49		165		
Steve Popovich 242	345	Lifetime		570\$
Lifetime		198	IcVaney	3703
Paul Vargo	530	17-19		
Issac Thomas	465	Derek I	Baker JR	575!
35-39		220		
Issac Thomas	465	Lifetime		
50-59	-	Scott R		635!
Ralph Brown JR 275	425\$	D. Fryb 275	erger	540
Lifetime		35-39		
Jeff Peshek	620!	Bill Bec	k	530!
SHW		114		
40-49		12-13		
Jerry Wilson	320	Kevin B	eck	195!
MEN'S BP RAW		198		
148 17-19		17-19 Steve M	losura	420
Michael Ross	260!	242	iosura	420
165		40-49		
Lifetime		Brad Lo	vejoy	480
Larry Tyler	320\$	70-79		
35-39		Thomas	Cruz	315\$
Larry Tyler	320\$	275		
Mark Guillam 17-19	255	35-39 Bill Bec	L	525\$
Bill Wharry	365!	DEADL		
50-59		148		
Ron Karkoska	260\$	35-39		
181		Frank R	anelli	405\$
14-16	205	165		405\$
14-16 Mike Kristoff	205	165 Lifetime		
14-16		165 Lifetime Allen M		405 <b>\$</b> 570!
14-16 Mike Kristoff 50-59 Ed Freeman 198	205 320	165 Lifetime		
14-16 Mike Kristoff 50-59 Ed Freeman 198 Lifetime	320	165 Lifetime Allen M 220 14-16 Shawn		570!
14-16 Mike Kristoff 50-59 Ed Freeman 198 Lifetime Christian Durant	320 385	165 Lifetime Allen M 220 14-16 Shawn: 242	eVaney	570!
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14-16 Mike Kristoff 50-59 Ed Freeman 198 Lifetime Christian Durant Nick Catsoles 40-49 Dave Vargo  Youth 8 - 9 80 R. Stevenson 10-11 Raw 100 Cullen Stevenson 12-13 Raw 11-14 Steven Stevenson 132 Mike Giesey Kevin Beck Teen 198 14-16 Tyler Stevenson 2275 Matt Sutro 198 17-19 Raw Steve Masoura FEMALE ASSISTEL 123 35-39 Lee Ann Hillard 60-69 C. Winkelolech 148 17-19 Sarah Schaffer 20-25 Aerika Gay 181	320 385 370 330\$ SQ 65 75 95 200 210\$ 315 355 465 )	165 Lifetime Allen M 220 Lifetime Allen M 220 Lifetime Shawn: 242 440-49 Eric Leb SHW 335-39 Palmo / 60 60 140\$ 95 175 255 105\$ 85 130\$	Stanisland	570! w 530! 605 570 TOT 215 250 290 570\$ 500 785 920 1140 465\$ 535 615\$ 795\$
14-16 Mike Kristoff 50-59 Ed Freeman 198 Lifetime Christian Durant Nick Catsoles 40-49 Dave Vargo  Youth 8 - 9 80 R. Stevenson 10-11 Raw 100 Cullen Stevenson 12-13 Raw 114 Steven Stevenson 132 Mike Giesey Kevin Beck 12en 198 14-16 Tyler Stevenson 275 Matt Sutro 198 17-19 Raw Steve Masoura FEMALE ASSISTEL 123 33-39 Lee Ann Hillard 60-69 C. Winkelolech 148 17-19 Sarah Schaffer 20-25 Aerika Gay 181 14-16 Beth Shuster	320 385 370 330\$  SQ 65 75 95 200 210\$ 315 355 465 ) 135\$ 180 235!	165 Lifetime Allen M 220 14-16 Shawn: 242 40-49 Eric Leb SHW 33-39 Palmo / 60 60 140\$ 95 175 255 105\$ 85 180! 110\$	Stanisland	570! w 530! 605 570 TOT 215 250 290 570\$ 500  785 920 1140 465\$ 535 615\$ 795\$
14-16 Mike Kristoff 50-59 Ed Freeman 198 Lifetime Christian Durant Nick Catsoles 40-49 Dave Vargo  Youth 8 - 9 80 R. Stevenson 10-11 Raw 100 Cullen Stevenson 12-13 Raw 114-16 Steven Stevenson 122 Mike Giesey Kevin Beck Teen 198 14-16 Tyler Stevenson 198 17-19 Raw Steve Masoura FEMALE ASSISTEL 123 35-39 Lee Ann Hillard 60-69 C. Winkelolech 148 17-19 Sarah Schaffer 20-25 Aerika Gay 181 14-16 Belth Shuster SHW	320 385 370 330\$ SQ 65 75 95 200 210\$ 315 355 465 180 235! 310\$	165 Lifetime Allen M 220 14-16 Shawn: 242 40-49 Eric Leb SHW 33-39 Palmo / 60 60 140\$ 95 175 255 105\$ 85 180! 110\$	Stanisland	570! w 530! 605 570 TOT 215 250 290 570\$ 500  785 920 1140 465\$ 535 615\$ 795\$



Teen Lifter Derek Baker JR setting a squat record of 575 pounds in

!	the 198 17-	19 di	vision	(All p	hotogr
5	FEMALE RAW 105				
•	Liftetime S. Hennebert	90\$	85\$	135\$	310\$
1	123 40-49				
!	Rose Nall 148	160!	120!	230!	570!
	17-19 Jessica Kramb MEN ASSISTED	195\$	95\$	215\$	505
!	148 40-49 John Dye	385\$	235\$	380\$	1000\$
!	165 Liftetime	3033	2333	3003	1000\$
	Allen McVaney Russ Metivier 40-49	570 <b>\$</b> 425	340\$ 275	570 <b>\$</b> 475	1480 <b>\$</b> 1175
	Russ Metivier 60-69	425	275	475	1175
5	John Klein 181	245\$	185\$	315\$	745\$
	Lifetime Don Graham 33-39	455	250	505	1210
5	Mike Ciletti 40-49	420	325	425	1170
5	Don Graham Police/Fire	445\$	250\$	505\$	1210\$
	Greg FOy 198 Lifetime	430	260	375	1065
!	Scott ROwe 50-59	635	445	575	1655
!	John Phillips Daniel Stellfoy	495	360 270	495 405	1350 1080
	220 Liftetime	403	270	403	1080
	Dave Polis 35-39	570	370	580	1520
	Dave Polis	570\$	370\$	580\$	1520\$
	James Perry Thomas Chaffin 50-59	545 450	370 335	600 500	1515 1285
	Bill Schaffer 60-69	450\$	315\$	435\$	1200\$
	Paul Manion 70-79	430	260	485	1175
	Melvin Huff 242	350	240	400	990
	Lifetime Tom Krustoff 40-49	640	400	605	1645
	Eric Lebunc Brian Brammer	515 475\$	410 330\$	605 450\$	1530 1255\$
	50-59 Ralph Brown JR	525!	425!	505\$	1455\$
	Chuck Evans 275 35-39	235	325	235	795
	Harold Mobley JR	620	445	550	1615
	Jeff Peshek 40-49	350	620\$	315	1250
	Ranoy Hugg Lifetime	495	365	535	1395
	Kenneth Howard Dave Coleman SHW	740 650	380 575	780! 665\$	1900 1830
	Lifetime Ron Graham	705	405	625	1735
	35-39 Palmo Aracri	590	490!	510	1590
	165 50-59	330	490:	310	1390
	Steve Thard 181 70-79	350!	250!	425!	1025!
	B. McClelland	185!	200!	285!	670!

Lifetime Mike McNinch	500	365\$	450	1315
220	300	3033	430	1313
Lifetime				
Gary Tisevich	490\$	355	555\$	1400
Josef Schaffer	450	420\$	570	1380
Donn Taylor 40-49	455	310	540	1305
Kirk Brenkus 242 20-25	360\$	265\$	435\$	1060
Doug Koch Lifetime	500!	335	565!	1400
Dave Kingwater Natural	420	420!	445	1285
Tom Krustoff 35-39	640	400	605	1645
Tom Krustoff 40-49	640	400	605	1645
Pete Primeau	565!	450!	600\$	1615
Brad Lovejoy 242 Police/Fire	500	360	480	1340
Ed Dibari 275	480	405	470	1355
Lifetime				
Ken Howard	740!	380	780!	1900
Brad Hennebert 40-49	500	390\$	575	1465
Rich Luklan	530	385	580	1495



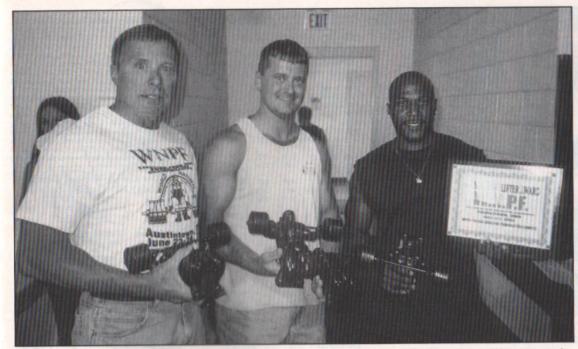
Lifters from the Firm Gym: (front row left to right) Shaunna Hennebert, BL Rose Nall. (back row) B. Hennebert, Donn Taylor

BATTLED IN THE 132 LB. YOUTH DIVISION WITH AMERICAN RECORDS AND TO CIVE US THE BOTH LIFTERS SETTING NEW STATE RECORDS. PLEASURE OF HIS FINE COMPANY. MIKE

CLASS. STEVE MASOURA TURNED IN THE BEST TOTAL IN THE TEEN DIVISIONS WINNING HIS DIVISION AND BEST TEEN LIFTER. IN THE FE-MALE DIVISIONS LEE ANN HILLARD SET ALL NEW STATE RECORDS AS DID SARAH SCHAFFER WITH SCHAFFER SETTING AN AMERICAN RECORD IN THE SOUAT, BOTH WINNING THEIR RECORD IN THE SQUAT, BOTH WINNING THEIR
DIVISIONS. LIFTERS ERIKA GAY, BETH SCHUSTER,
AND CLARA QUEEN ALL SET NEW STATE
RECORDS WINNING THEIR DIVISIONS ALONG
WITH AMERICAN RECORDS BEING SET BY
SCHUSTER AND GAY WITH GAY WINNING BEST
LIFTER IN THE ASSISTED DIVISION. RAW LIFTERS
LIFTER LIFTERS
LIFTER LIFTERS
LIFTERS LIFTERS LIFTERS
LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS
LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LIFTERS LI SHAUNNA HENNEBERT, ROSE NALL, AND IES-SICA KRAMB SET NEW STATE RECORDS IN THE RAW DIVISIONS WITH NALL SETTING ALL NEW AMERICAN RECORDS AND WINNING BEST LIFTER. MASTER LIFTER CAROL WINKELBLECH TURNED IN A FINE TOTAL WINNING HER DIVI-SION. ALL THE FEMALE LIFTERS DID SOME GREAT LIFTING AND WERE VERY INTENSE AND COM-PETITIVE DURING THE MEET. IN THE MEN'S ASSISTED DIVISIONS JOHN DYE SET ALL NEW STATE RECORDS IN THE 148 LB. CLASS, IN THE 165 LB. CLASS ALLEN MCVANEY SET ALL NEW STATE RECORDS ON HIS WAYTO WINNING HIS DIVISION AND ALSO BEST LIFTER. MASTER LIFT-ERS RUSS METIVIER AND JOHN KLEIN PUT UP SOME FINE LIFTS WINNING THEIR DIVISIONS WITH KLEIN SETTING ALL NEW STATE RECORDS. DON GRAHAM ONCE AGAIN DID SOME FINE LIFTING WINNING THE LIFETIME AND MASTERS DIVISIONS IN THE 181 LB. CLASS SETTING NEW STATE RECORDS IN THE MASTERS DIVISION. MIKE CILETTI AND GREG FOY ALSO DID SOME FINE LIFTING WINNING THEIR DIVISIONS. IN THE 198 LB. CLASS SCOTT ROWE TOOK THE LIFETIME DIVISION ALONG WITH BEST LIFTER TURNING IN A STRONG TOTAL IN THE MAS-TERS DIVISION JOHN PHILLIPS EDGED OUT DAN STELLFOX WITH JOHN TURNING IN AN-OTHER STRONG TOTAL IN THE 220 IR CLASS THREE LIFTERS BATTLED IN THE SUBMASTER DIVISION WITH DAVE POLIS EDGING OUT JAMES PERRY AND THOMAS CHAFFIN TO WIN THE DIVISION, POLIS SET ALL NEW STATE RECORDS BREAKING HIS OLD RECORDS AND HE ALSO WON THE LIFETIME DIVISION, MAS-TER LIFTERS PAUL MANION AND MELVIN HUFF TURNED IN FINE TOTALS WINNING THEIR DIVI SIONS WITH MELVIN HAVINGTO PULL HIS LAST DEADLIFT TO STAY IN THE MEET. MELVIN AP-PROACHED THE BAR KNOWING HE NEEDED THE LIFT AND GAVE IT A GREAT FIGHT PULLING THE LIFT. MASTER LIFTER BILL SCHAFFER RE-TURNED TO WIN HIS DIVISION ONCE AGAIN SETTING ALL NEW STATE RECORDS, ITS ALWAYS A PLEASURE TO HAVE BILL AT A MEET AND HE IS ALWAYS A GREAT HELP. MANY THANKS ONCE AGAIN BILL! IN THE 242 LB. CLASS TOM KRISTOFF HAD AN OFF DAY BUT STILL TURNED IN A GREAT TOTAL WINNING THE LIFETIME DIVISION ALONG WITH THE SUBMASTERS AND NATURAL RAW DIVISIONS, MASTER LIFTERS FRIC LEBLANC AND BRIAN BRAMMER TURNED IN FINE TOTALS WITH BRAMMER SETTING NEW STATE RECORDS AND ERIC WINNING THE DIVI SION. IT WAS GREAT TO HAVE ERIC BACK AFTER TAKING SOME TIME OFF. MASTER LIFTERS RALPH BROWN IR. AND CHUCK EVANS COMPETED IN THE 50-59 DIVISIONS WITH BROWN SETTING ALL NEW STATE RECORDS AND A NEW AMERI-CAN RECORD IN THE RENCH WINNING THE DIVISION. CHUCK HAS SEEN BETTER DAYS HAV-ING TO GO LIGHT BECAUSE OF A BACK INJURY. IN THE 275 LB. CLASSES SUBMASTERS HAROLD MOBLEY JR. AND JEFF PESHEK BATTLED WITH MOBLEY WINNING THE DIVISION THIS YEAR. PESHEK PUTUP A SUPER BENCH SETTING A NEW STATE AND AMERICAN RECORD, GREAT IOB JEFF. SPECIAL THANKS TO JEFF'S WIFE CARLI WHO AGAIN THIS YEAR KEPT THE LIFTERS AND SPECTATORS FED BY SERVING HER DELICIOUS HOME COOKING, MASTER LIFTER RANDY HUGG TURNED IN A FINE TOTAL WINNING HIS DIVI-SION FINISHING WITH A STRONG DEADLIFT. IN THE LIFETIME DIVISION A GREAT BATTLE WAS SEEN BETWEEN KEN HOWARD AND DAVE COLEMAN WITH HOWARD TAKING THE DIVI-SION ALONG WITH WINNING BEST LIFTER IN THE RAW DIVISIONS AND TYING FOR BEST LIFTER IN THE ASSISTED DIVISIONS. BOTH HOWARD AND COLEMAN RETURNED AFTER TAKING SOME TIME OFF AND IT WAS GOOD TO HAVE THEM BACK BECAUSE THEY'RE TWO GREAT GUYS WHO DO SOME GREAT LIFTING. IN THE (\$) - STATE RECORD. (!) - NATIONAL RECORD. HAVE THEM BACK BECAUSE THEY'RE TWO GREAT GREAT LIFTERS, SPECTATORS AND OF COURSE GUYS WHO DO SOME GREAT LIFTING. IN THE MY EXCELLENT CREW HELPED MAKE THIS YEARS SHW DIVISIONS RON GRAHAM AND PALMO NATIONALS IN YOUNGSTOWN THE BEST EVER. ARACRI PUTUP SOME STRONG NUMBERS WINNINETY-FIVE LIFTERS CAME TO THE NATIONALS
TO CHALLENGETHE AMERICAN RECORDS WITH
A NEW AMERICAN RECORD IN THE BENCH. IN MANY NEW AMERICAN AND STATE RECORDS THE RAW DIVISIONS STEVETHARP SET ALL NEW BEING SET. IN THE YOUTH DIVISIONS THE AMERICAN AND STATE RECORDS WINNING STEVENSON BOYS CAME DOWN FROM NEW THE 165 LB. MASTERS DIVISION AND ALSO BEST YORK AND DID SOME FINE LIFTING WINNING LIFTER. MASTER BLADEN MCCLELLAND CAME THEIR DIVISIONS. MIKE GIESEY AND KEVINBECK DOWN FROM MICHIGAN TO SET ALL NEW

IN THE TEENAGE DIVISIONS TYLER STEVENSON

DID SOME FINE LIFTS WINNING THE 198 LB. CLASS AS DID MATT DUTRO IN THE 275 LB.



Top lifters in the Bench Press: (from left to right ) Ed Freeman, Mark Gullium, and overall Best Lifter Larry Tyler

BENCH. INTHE 220 LB. LIFETIME DIVISION THREE THREE NEW AMERICAN RECORDS WINNING WINNING THE POLICE/FIRE DIVISION. 275 LB. SIDNEY CURLEY PUT UP SOME STRONG LIFTS LIFTERS BRAD HENNEBERT AND KEN HOWARD WINNING THEIR DIVISIONS AND SIDNEY SETDID SOME GREAT LIFTING BOTH SETTING NEW TING A NEW STATE RECORD. BUD FETTY AND

BENCH. INTHE 220 LB. LIFETIME DIVISION THREE

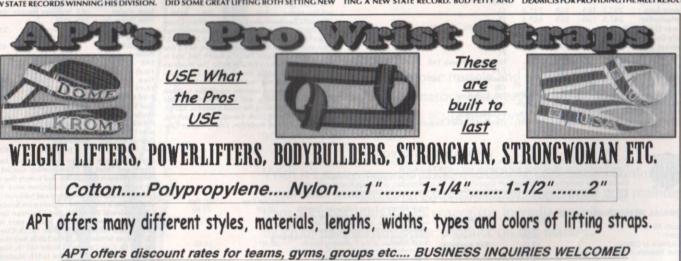
THREE NEW AMERICAN RECORDS WINNING
LIFTERS HAD A CLOSE BATTLE WITH GARY
THE JUNIOR DIVISION. IN THE MASTERS DIVISIONS CHARLES VENTURELLA AND FRANK
RANELLI SET NEW RECORDS WITH CHUCK WINNING BEST LIFTER. TIM RICHARDS TOOK THE
NING BEST LIFTER. TIM RICHARDS TOOK THE
SET A NEW STATE RECORD. JOSEF SCHAFFER
SET A NEW STATE RECORD IN THE BENCH COMLIFTER SET AD LOVEJOY TO WIN THE DIVILIFTER SET AND KEN HOWARD
WINNING THE DIVISIONS CAPACES VENTURELLA AND FRANK
WHO SET LIFTER. TIM RICHARDS TOOK THE
LIFTER AND MASTERS DIVISION IN THE 181
LIFTER SET AD LOVEJOY TO WIN THE DIVISIDNEY CURLEY PUT UP SOME STRONG LIFTS
GOOD DAY. MASTER KIRK BRENKUS SET ALL
LIFTERS BRAD HENNEBERT AND KEN HOWARD
WINNING THEIR DIVISIONS AND SIDNEY SETLIFTERS BRAD HENNEBERT AND KEN HOWARD
WINNING THEIR DIVISIONS AND SIDNEY SETLIFTERS BRAD HENNEBERT AND KEN HOWARD
WINNING THEIR DIVISIONS AND SIDNEY SETLIFTERS BRAD HENNEBERT AND KEN HOWARD
WINNING THEIR DIVISIONS BILD PETTY AND

SHAWN STANISLAW SET NEW AMERICAN RECORDS IN THE 220 LB. CLASS AND STEVE POPOVICH HAD AN-OTHER GOOD LIFT WINNING HIS DIVISION. PAUL VARGO DID A STRONG LIFT EDGING OUT ISSAC THOMSINTHE 275 LB. LIFETIME DIVI-SION WITH THOMAS WINNING THE SUBMASTERS. SHW JERRY WILSON DID A NICE LIFT WINNING THE MAS-TERS DIVISION AGAIN THIS YEAR RALPH BROWN JR. AND JEFF PESHEK SET NEW RECORDS WITH PESHEK HAVING THE RIGGEST BENCH OF THE DAY.INTHERAWBENCH LARRY TYLER PUT UP A STATE RECORD WINNING THE LIFETIME AND SUBMASTER DIVI SIONS IN THE 165 LB. CLASS AND ALSO BEST LIFTER. TEENS MICHAEL ROSS, BILL WHARRY, MIKE KRISTOFF, AND SHAUN HEFFNER DID SOME GREAT LIFTS WITH WHARRY, ROSS, AND HEFFNER SETTING NEW RECORDS. MASTER LIFTER ED FREE-MAN ONCE AGAIN TOOK HIS DIVI-SION, AS DID SHWTOM RAMEY WHO SET A NEW STATE RECORD. IN THE 198 LB. CLASS CHRISTIAN DURANT EDGED OUT NICK CATSOLES IN THE LIFETIME DIVISION WITH CATSOLES WINNING THE SUBMASTERS. MAS-TER DAVE VARGO SET A NEW STATE RECORD WINNING HIS DIVISION.
IN THE 242LB CLASSES TERRY GIBSON EDGED OUT STEVE COOK IN THE LIFETIME DIVISION WITH STEVE WIN NING THE SUBMASTER. BOTH LIFT-ERS PUT UP STRONG LIFTS AS DID ED DIBARTINTHE POLICE/FIRE, SEVERAL NEW RECORDS BOTH STATE AND AMERICAN WERE SET IN THE SINGLE SQUAT AND DEADLIFT DIVISIONS WITH THE HEAVIEST SQUATS GOING

MCNINCH ONCE AGAIN WON THE 198 LB.

LIFETIME DIVISION PUTTINGUP SOME STRONG
LIFETIME DIVISION DOUG KOCH SET
BENCH.INTHE 220LB. LIFETIME DIVISION THREE

WITH THE HEAVIEST SQUATS GOING
RECORDS. MASTER LIFTER RICH LUKLAN ALSO
TURNED IN A STRONG TOTAL WINNING HIS
DEEK BAKER JR. TOP LIFTS IN THE DEADLIFT
DIVISION AGAIN. INTHE ASSISTED BENCH PRESS
BELONGED TO ERIC LEBLANC AND ALLEN
MCVANEY FOLLOWED CLOSELY BY BILL BECK MCVANEY FOLLOWED CLOSELY BY BILL BECK AND SHAUN STANISLAW. ONCE AGAIN THANKS TO ALL THE LIFTERS AND HOPEFULLY WE WILL SEE YOU AT THE WORLDS. THANKS TO MY GREAT CREWAND TO THE AUSTINTOWN BOARD OF EDUCATION AND MR KENNY FOR THE USE OF THE MEET SITE, AND HEY TROY AND PIT, THANKS FOR COMING. (THANKS TO RON DEAMICIS FOR PROVIDING THE MEET RESULTS.)



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**Evgueniy Popov**, team KSV Bochum, with a 340 kg SQ @ 153.1 body wt. at the German Bundesleage (Photograph courtesy of Thomas Klose)

GERMA	N BL	NDES	SLEAC	E	<b>USAPL STAR</b>	CITY	SUM	MER	OPEN
24 APR	02 -	Bochu	ım. Ko	G	22 JUN	02 -	Lincol	n, NE	
114 KSV Bochum Peter Hillebrand Evgueniy Popov Valeriy Kraus A, Kwaschny Ulrich Rambow	235 340 262.5 300 325	BP 165 230 140 220 190	270 350 292.5 310 290	TOT 670 920	242 M PL Mark Coe 198 M PL Jim Hart 181	SQ	ВР	DL	TOT
Cemnitzer P.S.V. Uwe Hase Wolfgang Bzdok G. Schooner Marco Sura T. Marhoffer	290	217.5 162.5 165 165	282.5 250 287.5 260 260	667.5	T PL Steve Huffman Dave Huffman 242 O PL	165	125		
Power Gym WSE Andy Doerner Andreas Koch Marcus Hinz	345.5 350 280	175 225 170	300 305 260	820 880 710	Allen Roelfs 220 M PL Howard Huffman	172.5	135	195	502.
Andreas Fenzel Manfred Georg Winner was KSV Wiesbaden set a squat with 345.5	W Boch Germ	an Rec	245 ndy Do ord (24	2) in the	TPI	165	172.5	215	552.
est total belonged 2030 lbs. (Thanks					D. Geistlinger (Thanks to USAPL	for prov	177.5 riding th	e meet	177.s results.
100 × 1	For info	rmation	on regis	stration and	ASSOCIATION OF THE PROPERTY OF	o-AAU-	d return 4USA.	Part C	

10.00

SPORT CODE

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

Adult Athletes in the Following Sports:

approval) through the AAU National Office.

agree to be bound by the AAU Code as well as AAU operating

procedures and policies, including but not limited to: binding arbitration

and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex

ffense nor felony; or, if so, I must apply for membership (and receive

NOTE: Parent/Guardian signature required if member under 18 years old

27 APR 02 - KASSON, MN 132 OPEN Christy Bang 132 MASTER Judy Drenth Coty Ginsberg 198 OPEN 165 OPEN M. Schulte 181 OPEN Tony Reid 435 1175 David Adam 265 200 435 410 Ben Deering 181 MASTER Sid Reid Bob Sainati 198 OPEN 545 1550 I. Merchlewitz 530 475 310 275 520 450 198 Master Gary Grahn 198 MASTER Ed Krall Jerry Donatell 220 OPEN 220 MASTER Gary Edwards 220 MASTER T. Haggenmiller 340 Phil Markert 33 480 355 370 340 300 620 575 610 575 520 242 NOVICE George Callahan 535 242 MASTER Greg Steele 275 OPEN 780 505 690 445 600 435 665 700 560 275 NOVICE 430 310 390 1130 "The 2002 Zumbro Valley Open Powerlifting Cham-pionship" was held in the Kasson- Mantorville High School gymnasium on Saturday, April 27 with 33 Men and Women lifters. Greg Wagner, had a fine day lifting in the Squat 780, the Bench 505, and in the Dead lift 665 for a Total of 1950. The Women's top lifter was Angela Simons lifting 225 in the Bench for a Masters National Women's Record. Bench for a Masters National Women's Record. Meet Director Steve Johnson would like to thank the lifters for coming, and the following people who assisted in making the meet a success: REFER EES: Dennis Green, Bob Sainati, Brian Hudyma, Dan Rgnonti, Mark Rodacker, Eric Alter, Joe Coo-

USAPL ZUMBRO VALLEY OPEN PL

per, Rick Stanius, Brad Gillingham, Shawn Cain, Angela Simons, and Keith Hare. SPOTTERS and LOADERS: Jeff Rendler, Scott Rendler, GaryGlawe, Jerry Unger, Mike Tully, Derek Tully, Bruce Rahlf, Charlie Bradford, Archie Langdon, John Lynch, Billy Gullickson, Nick Fitch, Dean Tlougan, Don Coughlon, and Nate Nord. HELPERS: Jim and Marlene Coughlon, Curt and Tess Johnson, Bill Omundson, John Kreidermacher, and Larry Smith. ANNOUNCER: Scott Safe—best in the business! SCHOOL: Kasson-Mantorville High School. MOST OF ALL MY WIFE, Dawn Johnson! All of these people were there the entire day. I truly thank you all for the incredible job you dot To all thanks! The success of the meet assures this will continue as an annual event. (Thanks to STEVE JOHNSON, Meet Director of Zumbro Valley Open for these results)

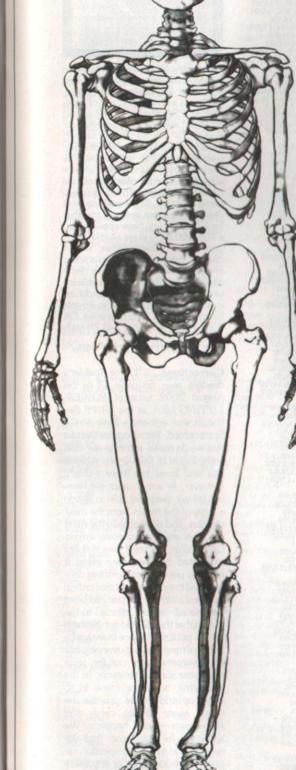
#### Erie College Football BP/DL 18 MAY 02 - Orchard Park, NY

BENCH		Vip Peterson	530*
WOMEN		BENCH	
Open		148	
C. Dillenburg	140	Andre Jackso	390
Peg Scanlon	145	Mike Panzarella	
Teen 16-17		165	
B. Labushesky	125	Tom Graham	335
Jenna Gane	135	181	
Master		<b>Woodley Hazzan</b>	335
Benda Kelly	140	Dan Gould	365
MEN		198	
18-19		Vinson Moore	335
Dart Larson	385	Mike Dwyer	
Brad Myers	350	Paul Klatman	385
Paul Safy	275	220	
Marc Scarlata	225	Trent Drake	340
Dan Rodda	185	Mike Egnote	355
Sub Master		Rhyreef Patton	385
Tom Schmidt	485	Matt Mosher	380
Paul Tout	300		500
Masters Light		Wayne Carroll	385
P. DeFrancisco	310		475
Dennis Brochev	260	275	
Paul Trusso		Fank Vicks	
Tom Graham		John Watkins	470
Walt Bartlett		M. Malisiewicz	345
Iuan Collazo		Tony Egnoto	330
Master Heavy	273	Matt Schimpf	325
Wayne Carroll	205	loe Pisarski	405
Vip Peterson	305		403
Warren Kelly	330		
Regan Ward		Andre Jackson	450
Don Boardman	400	181	430
Scott Shales	385	Woodley Hazzan	405
John Stellrecht	350	198	485
Larry Huff Sr.	365	Vinson Moore	550
Maurice Harling	420	Trent Drake	***
DEADLIFT Women		Paul Klatman 220	405
148	250	Nike Egnote	C00*
Sarah Chaffee	250	Rhyreef Patton	600*
Teen		Matt Mosher	550
18-19		Trent Drake	475
Brad Myers	585	275	
Paul Safy	425	M. Malisiewicz	515
Master		Tony Egnoto	600
P. DeFrancisco	440	Joe Pisarski	500
Juan Collazo	415	Matt Schimpf	485
Dennis Brochey	345	Super	
Jack Toy 475		Jeff Miller	620
<b>Erie Community</b>	Colle	ge Football's 1st	Annual

Erie Community College Football's 1st Annual Bench and Dead lift Championship contest had forty-five bench contestants and twenty-five dead lift contestants. The meet directors were Head Football Coach Dennis Greene and National USPF referee Chuck Wuest. The referees were headed by Mike Walenski the North East Chairman for the USPA. Four New York State records were set in bench. Carol Dillenburg. 57 in the 1811b. Class did 1401b. Tom Schmidt 35, in the 220 lb. Sub Masters did 4851b. Juan Collazo 65 in the 1811b. Masters did 295. Walt Bartlett 65 in the 1651b. Masters did 295. Walt Bartlett 65 in the 1651b. Masters did 295. Walt Bartlett 65 in the 1651b. Masters did 2951b. bance Sowen 1481b. won the Best Bench Award with a lift of 4751b. A Dead lift State Record was set in the 1981b. masters by Yip Peterson, 56, with a lift of 4751b. A Dead lift State Record was set in the 1981b. masters by Yip Peterson, 56, with a lift of 5301b. Typ has been competing in power for 37 years. The award for Best Dead lift went to Yinson Moore 1981b. with a lift of 5501b. Rhyreef Patton 201b. was close with a lift of 6001b. The contest proceeds will benefit the ECC Football Booster Club. The coaching staff and 3 players provided the loading and spotting. Coach Greene hopes to run the contest again in May of 2003 (Thanks to Dennis Greene for providing these meet results.)

# USAPL Elite Fitness 26 MAY 02 - BEDFORD HTS, OH

Full Meet	44.34			
MEN				
Phil Hile	365	250	455	
Greg Dennison	385	240	510	
Mark Jesenovec	425	335	505	
Thanks to USAPI	L for pr	oviding	the results.)	



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529 Kupperstein, E..4/6/02 523 Clark, A..8/12/01 523 Clark, A.,8/12/01 520 Williams, M.,2/2/02 507 Avigliano, N.,6/14/02 500 Villafranca, D.,3/23/02 496 Taylor, T.,8/12/01 485 Leverett, C.,8/12/01 475 Whigham, A.,7/15/01

465 Weisberger, A..11/17/01 460 Williams, C..7/28/01 455 Pharr, C..3/23/02 455 Northern, D..5/4/02 451 Smith, T..8/11/01 450 Kuhns, M..4/6/02 440 Hernandez, C..3/23/02 435 Kiletico, M..2/2/02 435 Lorenz, K..3/23/02 435 Dean, D..3/23/02

429 Edralin, D..12/8/01 424 Young, G..7/14/01 420 Marks, B..3/23/02 420 Bui, L..3/23/02 418 Marchand, B..3/16/02 410 Moore, T..3/23/02 410 DeCarlo, C..6/22/02 407 Carr..10/19/01 405 Scott, J..3/23/02 405 Caseres, J..3/23/02

400 Altizer, B..12/8/01 400 Jordan, J..12/9/01 400 Hill, D..2/9/02 400 Ortega, L..3/23/02 400 Diamond, M..4/29/02 400 Diamond, M..4/29/02 396 Rosen..10/19/01 396 Ehresman, J..2/16/02 395 Welden, B..3/23/02 390 Ervin, Q..3/23/02 390 Tompkins, D..3/23/02

390 Zeliznik, T..5/4/02 390 Stevenson, R..5/4/02 385 Tucker, T..3/2/02 385 Tucker, T..3/2/02 380 Semidey..7/22/01 375 Mattis, J..10/20/01 375 Bellard, S..3/23/02 375 Reinitz, C..4/6/02 375 Green, R..4/29/02 375 Howard, Z..6/1/02 374 Sisti, A..11/17/01

374 Smith, R..3/16/02 374 Overdeer, A..5/19/02 369 Velasquez, J..11/3/01 369 Mobley, S..2/9/02 369 Corsello, J..5/4/02 365 Hansen, S..4/20/02 365 DelGallo, R..4/27/02 363 Holmes, A..3/16/02 360 Bellmon, R..2/9/02 360 Nash A 3/8/02

358 Ray, J..5/18/02 358 Carpenter, D..5/25/02 358 Ware, V..6/14/02 355 Mateo, J..2/9/02 355 Belen, A..6/1/02 352 Raymond, D..11/17/01 352 Gunn, R..3/16/02 350 Sanchez, T..3/23/02 350 Burns, G..3/23/02 350 Emig, S..3/23/02

350 Meadows, S. 4/6/02 347 Hanilen, L. 6/15/02 345 Sutton, C. 11/17/01 345 Jones, T. 3/15/02 341 Kawasaki, N. 8/11/01 341 Aguila, V. 2/9/02 341 Nero, C. 4/13/02 340 Beezup, J. 5/4/02 340 Raymond, C. 5/4/02

336 Strickland, W..3/16/02 336 Vallot, B. 4/13/02 336 Vallot, B. 4/13/02 336 Blessinger, C. 6/15/02 335 Mesik, A. 10/27/01 335 Mullins, K. 3/15/02 335 Patino, M. 3/23/02 330 Wily, M. 12/1/01 330 Oliva..1/6/02 330 Zahrte, D..3/8/02 330 France, G..3/16/02

330 Burgess, 1..5/4/02 325 Maez..7/28/01 325 Rey, J..10/27/01 325 Lomax, J., 11/17/01 325 Lomax, J...11/1/01 325 Kibler, T...2/2/02 325 Lepart, D...2/2/02 325 Edgren, G..3/8/02 325 Quave, S...3/16/02 325 Phillips, A..3/16/02 325 Phillips, A..3/16/02

365 Byrnes, C..9/15/01 350 Petrencak, S..11/11/01 347 Rinehart, T..2/23/02 347 Rinehart, T..2/23/02 341 Hatch, N..5/25/02 341 Washington, H..6/1/02 336 Taylor, T..7/14/01 330 Smith, J..2/24/02 330 Knight, E..3/2/02 319 Lippert, J..11/15/01

315 Weisberger, A..11/17/01 308 Edralin, D..12/8/01 308 Edralin, D.. 12/8/01 308 Hanifen, L.. 12/9/01 300 Mattis, J.. 10/20/01 300 DeCarlo, C.. 6/22/02 297 Corsello, J.. 5/4/02 292 Young, A.. 7/28/01 292 Miller, B.. 9/22/01 290 Forehand, J..3/16/02 286 Cunningham, T..7/14/01

281 Thompson, J..12/6/01 280 Nakano, R..3/23/02 278 Nguyenm, Q..4/27/02 275 Newman, C..7/28/01 275 Rudel, D..11/17/01 275 Imamura, J..12/1/01 275 Duncan, M..12/9/01 275 Marcak, P..3/16/02 275 Goelz, B., 3/23/02 275 Wintrone, C..4/13/02

270 Verrett, D..7/7/01 270 Murray, E..9/8/01 270 Kiletico, M..2/2/02 270 Altizer, B..2/9/02 270 Villafranca, D..3/23/02 270 Hernandez, C..3/23/02 265 Schlangat, P...11/12/01 265 Williams, M..2/2/02 265 Kupperstein, E..5/18/02 264 Teeter, G..4/6/02

264 Bates, A..4/19/02 264 Vo, D..4/27/02 264 Vo, D. 4/27/02 264 Leverett, C. 6/14/02 260 Whigham ..7/15/01 260 Marquinez, F. 11/11/01 260 Pharr, C. 3/23/02 260 Moore, T. 3/23/02 260 Kuhns, M. 4/6/02 260 Munechika, C. 5/10/02 255 Coisson, B. 7/28/01

255 Loat, A..8/6/01 255 Surita, D..9/23/01 255 Jordan, J..12/9/01 255 Jones. 4/20/02 255 Jones. 4/20/02 255 Northern, D..5/4/02 253 Darling, J..9/22/01 253 Carr..10/19/01 253 Caprenter, D..5/25/02 248 Calhoun, B..8/25/01

248 Garcia, H..11/15/01 248 Mendez, S..11/15/01 245 Decker..7/22/01 245 Sheppard, C..8/11/01 245 Lorenz, K..3/23/02 248 Rogers, B..5/4/02 248 Brent..5/19/02 242 Smith, T..8/11/01 242 Velasquez, J..11/3/01 242 Dirienzo, T..11/17/01

242 Balke, P. 1.1/17/01 240 Semidey. .7/22/01 240 Williams, C. .7/28/01 240 Maez. .7/28/01 240 Reinitz, C. .8/25/01 240 Sheperd, T. .12/15/01 240 Jones, T. .3/15/02 240 Welden, B. .3/23/02 240 Meadows, S. .4/6/02 240 Hayes. .5/4/02

240 Rataj, C..6/23/02 236 Ehresman, J..2/16/02 236 Thomas, D..4/13/02 236 Thomas, D. 4/13/02 235 Alaniz, J.,7/28/01 235 LaMott, T.,12/1/01 235 Sanchez, T.,3/23/02 235 Emig, S.,3/23/02 235 Lewis, M.,3/30/02 235 Gee, S.,4/27/02 235 Lewis, D..5/18/02

235 Davis, J..5/18/02 235 Russo, R..6/22/02 231 Melrose..10/27/01 231 Sisti, A..11/17/01 231 Oste, K...11/1//01 231 Otte, K...11/17/01 231 Overdeer, A..2/9/02 231 Ray, J..5/18/02 231 White, R..5/18/02 231 Ware, V..6/14/02 230 Johnson, C..3/16/02

#### DEADLIFT

606 Taylor, T..8/12/01 567 Williams, M..4/13/02 565 Kupperstein, E..5/18/02 540 Washington, H..8/12/01 534 Whigham..8/12/01 534 Carr..10/19/01 529 Cunningham, T..7/14/01 525 Rorex, G..4/27/02 510 Kiletico, M..2/2/02 500 Scott, J..3/23/02

490 Clark, A..8/12/01 490 Northern, D..5/4/02 485 Edralin, D..12/8/01 480 Williams, C..7/28/01 480 Pharr, C..3/23/02 480 Ortega, L..3/23/02 479 Leverett, C..6/14/02 473 Weisberger, A..2/23/02 465 Semidey..7/22/01 462 Hansen, S..3/23/02

462 Avigliano, N..6/14/02 460 Meadows, S..4/6/02 460 Hill, D..5/4/02 451 Smith, T..8/11/01 451 Garcia, H..11/15/01 450 Ervin, Q..3/23/02 450 Mateo, J..5/4/02 446 Rosen, 10/19/01 450 Mateo, J...5/4/02 446 Rosen..10/19/01 445 Sanchez, T..3/23/02 440 Smith, R..3/16/02

440 Caseres, J..3/23/02 435 Marks, B..3/23/02 435 Russo, R..6/22/02 430 Mattis, J..10/20/01 430 Jordan, J...12/9/01 430 Jordan, J...12/9/01 430 Kibler, T...2/2/02 430 Hernandez, C...3/23/02 430 Diamond, M...4/29/02 430 Beaudoin, M...6/23/02 425 Bellmon, R..2/9/02

425 Allen, C..3/15/02 425 Villafranca, D..3/23/02 425 Dean, D..3/23/02 425 Bui, L..3/23/02 425 Bui, L..3/23/02 425 DeCarlo, D..6/22/02 424 Ehresman, J..2/16/02 420 Reinitz, C..8/25/01 419 Overdeer, A..5/19/02 418 Shivae, H..11/15/01 418 Marroquin, S..11/15/01

418 Raymond, D..11/17/01 418 Hynes, C..3/10/02 418 Corsello, J..5/4/02 415 Zak B 12/01 415 Zak, B..12/01 413 Lippert, J..11/15/01 413 Ochoa, N..11/15/01 413 Marchand, B..3/16/02 413 Carpenter, D..5/25/02 410 Maez...7/28/01 410 Vallot, B..12/1/01

410 Burns, G..3/23/02 410 Patino, M..3/23/02 410 Zeliznik, T..5/4/02 407 Tucker, T..3/2/02 407 Holmes, A..3/16/02 405 Devers, G..12/30/01 405 Lorenz, K..3/23/02 405 Myers, S..5/11/02 402 Dirienzo, T..11/17/01

402 Bareng, J..12/8/01 402 Thomas, D..4/13/02 402 Ware, V..6/14/02 402 Ware, V..6/14/02 400 Stevenson, K..10/28/01 400 Beezup, J..2/9/02 400 Moore, T..3/23/02 400 Tompkins, D..3/23/02 400 Emig, S..3/23/02 400 Helms, J..5/10/02 396 Imamura, J..12/1/01

396 Sisti, A..4/13/02 396 Sisti, A..4/13/02 395 Lepart, D..2/2/02 395 Romeo, J..3/9/02 395 Stevenson, R..5/4/02 391 Young, G..7/14/01 391 Walker, J..6/29/02 390 Welden, B..3/23/02 385 Boston, M..7/14/01 385 Lomax, J..11/17/01

385 Salem, N..12/9/01 385 Mobley, S..2/9/02 385 Jones..4/20/02 385 Green, R..4/29/02 380 Mendez, S..11/15/01 380 Bailey, J..3/15/02 380 Quave, S..3/16/02 380 Nero, C..4/13/02 380 Bogan, R..4/20/02 380 DelGallo, R..4/27/02

1466 Washington, H..6/1/02 1460 Clark, A..8/12/01 1438 Taylor, T..8/12/01 1350 Williams, M..2/2/02 1350 Williams, M..Z/Z/02 1330 Kupperstein, E..5/18/02 1300 Cunningham, T..7/14/01 1262 Whigham..8/12/01 1250 Weisberger, A..11/17/01 1223 Edralin, D..12/8/01 1223 Leverett, C..6/14/02

1215 Kiletico, M..2/2/02 1200 Northern, D..5/4/02 1195 Carr..10/19/01 1195 Pharr, C..3/23/02 1195 Villafranca, D..3/23/02 1190 Avigliano, N..6/14/02 1180 Williams, C..7/28/01 1146 Smith, T..8/11/01 1140 Hernandez, C..3/23/02 1135 DeCarlo, C..6/24/02

1115 Scott, J.,3/23/02 1105 Mattis, J.,10/20/01 1086 Corsello, J.,5/4/02 1085 Semidey.,7/22/01 1085 Jordan, J.,12/9/01 1085 Marks, B.,3/23/02 1085 Lorenz, K.,3/23/02 1080 Ortega, L.,3/23/02 1070 Moore, T..3/23/02

1060 Caseres, J..3/23/02 1060 Bui, L..3/23/02 1060 Hill, D..5/4/02 1058 Ehresman, J..2/16/02 1052 Rosen..10/19/01 1050 Meadows, S..4/6/02 1050 Diamond, M..4/29/02 1045 Ervin, Q..3/23/02 1041 Young, G..7/14/01 1030 Sanchez, T..3/23/02

1030 Hansen, S..4/20/02 1025 Welden, B..3/23/02 1025 Carpenter, D..5/25/02 1020 Reinitz, C..8/25/01 1020 Zeliznik, T..5/4/02 1020 Zeliznik, T..5/4/02 1019 Smith, R..3/16/02 1019 Hanifen, L..6/15/02 1015 Altizer, B..12/8/01 1014 Marchand, B..3/16/02 1014 Melancon, S..4/13/02

1010 Bellmon, R..2/9/02 1010 Kuhns, M..4/6/02 1008 Overdeer, A..5/19/02 1003 Tucker, T..3/2/02 1000 Mateo, J..2/9/02 1000 Mateo, J..2/9/02 997 Sisti, A..11/17/01 992 Ware, V..6/14/02 990 Tompkins, D..3/23/02 990 Stevenson, R..5/4/02 986 Velasquez, J..11/3/01

985 Burns, G..3/23/02 985 Bellard, S..3/23/02 985 Emig, S..3/23/02 985 Green, R..4/29/02 981 Dirienzo, T..11/17/01 981 Holmes, A..3/16/02 975 Maez..7/28/01 975 Goelz, B..3/23/02 960 Belen, A..6/1/02 959 Raymond, D..11/17/01

955 Patino, M..3/23/02 955 Howard, Z..6/1/02 953 Thomas, D..4/13/02 953 Ray, J..5/18/02 950 Helms, J..5/10/02 942 Bareng, J..12/8/01 942 DelGallo, R..5/4/02 940 Myers, S..5/11/02 936 Mobley, S..2/9/02 931 Vallot, B..4/13/02

931 Nero, C..4/13/02 930 Nash, A..3/8/02 925 Kibler, T..2/2/02 925 Quave, S..3/16/02 925 Jones..4/20/02 925 Brent..5/19/02 920 Lepart, D..2/2/02 920 Balke, P..4/13/02 920 Begun, J.5/4/02 920 Beezup, J..5/4/02 920 White, R..5/18/02

915 Sutton, C..11/17/01 915 Bailey, J..3/15/02 915 Jones, T..3/15/02 914 Hynes, C..3/10/02 914 Blessinger, C..6/15/02 909 Kawasaki, N..8/11/01 905 Oliva..1/6/02 900 Lewis, D..5/18/02 898 Burgess, L.5/4/02 895 Rey, J..10/27/01

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#### **NEXT MONTH... TOP 148s**

Corrections... Lance Koehler's deadlift, seen on page 63 of the August 2002 issue of POWER-LIFTING USA, at the WNPF Nationals was actually a New Jersey State record. We recognize the fact that we do make errors in our own compilation of the various ranking lists and meet resultswe publish, however, in some cases we were not (as yet, perhaps) able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. Often times the meet directors are exhausted by thesheer effort it takes to put on a powerlifting contest, and they are not - at that critical moment after the contest has been completed - always attuned to the notion that they should get the meet results published Once there was a national meet that got over very late and everyone went out for pizza and some sleep afterwards. In the meantime, a janitor came in to clean up and in the process, he threw away all the cards and scoresheets -- stuff happens. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Box 467, Camarillo, California 93011.

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550 360 570

185 85

340

460 415

335

485 700 680

500

85

305

365 225 440

640 910

1270

380 535 1355

450

185 455

475

270 475 1085

365 300 400 1065

290 455

1030

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242 Waldori, Bob

Limper, Jim

**Stout Tom** 

York, Todd

Stout, Steve

Wilczak, Adam

Ufford, Ken Bowman Bobby

Birman, Linda

Jasper, Chad F-105

Birman, Linda 132

Open Hansen, Scott 181 Howell, Daniel

Johnson, Lane

Stapleton, Ty

Ortiz, David

220

242

Sieps Barb

Master F-132

Open

220 Master Bovles, Bob F-132

SUNFLOWER OPEN

198

# USAPL Kansas St/Sunflower Open Johnson, Scott 355 225 425 1005 F-105 F-103 Sieps, Barb 150 80 185 415 Meet Directors: James C. Hart, Todd York. (Thanks to USAPL for providing the meet results to *PLUSA*.)

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USAPL LA					MEN 123		Clark, Cody 220	535
23 JUN	02 - 1	Biddef	ord, N	1E	Bjurback, Jesse	297.5	Baumgartner, T.	660
Women's Bench		275			132		Sanford, Ryan	602.
Linda Burgess	185	Watte	r Sabine	e 420	Sisti, Anthony	422.5	Lawrence, Lewis	590
Teen Bench		Dan B	otthby	385	Balke, Peter	400	Braune, Justin	530
Joe Frask	240	SubM	aster Be	ench	Lomax, James	395	Stanfield, Robert	530
Derrock Frask	265	198			Hadley, Brett	355	Beck, Matt	405
220		David	Babeo	de 305	148		Redman, Gary	350
Mike Dube	395	220			Morris, James	532.5	Bush, Brian	270
Brian Cote	350	Brian	Cote	350	Portis, Stoney	533.5	242	
242		Grand	master	Bench	Wolf, Masey	502.5	Falk, Brian	565
Mike Katter	415	Bob A	yers	145	Yee, David	350	275	
		Shorty	Ayers	200	Coleman, Mike	262.5	Hay, Stephen	590
Teen Open	SQ	BP	DL	TOT	165		WOMEN	
15 year old					Garza, Ricardo	610	97	
Derrock Frask	270	265	315	850	Sweger, Joseph	597.5	Bernadette	167.
17 year old					Hockridge, T.	560	105	
Justine Clough	330	315	405	1050	Zwicker, C.	630	Braud, Allison	207.
Nathan Clough	330	315	405	1050	Chin, Edwin	525	123	
19 year old					Bogusky, Rick	490	Kageyama, K.	270
Lorne Fairbanks	465	230	500	1195	Ghazal, Tawofik		132	
Junior Open					Nguyen, Duc	442.5	Coffee, Cynthia	
Brian Lanoue					Yee, Alan	410	148	
Open Division					Downing, Ryan	237.5	Knutson, C.	350
181					181		Serra, El-Len	347.
Jason Nickerson	555	365			MacGillis, S.	647.5		320
Randy Pushard	385	315	490	1190	Hillery, Robert	632.5	Odom, Rachel	312.
198					Mroszczyk, Joe	585	Tan, Mariclair	280
Eric Fortin	525	395	610	1530	Simmons, James		Pederson, P.	297.
220					Cohn, Clayton	567.5	Ouellette, Anne	250
Michael Dule	475	395	520	1390	Wergeland, B.	555	165	
Mike Ridge	550	375	575	1500	Curry, Derek	552.5	Loya, Julia	447.
275					Pitts, Boczak	535	Cartus, Kristen	272.
Jamie Fellows	640	400	600	1640	Hancock, John	492.5	198+	
275+					198		Mansfield, E.	325
Jason Pouliot	600	320	550	1470	Caprari, Andrew			
Guy Ziriak					Horton, Nicholas			
SubMasters Divi	sion				Duff, Thomas	587.5		
Mike Dule	475	395	520	1390	Newton, Mitchel			
Mike Ridge	550	375	575	1500	Stegeman, Tyler			
Masters					Kerns, Heath	545		
Dan MacRead	575	335	565	1475	(thanks to USAP	L for pr	oviding these res	ults)

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Richard White 485 275 485 1245 (Thanks to USAPL for providing these results.)

TRI-SERVICE MEET

				181
TRI-SERVI	CE MI	EET (kg. totals)		G. Mei
09 FEB 02 -	Colora	ado Springs, C	0.	198
MEN		Clark, Cody	535	A. Ree
123		220		A. Can
Bjurback, Jesse	297.5	Baumgartner, T.	660	S. Out
132		Sanford, Ryan	602.5	220
Sisti, Anthony	422.5	Lawrence, Lewis	590	C. Lam
Balke, Peter	400	Braune, Justin	530	242
Lomax, James	395	Stanfield, Robert	530	M. Joh
Hadley, Brett	355	Beck, Matt	405	275
148		Redman, Gary	350	T. Mac
Morris, James	532.5	Bush, Brian	270	308
Portis, Stoney	533.5	242		S. Jarai
Wolf, Masey	502.5	Falk, Brian	565	Novice
Yee, David	350	275		242
Coleman, Mike	262.5	Hay, Stephen	590	R. Mich
165		WOMEN		*Meet
Garza, Ricardo	610	97		record.
Sweger, Joseph	597.5	Bernadette	167.5	thanks
Hockridge, T.	560	105		Lynne
Zwicker, C.	630	Braud, Allison	207.5	15 year
Chin, Edwin	525	123		lifting
Bogusky, Rick	490	Kageyama, K.	270	getting
Ghazal, Tawofik	480	132		was hi
Nguyen, Duc	442.5	Coffee, Cynthia		Isiah Ja
Yee, Alan	410	148		coppin
Downing, Ryan	237.5	Knutson, C.	350	getting
181		Serra, El-Len	347.5	and tra
MacGillis, S.	647.5	Harmon, S.	320	ting a P
Hillery, Robert	632.5	Odom, Rachel		with a
Mroszczyk, Joe	585	Tan, Mariclair	280	couple
Simmons, James	572.5	Pederson, P.		with a 3
Cohn, Clayton	567.5	Ouellette, Anne	250	440 in
Wergeland, B.	555	165		must fe
Curry, Derek	552.5	Loya, Julia		neck as
Pitts, Boczak	535	Cartus, Kristen	272.5	to com
Hancock, John	492.5	198+		Mark A
198		Mansfield, E.	325	385, bu

#### 12th annual Winter BP Classic 24 FEB 02 - Granger, IN

275

**Drug Tested** 

Diag resieu		213	
181		R. Buckley	440
G. Mendez		J.Jacobs	375
198		Master	
A. Reed	472*		
A. Cancel	385	F. Stokes	340
S. Outman	300	D. Hom	332
220		220	
C. Lambersie	305	M. Mellinger	385
242		T. Ward	340
M. Johnson	470	Master 50+	
275		148	
T. Macik	430	M. Wider	225
308		220	
S. Jarausch	500	G. Fay	330
Novice		242	
242		T. Frick	345
R. Michalek	380	G. Washington	342.
		al Bench Press Lo	
		00 - Al Reed. S	
		eve Wider, Mike V	
		e Reed Brothers.	
		nd competing und	
		ad the day of hi	
		cond of which,	
		ague record, ecli	
		e topped it all	
		r prize of \$200.	
		ton, was his team	
		teve Jarausch. Als	
		ivision was Tony	
		vice division we	
		winners; Ray Mic	
		and Rubin Buckle e masters Fred S	
		te breathing dow	
		t yet another PR,	
		red's 340. In the	
		away with the v	
		rone Ward got t	
		and over, Mike \	
		competition by g	
		nasn't made in se	
years. And the	n 242's	the closest battle	of the
meet was stag	ed, with	George Washin	ngton
getting nipped	by the	closest of margi	ns by
Terry Frick, 345	10 342.5	5. (results via J. Sm	oker)

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