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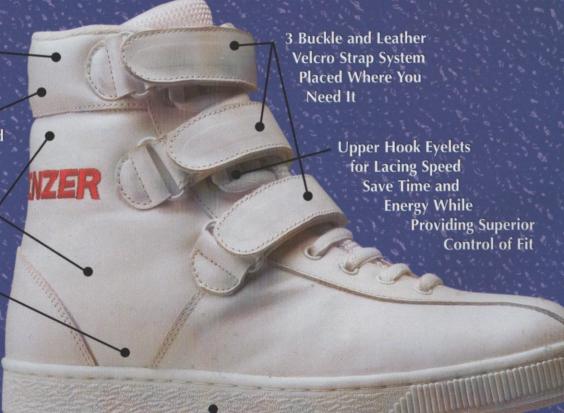
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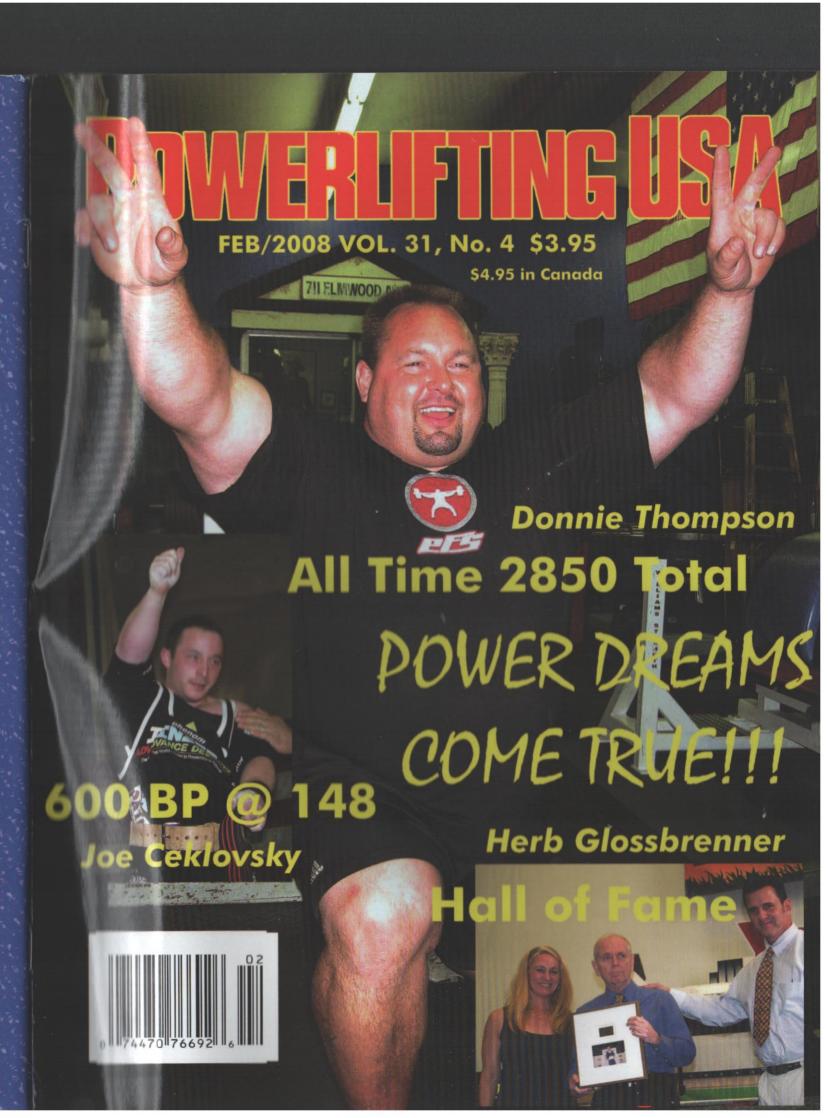
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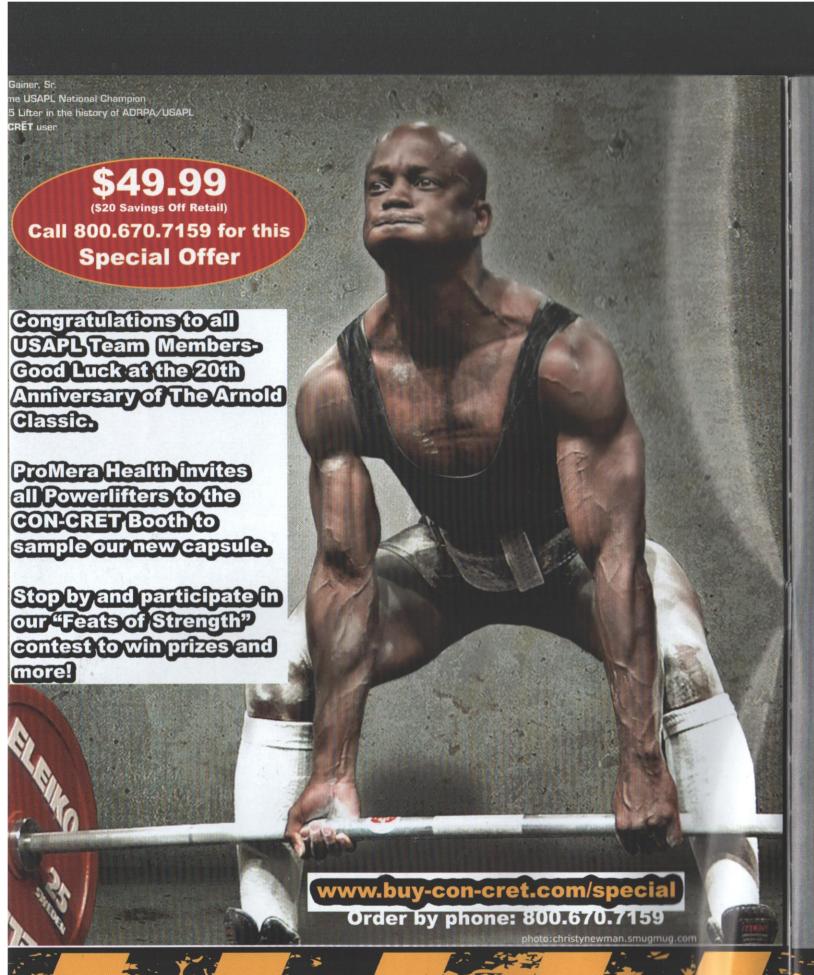
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Editor-In-Chief Mike Lambert Controller In Joo Lambert Statistician Michael Soona Publisher Mike Lambert

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, through their own love for the sport this is their magazine."

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MUSCLE MENU

- Volume 31, Number 4 - February 2008

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ON THE COVER ... Donnie Thompson , Joe Ceklovsky (Sandi McCaslin), Herb Glossbrenner (courtesy Ellen Chaillet)

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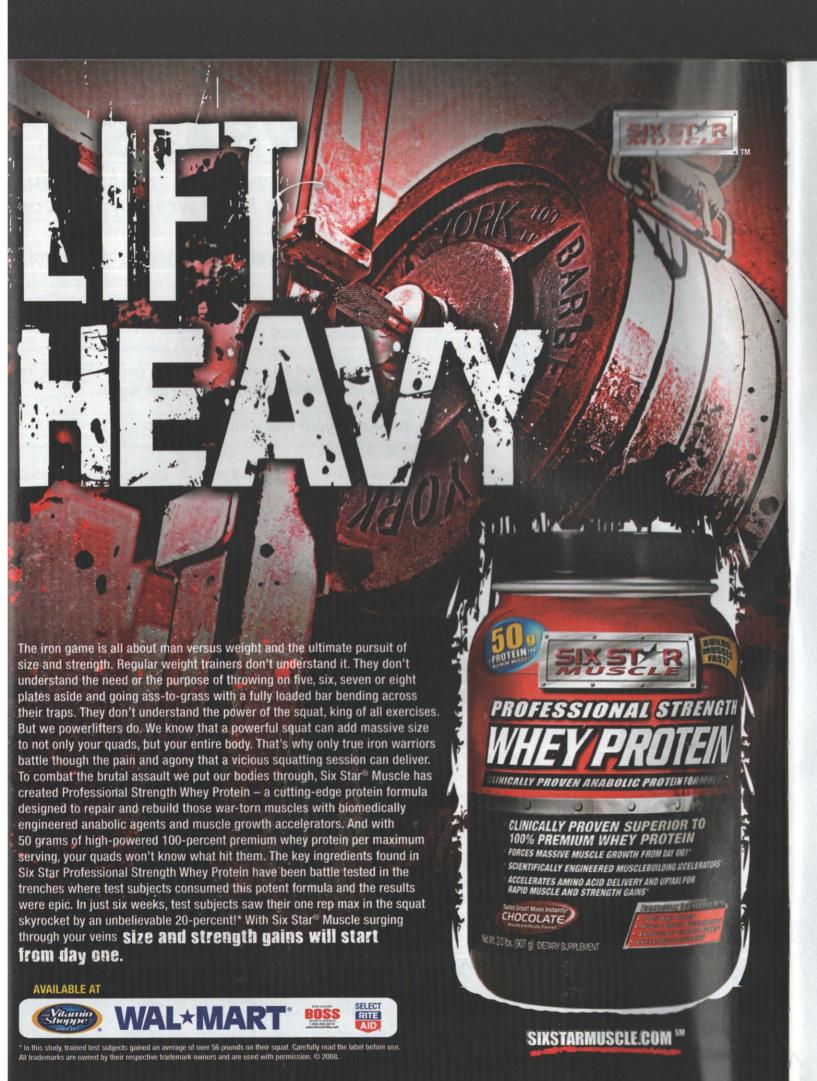
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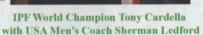
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led to this

We won't say that it's 100% perfect, but it is true that MILO has something of a crystal ball when it comes to sensing what's about to happen in the strength worldwhich is why we put Phil Pfister on the cover of our June issue last year, predicting that it might be his year to win the World's Strongest Man contest. Phil went on to win-the first American since Bill Kazmaier-and Phil, bless his soul, made no bones about what fired him up to win the big one . . . it was our cover!

We can't guarantee you'll make the cover of MILO, or that even if you do, you'll win the World's Strongest Man contest-but we can guarantee that if you read MILO, you'll be better equipped to win at whatever you do and instead of throwing your money away, you'll have bought something worth collecting.

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in only six weeks as precisely calculated

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(5.88 lbs. vs. 0.37 lbs.)!

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happen, MAP scientists collaborated with leading flavoring experts, analyzed and reviewed multiple flavoring technologies, employed aggressive taste testing protocols and developed countless prototypes until they achieved their goal. This process alone took many months. That's why even the fat sources are engineered with a strategically calculated dose to dramatically enhance taste and help improve the musclebuilding process.

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BENCH		B. No	rris os. nst	590
WOMEN		308 lb	s.	
Amateur		B. Ear	nst (40-44	570
Teen (16-17) 105 lbs.		242 lb		")
S. McCaslin	150*	I. Ute	rmahler	475
Open		Master	(45-49))
122 lbe		198 IL	S.	
R. Kilts	215	S. Du	ssault	565
Open Raw		242 lb	ve .	
132 lbs.		J. Dib		510
M. Butler Professional	175*	275 lb		
Professional		B. No	rris ort	590
Open 105 lbs.		L. Sho	(45-49	435
T. Kuznetsova	220	275 II	(43-47) Nav
181 lbs.	220	I Sho	os. ort	435
NI CA	250	Master	(60-64	1)
Master (40-44)	220 lb	is.	1
181 lbs. N. Stern MEN		M. Po	pe	325
N. Stern	250*	Elite /	matuer	
MEN		Open		
Amateur		275 lb	os. d sional	100
Teen (16-17)		R. Yar	d .	805
114 lbs.	220	Profes	sional	
T. Dussault	220	275 lb	Kaw	
Teen (18-19) 198 lbs.		L Fari	ina aster	470
M. Holdren	435*	Suhma	ster	4/0
Junior	433	242 lb	S.	
220 lbs.		D.Lev	esque	500
B. Hartlaub	385	Master	(40-44	(1)
Open		242 lb	os.	
220 lbs.		R. Rol	oinson	625
P. Chase III	405	275 lb	is.	
B. Stanley	360	B. Bel	lerby	500
P. Chase III B. Stanley 198 lbs. S. Dussault		Master	(55-59) Ray
S. Dussault	565*	220 II	os.	245
275 lbs.	700	1. She	ehan	315
R. Putnam Powerlifting	SO	RP	DL	TOT
WOMEN	34	01		
WOMEN Amateur				
Teen (14-15)				
114 lbs.				
S. Welcheck	240*	100	230*	570
181 lbs.				
A. McCloskey	535*	235*	430*	1200
Open				
132 lbs. H. Cox 148 lbs.	150	115	105	450
H. COX	150	115	185	450
R. West	405	235	360	1000
16E lbc				
G. Blackwell S. Walls Submaster 148 lbs. R. West	350	205	305	860
S. Walls	275	165	265	705
Submaster	*			
148 lbs.				
R. West	405*	235*	360*	1000
Master (45-49)			
165 lbs. G. Blackwell	250	205	205	0.00
G. Blackwell	350	205	305	860
Professional Open				
105 lbs.				

132 lbs. H. Johnson 890+198 lbs.

Master (50-54)

315 215 360

L. Boshoven 500* 260 465* 1225* Elite Amateur

C. Clodfeller 475 250 485 1210

4th-DL-510*



T. Kuznetsova 385* 220 340* 945*

Taisia Kuznetsova (UKR) stole the show with a 945 total at 103 lbs.

I.P.A. SENIOR NATIONALS



Jason Cox never disappoints the crowd with his huge squats. At 240 lbs. he made 1050 lbs. and took 1090 lbs. for a ride on his 3rd try.

Master (50-54)

220 lbs.

242 lbs. J. Dibble 715 510 575 1800 W. Welcheck 675 475 550 1700

J. Jeurink 525 290 535 1350 S. Glover, Sr. 460 365 400 1225

	MEN					Open				
	Amateur					165 lbs.				
	Teen (14-15)					B. Crowe	660	505*	570	1735
	181 lbs.					Professional				
	S. Buccheri	475	275	440	1190	Junior				
	Teen (18-19)	Raw				198 lbs.				
*	198 lbs.					C. Cox	550	325	475	1350
	T. Oshura	300*	240*	505*	1045*	Open				
	Junior					181 lbs.				
	181 lbs.					D. Kirschen	750	530	580	1860
	M. Welcheck	725*	375	550	1650*	J. Kulligowski	720	405	525	1650
	198 lbs.					198 lbs.				
	R. Dessell	445	245	455	1145	R. Ingravera	640	415	610	1665
	220 lbs.					B. Rapp	835	225	600	1660
	A. Harrod	700	510	500	1710	220 lbs.		175		
	242 lbs.					I. Mink	635	475	655	176
	C. Antoline	500*	285*	555*	1340*	J. Howell	750	450	500	1700
k	Open	300	203	333	1340	J. Hanisak	615	500	550	1665
	148 lbs.					242 lbs.	013	300	330	1003
	M. Meade	365	255	410	1030	I. Cox	1050	550	600	2200
		303	255	410	1030			640	660	2155
	165 lbs.		205			J. Laird	855	640	000	2155
	J. Roney	575	305	555	1435	275 lbs.	1000			2260
	181 lbs.					B. Matney	1000	600	660	2260
	M. Welcheck	725*	375	550	1650	T. Forbes	900	510	700	2110
	198 lbs.	200				J. Fay	780	8515	620	1915
	A. Griffin	690	505	560	1755	D. Byrd	725	435	630	1790
	A. James	660	505	590	1755	308 lbs.				
	J. Palantino	585	445	625	1655	J. Hoskinson	1085*	700	700	2485*
	220 lbs.					M. Rhodes	930	550	725	2205
	C. DelPreore	800	550	600	1950*	SHW				
	A. Harrod	700	510	500	1710	D. Thompson	1140	830	805	2775*
	D. Boffo	650	415	540	1605	A. Barbaccio	805	800	700	2305
	J. Ford	650	370	85	1605	M. Wilson	265	760	650	1675
	W. Mance	530	405	600	1535	Open Blind				
	242 lbs.					198 lbs.				
	I. Dibble	715	510	575	1800	M. Yontz	625	400	575	1600
	275 lbs.					Open Raw				
	M. Brown	800	50	600	1850	275 lbs.				
	I. Williams	610	475	525	1610	L. Edwards	7000*	450	700	1850*
	Open Raw	010	4/3	323	1010	Submaster	7000	430	700	1030
	242 lbs.					220 lbs.				
		640*	410	725*	1775	The state of the s	005*	6108	620	2125*
	S. Elliott	640*	410	725*	1775	S. Rowe	905*	610*	620	2135*
	275 lbs.					242 lbs.				4705
	J. Battaglia	550*	375	550	1475*	D. Smiley	600	475	650	1725
	Submaster					D. Levesque		500	525	1650
	242 lbs.					Master (40-44)			
	E. Winter	770*	525	580*	1875	220 lbs.				
	S. Glover	575	390	500	1465	G. Hopkins	570	400	575	1545
	275 lbs.					J. Howell	750	450	500	1700
	M. Brown	800	450	600	1850	308 lbs.				
	Master (40-44)				J. Hoskinson	1085*	700*	700	2485*
	198 lbs.					SHW				
	J. Shaughness	V	675	485	520	R. Gormus	800	650	675	2125
	1680	1				Master (45-49)			
		4th-BF	-725*			198 lbs.				
	Master (45-49		ML DA			R. Ingravera	640	415	610*	1665
	148 lbs.					220 lbs.				
	J. Gengo	430	265	440	1135	T. Shehan	620	370	565	1555
	, deligo					. Direitain				

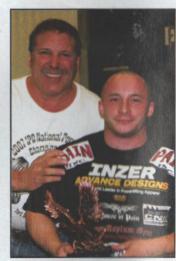
laster (40:44) Rav	V		
20 Ibs.			
Howell -	300	500*	-
olice			
98 lbs.			
Shaughnessy	675	485*	520
680			

4th-SQ-725* T. Forbes 900° 510 700 2110° *=IPA Records, Best Lifters Bench Only: Women's Teen-Sarah McCaslin, Amateur Women-Robin Kilts, Professional Women-Taisia Kuznetsova, Men's Teen-Mark Holdren. Amateur Men's Open-Richard Putnam. Professional Men's Open-Joe Ceklovsky, Amateur Men's Master-Steven Dussault. Professional Men's Master-Randy Robinson. Best Lifters Full Power: Women's Teen-Anna McCloskey. Amateur Women-Rheta West. Professional Women-Taisia Kiznetsova, Men's Teen-Sebby Buccheri. Amateur Men's Lightweight-Michael Welcheck. Amateur Men's Heavyweight-Donnie Thompson. Amateur Men's Master-Sam Glover, Sr. Professional Men's Master-Jim Hoskinson, Prize Money: Women's Best Lifter by Coefficient \$250.00 Taisia Kuznetsova. Biggest Squat \$1,000 Donnie Thompson. Biggest Bench \$1,000 Donnie Thompson. Biggest Deadlift \$1,000 Donnie Thompson. Athletes from across the country hopeful to push up some big numbers converged at York Barbell Company. York Barbell is quickly becoming known as the home of the IPA through its support of powerlifting and the

(article continued on page 82)

sors for helping support

IPA. Many thanks from the IPA and the lifters for York Barbell's continued generosity in allowing our lifters to compete on its legendary platform. In fact, some of this year's lifters earned the right to be added to the list of legendary performances seen at York Bar-bell. Thank you to all of our spon-



Mark Chaillet congratulates Joe Ceklovsky for his record 560 BP.

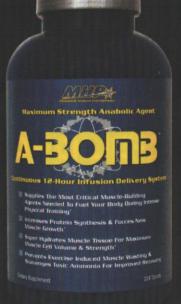


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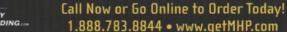
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Bubba Dowling benched a huge 710 at the Disneyworld facility.

		Single/PP/PL - Orlando, Fl		Law/Fire		R. Mack	352
	-1 0/			Master (50-54)		Master (60-64)	240
BENCH		165 lbs.		T. Harrier	468	K. Hamon	348
FEMALE		Master (50-54)		Master (50-54)		4th-352	
132 lbs.		Constantineau	319	T. Harrier	468	G. Walker	330
Lifetime		181 lbs.		Submaster (35-		Military	
Master (40-44)		Law/Fire		G. Powell	490	Master (40-44)	
Christopher	121	Master (40-44)		308 lbs.		A. Jones	352
4th-132		M. Bingham	396	Law/Fire		Military	201
Lifetime Open		Law/Fire Open		Master (40-44)		Submaster (35-	
Christopher	121	M. Bingham	396	J. Myers	413	N. Joy	2221
4th-132		Lifetime		Law/Fire		Open	100
Master (40-44)		Master (40-44)	200	Master (45-49)		A. Tillman	198
Christopher	121	M. Bingham	396	R. James	540	R. Mack	352
4th-132		Lifetime Open	201	Master (45-49)	- 40	Special Olympi	an
Military		M. Bingham	396	R. James	540	Submaster	202
Master (40-44)	121	Master (40-44)	200	Teen (18-19)	440	S. McGrath Submaster (35-	303
Christopher	121	M. Bingham	396	Z. Chirco	418	S. McGrath	
4th-132		Open	206	308+ lbs.		220 lbs.	303
Military Open	121	M. Bingham	396	Lifetime		Lifetime	
Christopher	121	Teen (18-19)	262	Master (40-44)	260	Master (60-64)	
4th-132 198 lbs.		N. Israel 198 lbs.	363	A. Borden Raw	369	C. Wooten	361
Teen (14-15)		Master (50-54)		123 lbs.		4th-377	301
A. McCloskey	226	A. Reiss	341	Open Open		Open	
Raw	220		341		159	J. Riley	402
148 lbs.		Master (60-64)	281	B. Etringer Teen (14-15)	133	Teen (16-17)	402
Lifetime Open		T. Langlais Master (75-79)	201	B. Etringer	159	J. Brown	380
	110	B. Remley	275	148 lbs.	133	242 lbs.	300
Military	110	220 lbs.	2/3	Special Olympi	an	Law/Fire Open	
Master (40-44)		Law/Fire		Open	an	K. Mackey	457
M. Tanksley	115	Master (45-49)		D. Taylor	60	Law/Fire	
Military Open		P. Messina	501	165 lbs.	00	Submaster (35-	39)
D. Grimes	110	Law/Fire Open	301	Lifetime		K. Mackey	457
Military		C. Melanson	391	Master (50-54)		Military Open	
Submaster (35-	39)	Lifetime	03.	D. Taylor	259	L. Gray	402
J. Hunte	110	Master (45-49)		Master (50-54)		275 lbs.	
Open		P. Messina	501	D. Taylor	259	Open	
J. Gardella	214	Lifetime		Military		S. Scoleri	407
D. Grimes	110	Master (60-64)		Master (40-44)		DEADLIFT	
165 lbs.		J. Parham	375	D. Rose	159	FEMALE	
Submaster (35-	39)	Lifetime Open		181 lbs.		14 lbs.	
T. Walker	187	C. Melanson	391	Junior (20-23)		Master (50-54)	
181 lbs.		Master (45-49)		E. Burks	330	K. Heindl	209
Master (55-59)		G. Hayes	407	M. Sanchez	314	Open	
A. Henderson	144	Master (60-64)		Lifetime Open		K. Heindl	209
Teen (14-15)		S. Schwarzer	396	W. Brothers	319	132 lbs.	
T. Sisk	138	J. Parham	375	Master (45-49)		Lifetime	
198 lbs.		Master (65-69)		T. Kokell	253	Master (40-44)	
Military		C. Green	303	Master (50-54)		Christopher	220
Master (50-54)		Teen (18-19)	180127	P. DeMarchis	277	Lifetime Open	-
L. Hawkins	126	D. Wooten	319	Military		Christopher	220
198+ lbs.		242 lbs.		Master (45-49)		Master (40-44)	20-
Military		Law/Fire		A. Royal	242	Christpohper	220
Master (40-44)		Master (50-54)		Military		Master (50-54)	
R. Harris	148	M. Hogan	319	Master (50-54)		E. Stein	369
MALE		Law/Fire Open	200	P. DeMarchis	277	Military	
114 lbs.		D. Sansom	363	Military Open	200	Master (40-44)	220
Open	127	Lifetime	20)	G. Davis	363	Christopher	220
N. Litowsky	137	Submaster (35-		C. Dabney	297	Military Open	220
Youth (12-13)	127	Grigoryants	374	Military	20)	Christopher 148 lbs.	220
N. Litowsky	137	Master (50-54)	210	Submaster (35-		Master (50-54)	
132 lbs. Junior (20-23)		M. Hogan Master (65-69)	319	C. Dabney Open	297	S. Sanaghan	286
N. Lenhart	303	S. Schultz	341		369	198 lbs.	200
Lifetime Open	303	Military	371	Bahshaliyev Open	303	Teen (14-15)	
N. Lenhart	303	Submaster (35-	39)	G. Davis	363	A. McCloskey	429
Open	303	J. Warren	281	Special Olympi		Teen (18-19)	127
N. Lenhart	303	4th-336	-01	Master (40-44)		T. Maloun	314
148 lbs.	300	Open		T. Kokell	253	Raw	
Open		Grigoryants	374	Submaster (35-		105 lbs.	
C. Nelson	264	Submaster (35-		Bahshaliyev	369	Master (45-49)	
Teen (18-19)		Grigoryants	374	198 lbs.		K. Awada	237
J. lanno	264	275 lbs.	The state of	Master (40-44)		148 lbs.	
, rainio	404	m/ J 103.		(40-44)			

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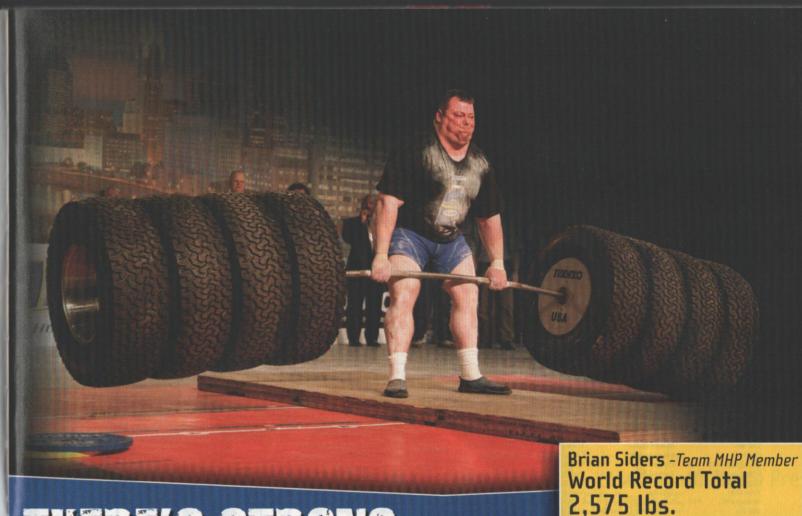
	Lifetime Open		Master (55-59)	
	D. Grimes	209	A. Farrar	357
	4th-220		Master (55-59)	
	Master (40-44)	202	A. Farrar	357
	J. Gardella	303	Open P. Etripper	308
	Military Open D. Grimes	209	B. Etringer A. Farrar	308
	4th-220	203	132 lbs.	337
	Open		Lifetime	
	D. Grimes	209	Master (45-49)	
	4th-220		M. Schultz	385
	Youth (12-13)		Master (45-49)	
	M. Dudley	170	M. Schultz	385
	4th-181		148 lbs.	
	181 lbs.		Master (50-54)	
	Master (55-59) A. Henderson	276	M. Heindl 4th-451	440
	Teen (14-15)	2/0	Open	
	T. Sisk	248	M. Heindl	440
	198+ lbs.		4th-451	****
	Youth (12-13)		Teen (14-15)	
	F. Wilson	220	J. Dudley	264
	MALE		165 lbs.	
	114 lbs.		Lifetime	
	Youth (12-13)	250	Master (50-54)	
	N. Litowsky	259	J. Gayton	463
	132 lbs. Junior (20-23)		181 lbs.	
	N. Lenhart	485	Junior (20-23) E. Burks	551
	4th-501	403	Lifetime	331
	Lifetime Open		Master (75-79)	
	N. Lenhart	485	D. Levesque	407
	4th-501	BAR	Military Open	THE WAY
	148 lbs.		G. Davis	501
	Teen (18-19)		Open	
	J. lanno	463	G. Davis	501
	Lifetime		Bahshaliyev	485
	Master (60-64)	400	P. Tsatsouline	457
	Montgomery 165 lbs.	490	Submaster (35-	39) 485
	Master (50-54)		Bahshaliyev 198 lbs.	403
	Constantineau	463	Law/Fire	
	Masteer (60-64		Master (45-49)	
	Montgomery	490	R. Anderson	533
	Open		Master (60-64)	
	D. Flagg	603	T. Smith	589
	Master (40-44)		Military	
	C. Peters Master (50-54)	562	Master (45-49)	F22
	A. Reiss	418	R. Anderson Open	533
	Master (75-79)	410	D. Gustafson	523
	B. Remley	402	J. Fuller	501
	220 lbs.		A. Tillman	308
	MMU 1100.			
	Law/Fire		Submaster (35-	39)
	Law/Fire Master (45-49)		Submaster (35- B. Jones	39) 573
	Law/Fire Master (45-49) B. Ronie	457	Submaster (35- B. Jones D. Gustafson	39)
	Law/Fire Master (45-49) B. Ronie 4th-463	457	Submaster (35- B. Jones D. Gustafson 220 lbs.	39) 573
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open		Submaster (35- B. Jones D. Gustafson 220 lbs. Junior (20-23)	39) 573 523
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson	457 485	Submaster (35- B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton	39) 573
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open		Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54)	39) 573 523
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire		Submaster (35- B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton	39) 573 523
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463	485	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54)	39) 573 523 529 451
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie	485 457	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military	39) 573 523
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson	485	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open	39) 573 523 529 451 451
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson 242 lbs.	485 457	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open J. Riley	39) 573 523 529 451 451 578
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson 242 lbs. Law/Fire	485 457	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open J. Riley A. Harris	39) 573 523 529 451 451
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson 242 lbs. Law/Fire Master (50-54)	485 457 485	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open J. Riley A. Harris Teen (16-17)	39) 573 523 529 451 451 578 628
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson 242 lbs. Law/Fire Master (50-54) M. Hogan	485 457	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open J. Riley A. Harris Teen (16-17) J. Brown	39) 573 523 529 451 451 578
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson 242 lbs. Law/Fire Master (50-54)	485 457 485	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open J. Riley A. Harris Teen (16-17)	39) 573 523 529 451 451 578 628
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	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson 242 lbs. Law/Fire Master (50-54) M. Hogan Law/Fire Open D. Sansom Master (50-54) M. Hogan Law/Fire Open D. Sansom Master (50-54) M. Hogan Law/Fire Open D. Sansom	485 457 485 496 463 496	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) Lunior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open J. Riley A. Harris Teen (16-17) J. Brown 242 lbs. Law/Fire Master (60-64) W. Andrews Lifetime	529 451 578 628 551
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	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson 242 lbs. Law/Fire Master (50-54) M. Hogan Law/Fire Open D. Sansom Master (50-54) M. Hogan 275 lbs. Submaster (35-G. Powell 308 lbs.	485 457 485 496 463 496 39)	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open J. Riley A. Harris Teen (16-17) J. Brown 242 lbs. Law/Fire Master (60-64) W. Andrews Lifetime Master (60-64) W. Andrews Master (60-64)	529 451 578 628 551 402
	Law/Fire Master (45-49) B. Ronie 4th-463 Law/Fire Open C. Melanson Law/Fire Master (45-49) B. Ronie 4th-463 Lifetime Open C. Melanson 242 lbs. Law/Fire Master (50-54) M. Hogan Law/Fire Open D. Sansom Master (50-54) M. Hogan Law/Fire Open Master (50-54) M. Hogan Law/Fire Open Master (50-54) M. Hogan Law/Fire Joseph M. Hogan Master (50-54) M. Hogan M.	485 457 485 496 463 496 39)	Submaster (35-B. Jones D. Gustafson 220 lbs. Junior (20-23) C. Signleton Master (50-54) R. Becht Military Master (50-54) R. Becht Open J. Riley A. Harris Teen (16-17) J. Brown 242 lbs. Law/Fire Master (60-64) W. Andrews Lifetime Master (60-64) W. Andrews Master (60-64) W. Andrews W. Andrews W. Andrews Master (60-64) W. Andrews Master (60-64) W. Andrews M.	39) 573 523 529 451 451 578 628 551
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Master (55-59)

Master (40-44)				
L. Christopher		220	341	
Military Master			244	
L. Christopher Military Open	121	220	341	
L. Christopher	121	220	341	
198 lbs.				
Teen (14-15)				
A. McCloskey		429	655	1085
Teen (18-19) T. Maloun		187	314	501
Raw		100		
148 lbs.				
Lifetime Open		192	*26	210
S. Biddle D. Grimes		110	126 209	319 319
			1-220	
Military Open				
D. Grimes		110	209 H-220	319
Open		am-r	14-220	
S. Biddle		126	237	363
D. Grimes		110	209	319
Toon (14 48)		4th-	DL-220	
Teen (14-15) S. Biddle		126	237	363
181 lbs.		140	W.077	303
Master (55-59)				
A. Henderson	446.	144	276	421
198 lbs.	4th-	SQ-181		
Military Master	(50-5	4)		
L. Hawkins		126	220	347
400 · II ·		4th-	DL-226	
198+ lbs. Lifetime Open				
H. Biddle		132	275	407
Open				
H. Biddle		132	275	407
Teen (16-17) H. Biddle		132	275	407
MALE			47.5	407
114 lbs.				
Youth (12-13)		***	250	201
N. Litowsky 132 lbs.		137	259	396
Junior (20-23)				
N. Lenhart		303	485	788
Lifetime Onen		4th-	DL-501	
Lifetime Open N. Lenhart		303	485	788
			DL-501	, 00
148 lbs.				
Teen (18-19) J. lanno		264	463	727
165 lbs.		204	463	121
Master (50-54)				
D. Constantine	au	319	463	782
Open D. Constanting		319	463	702
D. Constantines	au	319	463	782
Master (40-44)				
C. Peters		399	562	961
Master (45-49)				
1	100		00	
(continu	red o	on na	Je XX	



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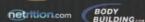




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OR				1//				
Greg Butle	r U	SA's y	oung	est.				
World Championships								
22, 23 NO				1EX				
BENCH		Valenci		363				
115 lbs.		Munoz-		308				
Junior (to 23) Chapparo-MEX	121*	Flores-A Master		286				
Master (45+)	121	Villegas		264				
Aerts-USA	99	Master	(45+)					
Master (50+) Puente-MEX	154	Gomez- Horst-C		442* 319				
123 lbs.	134	Master		319				
Open		Winklar	eth-GER	446*				
Carreon-MEX	143	Master		262				
Fausto-MEX 132 lbs.	209	Birring- Master		363				
Open		Moncay		_				
Rodriguez-MEX	143	Open						
Melgosa-MEX	209	Roman-		330				
Guido-MEX Teen (19)	286	Quintar 220 lbs.						
Birring-ENG	297	Junior (
148 lbs.		Pantoja		363				
Junior	264	Butler-U		485				
Magallanes-MEX Open	204	Master Benistor		446				
Perez-MEX	198	Master						
Matthews-USA	198	Torres-	MEX	363				
165 lbs.		Open Selie M	EV	420				
Junior (to 23) Perez-MEX	220	Solis-M		429 424				
Rascon-MEX	242	Hoyos-		396				
Master (45+)		Wieman		485				
Mu oz-MEX	176	242 lbs. Master						
Master (60+) Uribe-MEX	132	Hoekstr		402				
Castaneda-MEX	231	Master						
Master (65+)		Goldbe		540*				
Garcia-MEX Master (70+)	Total S	Master Bradley		275				
Castrellon-MEX	154*	Open	-USA	2/3				
Open		Rodrigu		374				
Bialostki-GER	165	275 lbs.						
Karius-GER Rodriguez-MEX	330 352	Master Fennem		463				
Garcia-MEX	314	Master		100				
Hernandez-MEX		Esparza		330				
Moreno-MEX	259	Open	MEY	451				
181 lbs. Junior (to 23)		Lozano- 308 lbs.		451				
Eghoyan-ENG	374	Master						
Master (40+)		Potts-U		562*				
Rodiger-GER Krauss-MEX	314	Master Aerts-U		292				
Open	259	308+ lb		292				
Bouziouris-GER	330	Master	(45+)					
198 lbs.		Palomir	no-MEX	363				
Junior (to 23) Powerlifting	SQ	BP	DL	TOT				
FEMALE	34		OL.					
105 lbs.								
Open	207	142	210	760				
Gonzale-MEX 114 lbs.	297	143	319	760				
Junior (Under 2	(3)							
Chaparr-MEX	-	-	-	-				
Master (45+)	149	99	214	162				
Aerts-USA Master (50+)	148	99	214	463				
Puente-MEX	220	159	253	633				
123 lbs.								
Open Carreon-MEX	BEET OF			12.74				
132 lbs.	Tie I							
Junior (Under 2	(3)							

Open NEV					Parra-MEX	307	242	440	119
Rodrigue-MEX		·			Junior (Under				100
Villegas-MEX	303	154	297	755	Sandoval-MEX	385	242	374	100
Master (40+)					Eghoyan-ENG	474	364	507	134
Gutierre-MEX	176	88	198	463	Melende-MEX	440	264	485	119
148 lbs.					Munoz-MEX	463	308	474	124
Open					181 lbs.				
Mattheus-USA	_	_		_	Master (40+)				
Picon-MEX	_	_	_	_	Rodiger-GER	407	319	374	110
Bialostok-GER		_	_		Master (45+)				
Velasque-MEX	363	187	363	914	Benedix-USA	617	374	562	155
	303	107	303	314	Serrano-MEX	385	3/4	304	385
Master (45+)	220	100	264	(02		303			303
Perez-MEX	220	198	264	683	Master (55+)		225	440	
165 lbs.					Velazqu-MEX	463	275	418	115
Junior (Uunder					Master (60+)				
Espinoza-MEX	308	110	286	705	Gallo-MEX	352	220	396	970
181 lbs.					Masster (70+)				
Open					Castaned-MEX	418	176	396	992
Matus-MEX	429	165	440	1036	Open				
Male					Zamudio-MEX	463	242	529	123
123 lbs.					Martinez-MEX	496	330	440	126
Master (50+)					Perez-MEX	474	363	485	132
Meskew-USA	286	176	391	854	Talamant-MEX		319	507	131
	200	170	371	034					
Master (60+)	040		250		Lucero-MEX	540	352	534	142
Salazar-MEX	248	154	259	661	Murphy-ENG	661	385	617	166
132 lbs.					198 lbs.				
Master (65+)					Junior (Under 2				
Chavez-MEX	286	176	319	782	Valencia-MEX	485	330	463	127
Open					Master (40+)				
Guido-MEX	451	297	507	1256	Villegas-MEX	440	242	396	108
Open					Dury-ENG	639	374	584	159
Melgosa-MEX		_	_		Master (45+)	-			
Teen (Under 19	2)				Gomez-MEX	661	440	661	176
Anchond-MEX					Master (60+)	001	440	001	1/0
		7.3				F13	247	622	140
148 lbs.					Gaynor-USA	512	347	622	148
Junior (Under 2					Open				
Rascon-MEX	374	231	453	1059	Chavez-MEX	176	176	319	672
Master (40+)					Solis-MEX	418	253	440	111
Sorenson-USA	490	341	507	1339	Hernandez-US	A	562	363	518
Master (60+)					1444				
SANTEE-USA	297	220	407	925	Quintan-MEX	617	440	507	156
Teen (Under 19					220 lbs.				
Chacon-MEX	418	242	396	1058	Junior (Under	23)			
165 lbs.	710		330	1030	Pantoja-MEX	496	352	463	131
									141
Master (45+)	100	200	***	4040	Reyes-MEX	562	352	496	141
Green-ENG	490	308	440	1240	Master (40+)				
Master (60+)					Beniston-ENG	639	440	556	163
Castaned-MEX	286	231	319	837	Master (50+)				
Master (65+)					Berghma-HOL	496	308	529	133
Garcia-MEX	314	237	336	887	Baxter-USA	485	330	540	135
Master (70+)					Master (55+)				
Catrello-MEX	297	132	352	782	Ruiz-MEX	418	220	374	101
Open				,	Open				
Zamudio-MEX	396	242	485	1124	Pardo-MEX	595	418	518	153
	451	297	507	1256	McCase-USA	628	407	700	173
Moreno-MEX	463	286	540	1289	Flores-MEX	595	374	573	154
Karius-GER	463	363	485	1311	Solis-MEX	716	418	650	178
Schuman-GER		297	485	1267	242 lbs.				
Hernand-MEX	518	308	490	1317	Master (40+)				
165 lbs.					Bongers-HOL	738	418	672	182
Junior (Under 2	23)				Rios-MEX	573	352	551	147
Palomres-MEX	330	231	396	959	Master (60+)				
Magalla-MEX	374	286	396	1058	Stanley-USA	584	352	589	152
delaTorr-MEX		209	407	1036	Teen (Under 19		004	000	102
Lopez-MEX	474	308	490	1273	Salda a-MEX	308	198	330	837
		300	430	12/3				463	134
Teen (Under 19		220	205	001	GomezJr-MEX	017	264	403	134
Espinoza-MEX	3/4	220	385	981			4-4-1	93311	
181 Lbs.					TITLL	12	00 TM		Description of the last of the
Teen (Under 19	1)					COM.	- 1	11111111111111	

Parra-MEX 507 242 440 1190





Rodrigue-MEX 214 88 253 556 Jose Hernandez pulls hard while Bob Gaynor gets the ref check.



Karen Matthews .. USA winner

242 lbs.				
Open				
Torres-MEX	463	264	529	125
Rodrigue-MEX	573	385	573	153
Matus-MEX	705	418	595	171
Aguirre-MEX	848	518	661	202
275 lbs.				
Master (40+)		000		
Cardona-MEX	440	286	463	119
Menslag-USA	595	374	562	153
Master (45+)				
Belchers-ENG	529	308	551	138
Esparza-MEX	407	308	440	115
Open				
Loom-MEX	573	352	440	136
Salazar-MEX	529	297	463	128
308 lbs.				
Master (40+)				
Fennema-HOL	_	_	-	_
Gomez-MEX	683	242	440	136
Master (45+)				
Palomino-MEX	485	385	407	127
Master (50+)				
Aerts-USA	363	446	501	131
Master (60+)				
Carter -ENG	705	391	738	183
CP Parana	otivo.	Daitich	-	lift.

GB Perspective: British powerlifters traveled 24 hours to arrive at Torreon Mexico to participate in the 2007 World Powerlifting Championships, to take on the best athletes in World. They all returned successful with seven gold medals in their respective classes. Maurice Green won the Master 45+75 kg. class, Arram Eghoyan won the Junior 82 kg. with a WR bench; Paul Murphy won the Open 82 kg.; Dean Drury won the Master 40+ 90 kg. class; Phil Benison won the 100 kg. Master 40+ class with a WR squat; David Belcher won the Master 45+ 125 kg. class; David Carter won the Master 60+140 kg. class with WR squat, bench, dead lift and total. He also won the overall Master Classes Champion of Champions. In addition, these athletes formed part of the GB team which amounted points to put the GB Powerlifting team on top of the world to win the Best World team title, putting Mexico in second position and USA third. British bench pressers took third in the team award to USA first and Germany second. Gurnaik Birring wor the 60 Teenager class with a WR 135 kg.; Arram Eghoyan won the Junior 82 kg. class; Phil Beniston won the 100 kg. Master 40+ class and Jarnail Birring took silver in the 90 kg. Master 55+ class. GB athletes team captain Dean

(continued on page 98)



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Since Rob Luyando joined Team MHP and started using T-BOMB II, he has literally rewritten the record books, setting world record bench presses in the 220lb., 242lb. and 275lb. weight classes. His next goal is to become the first 242er and 275er to bench 1,000lb.—and it will be done!

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Nick Winters, the man responsible for the world's best raw bench (675 competiton - 715 training) uses USPLabs supplements to help him lift heavy and pain free. Here's what he had to say...



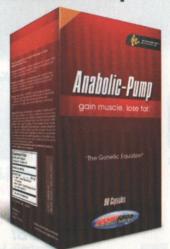
I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs product Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing mo eight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that r nuscles have been sore, the recovery I get from these supplements is incredible.

I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is have to tell due the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it hullike hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a long pause, and it doesn't really hurt at all.

I strongly recommend every powerlifter use these three effective products from USPLabs.

NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition

Anabolic-Pump™



Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic dream, creating a highly anabolic muscle building, fat burning environment. Even steroids do not work unless this occurs. Simply put, if you're currently eating (and I know you are or you wouldn't be reading this!) then you can gain muscle and lose fat by merely adding Anabolic-Pump before your meals. It's really that simple and it's backed by tons of research proving its safety and efficiency!

PowerFULL™



Scientifically proven to naturally increase Growth Hormone Production by 221% starting with the very first dose! No other natural product has been proven to have such a dramatic effect on Growth Hormone. In addition, its natural source is completely safe and effective, as anti-catabolic as Deca & D-bol! It also unlike it's synthetic counterpart. PowerFULL can dramatically increase strength, recovery and help you feel and perform at your best. PowerFULL also promotes anabolic sleep, causing a cascade of growth hormone released while you sleep so you wake up refreshed and

SuperCissus Rx™



This patent-pending joint pain formula wi have your joints and tendons feeling grea so you can attack the weights without fear! In addition to it's awesome joint health properties it's main ingredient has been proven to be significantly lowers cortisol and even has been shown to reduce bodyfat. SuperCissus R) is also theorized to deliver nutrients directly to tendons keeping them healthy and strong Do not risk injury. Lift heavy and lift often with SuperCissus RX.



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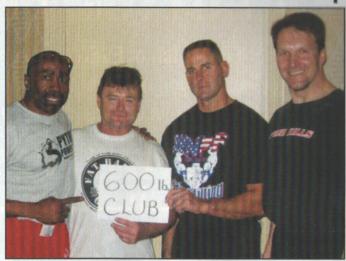
Make sure the products you buy are tested by an independent lab BEFORE you buy or log on to www.SupplementPolice.com for a full list of products independently tested to insure quality!



		ATLANTA, C		W
BENCH		(20-23) Raw		Marie Marie Marie
FEMALE 60 lbs.		Watson Lifetime Raw	314*	981
(9-10) Raw		Harper	391	
Ford 80 lbs.	50*	4th-396* Moroni	286	
(9-10) Raw		Lifetime U	405	1116
Parker 105 lbs.	55*	Ryan Subs Raw	485	
(20-23) Raw Grossnickle	82*	Harper 4th-396*	391*	
(40-49) Raw	02	Open Raw		
Mondragon 114 lbs.	82*	Shales (40-49) Raw	369	
Lifetime Raw		O'Malley	341*	
Adams Monteiro	110*	Carr (40-49) (SP)	248	100
Open Raw	4404	Welton	325*	1
Adams (60-69) Raw	110*	(50-59) Raw Bertoletti	220	
Adams 132 lbs.	110*	Kerkhof Police/Fire	209	
(40-49) Raw		Raw		
Kuciak (13-16) Raw	55	Kerkhof 220 lbs.	209	111
Wilcox	137*	Lifetime (SP)		191
148 lbs. Lifetime Raw		Feehan# Open (SP)	518*	123
Feeney#	159*	Feehan	518*	The '
165 lbs. (20-23) Raw		(40-49) (SP) Feehan	518*	CHAR
Miller	165*	Lifetime Raw		(40.40)
MALE 80 lbs.		Renfroe Moore	391 385	(40-49) Cawley
(11-12) Padgett	115*	Dalcorno Binotti	242 275	Lifetime Cawley#
114 lbs.	113	Open Raw	2/3	Open U
(13-16) Raw Petrik	92*	Vepkhadze Dalcorno	363 242	(40-49)
Wilcox	77	(40-49) Raw		Cawley#
123 lbs. Lifetime Raw		Mitchell Binotti	385 275	Lifetime Lewis#
Peang	242*	(50-59) Raw		Raynor
132 lbs. (40-49) Raw		Lhota Caterisano	369 325	Ramos Open Ra
Oyler 148 lbs.	226*	(50-59) (SP)		Ramos Subs
(13-16) Raw		Harris (60-69) Raw		Lewis
Szwank Adair	143 143	Shales Blough	319 270	Berry (60-69)
Lifetime Raw		(60-69) (SP)	2,0	Plummer
Lazzarotto Lifetime (SP)	259	Blough (80-89) Raw	_	(60-69) Plummer
Albert#	363*	Brandt	165	Shw
Subs. Albert	363*	Police Raw Shales	319	(50-59) Summer
Lifetime Raw Patton	275	Police/Fire Shales	369*	Lifetime Register
165 lbs.	2/3	242 lbs.	303	BENCH
(13-16) Raw Wagner	187*	(17-19) Raw Ecker	292*	FEMALE (1/2 Bw
(17-19) Raw		Open Raw		105 lbs.
Wilcox# Lifetime Raw	281	Ergemlidze Lifetime (SP)	441	(40-49) Hall
Paige (40-49) (SP)	352	Open (SP)	429*	(40-49) Mondras
Artur	352*	McKinney	429*	114 lbs.
(50-59) Raw Gayton	248	Subs (SP) McKinney	429*	Subs Longsho
(50-59)		Lifetime U		132 lbs.
Gayton (50-59) U	286*	McKinney Subs U	496	(13-16) Wilcox
Gayton 181 lbs.	-	McKinney (40-49)Raw	496	148 lbs. Lifetime
(20-23) Raw		Monroe	418	Feeney#
Gold Rice	292 187	(50-59) (SP) Eddins	336*	MALE (Bwt.)
Lifetime Raw		(60-69) (SP)		132 lbs.
Elrod Lifetime (SP)	391	Churchman (60-69)	380*	(40-49) Oyler
Brandao Desbesel	396 154	Churchman 275 lbs.	385	Lifetime Rasia
Open (SP)		(17-19) Raw		148 lbs.
Brandao Subs Raw	396*	Arboleda (20-23) Raw	286*	Lifetime Albert#
McCurley	226	Fambrough	352	Lazzaro
(40-49) Raw Peters	341	Lifetime U Wood	551	165 lbs. (40-49)
Wilcox	314	Open Raw		Artur
(40-49) U Foltz	352*	Chincharauli (50-59) Raw	385	181 lbs. (20-23)
(50-59) Raw		Chavchanidze (70-79) Raw	331	Gold Lifetime
Wagner! 198 lbs.		Romero	187	Brandao
(13-16) Raw Chambers	137	300 lbs. Lifetime (SP)		Desbese (40-49)
(17-19) Raw		Cawley	551*	Peters
Colon	286 226	Open (SP) Cawley	551*	198 lbs. (20-23)

(40-49) (SP) Cawley Lifetime U

WNPF Worlds/International Cup



The "600 Club" ... TEE MEYERS-760, STEVE YEARGIN-639 CHARLES SLAYBAUGH-44 AND RICH SADIV-694. (by Troy Ford

165 lbs. (17-19) Raw

Wilcox Lifetime Raw

413* Lifetime Braden

606*

Watson Lifetime Open

Harper Scopel

Cawley	700*	Shales	32*	Roca	551	Braden	650*
(40-49) U		Subs		Gayton	441	SHW	
Cawley#	700*	Harper	28*	(40-49) Raw		Open	
Lifetime Raw	, 00	(50-59)		Artur	606*	Knowles	705*
	-07+		124		000		703
Lewis#	507*	Bertoletti	12*	(50-59) Raw		Open Raw	
Raynor	496	220 lbs.		Gayton	441*	Nichols#	760*
Ramos	474	Lifetime		Lifetime		POWERCURL	
Open Raw		Feehan	31*	Gayton	457	FEMALE	
Ramos	474	Renfroe	22	(50-59)		105 lbs.	
Subs	7/7	Binotti	18	Gayton	457*	(40-49)	
			-		43/		
Lewis	551*	Turi	15	181 lbs.		Hall	60*
Berry	451	Dalcorno	11	Lifetime		Open	
(60-69) Raw		Open		Desbesel	352	Grossnickle	60*
Plummer	281*	Dalcorno	11*	(40-49) Raw		114 lbs.	
(60-69)		(40-49)		Wilcox	523*	Open	
Plummer	331*	Feehan	31*	198 lbs.	323		428
	331.					Monteiro	42*
Shw		Mitchell	22	(13-16) Raw		132 lbs.	
(50-59) Raw		Binotti	18	Chambers	281*	(40-49)	
Summers	325	(50-59)		(17-19) Raw		Kuciak	30*
Lifetime U		Caterisano	17*	Adair	402	148 lbs.	
Register		Harris	10	(40-49)	402	Open Open	
			10				
BENCH for Re	eps	242 lbs.		Sadiv	694	Spano#	76*
FEMALE		Open		Yeargin	639	165 lbs.	
(1/2 Bwt.)		Mazanishvili	#29	(50-59)		Open	
105 lbs.		275 lbs.		Meyers	738	Miller	76*
(40-49)		(50-59)		4th-760*	, 00	MALE	, 0
Hall	38*	Chavchanidze	10*				
	30		610.	(50-59) Raw		114 lbs.	
(40-49)		300 lbs.		Bertoletti	396	(13-16)	
Mondragon	30	Lifetime		220 lbs.		Petrik	60*
114 lbs.		Lewis	26*	Lifetime Raw		Robertson	42
Subs		DEADLIFT		Eleuteri	529	132 lbs.	
Longshore	44*	FEMALE		Open Raw	-	Open	
132 lbs.		80 lbs.			F20		100+
				Orkodashvili	529	Rasia	108*
(13-16)		(9-10) Raw		Eleuteri	529	148 lbs.	
Wilcox	34*	Parker	104*	(50-59) Raw		Open	
148 lbs.		114 lbs.		Eleuteri	529*	Lazzarotto	136*
Lifetime		Lifetime Raw		(40-49)		165 lbs.	
Feeney#	49*	Monteiro	132*	Slaybaugh	644*	Open	
	43		132		044		
MALE		132 lbs.		(70-79) Raw		Staab#	147*
(Bwt.)		(40-49) Raw		Kirtsner	325*	(60-69)	
132 lbs.		Mitchell	248	242 lbs.		Staab	147*
(40-49)	W	4th- 264*		(17-19) Raw		(13-16)	
Oyler	26	Kuciak	154	Ecker	402	Wagner	92*
Lifetime		148 lbs.	.34	Lifetime	402	(17-19)	34
	100						***
Rasia	19*	Lifetime Raw		Casagrande	705	Wilcox	119*
148 lbs.		Spano#	374*	Subs		(50-59)	
Lifetime		Lifetime		Casagrande	705*	Gayton	125*
Albert#	35*	Sams	385*	(40-49) Raw		181 lbs.	
Lazzarotto	29	MALE	0.00	Padgett	551*	Open	
165 lbs.		80 lbs.			331		97*
			2004	(40-49)		Desbesel	9/-
(40-49)		Padgett	209*	Padgett	622*	(40-49)	
Artur	27*	114 lbs.		(50-59)		Peters	147*
181 lbs.		(13-16) Raw		Eddins	518	198 lbs.	
(20-23)		Wilcox	187*	Police/Fire		(17-19)	
Gold	25*	132 lbs.		Military		Colon	136*
					705*		.30
Lifetime		Lifetime Raw	2000	Casagrande	705*	Open	
Brandao#	34*	Rasia	396*	275 lbs.		Harper	163*
Desbesel	1	148 lbs.		(17-19) Raw		Carr	163*
(40-49)		(13-16) Raw		Arboleda	424	Watson	158
Peters	28*	Adair	303*	Lifetime		Scopel	108
198 lbs.		Lifetime Raw	303	Wood	650	(40-49)	.00
				Control of the Contro	030		4004
(20-23)		Lazzarotto	441*	(60-69) Raw		Carr#	163*

un	O'Malley	158	SHW		
a.b	Brown	147	Oper		
1000	Spear	125		hadze	191*
100	(50-59) Bertoletti	163*	SQU.		
	Kerkhof	119	165		
	220 lbs.	119		me Rav	,
400	Open		Gayt		
1	Vepkhvadze#	185*	(50-5	9) Raw	
1000	Azariashvili	174	Gayt		_
N. 100	Dalcorno	108	Lifeti		
	Turi	86	Gayt		396*
_	(40-49)		Oper		
	Binotti	169*	Gayt		396*
	Feehan	169	(50-5	9)	
	Robertson	158	Gayt		396*
	(50-59)			me U	
	Caterisano	141*	Gayt		418*
	Harris	130	(50-5		
	(80-89)		Gayt		418*
	Brandt	92*	198		
	242 lbs.			9) (SP)	
	(17-19) Ecker	147*	Year 275	gin	606*
	Open	14/-		3) Raw	
	Monroe#	231*		rough	650*
	Casagrande	180	ranne	th-661*	030
	Mazanishvili	174		me U	
	(50-59)	.,.	Woo		881*
3 3 4	Bosley	169*	SHW		00.
639.	300 lbs.			(SP)	
	Open		Knov		777*
Ford)	Lewis	215*			
	Ironman		BP	DL	TOT
308*	FEMALE				
	80 lbs.				
	(9-10) Raw				
650*	Parker		55	104	159
	MALE				
650*	80 lbs.				
	(9-10) (SP)			200	225
705*	Padgett		115	209	325
705	114 lbs. (13-16) Raw				
760*	Wilcox		77	187	264
700	148 lbs.		11	10/	204
	(13-16) Raw				
	Adair		143	303	446
	Lifetime Raw			303	110
60*	Lazzarotto		259	441	700
	165 lbs.				
60*	(40-49) Raw				
	Sykes		237	352	589
	(17-19) Raw				
42*	Wilcox		281	413	694
	(50-59) (SP)				
	Gayton		286	457	744
30*	Lifetime (SP)				12/2
	Gayton		285	457	744
7/4	181 lbs.				
76*	Lifetime		154	252	-07
	Desbesel		154	352	507
76*	(40-49) Raw		214	E22	027
10-	Wilcox 198 lbs.		314	523	837
	(13-16) Raw				
	Chambers		137	281	418
60*	(17-19) Raw				
42	,,		TULE	10.15.15	
. 75			A GARAGE		

(article continued on page 86)



163* Maria Spano deadlifting 374 lbs.



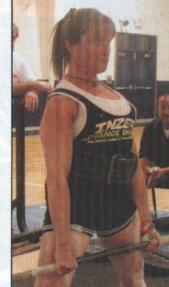
1-2		07 -	Melbo	urne	FI
WOMEN	DLC	SO	BP	DL.	TOT
77 lbs.		-4			
(10-11)					
Montgon (12-13)	nery	_	50*	115*	165
K. Thomas 88 lbs.	pson	80*	45*	115*	240*
88 lbs.					
(12-13) M. Daus	dae	82*	50*	127*	259*
M. Doug 97 lbs.	ias	02	30	12/	239
(12-13)					
C. Koces	ki	100	70*	25	195
105 lbs. (12-13)					
A. Graha	am	150*	72*	190*	412*
114 lbs.					
(12-13) D. Derm	olov	122*	55	155	342
123 lbs.	iciev	132	33	133	342
(12-13)					
S. Shore	S	137*	65	195*	397*
(14-15) E. Newp	ort				
(16-17)					THE
N. Scard	lino	115	90	200	405
(45-49) L. Watso	n		115	140	255
(50-54)	HI	Total !	113	140	233
K. Raybu	rn	_	-	_	-
132 lbs. (14-15)					
B. Kissel		150*	80	185	415
(20-24)				.00	***
J. Shultis		-	-	-	-
(40-44) M. Stein		205*	135*	245*	585*
Wi. Stem		203	4th-DI		303
(50-54)					
E. Stein		275*	140*	335*	750*
148 lbs. (16-17)					
N. Heck		145	80	215	440
(35-39)					
M. Pritzl (45-49)			_	-	-
N. Hubb	ard	210*	140*	300*	650*
(50-54)					
M. Quinr	1	95*	100*	180*	375*
165 lbs. (30-34)					
H. Matsy	kur	_	_	_	-
(45-49)			145	240*	407
	ierv	_	145	340*	485
Montgon 181 lbs.					
Montgom 181 lbs. (30-34)					
181 lbs.	*	225*		270*	
181 lbs. (30-34) S. Wyatt	*	225* 4th-SQ		270* DL-280	
181 lbs. (30-34)	*				
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin			-235*	DL-280	
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN		4th-SQ	-235*	DL-280)*
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs.		4th-SQ	-235*	DL-280)*
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN		4th-SQ	-235*	DL-280)*
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs.		4th-SQ	215*	DL-286	925*
181 lbs. (30-34) 5. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13)	nery	4th-SQ	215* 65	DL-286 400* 160	925* 225
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs.	nery	4th-SQ	215*	DL-286	925*
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17)	nery	4th-SQ 310* —	215* 65	DL-286 400* 160	925* 225 350
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 15. (16-17) F. Ramos	nery	4th-SQ 310* — 125	215* 215* 65 65	DL-286 400* 160 160 280	925* 925* 225 350
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) (40-44) Ibs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar,	nery	4th-SQ 310* —	215* 65	DL-286 400* 160	925* 225 350
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 15. (16-17) F. Ramos	nery	4th-SQ 310* — 125	215* 215* 65 65	DL-286 400* 160 160 280	925* 925* 225 350
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar 132 lbs. (14-15) G. Pena	giya	4th-SQ 310* — 125 175 145	2-235* 215* 65 65 130 125	DL-286 400* 160 160 280 230	925* 925* 225 350 585 500
181 lbs. (30-34) S. Wyatts. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Dougle	giya	4th-SQ 310* 125 175 145	215* 215* 65 65 130 125	DL-286 400* 160 160 280 230	925* 225 350 585 500
181 lbs. (30-34) S. Wyatt S. W	giya	4th-SQ 310* — 125 175 145	2-235* 215* 65 65 130 125 125 95	DL-286 400* 160 160 280 230 245 215	925* 925* 225 350 585 500 530 450
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Dougle (20-24) R. Mayer (70-74)	giya	4th-SQ 310* 125 175 145 160 140	2-235* 215* 65 65 130 125 125 95 210*	DL-286 400* 160 160 280 230 245 215 415*	925* 925* 225 350 585 500 530 450 895*
181 lbs. (30-34) S. Wyatt S. W	giya	4th-SQ 310* 125 175 145 160 140	2-235* 215* 65 65 130 125 125 95	DL-286 400* 160 160 280 230 245 215	925* 925* 225 350 585 500 530 450
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Dougle (20-24) R. Mayer (70-74) S. Smith 148 lbs. S. Smith 148 lbs.	giya	4th-SQ 310* 125 175 145 160 140	2-235* 215* 65 65 130 125 125 95 210*	DL-286 400* 160 160 280 230 245 215 415*	925* 925* 225 350 585 500 530 450 895*
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Douglis (20-24) R. Mayer (70-74) S. Smith 148 lbs. (12-13) J. Wadzi	nery giya as	4th-SQ 310* ————————————————————————————————————	215* 215* 65 65 130 125 125 95 210* 165	DL-286 400* 160 160 280 230 245 215 415* 265*	925* 225 350 585 500 530 450 895* 430
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 1123 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar 132 lbs. (14-15) G. Pena J. Dougle (20-24) R. Mayer (70-74) S. Smith 148 lbs. (12-13) J. Wadzi C. Baker	nery giya as	4th-SQ 310* ————————————————————————————————————	215* 215* 65 65 130 125 125 95 210*	DL-286 400* 160 160 280 230 245 215 415* 265*	925* 225 350 585 500 530 450 895*
181 lbs. (30-34) S. Wyatt S. Wyatt S. Wyatt W. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Dougle (20-24) S. Smith 148 lbs. (12-13) J. Wadzi C. Baker (14-15) J. Wadzi C. Wad	giya	4th-SQ 3310* ————————————————————————————————————	-2235* 215* 65 65 130 125 125 210* 165 145	DL-286 400* 160 160 280 230 245 215 415* 265*	925* 225 350 585 500 530 450 895* 430 590 385
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 1123 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar 132 lbs. (14-15) G. Pena J. Dougle (20-24) R. Mayer (70-74) S. Smith 148 lbs. (12-13) J. Wadzi C. Baker	giya	4th-SQ 310* ————————————————————————————————————	215* 215* 65 65 130 125 125 95 210* 165	DL-286 400* 160 160 280 230 245 215 415* 265*	925* 225 350 585 500 530 450 895* 430
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Dougla (20-24) R. Mayer (70-74) S. Smith 1448 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki	giya	4th-SQ 3310* ————————————————————————————————————	-235* 215* 65 65 130 125 125 210* 165 145 85 165 185	DL-286 400* 160 160 280 230 245 215 415* 265* 245 300 415	925* 225 350 585 500 530 450 895* 430 590 5915
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgorn 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (16-17) G. Pena J. Dougli (20-24) S. Smith 148 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki J. Schill J. Schill	giya	4th-SQ 3310* 	-235* 215* 65 65 130 125 125 95 210* 165 145 85 165 185 215	DL-286 400* 160 160 280 230 245 215 415* 265* 300 415 345	925* 225 350 585 500 5895* 430 590 385 705 915
181 lbs. (30-34) S. Wyatt S. Wyatt S. Wyatt S. Wyatt Men. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar 132 lbs. (14-15) G. Pena J. Dougli (20-24) S. Smith 148 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki J. Schill Vann-Car	giya giya nski a	4th-SQ 3310* 	-235* 215* 65 65 130 125 125 210* 165 145 85 165 185	DL-286 400* 160 160 280 230 245 215 415* 265* 245 300 415	925* 225 350 585 500 530 450 895* 430 590 385 705 915 795 790
181 lbs. (30-34) S. Wyatts (30-34) S. Wyatts (40-44) K. Sabin MEN 97 lbs. (10-11) Montgorn 114 lbs. (12-13) P. Moran 112 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (16-17) G. Pena J. Dougli (20-24) R. Mayer (70-74) S. Smith 148 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki J. Schill Vann-Car A. Miller (18-19)	giya giya nski a idis	4th-SQ 3310* 	-235* 215* 65 65 130 125 125 95 210* 165 145 85 165 185 215 195 175	DL-286 400* 160 160 280 230 245 215 415* 265* 300 415 345 340 300	925* 225 350 585 500 5895* 430 590 385 705 915 795 790 725
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar 132 lbs. (14-15) G. Pena J. Dougle (20-24) S. Smith 148 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki J. Schill Vann-Car A. Miller (18-19) J. Manue	giya giya nski a a idis mpbe	4th-SQ 3310* - 125 175 145 140 270* - 200 135 240 315 2255 2250 327*	-235* 215* 65 65 130 125 125 210* 165 145 85 165 188 215 195 175 230	DL-286 400* 160 160 280 230 245 215 415* 265* 245 165 300 415 340 300 455	925* 225 350 585 500 530 450 895* 430 590 385 705 915 795 790 725
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Dougla (20-24) R. Mayer (70-74) S. Smith 1448 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki J. Schill Vann-Car A. Miller (18-19) J. Manue R. Splain R. Splain R. Splain	giya giya nski a a idis mpbe	4th-SQ 3310* 	-235* 215* 65 65 130 125 125 95 210* 165 145 85 165 185 215 195 175	DL-286 400* 160 160 280 230 245 215 415* 265* 300 415 345 340 300	925* 225 350 585 500 5895* 430 590 385 705 915 795 790 725
181 lbs. (30-34) S. Wyatt. (30-34) S. Wyatt. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgom 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar. 132 lbs. (14-15) G. Pena J. Dougle (20-24) S. Smith 148 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki J. Schill Vann-Car A. Miller (18-19) J. Schill Vann-Car A. Miller (18-19) J. Manue R. Splain (35-39) R. Manso R. Man	giya giya nski a idis npbe	4th-SQ 3310* - 125 175 145 140 270* - 200 135 240 315 2255 2250 327*	-235* 215* 65 65 130 125 125 210* 165 145 85 165 188 215 195 175 230	DL-286 400* 160 160 280 230 245 215 415* 265* 245 165 300 415 340 300 455	925* 225 350 585 500 530 450 895* 430 590 385 705 915 795 790 725
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgorn 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Dougla (20-24) R. Mayer (70-74) S. Smith 1448 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki J. Schill Vann-Cara A. Miller (18-19) J. Manue R. Splain (35-39) R. Mansol T. Rosell T. Rosel	giya giya as aidis mpbe	4th-SQ 3310* 	-235* 215* 65 65 130 125 125 95 210* 165 145 85 165 185 215 195 230 180	DL-286 400* 160 160 280 230 245 215 415* 265* 300 415 345 340 300 455 330	925* 225 350 585 500 587 450 895* 430 915 795 795 795 796 1012 780
181 lbs. (30-34) S. Wyatt S. W	giya giya nski a dis npbe	4th-SQ 310* 125 175 145 160 140 2270* — 200 135 240 315 225 225 327* 410* 360	-235* 215* 65 65 130 125 125 95 210* 165 145 85 165 185 215 195 2180 280 265	DL-286 400* 160 280 230 245 215 415* 265* 300 415 345 340 300 453 300 495 440	925* 225 350 585 500 587 450 895* 430 385 705 915 795 790 1012 780 1185 1065
181 lbs. (30-34) S. Wyatt 198 lbs. (40-44) K. Sabin MEN 97 lbs. (10-11) Montgorn 114 lbs. (12-13) P. Moran 123 lbs. (16-17) F. Ramos Vijayvar, 132 lbs. (14-15) G. Pena J. Dougla (20-24) R. Mayer (70-74) S. Smith 1448 lbs. (12-13) J. Wadzi C. Baker (14-15) D. Ciopp (16-17) Tshontiki J. Schill Vann-Cara A. Miller (18-19) J. Manue R. Splain (35-39) R. Mansol T. Rosell T. Rosel	giya giya nski a dis npbe	4th-SQ 310* 125 175 145 160 140 270* 200 135 240 315 2255 2250 327* 410*	-235* 215* 65 65 130 125 125 95 210* 165 145 85 165 185 2215 195 175 230 180 280	DL-286 400* 160 280 230 245 215 415* 265* 300 415 345 340 300 455 330 495 440	925* 225 350 585 500 530 450 895* 430 590 385 705 915 790 725 1012 780 1185

100% Raw World Championships 1-2 DEC 07 - Melbourne, FL 100% Raw World Championships



Noble Carr. 75. with his 260 pound world record bench (Spero T)

P. Griffith 165 lbs.	375*	45	135	555	C. Hodupp (65-69)	235	160	335	730
(16-17)					P. Maynard	_	265*	300*	565
S. Kirkwood	345	190	475	1010	198 lbs.				
R. Rippolone	235	205	360	800	(16-17)				
C. Douglas	215	185	335	735	A. Velez	195	135	255	585
. Hathcock	200	185	310	695	A. Beasley	_	_	_	_
S. Rauchfuss	210	160	315	685	(20-24)				
(18-19)					J. Pannucci	455	325	505	1285
D. Jones	385	260	450	1095	J. Fullick	415	345	505	1265
(45-49)					V. Mychko	_	_	_	_
T. Conyers	500*	365*	450	1315*	K. Perez	_	_	_	_
I. Polak	450	320	500*	1270	(25-29)				
(60-64)					B. Bownas	_	-	-	_
Annunziato (70-74)	225	235*	355*	815*	J. Bowers (30-34)	-	-	-	-
B. Tinkler	_	205	275	480	P. McCauley	465	285	525	1275
181 lbs.					T. Hand	_	260	425	685
(14-15)					J. Kahl	525	_	545	_
. Rossi	190	140	280	610	(35-39)				
(16-17)					J. Phillips	260	310	345	915
T. Wheeler	330	235	420	985	J. Landau	_	_	_	_
. Wadzinski		200	335	810	(40-44)				
C. Maldonado	205	145	325	675	S. Russell	330	235	340	905
(18-19)					(45-49)				
A. Ozuath	-	-	-	-	Tshontikidis	405	245	475	1125
(25-29)					M. Perez	_	-	-	_
G. Yaeckel	315	205	405	925	(60-64)				
(45-49)					G. Walker	225	350*	350	925
60-64)	462*	330*	530*	1322*	J. Stewart (70-74)	220	245	250	715
P. Currey	315*	275*	410*	1000*	J. Ruffalo (75-79)	-	-	-	-
	dia.	K			N. Carr 220 lbs. (18-19) A. Kadick	255*	260*	330*	845*
					(20-24) R. Samsa	585*	440*	595*	1620
		100000 3		1000	n. Jailisa		440		1020

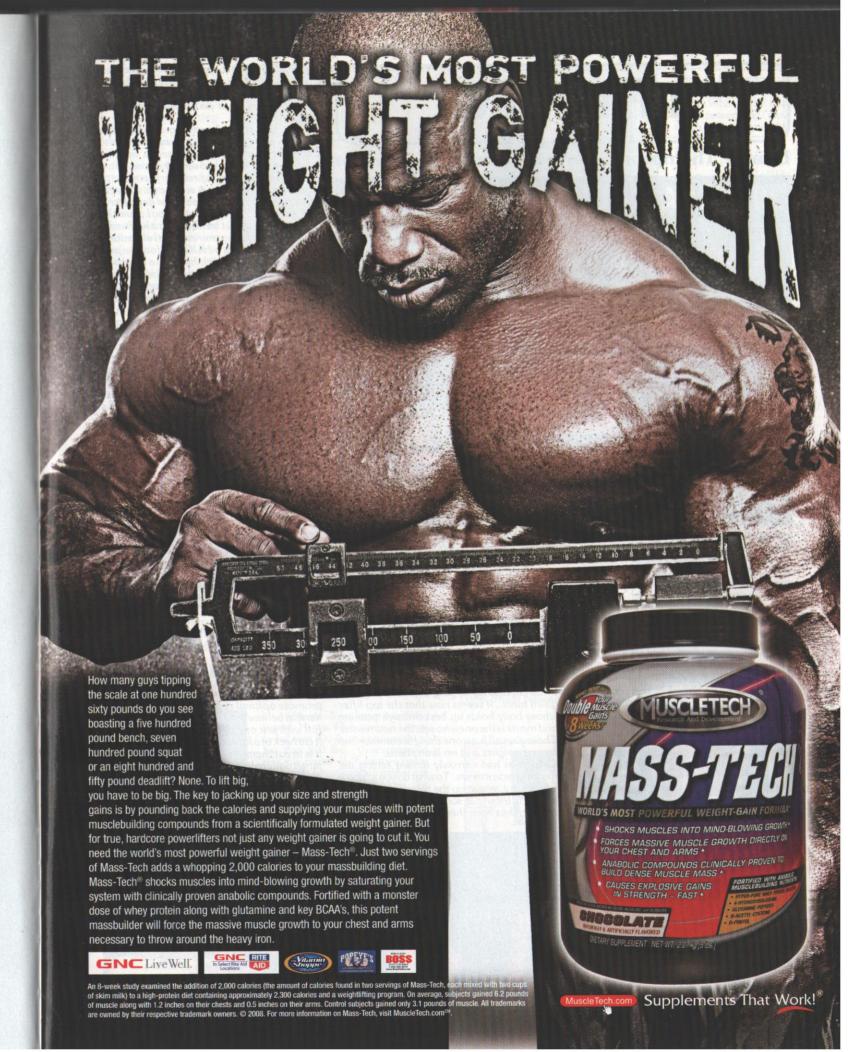


Ellen Stein and her WR 315 DL

(65-69)	235	160	335	/30	1
P. Maynard		265*	300*	565	1
198 lbs.		203	300	303	,
(16-17)					,
(16-17) A. Velez	195	135	255	585	(
A. Beasley	_	_		_	i
(20-24)					
	455	325	505	1285	1
J. Fullick	415	345	505	1265	1
J. Fullick V. Mychko	_	_	_	_	i
K. Perez				<u>A</u>	i
(25-29)					1
	_		_		i
B. Bownas J. Bowers	_	_			1
(30-34)					2
P. McCauley	465	285	525	1275	1
T. Hand		260	425	685	1
J. Kahl	525	_	545	_	f
(35-39)					1
J. Phillips	260	310	345	915	2
J. Phillips J. Landau	_	-	_	_	5
(40-44)					5
S. Russell	330	235	340	905	I
(45-49)					2
Tshontikidis	405	245	475	1125	t
M. Perez	_	_	_		5
(60-64)					1
G. Walker	225	350*	350	925	1
J. Stewart	220	245	250	715	1
(70-74)					1
J. Ruffalo	-	-	-	_	2
(75-79)					t
N. Carr	255*	260*	330*	845*	ł
220 lbs.					E
(18-19)					2
A. Kadick	-	-	_	_	1
(20-24)					I
R. Samsa		440*		1620	i
	4th-D	L-605*			r
(30-34)	15165				t
J. Impastato	500	430	600	1530	2
					ł
(35-39)					
S. Ryder	430	425	535	1390	(
S. Ryder (40-44)					(
S. Ryder (40-44) W. Leonard		425 340*	535 565	1390 1460*	(N i
S. Ryder (40-44) W. Leonard (45-49)	555*	340*	565	1460*	(Ni
S. Ryder (40-44) W. Leonard (45-49) B. Beekley	555* 435	340* 295	565 500	1460* 1230	(Ni a
S. Ryder (40-44) W. Leonard (45-49) B. Beekley	555* 435	340* 295 340	565 500 375	1460* 1230 1015	(A i a J F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood	555* 435	340* 295	565 500	1460* 1230	(Ni a
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther	555* 435	340* 295 340	565 500 375	1460* 1230 1015	(Mi a JF ii 7
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54)	555* 435 300 —	340* 295 340 225 —	565 500 375 425	1460* 1230 1015 650	(Mi a J J F ii 77 F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota	555* 435	340* 295 340	565 500 375	1460* 1230 1015	(Mi a JFi i 7 FF
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs.	555* 435 300 —	340* 295 340 225 —	565 500 375 425	1460* 1230 1015 650	(Mi a J F ii 7 F F F F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17)	555* 435 300 — 430*	340* 295 340 225 — 365	565 500 375 425 — 385	1460* 1230 1015 650 — 1180*	(Mi a J F ii 7 F F F F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden	555* 435 300 —	340* 295 340 225 —	565 500 375 425	1460* 1230 1015 650	(Mi a J F F F F F F F F F F F F F F F F F F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24)	555* 435 300 — 430*	340* 295 340 225 — 365	565 500 375 425 — 385	1460* 1230 1015 650 — 1180*	(Milanda Amarican Ama
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan	555* 435 300 — 430*	340* 295 340 225 — 365	565 500 375 425 — 385	1460* 1230 1015 650 — 1180*	(Mi a J F F F F F F F F F F F F F F F F F F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29)	555* 435 300 430* 250	340* 295 340 225 - 365 250	565 500 375 425 — 385 —	1460* 1230 1015 650 — 1180* 875	(Mi a J F ii 7 F F V II F S a
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer	555* 435 300 430* 250 625*	340* 295 340 225 — 365 250 155 415*	565 500 375 425 — 385 375 — 620*	1460* 1230 1015 650 — 1180* 875 — 1660*	(Mi a J J F ii 7 F F V II F S a C
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer	555* 435 300 430* 250 625* 510	340* 295 340 225 365 250 155 415* 390	565 500 375 425 — 385 375 — 620* 550	1460* 1230 1015 650 — 1180* 875 — 1660* 1450	(Mi a a J F F F F F F F F F F F F F F F F F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer E. Frank S. Jones	555* 435 300 430* 250 625*	340* 295 340 225 — 365 250 155 415*	565 500 375 425 — 385 375 — 620*	1460* 1230 1015 650 — 1180* 875 — 1660*	(Mi a J J F F F F F F F F F F F F F F F F F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer E. Frank S. Jones (30-34)	555* 435 300 430* 250 625* 510 515	340* 295 340 225 365 250 155 415* 390 325	565 500 375 425 — 385 375 — 620* 550 585	1460* 1230 1015 650 — 1180* 875 — 1660* 1450 1425	(Mi a J J F F F F F F F F F F F F F F F F F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer E. Frank S. Jones (30-34) M. Eaton	555* 435 300 430* 250 625* 510 515	340* 295 340 225 365 250 155 415* 390	565 500 375 425 — 385 375 — 620* 550 585	1460* 1230 1015 650 — 1180* 875 — 1660* 1450	(Milanda January 1974) Francisco
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer E. Frank S. Jones (30-34) M. Eaton (40-44)	555* 435 300 — 430* 250 — 625* 510 515	340* 295 340 225 365 250 155 415* 390 325 400	565 500 375 425 — 385 375 — 620* 550 585 700	1460* 1230 1015 650 — 1180* 875 — 1660* 1450 1425	(Mi a J J F F F F F F F F F F F F F F F F F
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer E. Frank S. Jones (30-34) M. Eaton (40-44) J. Jacobs	555* 435 300 — 430* 250 — 625* 510 515 630 650*	340* 295 340 225 365 250 155 415* 390 325 400 430*	565 500 375 425 — 385 375 — 620* 550 585 700 700*	1460* 1230 1015 650 — 1180* 875 — 1660* 1425 1730 1780*	(Milanda January 1974) Francisco
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer E. Frank S. Jones (30-34) M. Eaton (40-44)	555* 435 300 — 430* 250 — 625* 510 515	340* 295 340 225 365 250 155 415* 390 325 400 430*	565 500 375 425 — 385 375 — 620* 550 585 700	1460* 1230 1015 650 — 1180* 875 — 1660* 1450 1425	(Milanda January 1974) Francisco
S. Ryder (40-44) W. Leonard (45-49) B. Beekley A. Decker R. Blackwood J. Crowther (50-54) D. Lhota 242 lbs. (16-17) T. Carden (20-24) M. Harrigan (25-29) N. Hammer E. Frank S. Jones (30-34) M. Eaton (40-44) J. Jacobs	555* 435 300 — 430* 250 — 625* 510 515 630 650*	340* 295 340 225 365 250 155 415* 390 325 400 430*	565 500 375 425 — 385 375 — 620* 550 585 700 700*	1460* 1230 1015 650 — 1180* 875 — 1660* 1425 1730 1780*	(Milanda January 1974) Francisco

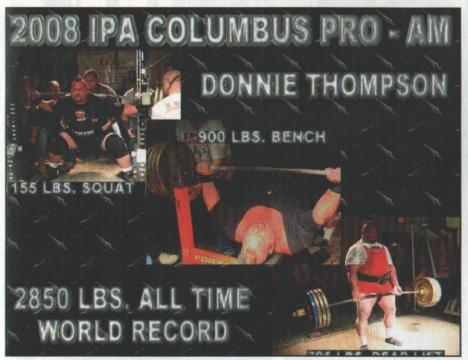
(45-49)	400	205	450	1005
R. Hoover B. Rippolone (55-59)	480 245	305 225	450 385	1235 855
L. Bucchioni R. Young	385* 340	225 315*	505* 340	1115 995
(60-64) G. DeRise 275 lbs.	400	225	430	1055
(30-34) J. Yuhas	415	365	600	1380
(35-39) T. Burns (45-49)	500	365	485	1350
J. Rooney (65-69)	590*	420*	500	1510
R. Cerrato 308 lbs.	455*	360*	540*	1355*
(30-34) D. Corridean (45-49)	620	400	700	1720
B. Kissel 308+ lbs.	505*	405*	575*	1485*
(16-17) A. DiBiase	445*	270	475*	1190
(20-24) C. Yager	650*	440*	700*	1790*
(40-44) B. Moore *=World Reco	725	540	700	1965
Best Lifter: A Open Best Li Masters Best Champion of Men's Teenag Men's Open Men's Masters Men's Team C Overall Mixer Power lifting, ons: Power in Team Champi ness. Venue: High School I Blood and W me say "Prais Raw" World were an over athletes partic teams captur records were friend, Brian world records	Lifter Champe e Best L Best I hampio I Team Open M ons: M West I. Host ildcat I se God Powerl whelmin cipated ed wor shattere Kissel	: Kari ions: Ri Lifter: ifter: Ri ifter: ns: Flor Cham dixed T lood. M lelbour Shore led by: Powerli !" The ifting (ng succe, 68 lid ld title dd, and d5-49/3/3	Sabin. olando Jacob M Robert Tony C ida Rav pions: N Team C Master's ne Bea Junior Power fting. F 2007 Champie ess! Ov fters ar ss, 123 my ver 08 brol	Men's Manso. Manuel. Samsa. Jonyers. V Dogs. Wildcat Champi- Mixed Ch Fit- 'Senior in the irst let "100% onships ver 100 d four world y good ke four
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2007 Worlds v two days. The SHWs invaded morning with Robert Samsa less, going ten title. Robert sl all three lifts a the Open divi- bodyweight. S Blood went with	220s, 2 d the p a ven of Shace for ten nattered	in you in fou 242s, 2 platform geance lyside, o en rou the re a Best L	r prayer session 75s, 30 n on Sa Junio OH, water to his second be lifter ho	rs. The ns over 8s, and aturday r lifter is flaw- s world ooks in mors in

books with his 1665 total. Michael Eaton books with his 1665 total. Michael Eaton (30-34) of Hanover, MD represented Polak Made Hard ore Gym Equipment and finished with a 1730 total that included an awesome 700 deadlift! Master lifter James Jacobs of Clearwater, FL, lifting with the Florida Raw Dogs, broke all four records in his class, nailing lifts of 650, 430, and 700 to take the win. Master lifters John Rooney (45-49) of Huntingtown, MD and Richard Cerrato (65-69) of Tampa, FL posted huge numbers in the 275s in their world title wins. John tallied world record lifts in the squat 590 and bench 420, and world title wins. John tallied world record lifts in the squat 590 and bench 420, and Richard ran the table, going 455, 360, and 540. Odenton, Maryland's Dan Corridean, also representing Polak Made Hard ore Gym Equipment, joined Brian Kissel in the 308s, taking the 30-34 age group with his 700 deadlift (without a belt!) and 1720 total. Finally, three athletes competed in the SHWs and each won their respective age group. Sixteen year-old Anthony (continued on page 80)



INTERVIEW

Donnie Thompson interviewed by Chris Mason



Donnie setting the ALL-TIME record total of 2,850 lbs. at the IPA Columbus Open!!!

Donnie Thompson is inarguably one of the world's strongest men. A lofty claim, yes, but eminently true if one considers lifting the heaviest load for a single repetition through a full range of motion while minimizing the skill component to be the true test of strength. By this definition, powerlifting as a sport is the only true competitive test of strength. Ergo, the strongest powerlifter is the competition proven strongest man or woman on the planet in his or her respective weight class.

Donnie set the all-time highest powerlifting total January the 20th at the LexenXtreme IPA Columbus Pro-Am in Columbus, Ohio, His lifts

> **Squat: 1,155 lbs** Bench: 900 lbs Deadlift: 795 lbs Total: 2,850 lbs!!!



Donnie squatting a massive 1,155 lbs!!! Donnie benching a rare full-meet 900 lbs!!! 375 lb. Donnie pulling 795 to set the record

The following is a brief Q&A session I had with Donnie following his record setting performance:

CM: Donnie, how does it feel to be the strongest powerlifter on the planet?

DT: Thank you for the compliment, but I don't feel I am the strongest, just one of the strongest. Today's top lifters are pushing the bar to the freaking limit! There are a number of us capable of upping the record at any given meet. It seems now that the top lifter whose body holds up best through training and meets is the one who sets the new record. These guys all have one thing in common, no fear of weights and no limitations!

CM: You had narrowly missed setting the record in recent meets. To what do you attribute your recent assault on the record books? DT: I attribute it somewhat to luck. The

strength has been there for some time, I just

needed to put it all together in one meet. For instance, I came close two times before with a 2,770 lbs and 2,775 lbs total. The difference in those meets was just missing a few 3rd At the risk of seeming like captain

obvious, my training also played a huge role. Everyone at my level trains heavy, but not everyone trains for recovery like I do. I do a tremendous amount of recovery work with bands and kettlebells. A unique twist I use is training the same body part the day after a heavy session. The following day I work the same area for about an hour and a half using recovery promoting exercises. I truly believe this method makes a HUGE difference and that it is the glue which holds me together. Sitting idle is not in my repertoire.

CM: Donnie, there was some chat online about your total and the fact you had a relatively low pull. Can you tell us what happened? Were you fried from the monster squats and benching? DT: My record almost didn't happen. My

back was tweaked prior to the meet and I literally had trouble putting on my shoes and socks in the warm-up area. The bed I was sleeping on at my hotel didn't help matters and it really killed my L-4 and L-5 vertebrae. The back pain definitely hampered my deadlift. I am still having trouble walking today 6 days after the meet!

By the way, I don't care about what

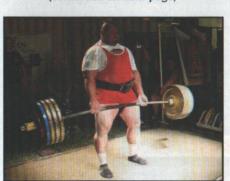
negative things people have to say on the net (I do appreciate the well wishes). When they are online gossiping, I am in my compound training 4-5 hours at a click. I would have a lot more competition if the strong would stick to training and not keyboard warfare..

CM: I understand, the anonymity of the net definitely allows people to do and say things they would never even consider in real life

Donnie, I know you are not a supplement junkie and you are very selective about what Your AtLarge use. (www.atlargenutrition.com) supplement of choice is MAXIMUS™ What, if anything, do you feel supplementing with MAXIMUSTM has done for your training?

DT: I weigh around 375lbs all year long. simply can't eat the quantity of food that I need to maintain my body weight and promote optimal recovery. You may find it hard to believe from a 375 lbs man, but I get full with just one average size plate of food. It is a heck of a lot easier to drink calories than it is to eat them. MAXIMUS™lets me hit my target daily caloric intake with quality protein and carbs. In addition, I feel its unique ingredients like Microlactin® and inulin

(continued on next page)



provides an ergogenic benefit. Bottom line, I really like the stuff and when I ran out over the holidays my training stamina was way off and I felt like I was on a diet! CM: Yep, consuming sufficient calories to fuel increased size and strength can be a real problem. There are a lot of young men out there who think they are "hard gainers" when they are really under-eaters. Drinking a high calorie MAXIMUS™shake packed with quality protein and carbs as well as the ergogenic ingredients mentioned can really be

feelings on each form of training and competing? different feel to it. Do you feel one helps the other?

I have been training since 1979 and never one doing that in multi-ply meets. even knew what gear was until 1998. To CM: lagree completely that gear aids raw lifting.

Single ply lifting is not raw.



Donnie Thompson and powerlifting and strength coaching legend Louie Simmons

Donnie, let's switch gears and move back to strengthens your body in such a way as to carry feel I am an all-time or even a current great. training. You demonstrate your prodigious over to raw lifting. Geared lifting is also a form I hope that people will (and do) respect my work strength both equipped and raw. What are your of conjugate variation in that it has a whole ethic and the fact I was willing to go to almost

DT: I think my longevity in the sport gives me wear gear for the squat and bench. IALWAYS sport or hobby; it is my life and my obsession. a unique perspective on geared vs. raw training. deadlift raw. To my knowledge, I am the only I live and work in a training facility. Some

clarify, raw to me is training with just a belt. I have never used a squat suit or bench shirt, but when I am about to get crushed by 1,000+lbs. Ifeel gear helps raw lifting tremendously. for squatting. I can remember that my squat goes. That is what separates me and people I think that is a misunderstood fact. If I squat really jumped with or without the knee wraps like me from the rest of the pack! over 1,150 lbs with gear, how in the world once I started incorporating them regularly into CM: Donnie, I appreciate your humility, but I would squatting 900 pounds raw scare me? my training. The knee wraps helped me in the think you don't give yourself enough credit. I truly The overloads afforded by geared lifting make hole when squatting and allowed me to use much believe you are one of the all-time greats and that raw lifting seem easier psychologically and heavier loads which then translated to a big has and will continue to be proven out in the years aid physically. Much like training with partials, increase in my squat even without the wraps. to come. Thanks for taking the time to chat!

I said this was a brief Q&A so let's wrap it up with a little look into the future. What is your next goal in powerlifting? How much longer do you plan to compete?

DT: I feel that I am in my prime, and I don't have any definitive plans relative to my retirement from the sport as of now. I can tell you that my career thus far has been very satisfying. I have met or exceeded every goal I have ever set in the sport. I think very few people in any discipline can say that.

When I do retire, I

want to be remembered the ticket to new growth and success in the gym. the massive loads from geared training for my will and determination. I truly don't any length to realize and maximize my strength An interesting fact about me is that I only potential. Powerlifting for me is more than a people find Jesus in a wooden church. I find him in a steel weight room. I do a lot of praying when I was younger I used a belt and knee wraps There are no atheists in a foxhole as the saying

INTERVIEW

Vince Anello interviewed by Chris Mason



Vince Anello is a living powerlifting egend. He was the first man in history to pull over 800 lbs at a bodyweight of less than 200 lbs! Vince competed over the course of 3 decades during what might be considered a golden age in the sport when mastodons like Casey, Reinhoudt, Kuc, Williams, Cole and many others ruled the platform. A tremendous all-around lifter, Vince's egacy as one of the all-time great deadlifters is etched in the annals of powerlifting history.

CM: Vince, first, I want to thank you for agreeing to this interview. From the first time I read about you in Fred Hatfield's The Complete Guide to Power Training I have always been

in awe of your deadlifting prowess. My goal with this interview is to pay homage to your tremendous accomplishments in the sport of powerlifting and to deadlifting in particular. I want to introduce you to a whole new generation of powerlifters and to remind those who know of you just how great you were.

To that end I would like to start this interview with you providing a brief highlight of your powerlifting career to include some of your

VA: Thank you Chris. My competitive powerlifting career spanned 3 decades. Below is a list of some of the highlights (in reverse order): 1998 Inducted into the Strength Hall of Fame (York, Pa.)

1988 Drug Free N.A.S.A. National Champion, Open Division

1987 National and World Champion, Masters Division 1980 Senior National Champion and World Champion

(continued on page 68)



You can contact Vince at www.americanstrengthlegends.com

Can they make this Guarantee?

Have ridiculous, off-the-wall claims by supplement companies kept you from buying their products or "tricked" you into spending money on supplements that don't deliver? Instead of empty promises we make guarantees! We guarantee no other sports supplement company has a better line up of products at the top of their respected categories based on results than GET DIESEL NUTRITION. We don't put out under-dosed, over hyped products like this is some game with consumers. We put out products that are the best available!



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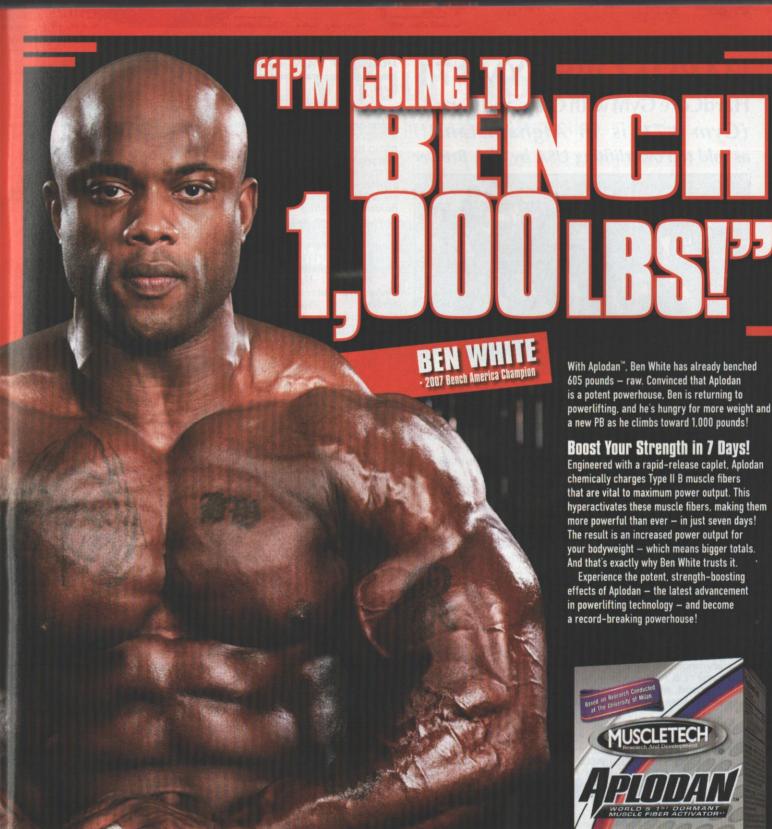








GNC Live Well.



HARD COREGYM#71

HardCore Gym with Guns and Guards (Gym #71 is in Afghanistan!!!) as told to Powerlifiting USA by Rick Brewer



The Crew ... these guys work, work out, live and die with each other

Hindu Kush Gym Club, amongst

other Afghan, and many other

nationalities-we must set aside our

weapons(while we train). We always

(they keep one member of the group

armed), in case of a situation

developing-but to be honest, it's all

armed with AK-47s provided by the

gymowner. This helps to insure our

safety, in order to get our training

done, and prevent unwanted

as hardcore and dangerous as it

gets.... that's why we need HOUSE

By the way, while we train -

about jacking steel.

Last month, we visited Brute Strength Gym in Norfolk, where High School lifters, powerlifters, and strongest-man competitors peacefully coexist without friction. But would they still get along if they all carried AK-47's in the gym and swore to kill each other? A famous man once said that an armed society is a polite society, and I do believe that guns often keep the peace. But most gym environments would be a little different with loaded AK-47's in every corner; in fact-they might be just like our Gym #71, which is in Afghanistan. As you may know, there are many American diplomatic security forces all over the mid-east. Most of these guys are ex-military, all are heavily armed, and certainly all are muscular and hopefully dangerous. But where do they train? Let's ask our friend Greg Richard, who is on one of these security teams in Afghanistan:

"Besides military installations which require Department of Defense and installation IDs-there are very few gyms for American, British and other expatriates to use. Currently we are living in the local economy - trying to blend in; building hearts and minds. The gyms in Afghanistan are very spartan, but they do have the basic essentials: free weights, flat benches, and squat racks. (There are no other accessories.) We currently train at the Hindu Kush Gym Club.

Hindu Kush is the Afghanistan National Bodybuilding Champion's gym. He has over 200 clients, but only makes \$4 US for each personal training session. (Wow; no wonder there are not more Afghani bodybuilders in the NPC!! Rick) Your recent donations (from HOP) will publicize the good-natured spirit of US companies towards poor Afghan lifters. As we enter the **HOUSE OF PAIN products** because they are simply the

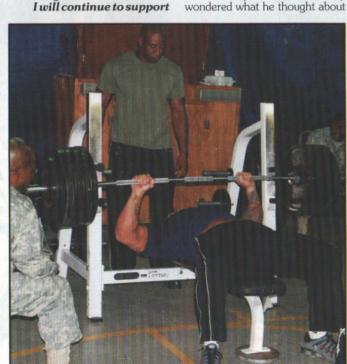
I have contacted other hardcore powerlifting companies. but no response ... you are the first to respond. I'm excited about the photo shoot and article. I'm glad that you took first chance to get in on it. I may write a powerlifting article, complete with photos showing the standards and hardships of lifting - in the iron sport-in a war torn country. Maybe we'll take more black and white photos of the gym, training, AK-47's and Americans punishing themselves hardcore in the gym.

Here in Hindu kush there are American lifters, Australians, Canadians, and many Afghani lifters.

GREG RICHARD US DIPLOMATIC SECURITY SPECIALIST

How many of you Personal

Trainers want to work for \$4 per hour? How many NPC champs want to earn \$4 an hour? As I talked to Greg over a few months, have one of us with full battle kit on we learned more about his guys, got cool photos of lifters - and even found a US military powerlifting meet there in Afghanistan for Americans. *Because Blackwater was a similar private diplomatic security force, I had also asked Greg there are 2 Afghan security guards about the accusations against that particular organization.. You may recall that Blackwater is a US-based private diplomatic security force Taliban or suicide attempts. This is that recently drew criticism for everything from unjustified shootings to steroid abuse. Greg's crew seems stable in comparison, and I naturally wondered what he thought about



The Camp Eggers Bench Press Meet ... that;s 485 lbs. on the bar.



Bodybuilding even in Afganistan

the Blackwater crew. Back to Greg for his various responses:

"There is a Military Powerlifting meet 30 Nov, 2007. The US military men and women have been busting their butts for this contest, but there are very few rewards, if any. However, for publicity it will be aired on TV, by AFN (Armed Forces Network), and will appear in the Army Times news paper.

We go on missions daily and, of course, I can not break operation security, but I see no reason why you couldn't run a hardcore gym session of US and Afghans busting their guts in the gym. I hear you loud and clear on the down low no worries. The gym is unique fully armed guards with AK-47s and all the bells and whistles. They let us keep one of our own men in full kit as well in case s*** hits the fan!

My guys will absolutely love this most are hardcore lifters, MMA fighters, Thai boxers (one guy trains in Thailand every 8 weeks for a month), and we have a bad ass boxing trainer who works us out 3-4 times a week, but I'm primarily the weightlifter. I love House of Pain gear, and when we are decked out in HOP-we do a good Afghan gym session with heavy weights and guns. Sometimes we throw a fight or two in there (over plates)!

Hey thanks for the response over here a little

goes a long way!

I feel bad for Black Water, it is a huge organization. They have done some good things. But when you get that big, vetting isn't properly done, and you get s*** like this that effects us all.

My team consists of 2US Army Rangers, 3 US Special Forces, 5 British paratroopers, 1 Australian, 3 South Africans, 1 British Royal Marine, 4 Canadian JTF2(SF) and 2 British SAS. These are GOOD

(continued on page 81)

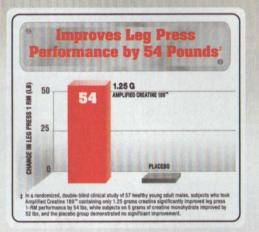
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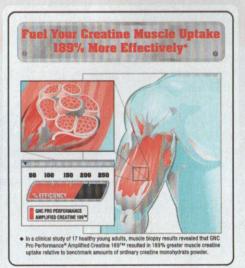
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When Kerm took it the first time, it was ridiculous how he performed He was like a machine, extra fast and strong, with his right hand coming off like it was shot out of a cannon. We will need more of it... Joe Pastore, Strength Coach, Team Cintron Kermit "Killer" Citron, 24-1 (22 KO)



"The power and speed it generates is like nothing I've ever tried. Take it from a world champion who's seen it all... this product really, truly works. Run, don't walk, to get it while you can." Scot Mendelson, World's #1 Bench-Presser 9 World Records in Powerlifting

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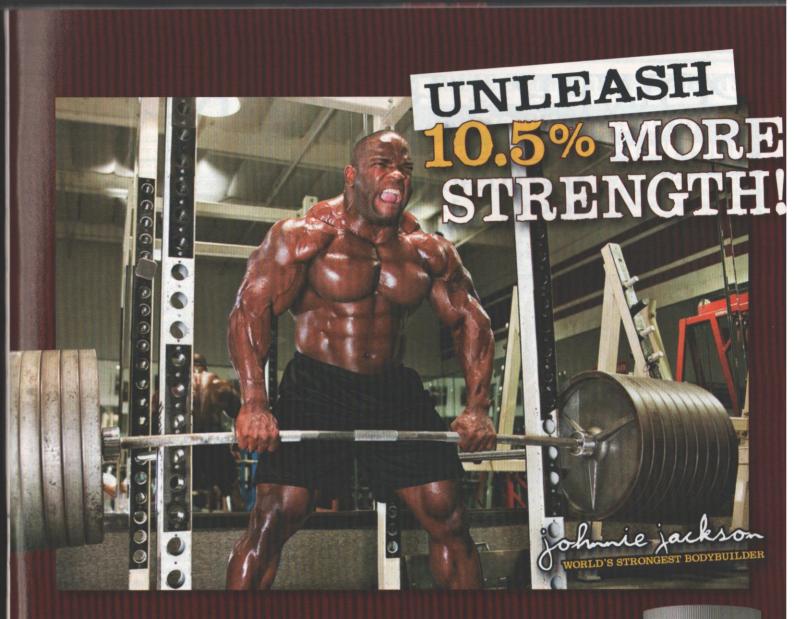
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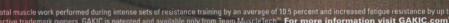












POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular devel-

opment and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal musde fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "powergap"

that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylche line binds to receptor sites on the m scle, recreating the electric action pe tential.

4) The electric turrent causes the release of calcium (Ca++) from the sarcoplasmic reticus um in the muscle.
5) The calcium comacts the contractile machinery of the ruscle (actin and myosin), and muscul ur contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PLUSA by Timothy Ferris, ACSM

and most easily fatiqued

muscle groups, where

each neuron must ser-

vice larger numbers of

muscle fibers (i.e. white

type II-b fibers in the

thighs, back, and other

major groups critical to

maximum lifts in strength

is for another article,

and the above physical

adaptation does not in-

crease neurotransmitter

production or the num-

ber of receptor sites for

them: the two missing

links, so to speak. Within

the context of this brief

article we shall focus on

the most neglected ve-

hicle for maximal

strength development

via supplementation:

president of Human Per-

formance Specialists, a

sports pharmaceutical

Thomas Incledon.

acetylcholine.

consulting firm, cites acetylcholine and

associated neural co-factors as the

next generation of ergogenics: "In-

creasing acetylcholine and neurotrans-

mitter enhancers will be one of the next

phases. When vou increase acetylcho-

muscle fiber, which, in turn, lowers the

relative intensity of a workout [by in-

creasing the amount of weight that can

By actively providing the precur-

sors and conversion agents necessary

for optimization of nerve conduction,

strength is increased through the power

of multiplication: using more muscle

fiber in a given movement, which

equals greater gains and hypertrophy

The quantifiable real-world improve-

ments athletes are demonstrating with

neural accelerators, now that they are

appearing in the competitive circuits.

is more impressive than physiological

theory or hypothetical speculation.

Scot Mendelson, who has increased

his world-record bench-press from

786.2 lbs. to 1008 lbs., now has 9

world records to his credit and states:

BodyQUICK [the only acetylcholine-

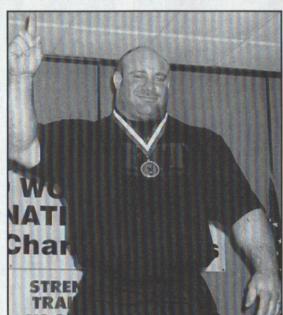
based neural accelerator currently on

in a shorter period of time

he lifted

you are able to activate more

Training, however,



Scot Mendelson is a big endorser of Body QUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

the market]helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. Mybench wentfrom 440 to 550 in the same cycle. Mydeadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance

and sports endurance.
How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarconlasmic or sarcomeric

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as B o d y Q U I C K

entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylkanthines which increase Ca++

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper

(www.getbodyquick.com). Featured on

FOX Sports and CBS' "Science of

Fitness", BodyQUICK has quickly

limits of muscular power output.
With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit

www.adaptagenix.com or www.getbodyguick.com

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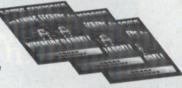


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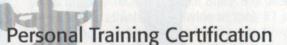
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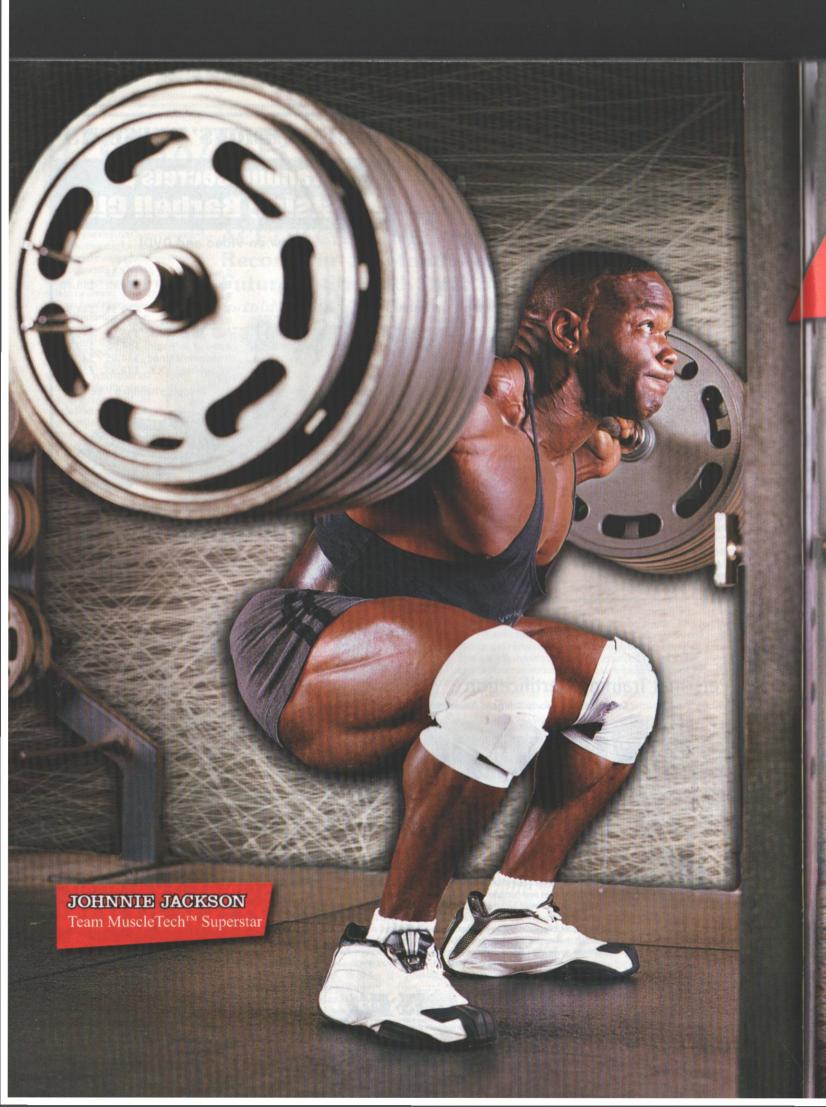
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PLEASE HELP ME!

Q: I really like your column each month but there is one problem; I don't follow your advice. The reason is because I eat a ton of junk food and a large percentage of my meals are fast food. I do exactly the opposite of what you recommend. I want to get my diet plan on track but it seems I have no will power. On top of that it seems like a pain prepping all the meals and taking supplements throughout the day. I was wondering if you could give me some ideas to get me started. I know this may seem like a very basic question but the reality is I need it. I know for a fact there are a lot of other powerlifters out there just like me, but they won't admit to it. Please help me out as my latest blood readings from my doctor are really bad. My bad cholesterol is through the roof, and my good cholesterol ... where the hell is it? It's so low that my doctor said that I am a prime candidate for heart attack in the coming years. I have four beautiful children and I really want to be around long enough to see them get married and have children of their own. I would hate to think that my eating habits will cut valuable years off my life. Please help me out. I really want you to set me straight and give me that push I so desperately need! Sincerely. Salvatore

Diprofettis A: I know exactly what you are going through. You see, the majority of the North American population is going through the same thing. Even elite athletes in our sport fight with the same. Starting and actually sticking to a healthier eating plan is something a lot of people fail at and that is why America has one of the highest rates of obesity in the world. What I am going to is give you some basic tips and also some words of encouragement that will hopefully get you out of the nutritional slump that you are in. I am going to layout some very basic tips below for you but remember you need to walk before you can fly. So we have to start right from the bottom and work our way up.

You have to make up your mind once and for all

This is the first and the most important point I am going to make. Eating clean and getting your nutrition on track is a mindset for victory. If you are serious about taking on your health conditions and becoming the best powerlifter that you can be then this is reality. A lot of people won't like to hear this, but this is what separates the men from the boys. If you are totally focused on what you want to accomplish, there is very little to

NUTRITION

Power Nutrition Q & A by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

stop you. I consult with all types of world class athletes. The main thing that the best all have in common is the mindset of a champion in all aspects related to their sport. This is the case even if one of those aspects is something they don't like or even hate. If you are determined to be a champion then no matter what you have to do to get to the top, it shouldn't be a problem for you to work on. Of course, I don't want you to go out and break the legs of the guy in your class that keeps whipping you in the squat. Your mind is the strongest muscle you have and if it's programmed to fail then that is what is going to happen. If it's programmed for victory then it's only a matter of time before the gold is yours!

Make a game plan ... Here is another very important

point. You need a plan of action that is going to get you on track. When you are planning a contest outing, you lay out a complete game plan for all your workouts. You figure out all the weights that must be hit in each workout before the contest. At the contest, don't you determine your attempts in advance to make sure that you break that record? Of course you do and this is what I am talking about. The problem is most powerlifters don't put his kind of preparation into their supplementation planning. Remember this - if you fail to plan then you are planning to fail. Get a plan written down on paper and organize it to best suit your goals. You should also keep a daily journal this is something I do with all my athletes whether they like it or not. This record will keep you on track and if you screw up you will see it right in front of your face. This way you are accountable for everything you put in your mouth.

Stick to your game plan ... Now that you have a game plan worked out, the next part of the equation is to stick to it. Once the game plan is dialled in, it's time to implement it, day by day, week by week until you accomplish what you want to do. Don't think just because you have designed your plan of action that you can't make adjustments to it to make it best suit your needs. I am talking about



Anthony Ricciuto - the food guru behind www. Nutrition XP3.com

altering it because of a legitimate reason that will help you improve. This is not to say that if you don't feel like eating your second meal of chicken and brown rice for the day it would be just fine for you to switch to a double fudge brownie sundae with whipped cream and diced nuts on top This has to be for a legit reason and not so you can make things easier, which will be your first step backwards. If you do take that first step backwards then what will happen is you will take another. Once you have taken that one you will find it so much easier to take another. Then, before you know it, the whole game plan is down the drain and you are eating like a panhandler at the local fair.

Seek out help ...

Here is something a lot of people don't do because they think that they know everything. This is the wrong mentality because you will stop yourself from learning. When you think you know everything, this is when you truly know nothing. A true expert in any field will tell you the same. Just when they think they know everything there is to know about a certain topic someone pops up and opens their eyes to something they never even thought possible. It's not a problem to simply ask as many questions as you need to, and you shouldn't ever feel stupid for doing so. If I am designing a training plan I don't feel stupid to ask an expert like Louie Simmons or Matt Wenning about how to get the most out of bands or how to do advanced circa max training. The reason is because they are experts in the field. They are guys who have done their homework with text books and in the gym. We are talking

about decades of studied knowledge and as much if not more of application in the gym and on the competition platform. They know more about training than most lifters could dream of. If you need help to figure out how you are going to lose 50 pounds and maintain your strength, get help! Don't be shy, and don't be arrogant, because there is always someone smarter out there!

Start slowly don't rush it ... If you are one of those over

enthusiastic teenagers that wants to do as much as you can all at once, take a step back. If you are one of the middle age overweight guys who hates eating clean as much as getting his teeth pulled, take it slow. Rome wasn't built in a day and neither are the world champions of this sport or any other. For the teenager who is running on et fuel in terms his love of training he may try and do everything under the sun all at once without realizing he is doing more harm than good. IF 8 sets of 3 reps is good for benching then he will do 16 sets of 8 reps. More is better, right? WRONG! The same thing will go for his nutrition plan. They may try and go from eating three meals per day to ten because they read this is what Garry Frank did to set his All Time Total record. Or they will start taking 20 different nutritional supplements with many of them overlapping each other and wasting a lot of money in the process. Start with the basics and go from there. You won't lift what Gary does after a year of powerlifting, so why try and eat like him. Everyone is different when it comes to their training and nutritional needs and abilities so you have to do what is best for you, not what you may think is best for you.

Prepare your meals in advance...

You may not like the sound of this but it is a must. That is unless you live in a 20 million dollar home in Dubai, and have maids and master chefs that prepare all your meals for you at your beck and call. Most likely, you are lucky if you can get your wife to heat you up some two week old macaroni and cheese left over from the kids. And that's on a good day. Prepping your meals in advance will be the best way for you to stick to your game plan. There is nothing like not having you meal prepared ahead of time to destroy your dedication. It goes like this: "Oh it looks like Shirley forgot to pack my lunch of chicken and asparagus. I guess I will just stop by KFC for a family size bucket of greasy chicken and wolf down a double pack of French fries." Heck, it was Shirley's fault anyways. It was because of her that I had to go out and devour 8000

" ... Your mind is the strongest muscle you have and if it's programmed to fail then that is what is going to happen. If it's programmed for victory then it's only a matter of time before the gold is vours!"

calories of fat and grease. Heck, she even made sure that I got a regular cola and not a diet. Man, what that women does to me! I have heard stories like this over and over. The reality is when they tell me these stories they really

Bring a cooler bag to work

believed it wasn't their fault.

You have to take responsibility for your meals and there is no better way to make sure they are always with you. IF you have your cooler bag loaded with your meals and healthy snacks then it is a lot harder to throw it to the side and go and eat a pound of grease eased down with some sugary goodies. The more you tie

chances are you will stick with it. At the beginning it's not going to be fun. While your friends are going out and eating all those heart clogging burgers it can be tempting. Or when they go on gluttonous rampages at an "All you can Eat" buffet at lunchtime, it can be disheartening to sit there with some whole wheat pasta and turkey meat balls. Believe me, I know what you are dealing with, but in the end you are the one that is going to have to deal with the consequences. If that means heart disease or diabetes is on your plate, remember, your friends won't be there when you are taking 5 injections of Insulin every day for the rest of your life just so you can exist. With Powerlifters getting them to go to the gym is not a hard task, as they all seem to love to hit the iron. On the other side of the coin trying to get them to take responsibility for their health and following a proper nutrition plan is tough. It's like I am asking them to give me their first born child. All the while they aren't doing it for me; they are doing it for themselves!

yourself to your plan, the better the

Reward Yourself ...

You heard that right, I said reward yourself. What I mean by that is that you need to take note when you are doing well with your

plan. Let's say that you have just completed the first three weeks of your plan and you haven't broken down once. That is great and you should be happy you had the will power to not touch all the junk you were known for shovelling down your throat on a daily basis. This means you should schedule yourself a cheat meal. Yep, it's time to go out and have a little fun. I didn't say go have a crazy night out with the boys eating and drinking everything in sight, only to awaken in a frothy pool of your own vomited ninetynine cent cheese dogs and peach schnapps, in some gothic girls apartment that you have never met before. That may have been a little extreme but you get the point. It's time for you to go out and enjoy whatever you want - for one meal. If you have been craving a juicy steak or a cheeseburger with a slice of cheesecake, go for it. Try your best to keep it under control a little. Don't wolf back 20 White Castle Jalapeno burgers and an entire 2 pound coffee cake at one sitting. I know a lot of you boys can do that easily so don't go overboard, but enjoy. Remember you shouldn't have to get your stomach pumped every time you do a cheat meal. Moderation is the key!

Stay the Course ... Alright, this is not a State of

dedicated to what your goal is no matter what. If you want to make a difference in your training or your health it will not happen overnight. To increase your squat or add 200 pounds to your total, it doesn't just happen magically in a couple days. If you want to accomplish your goal you have to get down in the trenches and make it happen. And the way to make it happen is to tough it out even when you don't feel like it. Actually the time when you don't feel like doing it is the time you should really kick yourself in the ass and force it. This shows your true inner determination. This isn't something anyone else can give you. It's all you baby. Remember it's easy to start something hard but the true victor is the one that stays the course and makes it happen under all circumstances, no matter what barriers stand in your way. That is the hallmark of a champion not only in Powerlifting, not only in sports, but in life! If you have any questions or

the Union Address or any other

Presidential rambling. What I will

say to you is that you do have to stay

comments you can contact me at:

Aricciuto@NutritionXP3.com Or check out my website at: www. NutritionXP3.com

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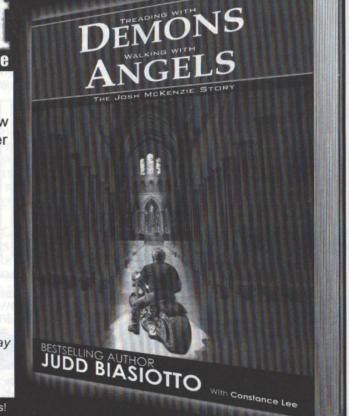
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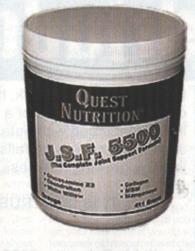
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WESTSIDE TRAINING

TEEN LIFTING

as told by Louie Simmons



Dave "Neutron" Hoff in action. (D. Simmons)

There has been much said about lifting and age. Everyone has their viewpoint. The United States, for the most part, will start young, 8-10 years old, in a particular sport such as football, baseball, basketball, boxing, and wrestling. It's almost always sports specific. That is, they participate in the sport with no prior general physical preparedness (GPP).

In the old Soviet countries, there were sport institutes that prepared the youth age 12 and above for sports but not by playing a

certain sport, but by a wellprepared process of GPP. This is general mobility, flexibility, dexterity, endurance, hand/ eye coordination, balance, and strength. For example, pushups, pull-ups, rope climbing, medicine ball work, kettle bell work, and some running and short sprints are done. They produced the model athlete for their sports system. Children were chosen for the sport that suited their physical, mental, and emotional qualities. Neither the child nor the parents were able to pick

Here in the United States, football is huge. Go to any park and a million kids are playing football. Of course, only a small percentage will go on to play college ball, and even fewer will go on to the NFL. But all that sprinting, jumping, and agility drills formed the GPP for power lifting.

Kenny Patterson started lifting at Westside at 14 years old and became the youngest to bench press over 700 pounds and hold an open world record at 22 years old with a 728 bench at 275 body weight. Mike Brown benched 735 at 19 years old, still the biggest bench by a teen. Mike has gone on to

total over 2500. Dave "Neutron" Hoff, at 16, squatted 805, benched 515, and deadllifted 650 at 220. Now at 19 years old Neutron has made a 1005 squat, a 680 bench, and a 745 deadlift, to total 2430. This is the largest and only 1000-pound squat by a teen and the biggest total by any teen at any weight.

How did Kenny Patterson, Mike Brown, and now Neutron make the lifts they did? When they came to Westside, each was placed in a group of advanced lifters. Instead of one coaching many, many coached one. Bob Coe and Gritter Adams oversaw everything Neutron did. He was surrounded by top 10 lifters to help in his development. He could easily handle the physical work, but more important to me was the fact he could cope with the mental process of learning the methods and with the neverending expectations placed on him. Like those that preceded him, Neutron has the most advanced methods at his disposal.

Like Mike Brown, Neutron uses a lot of foam box squatting, lowering his regular box and placing a 7-inch foam pad on top. This makes box squatting very taxing on the muscles. It feels like there is no bottom in the squat. This causes better balance and feels somewhere between a regular squat and a box squat. On max effort day he does rack pulls with and without bands, good mornings with a variety of bars, Zercher squats, fronts squats, or Manta Ray squats. When he feels fatigued, he will do only hypers, glute/ham raises, lat work, sled work, and abs. There are many exercises to choose from on max effort day. He will do 3 or 4 exercises and rotate them according to his needs. By switching exercises frequently, the central nervous system is never fatigued. The max effort exercises are rotated weekly. The special exercises are rotated whenever

progress slows or boredom sets in.

Neutron does very little special exercises after the main workout. He is biomechanically suited to squat, bench, and deadlift; thus his training is geared toward that fact. Pavel would say that Neutron is a model athlete.

On speed squat day bands and chains are used 95% of the time. Occasionally he will use free weights while squatting on foam. He will stand on foam and sit on foam about 25% of the time. About 60% of the workouts are done sitting on foam only, but always sitting on some kind of a box. He will warm up in gym shorts, then groove briefs, and will use what gear it takes on very heavy work days.

His bench workout looks the same, but he never uses a bench shirt on speed day. Nine sets of 3 reps with three different grips are used. Mini-bands, monster mini-bands, or 2 or 3 sets of 5/8 inch chains are used to accommodate resistance in many combinations. Triceps extensions with dumbbells or barbells are done every workout and with as high volume and high intensity as possible. The lats are second on his list. He then does pull-downs, rows with barbells or dumbbells, chest-supported rows, upper back, rear and side delts, and some hamstrings and curls to end the workout.

On max effort bench day the workout changes each week. The following can be done: floor press with just bar weight, with chains, or bands, regular bench with chains or bands, incline or decline press, weight releasers, ultrawide-grip or close-grip bench, and dumbbell press at different angles. This is the conjugate system.

Changing the rate of bar speed on dynamic day, changing the amount of bands or chains on the bar, or adding a hanging kettle bell to the bar causes a chaotic state. The lightened

method with overhead bands of different strength can also be done.

Science tells us that doing the same exercise for 3 weeks with a weight of 90% or greater will cause progress to stop. By switching the main core exercise each week, you can continue to make progress indefinitely. How? By not negatively affecting the CNS. This holds true for speed day as well. By switching the accommodating resistance, one can avoid the speed barrier. This is when one feels he cannot move the bar any faster regardless of how hard they

As you can see, we train a teen like an advanced lifter, just by training by percents and picking the correct special exercises to complement his weaknesses. Only time will tell how far he can go, but so far there's no stopping Neutron.

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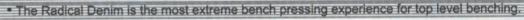
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- Spreads the stress over a wider area of the future. It's a true investment in powerlifting
- Made from the exclusive HardCore material The material of the Phenom has the perfect which will provide you with the most incredible balance of non-stretch and rebound power available in the powerlifting combination which will provide you with world. HardCore material is also up to 40% incredible power and momentum from start to heavier than the closest poly fabric on the lock out market being used for powerlifing gear.
- You will be able to use the Phenom for countless workouts and competitions in the

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the



- into the pattern complement the already super knows how to make. This is not only about
- unison with the body, not jittering or faultering most Quality and Results are yours in the with the bar. You will increase your bench press RageX. and keep it safe to boot. Proven in numerous world records.
- new territory where unbelievable results from a single-layer competition restrictions. poly shirt happen. The RageX will continuously the bench press has become for them because bench shirt of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- · Extra Reinforced front shoulder seams add · The RageX is the bench shirt for those who support and security for this radical design. want an immediate step up to stratospheres of . The combination of several new contours built. AGGRESSIVE design than any other company SOLID SEAM™ technology keeps the sleeves. It is about numerous details creating a where they are supposed to be, working in cumulative effect that is undeniably the best. The
- · RAGE X IS FOR EXPERIENCED BENCH and increase the longevity and comfort of the PRESSERS ONLY PLEASE! RageX goes into RageX bench shirt. Or choose Single Layer for
- amaze you at how much you can bench press. Guaranteed. Absolutely guaranteed you will Bench pressers report regularly how much fun bench press more than in any other round-sleeve

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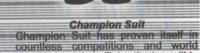
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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to Mauro Di Pasquale M.D. at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

pectoral for the second time in ten years. I was going a bit heavier on bench presses than I had in the past, and it tore again. It appears to be about 20-30 % torn, and my doctor advised I can start training chest again in about eight weeks. This was the same course of action I took for the first one. My question is twofold. First, do you recommend any treatment during the eight weeks? Also, do you think substituting Hammer Strength Bench Presses for barbell bench presses would reduce the chance for future injury? Thank you, Alex

Hi Alex: My usual recommendation for tears like yours is to let it heal without any drastic intervention in the form of various growth factors. The one thing I could recommend is my Joint Support (have a look at http:/ /www.mdplusstore.com/pdfs/ jointsup.pdf) not because it's one of my products but because it's the only supplement on the market that provides the matrix and also supports the healing environment for musculoskeltal injuries. I have several therapists and orthopedic surgeons who prescribe Joint Support for their trauma and surgical patients. The only other supplement I would consider and which could be stacked with Joint Support is GHboost (see http:// www.mdplusstore.com/pdfs/ ghboost.pdf) as it will increase tissue levels of IGF-I and GH and thus aid in the healing process.

As far as substituting hammer strength bench presses for barbell I think it would be a good idea to spread the work load between the two and see how your body responds. I've had some issues myself with my bench presses and that's what I do to ease the overall stress that benching puts on the muscles involved in the bench press. Best regards, Mauro

Dear Dr. Mauro:

I just have a question , How many grams of sugar of will create an insulin spike? Thank vou. David

Hi David: If you take it alone as little as a teaspoon will cause a spike with the amount of insulin secreted proportional to the augmented insulin secretion only

Dr. Di Pasquale: Last amount of sugar you take in. Insulin Wednesday I tore my left response to glucose, other sugars. amino acids, fatty acids, and nutrients is complex. Some of the confusion arises when extrapolating from murine studies. I've copied the citation and abstract below, and attached a paper that you may find useful and that will help answer some of the questions you may have. Best regards, Mauro

DIABETES. 2006 DEC:55(12):3470-7. NUTRIENT CONTROL OF INSULIN SECRETION IN ISOLATED NORMAL HUMAN ISLETS.HENQUIN JC, DUFRANE D, NENQUIN M.

Pancreatic islets were isolated from 16 nondiabetic organ donors and, after culture for approximately 2 days in 5 mmol/ glucose, were perifused to characterize nutrient-induced insulin secretion in human islets. Stepwise increases from 0 to 30 mmol/l glucose (eight 30-min steps) evoked concentrationdependent insulin secretion with a threshold at 3-4 mmol/l glucose, K(m) at 6.5 mmol/l glucose, and V(max) at 15 mmol/l glucose. An increase from 1 to 15 mmol/l glucose induced biphasic insulin secretion with a prominent first phase (peak increase of approximately 18-fold) and a sustained, flat second phase (approximately 10-fold increase), which were both potentiated by forskolin. The central role of ATPsensitive K(+) channels in the response to glucose was established by abrogation of insulin secretion by diazoxide and reversible restoration by tolbutamide. Depolarization with tolbutamide or KCl (plus diazoxide) triggered rapid insulin secretion in 1 mmol/l glucose. Subsequent application of 15 mmol/l glucose further increased insulin secretion, showing that the amplifying pathway is operative. In control medium, glutamine alone was ineffective, but its combination with leucine or nonmetabolized 2amino-bicyclo [2,2,1]-heptane-2carboxylic acid (BCH) evoked rapid

insulin secretion. The effect of

BCH was larger in low glucose

than in high glucose. In contrast,

the insulin secretion response to

arginine or a mixture of four amino

acids was potentiated by glucose

or tolbutamide. Palmitate slightly

the supraphysiological palmitate-to-albumin ratio of 5. Inosine and membrane-permeant analogs of pyruvate, glutamate, or succinate increased insulin secretion in 3 and 10 mmol/l glucose, whereas lactate and pyruvate had no effect. In conclusion, nutrient-induced insulin secretion in normal human islets is larger than often reported. Its characteristics are globally similar to those of insulin secretion by rodent islets, with both triggering and amplifying pathways. The pattern of the biphasic response to glucose is superimposable on that in mouse islets, but the concentrationresponse curve is shifted to the left, and various nutrients, in particular amino acids, influence insulin secretion within the physiological range of glucose concentrations.

Dear Mauro: Does glutamine need to be cycled? Thanks, Chris Hi Chris: That's a good question and the answer you get depends on who you're asking. If you ask someone who doesn't believe we need supplements, just the right food, then the answer might be not to take the glutamine in the first place. If you're asking someone in the supplement business, the answer might be to take it year round as your body will Best regards, Mauro

determine what it will do with the glutamine, i.e. use it for replenishing depleted states, turning it into glucose (gluconeogenesis), synthesis of glutathione, involvement in ureagenesis and ammoniagenesis, protein synthesis, or simply oxidizing it as a cellular fuel.

My answer would be that it's a good idea to cycle all supplements, except perhaps for your basic one a day, antioxidants, and essential fatty acids as these act as foundation supplements. The reason behind the cycling is that I'm not sure just how the constant long term use of one or more supplements will affect the body in the long term. As such, I tend to advise people to use supplements when you need it the most and cut back when you don't. In the case of glutamine's useful in all forms of stress, since trauma, surgery, burns, ischemia, infections, fasting, malnutrition and of course exercise, all deplete the body, including the gut. immune system and muscles, of glutamine. So I would use the glutamine under more stressful conditions such as when you're training hard, especially if you're overreaching, rather than at times when you're either taking a break from training or just coasting. I hope this information is useful.

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IPF Men's Worlds 600 lb.+ Bench 1971-2007 by Brad Gillingham

Rank Name Class KG LB Place

		125+	350.5		Miami, USA	2005
			337.5		Capetown S. Africa	2004
			337.5		Miami, USA	2005
390			330	727		2007 2005
	Yarymbush-Ukraine	125+	325 322.5			2005
,		125	322.5	705		2005
		125+		705		2007
			317.5		Vejle, Denmark	2003
,			317.5		Solden, Austria	2007
1		125+		694	Solden, Austria	2007
12		125+	312.5	688	Stavanger, Norway	2006
13		125+	310	682	Stavanger, Norway Capetown S. Africa	2004
	Midote-Japan	125	310	682	Stavanger, Norway	2006
15	Williams-USA	110+	306.1	675	York, USA	1971
16		125+			Trencin, Slovakia	2002
17	The state of the s	125	300.5	662	Capetown S. Africa	2004
18	Midote-Japan		300	661	Sotkamo, Finland	2001
9921		125+	300	661	Vejle, Denmark	2003
20		110+	299.4	660	0/	1972 2005
21		125+	297.5	655	Miami, USA	2000
22		125	295	650 644	Akita City, Japan	2003
23		125+ 125+	292.5 290	639	Vejle, Denmark Capetown S. Africa	2004
24		125+	290	639	Capetown S. Africa	2004
		125+	290	639	Capetown S. Africa	2004
		125	290	639	Capetown S. Africa	2004
28		100	290	639	Miami, USA	2005
29		125	287.5	633		2003
	Svensson-Sweden		287.5	633	Vejle, Denmark	2003
		100	287.5		Capetown S. Africa	2004
	Bowring-Great Britain				Stavanger, Norway	2006
33	Bondarenko-Russia	125+			Miami, USA	2005
		125+	285		Stavanger, Norway	2006
	Krymov-Ukraine	90	285	628	Solden, Austria	2007
	Mardell-Canada	125+	285	628	Solden, Austria	2007
37		110+	282.5		Dayton, USA	1979
		125		622	Capetown S. Africa	2004
		110	282.5	622	Miami, USA	2004
40		125+		617	Trencin, Slovakia	2002
		125+		617	Trencin, Slovakia	2002
		125+		617	Veile, Denmark	2002
		125+		617	Vejle, Denmark Capetown S. Africa	
	Thompson-Gt. Britain			617	Miami, USA	2005
	Gayanov-Kazakhstan	125+		617	Solden, Austria	2007
		125	280	617	Solden, Austria	2007
48			277.5		Trencin, Slovakia	2002
40	Svensson-Sweden	125+	277.5	611	Vejle, Denmark	2003
	Kupcsik-Hungary	100	277.5	611	Capetown S. Africa	2004
	Suslov-Russia	110	277.5	611	Capetown S. Africa	2004
	Gillingham-USA	125+		611	Solden, Austria	2007
53	Papazov-Ukraine	125+		606	Trencin, Slovakia	2002
	Siders-USA	125+	275	606	Trencin, Slovakia Trencin, Slovakia	2002
	Arvai-Hungary	125	275	606	Capetown S. Africa	2004
	Bowring-Great Britain	125	275	606		2004
	Gillingham-USA	125+	275	606	Capetown S. Africa	2004
	Malanichev-Russia	125	275	606	Miami, USA	2005
	Cardella-USA	125	275		Miami, USA	2005
	Harris-USA	125+	275		Miami, USA	2005
	Randen-Norway	125	275		Stavanger, Norway	2006
	Barkhatov-Russia	110	275		Solden, Austria	2007
	Spingl-Czech Republic	c125+	275		Solden, Austria	2007
64	Kuc-USA	110+			Harrisburg, USA	1972
	Hedlund-Sweden	110+		600	Dayton, USA	1979
	Moran-USA	125+	272.5	600	Dallas, USA	1984
	Collins-USA	125+		600	Jonkoping, Sweden Akita City, Japan	2000
	Gillingham-USA	125+		600	Veile Denmark	2003
	Arvai-Hungary	125	272.5	600		2005
	Fedorenko-Russia	110 125	272.5 272.5		Stavanger, Norway	2006
	Cardella-USA	125	2/2.5	000	Stavanger, Horway	2000





Lars Hedlund (SWE) held the IPF World Bench Press Record in the early years.



Brian Siders (US) will likely take over the lead on this list at his next IPF Worlds



Kenneth Sandvik (FIN) interviewed by BP great Markus Schick. Daisuke Midote (JPN) has been prolific as a big time bencher at the Worlds.



Alan Whigham won his class at the 2002 USAPL Men's National Championships in Chicago, IL









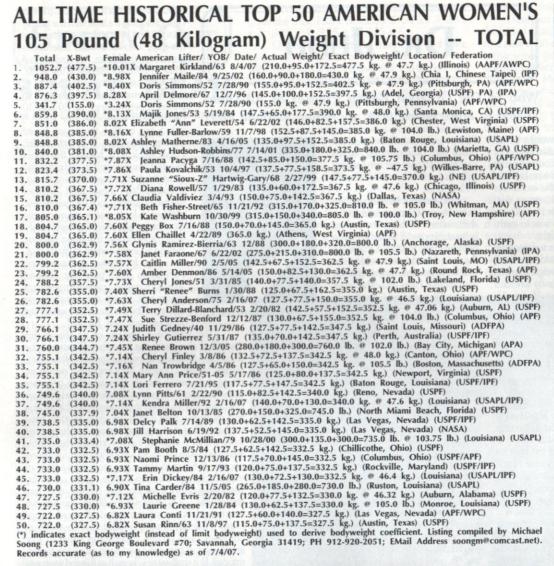
ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S

Total X-Bwt American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 1455.1 (660.0) 11.79X Richard Hawthorne/84 4/17/04 (265.0+135.0+260.0=660.0 kg.) (Baton Rouge, Louisiana) (APF)
2. 1383.4 (627.5) *11.21X Lamar Gant/57 7/10/82 (200.0+137.5+290.0=627.5 kg. ® 56.0 kg.) (Dayton, Ohio) (USPF/IPF)
3. 1383.4 (627.5) *11.29X Mike Ewoldsen/65 2/13/95 (230.0+137.5+260.0=627.5 kg. ® 56.0 kg.) (Dayton, Ohio) (USPF/IPF)
4. 1366.9 (620.0) *11.07X Damarrio "Doc" Holloway/80 4/30/06 (220.0+137.5+262.5=620.0 kg. ® 56.0 kg.) (GA) (USAPL)
5. 1317.3 (597.5) 10.67X Bobby Adams 3/11/89 (215.0+142.5+240.0=597.5 kg.) (Fort Hood, Texas) (USPF)
6. 1306.2 (592.5) *10.68X Erwin Gainer/66 10/15/07 (220.0+142.5+240.0=597.5 kg.) (Fort Hood, Texas) (USPF)
7. 1300.7 (590.0) 10.54X Tim Taylor/66 10/28/89 (200.0+135.0+255.0=590.0 kg.) (Hills Air Force Base, Utah) (NSM)
8. 1300.7 (590.0) 10.54X Dave Pattaway/59 7/28/90 (230.0+107.5+252.5=590.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
9. 1295.0 (587.4) 10.49X Joe Bradley/56 5/13/78 (455.0+315.0+525.0=1295.0 lb.) (Port Edwards, Wisconsin) (USPF)
10. 1295.0 (587.4) 10.49X Herb Blake/58 12/9/89 (500.0+275.0+525.0=1295.0 lb.) (Port Edwards, Wisconsin) (USPF)
11. 1270.0 (575.0) *10.54X Ernesto Milian/47 11/21/97 (485.0+255.0+520.0=1295.0 lb.) (Port Edwards, Wisconsin) (DSPF)
12. 1267.7 (575.0) *10.54X Ernesto Milian/47 11/21/97 (485.0+255.0+520.0=1295.0 lb.) (Raleigh, North Carolina) (USPF)
13. 1267.7 (575.0) *10.27X Wil Taylor/69 3/29/98 (222.5+130.0+222.5=575.0 kg.) (Raleigh, North Carolina) (USPF)
14. 1267.7 (575.0) *10.34X Jeremy Scruggs/83 9/11/05 (210.0+130.0+235.0=575.0 kg.) (Fort Wayne, IN) (USAPL/IPF)

11. 127.0. (19.1.) 10.27X Clarence Fielder 7/31/92 (200.0+137.5+237.5-575.0 kg.) (Raleigh, North Carolina) (USPF) 13. 1267.7 (375.0) 10.27X Wil Taylor/69 3/29/98 (222.5+130.0+222.5=575.0 kg.) (Denver, Colorado) (USAPL) 14. 1267.7 (375.0) 10.27X Wil Taylor/69 3/29/98 (222.5+130.0+222.5=575.0 kg.) (Denver, Colorado) (USAPL) 15. 1262.1 (372.5) 10.22X Bob Lech 7/12/80 (220.0+125.0+227.5=572.5 kg.) (Madison, Wisconsin) (USPF/IPF) 15. 1262.1 (372.5) 10.22X Bob Lech 7/12/80 (220.0+125.0+227.5=572.5 kg.) (Madison, Wisconsin) (USPF/IPF) 16. 1258.8 (371.0) 10.20X Lance Mays 4/25/92 (231.0+112.5+227.5=571.0 kg.) (Dallas, Texas) (NSA) 17. 1256.6 (370.0) *10.65X Mike Booker/81 3/9/02 (250.0+170.0+150.0=570.0 kg.+18.0 lb., w/o SQ suit/BP shirt) (CA) (AAU) 18. 1251.1 (567.5) 10.13X M. Long 2/13/88 (210.0+125.0+223.5=567.5 kg.) (Dallas, Texas) (USPF) 19. 1250.0 (367.0) *10.65X Mike Booker/81 3/9/02 (250.0+170.0+150.0=570.0 kg.+18.0 lb., w/o SQ suit/BP shirt) (CA) (AAU) 18. 1251.1 (367.5) 10.04X Dave Buterbaugh 8/10/96 (250.0+165.0+147.5=562.5 kg.) (Class Yegas, Newada) (APF/WPC) 17. 1234.6 (360.0) *10.04X Dave Buterbaugh 8/10/96 (250.0+165.0+147.5=562.5 kg.) (Class Yegas, Newada) (APF/WPC) 17. 1234.6 (360.0) *10.09X David Ramsey 2/17/88 (225.0+127.5+227.5=250.0 kg.) (El Tora, California) (USPF) 18. 1230.0 (357.9) 9.95X Hien Nguyen/77 10/24/92 (590.0+285.0+445.0=1230.0 lb.) (Omaha, Nebraska) (NASA) 18. 1230.0 (357.9) 9.95X Hien Nguyen/77 10/24/92 (270.5+115.0+220.0=552.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) 19. 121.1 (352.5) 9.97X Mark Hartman/73 7/25/92 (217.5+115.0+220.0=552.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) 19. 121.5 (355.0) 9.37X Mark Hartman/73 7/25/92 (217.5+115.0+220.0=552.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) 19. 121.5 (355.0) 9.38X kus steinhouser 7/6/85 (200.0+225.5+157.5+520.5 kg. 65.0 kg.) (Chicago, Illinois) (USPF) 19. 121.5 (355.0) 9.38X kus steinhouser 7/6/85 (200.0+125.5+157.5+520.5 kg. 65.0 kg.) (Chicago, Illinois) (USPF) 19. 121.0 (348.8) 19. 3. 120.0 (348.8) 19. 3. 120.0 (348.8) 19. 3. 12

50. 1167.5 (529.6) 9.46X Dave Moyer/34-06 5/9/70 (477.5+240.0+450.0=1167.0 lb.) (NJ) (AAU)

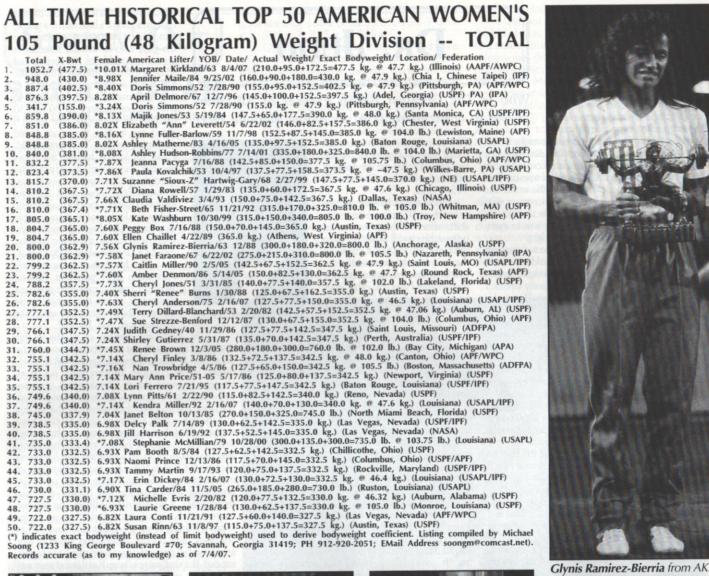
(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.













Margaret Kirland DDS leads the list which includes Terry Dillard from lowa, Elaine Grimwood from PA, and Jeanna Pacyga lifting out ut of IL.

Jim Morgan won the '85 USPF SRs, Mike Ewoldsen dominated in NASA, as Doc Holloway has done in USAPL, and Ralph Caputo won Y Natls.

Recently, I was asked by a student in my weightlifting class at Albany State University, "Who is the greatest bench presser of all-time?" What he was really asking was, "Who is the greatest superheavyweight bench presser of all-time?" which would seem a lot easier to answer. WRONG! I pondered the question for five solid minutes, but couldn't come up with an answer. Then he

asked me who the best superheavyweight bench presser in the world was today. I mulled over that question for a good five minutes and couldn't come up with that answer. Finally, he asked who the best superheavyweight bench presser in the world was when I competed. Not only could I answer that question right off the top of my head, but I could also tell him who the best bench presser was in every weight class, without much forethought.

When I got home that night, I started thinking about the initial question that my student asked, "Who is the greatest (superheavyweight) bench presser of all-time?" My mind constantly wrestled with that question until ten o'clock when Beyoncé's MTV videos came on.

The next day when I got to my office I looked up Michael Soong's rankings of the Top 100 bench pressers of all-time. Talk about adding chaos to confusion, there was no less than 15 powerlifting organizations on the list whose governing rules I can't keep up with. I am not even sure if some of these organizations even have written rules.

Obviously, the first name on the list was Ryan Kennelly who recorded a mindboggling 1050 pound bench press. Of course, Kennelly used a bench press shirt to accomplish the feat. I was told by a number of authorities in the sport that the shirt he was wearing when he did the 1050 pound bench gave him between 300 and 400 pounds. I was also told that the shirts that produced many of these otherworldly bench presses are so tight that the lifter literally has to pull the weight to his chest and then the weight springs up past his sticking point. Consequently, the lifter is basically doing a lock-out. Now for a lifting shirt to enhance an athlete's bench press by more than 30 percent is in itself astonishing and a little scary. To be honest, the first thing that ran through my mind was "How safe is that?" If the shirt allows an individual to lift 30 percent more than his maximum, what happens if the shirt blows out? I would think that would lead to a serious injury, which I believe is contrary to what the shirts were initially designed for ... safety. That is just a thought in passing and a discussion for a later date.

The real issue for me at the time was Kennelly's 1050 bench press. For a human being, I am assuming Kennelly is a human being, to unrack 1050 pounds, lock it out, lower it to his chest and then drive it back up to a locked-out position is absolutely incredible. I don't care what he was wearing. The feat almost defies human comprehension. I doubt seriously if there are a handful of superheavyweights who could even lock-out 1050 pounds let alone bench press it. I would also venture to say that you could wrap every one of them in a pallet of Kevlar and denim and they couldn't duplicate that lift. When I was in the best shape of my life, I couldn't roll 1050 pounds across the gym. Although, I really don't like the use of equipment that is designed to enhance performance, I would have to say that Kennelly's accomplishment is one of the greatest feats of strength in the history of man. I won't say it was a great bench; I will say it was an incredible feat. Either that or I am missing

Now, if it is true he was getting 300 pounds on his lift, (that sounds like a lot but a number of people told me that) I would assume he could bench press

DR. JUDD

Who Is The Greatest Bench Presser of All-Time? as told to Powerlifiting USA by Judson Biasiotto Ph.D.

750 pounds raw which would still make him the greatest bench presser of all-time since the record without a shirt is Scot Mendelson's 715 pounds.

However, if he were getting as much as 400 pounds from the shirt, which is hard for me to believe, his raw lift would not even put him in the top ten. If that were the case, Mendelson would be the best bencher of all-time except for the fact that I was told other guys on the list such has Gary Frank, Gene Rychlak, Anthony Clark and Jamie Harris used shirts that

gave them significantly less of an advantage on the bench. How much less? From the people I talked to the estimates ranged from as little as 50 pounds to as much as 300 pounds depending on the shirts they were wearing. This just made the issue more perplexing.

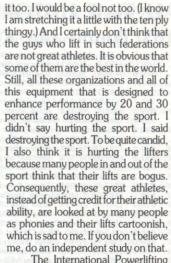
Judson Biasiotto Ph.D.

The more I researched the matter the more it became quite clear that because of the equipment used from one organization to another and the difference in rules from one organization to another it was impossible to really know who was the greatest of all-time. For instance, some organizations allow one ply shirts, others two ply and others unlimited number of plies. The material which is allowed to make the shirts also varies from federation to federation which makes things even more confusing. Some shirts are made of denim, others canvas, and some polyester. The federation you lift under determines what type of shirt you can use. It goes without saying that a bench press recorded under the rules in one federation can not be compared to a bench press recorded under the rules of another federation.

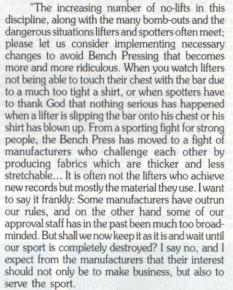
What does all this mean? I guess it means that being ranked number one on the all-time list doesn't necessarily mean you are number one. It could mean you are actually ... well, number five, or number ten or number fifty. And being number ten really might not mean you are number ten, you may actually be...well, number one, number thirty or number seventy. And fifty could be seven, and seven could be four and four could be fifty and so on and so forth. Who can figure?

One thing that bothers me most about the rankings is that a guy like James Henderson is not even ranked in the top 50 on Soong's all-time top hundred. Now, I may be biased because James is a good friend of mine, but I doubt seriously if there are 2 or 3 guys better than James in the bench press, and there is certainly not 50 guys better than him. Actually, James just might be the best of all-time. One thing I will say is that the lifts he recorded were all done wearing only a T-shirt and with strict officiating.

What bothers me most though about all of this is the factionalism it is causing in our sport. Let me say straight out that I am all for equipment if it is designed for safety. Let me also say that I have nothing against someone using a ten ply denim shirt laced with Kevlar if the organization he is lifting in sanctions such equipment. If I were lifting in a federation that allowed such equipment, I would use



Federation (IPF) president Norbert Wallauch made some rather poignant comments about the bench press shirts on the market that I would like to share with you. He said:



Other federation's lifters may use what they want – multiply denim or even armours out of leather and metal – but we want to preserve Powerlifting as a serious sport which shall have a chance to once become a recognized member of the Olympic Movement. Let us walk this way together."

Actually, he was only talking about single ply shirts here. I can only imagine what he thinks of unrestricted use of shirt materials and plies. Still, I have to agree totally with Wallauch. I wish that one day powerlifting will once again unite as one solid entity the way it was initially. I know that maybe be a little idealistic, but that is my wish. In order for that to happen, there most likely would have to be compromise ... if that means using one or even two ply shirts so be it ... but if the sport is to survive, there has to be unity and consistency. Also, athletes (and the manufactures of equipment as Wallauch suggests) will have to start doing what is best for the sport rather than what is best for them. In the long run, though, what is best for the sport will be best for them because if all of this continues the way it is going powerlifting will be reduce to rubble ... when that happens no one will give a damn who the best bench presser in the world is.

DR. JUDD BIASIOTTO

STARTIN' OUT

SQUAT GEAR

as told to PLUSA by Doug Daniels

Several years ago I got adventuresome and took scuba diving lessons. One of the drills was to throw all our scuba gear such as mask, air tank, flippers, etc. into the deep end of the swimming pool and then dive in and put all of it on while under water and come up with it all on. There was a certain order that you would follow in putting on the gear. The first thing you did was put the mouth-piece from the air tank in your mouth to breathe. Then you proceeded to put the rest of your gear on in the prescribed fashion. I believe using squat gear in competition and training should also follow a prescribed method by which each piece of gear should be added. There are numerous opinions on how this can best be done. Some believe a lifter will get best results when a full complement of gear is used throughout the contest training cycle. There are others who believe that by using it sparingly during training, best results will be achieved. I guess I'm just a middle of the road guy on a lot of things and the use of squat gear in training is one of them. To accomplish this, you must have a plan to incorporate squat gear into your routine as the meet nears. The best way to illustrate what I mean is to lay out an 8 week cycle leading up to a contest.

Before I get to the contest training routine, I suggest that during the time prior to your contest training cycle, which I call the 'off season', a lifter limit his squat gear to a light belt for the top set. During this off-season period, the goal is to build strength, not to demonstrate it. At one of my company's safety meetings, the use of a lifting belt at the work place was brought up. Some companies supplied workers who lifted heavy objects on the job with a type of lifting belt. This was seen as a way to decrease back injuries. What these companies found out was instead of a decrease in back injuries; there was an increase. In reality, the belts substituted for strong abdominal muscles and the workers lost strength in their abs. When they lifted objects off the job without the belt, they suffered back injuries due to weakened torso muscles. By minimizing the use of a belt and other gear. your supportive muscles will be forced to strengthen.

When we begin the 8-week contest phase, we can start to add squat gear into our routine. In this example, we cut our reps on our heavy days down to 5's for the first 3 weeks. We would use a belt and add knee wraps on the third week of the heavy sets. The sets and weights might look something like this: $135 \times 8, 225 \times 5, 315 \times 5, 355 \times 5, 335 \times 5, 315 \times 5$.

On the third set, add a thin belt, the fourth and fifth sets add wraps, and on the last down set, use only the belt. I would strongly suggest not using any gear at all on your light day, but if you must, limit it to using a light belt on the heavy sets.

By adding equipment in this manner, you'll get an extra kick from each piece of gear. This will make the weight seem easier because of the support each piece of gear contributes.

The next 3 weeks concentrate on heavy sets of 3's. During this period we would add an older or less tight squat suit. If you do not have

an older suit, use what you have. The progression goes like this: 135×8 , 225×5 , 315×3 , 355×2 , 395×3 , 375×3 , 345×5 .

On the third set add a thick belt, add knee wraps on the fourth, and then add a squat suit with the straps down on the fifth. On the last two sets use only knee wraps and a belt. This gradual introduction of the squat suit will provide the previously mentioned 'kick' while slowly accustoming you to the use of the squat suit.

During the final 2 weeks we would use full squat gear on the top sets. But again, each piece of gear is added progressively as the weight increases. Here we would attempt a single: 135×8 , 225×5 , 315×3 , 355×1 , 395×1 , 435×1 , 415×1 , 355×5 .

On the third set, use a thick belt and knee wraps. On the fourth, add your competition squat suit with straps down. On the fifth and sixth sets, pull up the squat suit straps. For the last set, lower the straps to finish. The light day would be eliminated, and you would squat once a week. This helps to reduce the chance of over

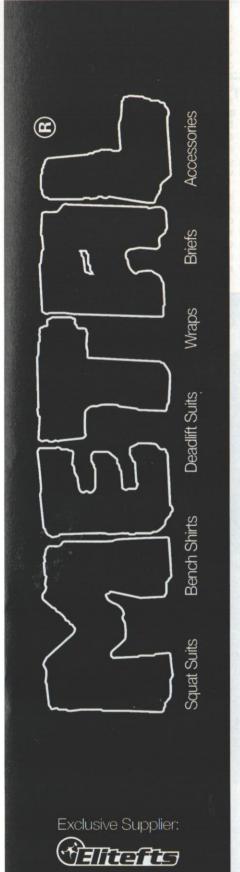
training so close to the contest.

I feel that a lifter needs time to get used to the feel of squat gear. This is especially important to a newer lifter who has had little experience using squat gear. Each piece of gear has a distinct impact on the feel and the execution of the squat. More experienced lifters have a better idea of what to expect and may not need such a gradual process of adding gear. By progressively introducing squat gear through the contest training period, as well as each training session, you will continue to build strength and acclimate yourself to your competition gear. This will also add to your confidence, which is key to lifting to your capabilities.

When a lifter competes, he should be using all the squat gear that the rules and his budget allow. He must also be familiar with their effects during a competition squat attempt. Just like in scuba diving, there is an optimal order in which to put on your squat gear. Your use of squat gear is as integral factor to your success in the squat as is your training methods and nutrition.



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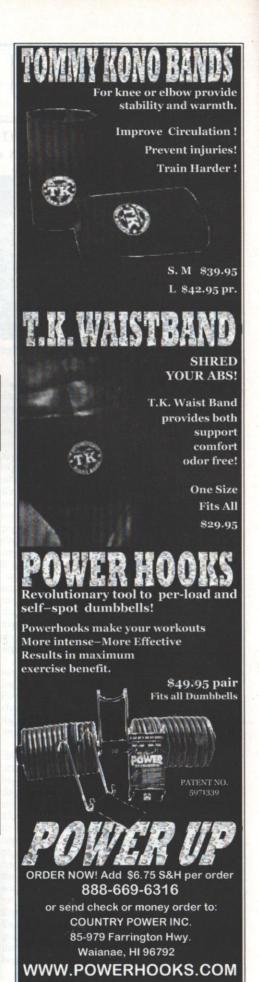
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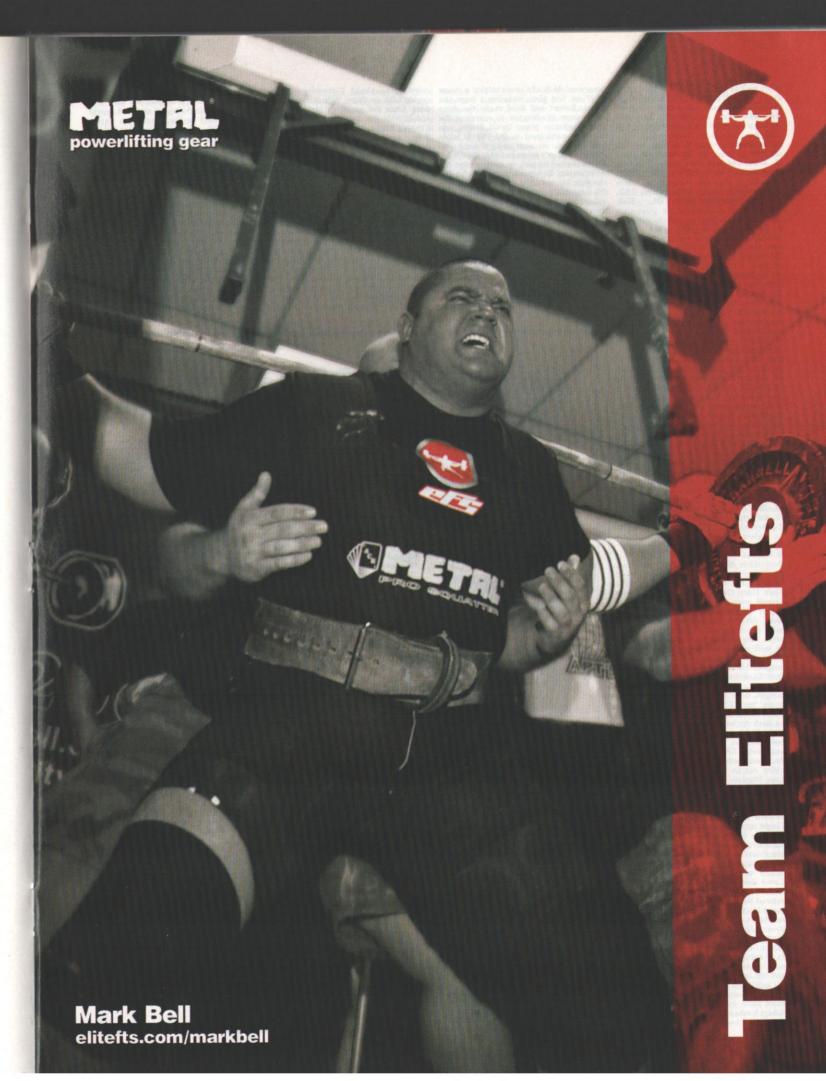


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BENCH		J. Eva	ns	-	
181 lbs.		308 II	bs.		
J. Laija	369	J. Sal	divar	677	
220 lbs.		SHW			
J. Bachmeir	- 1	C. Ca	rter	518	
275 lbs.		E. An	derson	-	
A. Gonzales	-				
Push Pull		BP	DL	TOT	
165 lbs.					
P. Lemone		248	485	733	
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
105 lbs.					
L. Barnes	270	187	308	766	
MALE					
181 lbs.					
B. Conant	606	369	451	1427	
L. Ivy	501	374	501	1377	
R. Buxbaum	418	226	440	1085	
198 lbs.					
D. Bertier	440	336	540	1317	
220 lbs.					
S. Bartlett	683	507	562	1752	
C. Jackson	650	457	556	1664	
J. Hallikain	451	330	551	1333	
P. Schwab	341	286	435	1063	
M. Wild	_	_	_	_	
242 lbs.					
K. Kim	705	468	644	1818	
H. Gomez	622	413	633	1670	
H. Gomez D. Varela	731	220	606	1558	
F. Pahlew	551	292	474	1317	
J. Richie	_	545	551	1096	
D. Randa	_	_	_	-	
275 lbs.					
A. Zavela	1003	677	639	2320	
J. Burdick	777	534	711	2022	
R. Higgins	705	606	705	2017	
S. Flaming	782	485	650	1918	
M. Montalvo	749	523	584	1857	
E. Baum	711	534	501	1747	
A. Gallagher	683	_	_	683	
308 lbs.					
M. Bell	1003	793	705	2502	
A. Roberts	1003	705	705	2414	
G. Beckham	804	573	600	1978	
D. Salvidar	804	_	_	804	
S. Burgess	_	_	705	705	
S Mesias	_		_	_	

Best Lifter Bench Only: John Saldivar. Best Lifter Push Pull: Peter Lemone. Best Female Lifter Overall: Linda Barnes. Best Male Lifter Overall: Mark Bell. It's been several years since California has had a highly competitive state championship meet. All that changed on December 1st with the inaugural UPA California State Meet. Lifters came from all over the state as well as Nevada and Washington. Big Chad Aich's rolled in to help out and support his teammates. AJ Roberts from Iron Gladiators came to town with some great young and disciplined lifters. Big weights were being hit all day including a top ten all-time total, five totals over 2000, numerous open elite totals and back to back to back 1003 lb. squats! Bench Only: Eight competitors entered the bench only division with only three making a successful lift. Jerry Wood and Ernic Anderson both entered the meet but de cided not to lift. Sixteen year old John Laija lifted in the 181 lb. class making a nice 369 bench. Jared Bachmeir had his sites set on huge numbers opening with 749 at 220. Jared had to cut a significant amount of weight and it looked like it caught up with him on meet day as he was not able to get a bench in. In the 275s Anthony Gonzales bombed with 501 and Jim Evans missed all three tries at 485. John Saldivar made a solid opener of 677 before missing 705 twice. Young Chris Carter didn't have the day he wanted but made a solid 518 at SHW. Pete Lemone entered the meet in the Push Pull division going 248 BP and 485 DL at 165. Two tries DL were just short of lockout. Full Power: There was only one entry in the women's division this time. Diablo's Linda Barnes worked through a shoulder injury to put together the day she has been working toward the last two years. 270-187-308 for 766 which is elite at 105! This is Linda's first open division elite and she is 58 years old. On to Nationals for Linda. Third place in the 181 lb. class went to Robert Ruybaum with a 1085 total. Second place went to Larry Ivy with 1377. Eigh

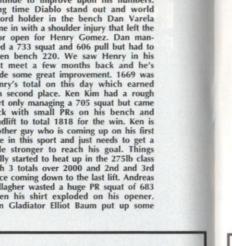
50

from Washington to represent the Iron Gladiators team. David Bertier was I expect 2000+ out of Chris within a year came in with a shoulder injury that left the the lone participant in the 198 lb. class if he can stay focused. Steve "Hayward" door open for Henry Gomez. Dan manand he made it count going 9 for 9 and hitting some pr's en route to his 1317 total.

David seemed to pick up steam as the day went on and let out a big yell with his last deadlift. Marcus Wild came in looking to lift some big weights and go after the state title at 220 but couldn't convert any of his squat attempts at 661. Looked like he may have opened a little too heavy. Marcus wild earned lift weight in the last LIPA meters of the property of the propert

teen year old Brad Conant totaled a strong tag. came to us about 7 months ago and he benched raw so I'm sure we'll see Fritz couldn't lift anything. With a ton of hard continue to improve upon his numbers. work Chris did an admirable job hitting Long time Diablo stand out and world down from Washington to represent the have opened a little too heavy. Marcus pulled this weight in the last UPA meet so he's plenty strong for it. He'll be back. Team Super Training newcomer Paul Schwab lifted in his first meet and finished with 1063. This was Jason Hallikain's first meet as well. Jason is a newcomer to the sport and lifted raw going 451-330-551 for 1333. Another first timer, Diablo's Chris Jackson, was in this division as well. Chris

the lone participant in the 198 lb. class if he can stay focused. Steve "Hayward" door open for Henry Gomez. Dan manand he made it count going 9 for 9 and hitting some pr's en route to his 1317 total. and went 1752 for the win. He had a great token bench 220. We saw Henry in his



This kid is only 18 years old, when his burdick. Ryan had a little trouble to start deadlift catches up he'll go over 2000. but made a strong 705 on his 3rd to get in Mario Montalvo spent the last two weeks the meet. Jesse is still trying to figure out before the meet sick as a dog but still his squat after losing almost 50lbs of managed to finish the day with 1857. I bodyweight and missed his first two as know Mario had plans of going over 2000 but it will have to wait until next time. Steve Flaming is another Diablo lifter climbing his way toward elite. Steve came out of the gate strong going 3 for 3 in the squat ending with a huge PR of 782. A persistent shoulder problem plagued his benching leading up to the meet and reared its head here as he only managed 485. Steve made a 650 DL and two close misses at 705. This is a number that continues to elude him. It seems like every meet he finishes by missing 705.

Well before settling down and nailing 777. First place. Coming into the meet the 308 kayan made a great bench of 606 to best class looked stacked. Shane Mesias looked stacked. Shane Mesias couldn't negotiate a 501 bench and was good of breaking 2500 and 705 did it. AJ cut. David Saldivar wanted to total over and then forgot how to bench missing 633 and then they both and then forgot how to bench missing 633 all three times and was done. We'll see take 711. Both made their thirds going 3 for 3 in the deadlift with Jesse coming out on top by only 5 lbs. Jesses's 711 was also continues to elude him. It seems like every meet he finishes by missing 705.

Well before settling down and nailing 777. first place. Coming into the meet the 308 thought he'd hit at least 750. Mark called to double to close to double to couldn't negotiate a 501 bench and was good of breaking 2500 and 705 did it. AJ cut. David Saldivar wanted to total over and then forgot how to bench missing 633 and then they both and then forgot how to bench missing 633 all three times and was done. We'll see David pull it together at nationals. We saw Chad Aich's training partner Scott Burgess make one of the best 1000 lb. squast ever earlier in the year at Diablo. Burgess make one of the best 1000 lb. squast ever earlier in the year at Diablo. Scott didn't look like himself on this day and if things had gone just a little down command. AJ looked like a machine and then forgot how to bench missing 2500 and called for 750 which he and then forgot how t know Mario had plans of going over 2000 well before settling down and nailing 777. but it will have to wait until next time. Ryan made a great bench of 606 to best Let's see if he solves this puzzle at lb. squat and that is exactly what he did. nationals. Steve's 1918 was just short of elite and capturing the bonze medal. The hadt to grind out his third to reach his goal. That left 3 competitors. George Beckham wire between Team Super Training mem-

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great numbers with 711-534-501 for 1747. ber Ryan Higgins and Diablo's Jesse Roberts and Mark Bell). Andy benched a a 573 bench and 606 pull and you get 1978, This kid is only 18 years old, when his deadlift catches up he'll go over 2000. but made a strong 705 on his 3rd to get in nagging injury to his butt. If Andy ever "Jackass" Bell went back and forth all day. Both men squatted 1003. Mark then going to have to find a way to get this fixed. 2320 capped off Andy's big day for first place. Coming into the meet the 308 benched an enormous 793 to AJ's 705. After seeing AJ's 705 second attempt I thought he'd hit at least 750. Mark called anyone go so far so fast. Mark did his first 3 lift contest at Diablo about 2.5 years ago and went 1900. I remember thinking at the time that he had some potential but would probably destroy his body on the way up. Well Mark's still kicking and good lord, 2500!? Mark has his sights set on even bigger numbers and wants the all time bench record in a three lift meet. Count me in as one of the believers. When this guy puts his mind to something it happens. All in all this was a great meet and stepping stone for the UPA. The next UPA meet at Diablo is February 23rd then on UPA Nationals 4/19 and 4/20. I hope all these great competitors and more will turn out for another tremendous event! Special thanks to Jody Woods for bringing the lights and Deric Stockton for bringing an extra monolift, squat bar and forza bench. The meet happened because of the effort of these people: Spotters & Loaders: Dog Murray, Achim Albrecht, Tony Axelson, KC Keyton, Andy Bushbom, Davan Neely, Opie Irion, Tim Bartlett. Score Table: Suzette Lake, Cap Harper, Hillary Harper, Rich Berendsen, Todd Reeves. Judges: Dave Van Brocklin, Kenny Patterson, Rob Muelenberg, Charlie Telesco, Ted O'Neill. (from Ted O'Neill)

2nd Southern Colorado Push Pull

8 DEC 07 - Pueblo, CO

-BP

210

135 125

225

305

350

275

265

175

135

350

395

355

275

255

405

330

335

235

Best Female Lifter: Naomi Orona. Best Male Lifter: Marcelo Alaniz. Best Bench:

Brad Helm. Best Deadlift: Eddie Bustillos

Thanks to James & Lana for use of the

facilities at World Gym, Pueblo, CO. Appreciation to Head Judge Bill Clousey, Side Judges Robert Pacheco & Dr. Kent

Hill, and the excellent and smooth work

by MC James Sena. Thanks also to Brad Ogle, who ably assisted at the table and helped keep things mving smoothly. Meet Director: Robert Mack. Masters by Wilkes

Formula: 1st-Jay Balestrieri, 2nd-Ray Phelps, 3rd-R. Mack. (from Robert Mack)

DL TOT

540

365

680

480

360

800 760 700

720

885

145 155 300

330

260 240

185 275 460

475 405

405

405 305

225

500 405

405 425

405 660

500 905

550

600 550

465

335 570

320 610 930

315 405

4325 650

Push Pull

123 lbs.

E. Rivera

148 lbs.

M. Coombs

N. Orona P. Ortega

165 lbs.

T. Baca R. Phelps 181 lbs.

D. Jackson

J. Reyes

R. Mack

198 lbs.

B. Helm

S. Cullen 220 lbs.

R. Bevsek R. Strubel

242 lbs. M. Alaniz

275 lbs. D. Muckel M. Smith

J. Balestrieri

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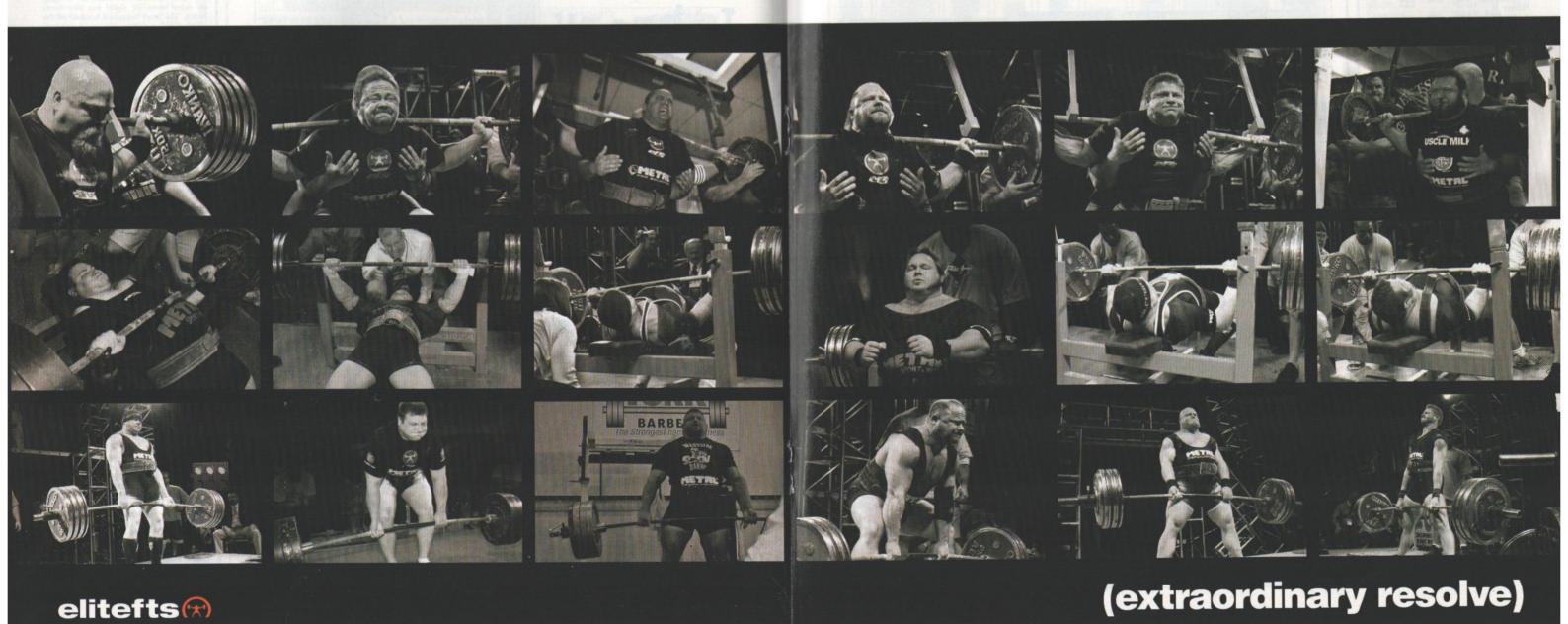
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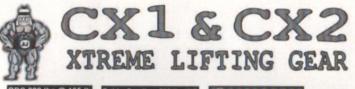
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USAPL B	ench OV 07	Press	Natio	nals
BENCH WOMEN	BP1	BP2	BP3	Best
105 lbs. Open Shuttleworth	165	170	187	170
Open E. Dickey	137	154	170	137
114 lbs.	aw	134	170	13/
D. Nelson Open	148	154	159	154
J. Smith	148	159	159	148
H. Patel	226 237	226 237	226	_
123 lbs. Open				
T. Adelmann Open Master	237 IV	248	248	248
H. Sauer Open	209	214	231	209
G. Benton Master II LT	187	203	209	203
K. Hughes Open Master	187 I Raw	192	198	198
P. Mckee Master III	170	181	187	181
J. Harms Master I	159	176	176	176
M. Cencich Master II	137	154	170	170
L. Haines Raw	165	187	187	165
H. Ruelan 132 lbs. Open Raw	132	143	154	143
J. Thompson Master II	248	270	286	270
A. Simons Master I	198	209	220	209
C. Semple Master II Ray	110 v	126	137	126
B. Tatulinski J. Strouse	104 137	115 137	121 137	115
148 lbs. Open				
J. Gaudreau L. Koepple	203 137	214 143	231 154	231 154
Open Master D. Marts 165 lbs.	II 192	214	237	214
Open P. Ribic	281	308	330	308
K. Lambert A. Miller	209 203	209 214	226 220	226 220
Open Master M. Sora	203	214	226	214
Master II Rav C. York	170	192	203	192
181 lbs. Open Junior				
D. Doan Open Master	297	319	341	341
B. Behm 198 lbs. Master II	203	220	226	226
H. Oxford UNL	237	237	248	248
	352	391	407	391
Open S. Dzurnak		308	330	308
Open Master A. McTighe	220	231	242	242
Master II PF P. Calhoun	214	237	237	237
MEN 123 lbs.				
Open H. Pham 132 lbs.	275	286	297	297
Open S. Petrancak	303	308	314	308
Open Master B. Miller J. Helms	292	303	314	303
Master II	270	292	308	270
R. Coisson Master III	231	242	248	248
C. Mangra Master VI M. Lawson	198	209	220	220
Master IX G. Norton	203	242	242	203
148 lbs. Open	77	88	88	88
J. Smith T. Collins Teen I	44 0 407	446 440	463 446	463 407

B. Jarak	203	209	214	209	G. Curtis	281	297	314	297	Master I				
Open Teen I I	Raw				Teen II Raw					H. Fritz	292	303	314	303
	148	159	170	159	A. Johnson	209	237	253	237	Master III				
K. Pebbles	165	165	165	_	AF					P. Carroll	330	336	336	336
R. Mclaren	330	347	347	-	D. Schleiden	203	226	248	226	Master IV				
165 lbs.					L. Hanifen	440	446	446	_	N. Backous	303	314	314	303
Open Master	III				181 lbs.					Master IX		1000	-0	
Constantineau	1303	319	325	319	Guest						82	88	99	99
Open Master	11				V. Narolskyy	501	551	551	551		429	429	429	_
M. Hara	518	540	562	562	Open					M. Smith	402	402		_
Open Master	1				A. Mamola	479	523	540	479	T. Cencich	402	402		_
D. Fronzaglia	424	446	463	463	M. Ciupinski	451	490	490	451		463			_
T. Ricket	402	413	413	402	D. Paliament	363	374	402	402					
Open					Open Master	1								
M. Ruelan	463	490	490	463			424	429	429		584	630	633	633
Master II					Master IV									584
L. Slaughter	363	374	380	374	Klostergaard	380	391	402	380					523
M. Rickett	187	203	226	226	AF				-					518
MasterV					R. Schleidan	297	314	336	314					490
D. Bultman	275	303	303	303	K. Lewis	200					***	430	3.2	430
Master VI					Master II PF						413	440	440	440
I. McDermott	286	297	308	297		314	347	347	314		413	440	440	440
B. Beamer	275	303	303								352	352	274	352
Teen II		- 30			R. Robson	226	292	308	308	Master V	332	332	3/4	332
	Open Teen I I B. Witten K. Pebbles R. Mclaren 165 lbs. Open Master Constantineau Open Master D. Fronzaglia T. Ricket Open M. Ruelan Master II L. Slaughter M. Rickett Master V D. Bultman Master VI J. McDermott B. Beamer	Open Teen I Raw B. Witten I 48 B. Pebbles 165 R. Mclaren 165 lbs. Open Master III Constantineau 303 Open Master II M. Hara 518 Open Master I D. Fronzaglia 424 T. Ricket 402 Open M. Ruelan Master II L. Slaughter M. Rickett Master V D. Bultman Master VI J. McDermott 286 B. Beamer 275	Open Teen I Raw B. Witten 148 IS9 K. Pebbles 165 R. Mclaren 330 I65 lbs. Open Master III Constantineau 303 Open Master II D. Fronzaglia 424 T. Ricket 402 Open M. Ruelan 463 Master II L. Slaughter 363 Master V D. Bultman 275 Master VI J. McDermott 286 Seamer 275 303	Open Teen I Raw B. Witten 148 159 170 K. Pebbles 165 165 165 R. Mclaren 330 347 347 165 lbs. Open Master III Constantineau 303 319 325 Open Master II D. Fronzaglia 424 446 463 T. Ricket 402 413 413 Open M. Ruelan 463 490 490 Master II L. Slaughter 363 374 380 Master VI D. Bultman 275 303 303 Master VI J. McDermott 286 297 308 B. Beamer 275 303 303	Open Teen I Raw B. Witten 148 159 170 159 K. Pebbles 165 165 165 — R. Mclaren 330 347 347 — 165 lbs. Open Master III Constantineau 303 319 325 319 Open Master II D. Fronzaglia 424 446 463 463 T. Ricket 402 413 413 402 Open M. Ruelan 463 490 490 463 Master II L. Slaughter 363 374 300 374 M. Rickett 187 203 226 226 Master V D. Bultman 275 303 303 303 Master VI J. McDermott 286 297 308 297 B. Beamer 275 303 303 375	Open Teen I Raw B. Witten 148 159 170 159 A. Johnson A	Teen I Raw S. Witten 148 159 159 159 A. Johnson 209	Teen I Raw S. Witten 148 159 170 159 A. Johnson 209 237	Teen I Raw S. Witten 148 159 179 159 A. Johnson 209 237 253	Teen I Raw B. Witten 148 159 179 159 A. Johnson 209 237 253 237	Teen II Raw B. Witten 148 159 159 159 A. Johnson 209 237 253 237 Master III P. Carroll P. Carr	Teen II Raw B. Witten 148 159 470 159 A. Johnson 209 237 253 237 Master III P. Carroll 330	Teen II Raw B. Witten 148 159 159 470 159 A. Johnson 209 237 253 237 Master III Fritz 292 303 304 305 306 307 307 308	Teen II Raw B. Witten 148 159 159 470 159 A. Johnson 209 237 253 237 Master III P. Carroll 330 336





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600 407 661 1670 *=WNPF National Records. !=Best Lifters. Although this meet was small we had a great time with everyone. It was good to see Jack Weiss back in the WNPF. Jack is 80 years young and pulled an impressive

Open Master II

Open Master III

Master III

K. Johnson

Master IV

R. Crawford

Telljohn

K. Wannebo

181 lbs.

(20-23) Raw

Passman (60-69) Raw Crawford

Foster 198 lbs.

(40-49)Beechy

Beechy

220 lbs.

Davis

242 lbs.

Police/Fire

(40-49) Raw

(60-69) Raw

(40-49) Raw

Sp Olympian Raw Crawford 281

Edgerton 275 lbs.

181 lbs.

Junior Ervin

(40-49) Passman!

(60-69)

Crawford

(40-49) Raw Larson

MEN

148 lbs. (60-69) SP

Wolff

165 lbs.

198 lbs. Lifetime Raw

Rurne

Lair

1350*

1317*

Lair

242 lbs.

Open Raw Ambrose!

220 lbs.

Lifetime SP

(40-49) SP

Lifetime Rav

(40-49) SP

Bachmayer! 374

Ross!

Ervin (40-49) Raw

Master VII

D. Gaudreau 628 644

314

562

A. Gonzalez 573 573

330

573

Best Lifter Women Overall: Deborah

Ferrell. Best Lifter Men Lightweight: Dennis Cierri. Best Lifter Men Heavy-

weight: Dave Doan. Best Lifter Men

Masters Overall: Bill Phillips. Teams

Bench Only First Place: Core 24 Gym #1.

Second Place: Core 24 Gym #2. Full

Power First Place: Young Olympians.
Outstanding Lifters Male Open: William
Brothers. Master: Gary Bolton. Teen:
Neil Bolling. Female Overall: Aslynn

Halvorson, (courtesy of Daniel Gaudreau) WNPF Sub/Masters P/F Nationals 27 OCT 07 - Atlantic City, NJ (40-49)

281

Edgerton DEADLIFT

Subs Raw 319 Edgerton

181 lbs. (80-89)

Conway! 407* 220 lbs.

Lifetime

M. Burne

275 lbs. Sp. Olympian Raw 314 Crawford 429

SQUAT

198 lbs.

Burne

220 lbs.

West! Edgerton POWERCURL

220 lbs.

126 82 242 451

275* 176* 374* 826*

303* 214* 369* 887*

402 297 446 1146

413 429 507 1350

413 429* 507*

507* 303 507

303 lbs. See everyone in April next year for the WNPF Bench, Deadlift and Curl Nationals in Atlantic City, NJ. (by WNPF)

Open Hashemiyoon 140

52*

Powerlifting SQ BP DL TOT

Deppenschmi 336 281 424 1041

281 Lifetime Raw

Lifetime Raw

(40-49) Raw

Hashemiyoon 352 242 lbs.

Weiss (60-69) Raw

Conway 46 Police/Fire Raw

Lifetime Raw Hashemiyoon 457

369

303*

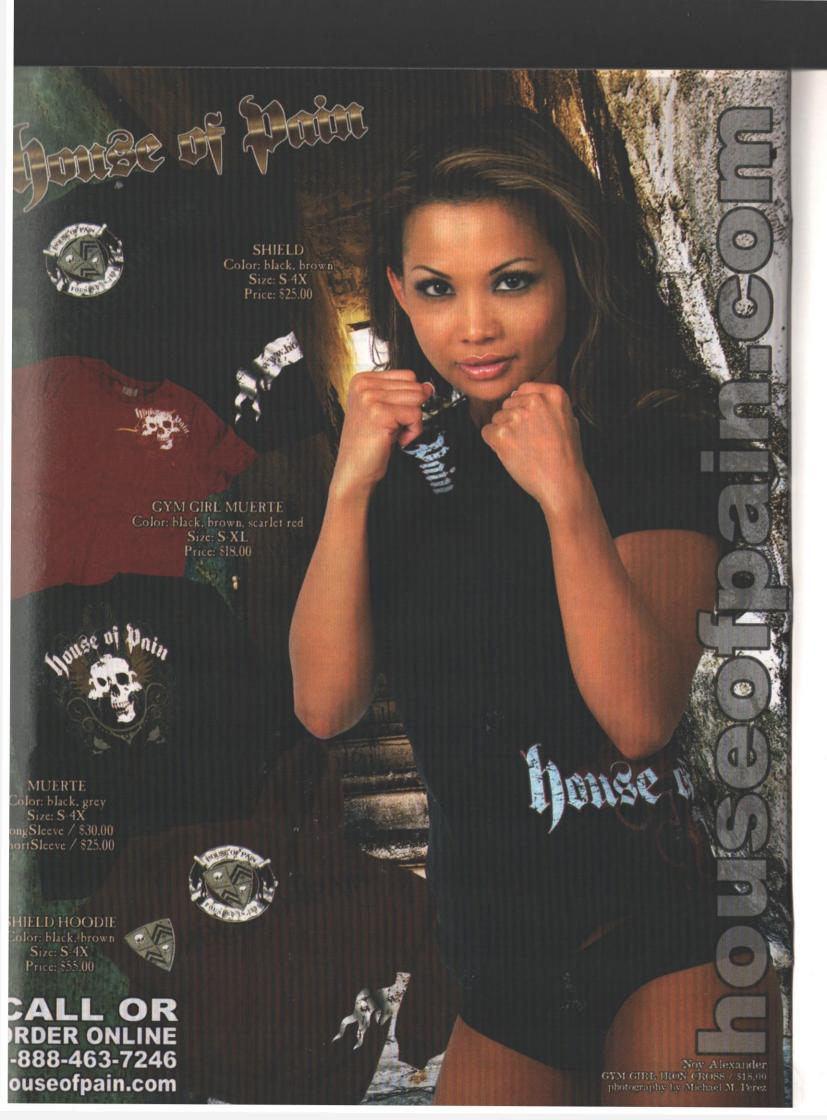
463*

429

148 lbs.

330 330

573



MEET DIRECTORS ... a listing here is a FREE service. Send details, preferably at least 3 months prior to your event, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice.

23 FEB, WABDL Karl Tyler Montana State BP (Ruby's Inn, Missoula, MT) Gus Rethwisch 763-545-8654 or 503-901-1622
23 FEB, SLP Bluegrass Open BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com 23 FEB, ADAU Emmanuel Single Lift Open, Sam Contakos, Box 1084, Johnstown, PA 15907, paworkout@aim.com

23 FEB, 2nd Annual Barno/ Newman Classic & IPA Qualifier (Full power, BP - Ashton, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com 23 FEB, APA Louisiana Record

Breakers (Natchitoches, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 3 1 8 - 6 6 3 - 0 0 7 7, rcidzik@yahoo.com, www.apa-

23 FEB, APF Orlando Barbell BP/DL Classic (fUniversity of Central Florida, Orlando, FL) Brian Schwab, Meet Director, 407-678-2447, lightweightpower@aol.com 23 FEB - WNPF 2nd All Raw World Cup PL, BP, DL, PC (Raw only - Bordentown, NJ) Troy Ford 678 817-4743, wnpf@aol.com

23 FEB, Indiana High School & State Open Meet (Indianapolis) Job Hou-Seye, Meet Director, 1-888-J0B-H0USEYE

23 FEB, SPF Tennessee State (Chattanooga, TN) Jesse Rodgers, 4 2 3 - 3 4 4 - 7 1 6 1, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
23 FEB, West Virginia High School Powerlifting (South Charleston High School, South Charleston, WV) John Messinger, school 304-766-0352, home 304-744-2475

23 FEB, WV VA BP (Beckley, WV) Donald Robbins, 304-320-9072 23-24 FEB, USAPL Florida State Open (Miami) Robert Keller, Box **COMING EVENTS**

281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl 24 FEB, UPA Battle of the Bench Press, Jon Elick, 8226 Stoutsville Pike, Circleville, OH 43113, 740-412-1177, antman517@aol.com 24 FEB, 18th Winter BP/DL Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jjrcsmoker@hotmail.com 29 FEB - 2 MAR, 20th Anniversary Arnold Classic, www.arnoldsportsfestival.com, 614-431-3600

1 MAR, APC California State, Bob Packer, 555-322-6805 1 MAR, Police & Fire Nationals (Kansas City, KS) JDuree@aol.com 1 MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, usaplcachair@aol.com

1 MAR, Dutch International PL/BP, Fitness Centrum Butzelaar, Bouwerskamp 21, 8301 AE Emmeloord, Holland, www.wpfpowerlifting.com 1 MAR, NPA Midwest Open Drug

1 MAR, NPA Midwest Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292 1 MAR, USPF National Qualifier

(Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com 1 MAR, Macomb Salvation Army

ADFPF Record Breaker & International Qualifier (unequipped, equipped, PL/Single - Macomb, IL) Tim Piper & Judith M. Gedney 309-837-2111, www.adfpf.org

1 MAR, SPF Kentucky State PL/

1 MAR, SPF Kentucky State PL/ BP (Mt. Washington, KY) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL (Mexico, MO) Bill Duncan, 410-474-1071 1 MAR, SLP Memphis Open BP/ DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 sonlightgym@verizon.net, www.sonlightpower.com

1 MAR, WABDL California State BP & DL (Holiday Inn, Chico, CA) Gus Rethwisch 763-545-8654 or 503-901-1622 1 MAR, NASA BP Nationals &

Power Sports Equipped & Unequipped BP & Pro Qualifier (Denver, CO) 405-527-8513, Rich Peters, Box 735, Noble, OK, 73068, SQBPDL@aol.com 2 MAR, APA Maine Winter Games BP, DL, PP, Overhead Presss, SC, Strength Sports (New Gloucester, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247,

scott@apa-wpa.com, www.apa-

2 MAR, New Jersey High School Drug Free PL (high school only) Paul Sacco, 609-567-0046, paulsacco567@comcast.net

2 or 9 MAR - WNPF Ohio State (Youngstown, OH) Ron Deamicis 330-792-6670, powerlt@aol.com 7-8 MAR, USAPL Military/ Armed Forces Nationals, James Henderson-Coffey, 2490 Hallmark Dr., Pensacola, FL 32503, 850-748-7565

8 MAR, NASA Police, Fire & Military Nationals, Equipped & Unequipped PL&BP and Power Sports & Push Pull & Pro Qualifier (KC, KS) Jim Duree, JDuree 7086@aol.com

8 MAR, NASA Southeastern States, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Bristol, VA/ TN) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

APF/AAPF WPO Schedule

23 FEB, Orlando Barbell BP/DL Classic 1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL 8 MAR, APF John H. Reagan PL 15 MAR, APF Charleston, SC 15 MAR, AAPF 12th Annual FrankKostyo Meet 15-16 MAR, APF/AAPF Illinois State 15-16 MAR, APF/AAPF Alabama State 16 MAR, APF California State 29 MAR, APF/AAPF Michigan State 29 MAR, APF Hawg Farm BP 5-6 APR, APF/AAPF Snake River PL/BP/DL 12 APR, APF Gulf Coast Open 12-13 APR, AAPF Nationals 3-4 MAY, APF Master, Teen & Junior Nationals 5 MAY, APF Bench Press Meet 30-31 MAY, APF Senior Nationals

16 AUG, APF Push Pull Meet
23 AUG, APF/AAPF High Country Push/Pull
OCT, APF/AAPF Snake River

JUN, APF/AAPF Chicago Summer Bash 5

OCT, APF Halloween Monster Bench Bash 8 NOV, APF Bench Press NOV, WPC World PL/BP

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greg@vhepower.com 8 MAR, New York State High School PL (19 & under) James 607-330-2665. Howell jh198@hotmail.com

8 MAR, USAPL Virginia Open (PL/BP/DL/Ironman, raw, assisted) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968. valifting@aol.com,

www.virginiausapl.com 8 MAR, USAPL MO State & Ozark Open, Harold Gaines, 2 Tristan Ter., St. Charles, MO 63303, 314-805-2044

8 MAR, WABDL Iron Gladiator World Record Breakers (Red Lion Hotel, Pasco, WA) Gus Rethwisch 763-545-8654 or 503-901-

8 MAR, Bench on the Bayou VI (master, teen, female, open -Lafayette, LA) Travis Werner, 337-280-6969.

www.angelfire.com/theforce/

8 MAR. APF John H. Reagan PL (John H. Reagan High School, Houston, TX) Tom McCullough, tom_mccullough@texaspowerscene.com, www.texaspowerscene.com/ meets/2008

ReaganChampionships.html 8 MAR, IBP FirstHealth BP Classic (Roddingham, NC) Keith Payne 3 3 6 - 2 5 1 - 8 7 0 4, keith@ironboypowerlifting.net

8 MAR. USA "RAW" Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Classic, Darrel Latch, 126 W. Sale, Tucola, IL 217-253-5429. sonlightgym@verizon.net,

9 MAR, AFPF/AAFPF Illinois Open State/Credo/Raw (Bolingbrook, IL) Frantz Sports Center, 62 S. Broadway, Aurora,

APC California State

Powerlifting & Bench Press (open, masters, teenage, women, junior) A.P.C. National Qualifier

March 1st, 2008

(Fresno, CA) Bob & Kim Packer 559-322-6805, 559-323-3892

NASA Powerlifting & Power Sports

March 1st-BP Nationals & Western States PS & PP Open, Denver, CO

8th - Police/Fire/Military Natls (KC, KS) 8th - Southeastern States (Bristol, TN)

15th - Power Sports Nationals, Oklahoma City, OK

16th - 1st Annual Pro Power Sports Championships, OKC 22nd - Tennessee State Championships, Pickwick State Park, TN

29-30th - High School Nationals, OKC

5th - Arizona High School (Mesa, AZ) 5th - Illinois State, Niles, IL. (David Oyler)

12th - Kansas State Championships, Salina, KS

19th - Ohio State Championships, Lancaster, Ohio

19th - The "Damned Large One", Madison, WI (Job Hou-seye) 26th - W. Virginia State (Ravenswood, WV)

26th - Iowa State Championships, Des Moines, IA

26th - New Mexico St., Rio Rancho, NM (Mike & Teale Adelmann)

3rd - Western State Nationals, Mesa, AZ

3rd - Oklahoma State Championships, OKC, OK

10th - West Texas State, Hereford, TX

17th - Colorado State Championships, Denver, CO.

24th - South Texas Open, Alvin, TX 31st - Arkansas State, Russellville, AR

14th - East Texas Open, Tyler, TX

21, 22nd - USA Nationals, Lancaster, Ohio

5th - East Coast Nationals (N. Carolina)

12th - Youth Nationals (Ravenswood, WV) 12th - W. Virginia Open (Ravenswood, WV)

19th - Grand Nationals (Sheboygan, WI)

26th - South Texas Classic (Alvin, TX)

August

2,3 AUG - World Cup (OKC, OK) September

6th - New Mexico Regional (Rio Rancho, NM)

20th - Ohio Regional 27th - Arkansas Regional (Russellville, AR)

October

4th - East Texas Regional (Tyler, TX)

18th - Unequipped Nationals (OKC, OK) 19th - 1st Pro Equipped Nationals (OKC, OK)

25th - Iowa Regional (Des Moines, IA)

November

1st-Masters/Submasters Nationals (Mesa, AZ)

15th - Colorado Regional (Loveland, CO)

22nd - Kansas Regional (Salina, KS)

29th - Oklahoma Open December

6th - Missouri Regional

13th - West Texas Regional

20th - Illinois Christmas Regional

Coming Events/ Entry Forms at: www.nasa-sports.com

IL 60505, erniefrantz@aol.com, 630-897-2582

9 MAR, 100% RAW Masters National BP/SC, 100% RAW/ AAU New England BP/SC, AAU (YMCA, Burlington, VT) Bret Kernoff, 802-865-2747, vermontpowerlifting.com, bret@vermontpowerlifting.com 15 MAR, AAU Bench Press Nationals (Clyde, NY -Donselaar's Partyhouse) Steve Rogers, 315-365-3377, seepser67@tds.net

15 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Walker's Gym, Hopewell, VA) BarryWalker, 804-458-7918

15 MAR, 100% Raw Ironman Nationals/United States Open BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com,

www.rawpowerlifting.com 15 MAR, NASA Power Sports Nationals (Un/Equipped/PS/BP/PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-

8513, SQBPDL@aol.com 15 MAR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 908-874-6125,

www.strengthcondition.com

15 MAR, APA New England Regional BP, DL, PP, SC (Wallingford, CT) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 9416.264.2424. 941-626-4247. scott@apawpa.com, www.apa-wpa.com/

15 MAR, NASA Power Sports Natioanls, Power Sports, Un-equipped PL, BP and Push Pull & Pro Qualifier (OKC, OK) 405-527-8513, P.O. Box 735, Noble. 73068.

SQBPDL@aol.com 15 MAR, APF/AAPF PL & BP (Scottish Rite Center - Charleston, Millman,

helter223@aol.com 15 MAR, USAPL Battle on the Border BP & PL (Greater YMCA of Charlotte, NC) Jon Mouzon & Jennifer Tompson, 864-844-0083, Mouzonchckhawk99@aol.com 15 MAR, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-277-

15 MAR, AAPF 12th annual

Frank Kostyo Meet (Lakeland, FL)

Ken Snell, 863-687-6268 15 MAR, Allentown YMCA/ YWCA BP/DL, Mike Macharsky or Bonnie Benner, 425 S. 15th St., Allentown, PA 18102, 610-

15 MAR, SLP Michigan Open BP/DL (Ionia, MI) Darrel Latch. 126 W. Sale, Tucola, IL 61953, 217-253-5429 sonlightgym@verizon.net, www.sonlightpower.com 15 MAR, SSA War Town

Challenge (Edge Fitness, Warner Robbins, GA) Jerry Vincent, 111 Sunnymeade Dr., Warner Robbins, 31093

Jerry. Vincent@perdue.com, 478-

15 MAR, WABDL National Teenage (Radisson Hotel, Denver, CO) Gary Gertner 7 2 0 - 3 9 4 - 6 6 5 7, gertner@mullenhighschool.com 15-16 MAR, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630-794-0594

15-16 MAR, APF/AAPF Alabama State, Buddy McKee, 3516 Park Lane, Rainbow City,

mastermonster@comcast.net. 256-305-2380, 256-613-2753

16 MAR, APF California State (Sherman Oaks, CA) Scot Mendelson, 818-399-0905

16 MAR, USPF Rhode Island State, State High School, State Police & Fire PL/BP, Bob Connell Jr., Bob@ripl.org, www.ripl.org, 401-743-5739

16 MAR, WNPF Ohio State Youngstown, OH) Ron, 330-792-670 or 330-819-3078

16 MAR, Welsh & England PL, BP, DL, Four Seasons, Trallwn Road, Llansamlet, Swansea, Ken Williams (07970 625946) Nigel Wilding (07814 9 3 9 0 4 7) www.wpfpowerlifting.com 16 MAR, NASA 1st Annual Pro Power Sports (Oklahoma City, Nasa 181 Pro Power Sports (Oklahoma City, Nas

City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com 22 MAR, IBP WNC Barbell Push Pull (Asheville, NC) Keith Payne 3 3 6 - 2 5 1 - 8 7 0 4, keith@ironboypowerlifting.net **22 MAR**, SLP Arkansas State BP/DL(Conway, AR) Darrel Latch,

UPCOMING SLP COMPETITIONS

23 FEB, SLP Bluegrass Open BP/DL (Louisville, KY)

1 MAR, SLP Memphis Open BP/DL (Memphis, TN)

8 MAR, USA "RAW" Bench Press Federation Spring Nationals

15 MAR, SLP Michigan Open BP/DL (Ionia, MI)

Son Light Power 122 W. Sale, Tuscola, IL 61953 217-253-5429

www.sonlightpower.com sonlight@netcare-il.com

126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, sonlightgym@verizon.net,

22 MAR, IPA Bench Armageddon Biggest Bench in Allentown entown, PA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823,

Bench_a_grand@yahoo.com

22 MAR, NASA Tennessee State Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Pickwick Park - Savannah, TN) 405-527-8513, P.O. Box 735, Noble, OK 73068,

SQBPDL@aol.com 22 MAR, USAPL New Jersey State BP & PL (Atlantic City, NJ) Robert Keller, 954-790-2249, Keller, 954-790-2249, rhk@verizon.net,

www.njpowerlifting.com 22 MAR, APA Best in the West PL, BP. DL. PP (Sacramento, CA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/

entryforms.htm
22 MAR, 100% Raw Nebraska
State PL/BP/PP, AV Sorenson, 4808 Cass St., Omaha, NE 68132, DJ Satterfield 402-592-1243, djnechair@yahoo.com

22 MAR, 1st Support Your

Troops Strongman Challenge, Dan Belanger, Box 2050, Pace, FL 850-995-1290. 32571, dbpowersports@bellsouth.net

22 MAR, USPF West Virginia Powerlifting & Holley Open (South Charleston, WV) John Messinger, home 304-744-2475, school 304-766-0352

22 MAR. USAPL SD PL/BP. Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-28-30 MAR, 100% RAW/RAW

United Submasters & Masters Nationals and Elementary/ Middle/High School/ Collegiate Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, March 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us 28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI

49080, 269-664-4814 29 MAR, APF/AAPF Michigan State (Taylor, MI) J.J. Thomas, 734-642-7877 www detroitharhell com

29 MAR. APF Hawg Farm BP (Evansville, IN) Larry Hoover, 812-3 8 5 - 9 9 3 2 quad4hoover@peoplepc.com 29 MAR, SLP Lift for the Lord BP/DL (Cave City, KY)

29 MAR, APA Southeastern Seaboard PP, BP, DL, SC (Georgetown, SC) Scott Taylor, 5233 First St. #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apawpa.com, www.apa-wpa.com/ entryforms htm

29 MAR, N. Virginia Raw PL/BP (VA). John James 703-475-9885. www.northernvirginiarawpower.com

29 MAR, USAPL Police/Fire Nationals (Scranton, PA) Steve

Brother Bennett PL Meet, Ted Longo, 799 Ewa St., Diamondhead, MS 39525, 228-

29 MAR, USAPL Alabama State Open, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-

29 MAR, USAPL The Battle of the Great Lakes XI, Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624 **29 MAR**, USAPL Bare Fitness

29 MAR, ADAU Great Lakes BP

29 MAR, SSA Lattimer's Jersey Iron Classic (Thorofare, NJ) Shawn Lattimer, Meet Director, 856-981-5981, slattimer@yahoo.com,

29 MAR, SSA West Coast Spring Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

Steve Mann, 845-485-1574 pwrlftrs@msn.com

Mann, 845-485-1574 29 MAR, USAPL MS Invitational

268-2198

PP/BP (Frank J. Panaro, 839 Route 52, Walden, NY 12586, 8 4 5 - 7 7 8 - 1 8 8 4,

Joe Orengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727 29 MAR, ADAU Open Pennsylvania PL, Joe Orengia, 4319 W. 26 St., Erie, PA 16506,

www.strengthalliance.com

MAR, USAPL 29-30 Pennsylvania State (Scranton, PA) 29-30 MAR, USPF California State PL/BP/DL (Bakersfield, CA) Steve Denison, 661-333-9800,

WNPF EVENTS

WE OFFER FULL MEETS. BENCH ONLY. DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT-RAW, SINGLE PLY AND UNLIMITED DIVISIONS PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl

FEBRUARY 23 2ND ALL RAW WORLD CUP PL, BP, DL, PC (For RAW lifters only) Bordentown, NJ

MARCH 30 WNPF AMERICAN CUP OPEN Subs and Masters Championships & Youth, Teen & Junior Nationals Philadelphia, PA

> APRIL 5 Tri-State Challenge (GA vs TN, AL) (Atlanta, GA)

Contact Troy Ford 678 817-4743 or wnpf@aol.com

WNPF LIFETIME DRUG FREE EVENTS (FOR THE LIFETIME DRUG FREE LIFTER) WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SOUAT ONLY, REPS AND POWERCURL EVENTS. EQUIIPMENT - RAW AND SINGLE PLY ONLY (NEW RECORDS AND A NEW BEGINNING FOR THE LIFETIME DRUG FREE LIFTER)

MARCH 30 WNPF LIFETIME DRUG FREE SINGLE LIFT NATIONALS - BP/DL/PC Philadelphia, PA

> APRII 5 WNPF LIFETIME GEORGIA - PL/BP/DL/PC Favetteville, GA

Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com

www.powerliftingCA.com 29,30 MAR, NASA High School Nationals (Un/ Equipped, PL, PS, PP, BP Only Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SOBPDL@aol.com 30 MAR, 9th Pittsburgh Monster

BP/DL (men/women, all classes, cash prizes, Pittsburgh Airport Crowne Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996 30 MAR - WNPF Lifetime Single Lift National BP/DL/PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box

142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 30 MAR - WNPF American Cup Open Subs, Masters & Youth, Teen & Junior Nationals PL, BP, DL, PC (Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com MAR, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com MAR, PPL Augusta Open Strong

Man & Woman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 70-790-3806

pythongym@aol.com MAR, USAPL California State (Hemet, CA) Mike Womelsdorf,

usaplcachair@aol.com **5 APR,** Spring Bash Push/Pull
Challenge (Tuscon, AZ) Balance
Fitness, 520-292-2100 or Chris Lomuto, 520-907-3258 5 APR, IL State & YMCA Great Lakes, David Oyler & Cheryl

Targos, Leaning Tower YMCA 6300 W. Touhy Ave., Niles, IL60174, 847-828-8964. 5 APR - WNPF Lifetime Georgia PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO

(Alialia, GA) WNFF Elletille, FO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 5 APR. NASA Arizona State High School, Power Clean & BP & Pro Qualifier (Mesa, AZ) Walt Sword, coachsword@mchsi.com

5 APR, APA Fairhaven Fitness Power Wars, Fairhaven Fitness, 8 Main St., Fairhaven, VT 05743, Jamie Matta, 802-265-3470 5 APR, SLP Land of Lincoln BP/ DL (Athens, IL) SLP, 122 West Sale St., Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 sonlightgym@verizon.net

5 APR - WNPF Tri-State Challenge GA, vs TN, AL (The winning WNPF state chair will take home the championship trophy so come out and represent your state, PL, BP, DL, PC - Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com 5 APR - WNPF Western PA Championships (Beaver Falls, PA) Ron Deamicis 330-792-6670, powerlt103@aol.com

5 APR, USAPL Richmond Open PL/BP (sculptured awards Mechanicsville, VA) Phillip Battle 8 0 4 - 3 0 1 - 2 1 9 6 ,

p_battle@hotmail.com 5 APR, ADFPF Single Lift Nationals & WDFPF World Qualifier (equipped, raw, men,

women, open, 3 teens, 10 masters, police/fire/military - S. Bend, IN) Dick VanEck & Jon Smoker 309-837-2111,

www.adfpf.org 5,6 APR (NEW DATE), APF/ AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) 2 0 8 - 5 2 0 - 8 7 7 3 , snakeriverp@vahoo.com

12 APR, SLP National Raw BP/DL (Sallisaw, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
12 APR, USPF Works Fitness PL,

BP, DL (Works Fitness World, New Martinsville, WV) Power Promotions, Matt McCase, Director, 210 Gilbob St., Fairmont, WV 26554, mccase@yahoo.com, 304-376-2432

12 APR, WABDL Northwest Regional BP & DL (Medford, OR) Dan Guches 541-890-3258 or Sam Pecktol 541-210-2026

12 APR, WABDL Heart of America BP/DL (Gateway Center, Collinsville, IL) Erica Haislar 618-530-5402

12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080

12 APR, APF Gulf Coast (New Port Richey, FL) Rick Lawrence, 727-376-1707 or Bart 727-919-4738

12-13 APR, AAPF Nationals (Lake George, NY) Sam Luciano, 518-747-3242

13 APR- WNPF Upstate NY II (Buffalo, NY) Ron Deamicis 330-792-6670, powerlt@aol.com 19 APR, Bartlesville Classic

(Bartlesville, OK) JDuree@aol.com 19 APR, Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, p w r l f tr s @ m s n . c o m, www.powerliftingCA.com

19 APR - WNPF Lifetime All American Bench Press, Deadlift & Powercurl Championships (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

12 APR, APA West Coast Iron Wars PL, BP, DL, PP (Kennewick, WA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apawpa.com, www.apa-wpa.com/entyforms.htm

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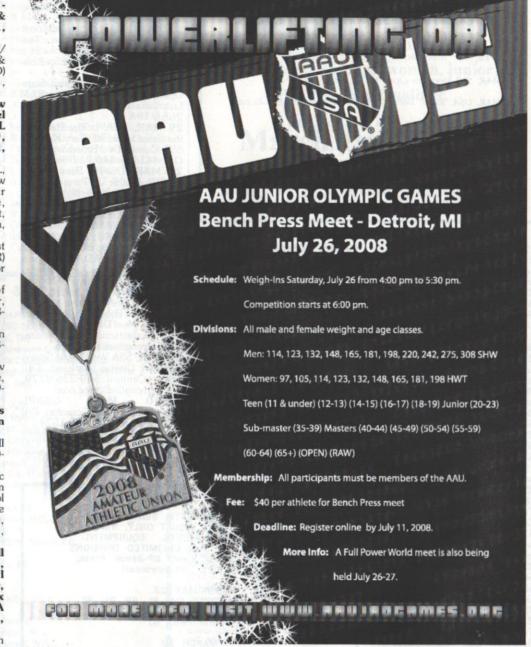
12 APR, 5th Super Bench, Louie
LaPoint, 337 Roxbury St., Keene,
NH 03431, 603-352-8590

12 APR, 18th Weightlifting Unlimited BP (Winchester, VA) Randy Brooks, 540-667-6288, or Randy R. 304-283-6059

12 APR, NASA Kansas State Equipped & Unequipped PL& BP and Power Sports & Push Pull & Pro Qualifier (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
12 APR, UPA South Carolina Battle of the Beasts (PL, BP - 5820 Augusta Rd., Greenville, SC) Bart Kelley, 864-286-0532, bkelly@unitedpowerliftingassociation.com.

k.taillon@hotmail.com

19 APR, PPL Georgia State Drug
Free PL, PPL, 2250 Lumpkin



Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
19 APR - WNPF National BP,
Bench for Reps, DL & PC
Championships (Atlantic City,
NJ) Troy Ford 678-817-4743,
wnpf@aol.com

19 APR, Mighty Christian Powerlifting Contest IV (Dover, NJ) themightygibbors@aol.com, 973-303-3645

973-303-3645

19 APR, Damn Large One (Madison, WI) Job Hou-Seye, Meet Director, 1-888-J0B-H0USEYE

19 APR, USPF Pro Performance Fitness Expo PL, Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

19 APR, North Georgia Barbell Club Classic PL Showdown, Georgia Deadlift (Kennesaw, GA) Jon Grove, 770-426-1077, Kennesaw@fitnessresource.com 19 APR, WABDL Florida BP/DL (Lakeland, FL) Louis Baltz 863-

687-6268 19 APR, USPF "Lock N' Load Buckaroo!" PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-3955, www.coldirongym.com.

19 APR, NASA Ohio State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 19 APR, Pride Pro-Am BP & DL (single, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066, www.pridepowerlifting.com 19 APR, APA Thunder Bay Open PL, PP, BP, DL (Tampa, FL) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/ entryforms htm

19 APR, WABDL River Country Classic (Gadsden, AL) Brant Bishop 256-390-4436 19 APR, 13th Dungeon Powerworks Slam BP/DL (3 Rivers, MI) Mark Mellinger, 369-435-7586, 15681 Featherstone, Constantine, MI 4+053.

19 APR, 100% Raw Maryland State PL/BP Open Invitational (open to all states) Dan Corridean, 2 4 0 - 4 1 7 - 2 2 2 9 , Bdan1745@aol.com

19 APR, SLP Wisconsin State BP/DL (Delavan, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, sonlightgym@verizon.net,

19-20 APR (NEW DATE), UPA Powerlifting & BP Nationals (Columbus, OH) Kenny Patterson, Meet Director, 614-3 3 5 - 5 1 8 1, Kpatterson@unitedpowerlifting as sociation.com

19, 20 APR, Powerpalozza 10 (Full power, BP, DL-Leesport, PA)

Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com 19, 20 APR, BPO British PL,

19, 20 APR, BPO British PL, BP, DL (University of Bath, Claverton Down, Bath, Somerset) Greg Ashford (01373 859997) www.wpfpowerlifting.com

25 APR, IBP Raw Bench Press & Strict Curl (Pfafttown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net
26 APR, IBP Tarheel State PL (Pfafttown, NC) Keith Payne 336-

2 5 1 - 8 7 0 4, keith@ironboypowerlifting.net **26 APR**, 29th Raw ADAU Power Day Classic (separate BP and DL, open and all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

26 APR, SLP National BP/DL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5 4 2 9 ,

sonlightgym@verizon.net, www.sonlightpower.com 26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

26 APR, ADFPF 3rd Massachusetts State DL Invitational (unequipped, equipped - SETS, Hingham, MA) Meet Director, Saul Shocket, www.adfpf.org, shocketa@aol.com

26 APR, ADFPF Michigan State & Open PL/Single (unequipped, equipped - Lansing Community College, Lansing, MI) Meet Director Jeff Buchin, www.adfpf.org, gedenullogopis net

26 APR - WNPF Lifetime North American PL, BP, DL, PC Championships (Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 26 APR - WNPF 9th Elite Nationals & Subs/Masters

National (PL, BP, DL, PC -Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com 26 APR, Brute Strength Strongman (Norfolk, VA) Brute Strength Gym 757-893-9111, 7 5 7 - 6 5 0 - 5 4 1 0 , schroeder_gayle@yahoo.com, www.powerandstrength.com 26 APR, NASA NM State (PL/

26 APR, NASA NM State (PL/BP/PS) mike@liftinglarge.com, www.liftinglarge.com

26 APR, NASA Iowa State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
26 APR, NASA West Virginia State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Ravenswood, WV) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, greg@vhepower.com

26 APR, USA Southern Open "Bash on the Beach" (St. George Island, FL) Tim Whitehead, 850-670-4205 or George Herring 770-9 6 3 - 6 7 3 8 , bbga2000@bellsouth.net

26 APR, CREDO Texas State High School Age Group BP & DL for Reps (Plano, TX) Ernie Frantz, www.frantzpowerlifting.com 26-27 APR. USAPL Florida State

BP & DL & Florida State High School BP & PL (Ft. Lauderdale) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, r h k @ v e r i z o n . n e t , www.geocities.com/floridausapl 26-27 APR, 100% Raw Y Nationals Sports Weekend & Texas State (Holiday Inn Express, Plano, TX) Kirk Stroud, 512-329-8528, www.ymcanationals.com 26-27 APR, IPA Iron House Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at

www.ironhousezanesville.com 26,27 APR, AAU Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press Classic (Richmond, VA) Judy & Steve Wood, 804-559-4624,

vanowerlifting@aol.com

2-4 MAY (NEW DATE), USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249 3 MAY, Central California Open

& Novice PL/BP **3 MAY** - WNPF Lifetime Palmetto PL, BP, DL, PC Championships & Collegiate Challenge (Clemson, SC) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214,

142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 3 MAY, NASA Western States

3 MAY, NASA Western States Nationals, Equipped & Unequipped Powerlifting& BP and Power Sports & Push Pull & Pro Qualifier (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SORPDI @aol.com

SQBPDL@aol.com

3 MAY, NASA Oklahoma State,
Equipped & Unequipped PL & BP
and Power Sports & Push Pull &
Pro Qualifier (Norman or OKC,
OK) 405-527-8513, P.O. Box
735, Noble, OK 73068,
SQBPDL@aol.com

3 MAY - WNPF 11th Carolina State PL, BP, DL, PC & Collegiate Challenge (Clemson, SC) Troy Ford 678-817-4743, wpnf@aol.com

wnpf@aol.com
3 MAY, ADFPF Open PL/BP
Challenge, Jason Peck, South
Gallia High School, Gallipolis, OH,
gedney@logonix.net
3 MAY, IPA Virginia State &

National Qualifier (Fredericksburg, VA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7 8 2 3

Bench_a_grand@yahoo.com

3 MAY, WABDL Washington
State BP/DL (Sam Benn Gym,
Aberdeen, WA) Don Bell 360533-6620

3, 4 MAY, (NEW DATES) USPF San Diego Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

3, 4 MAY(NEW DATES), USPF Collegiate Nationals, (Modesto Junior College, Modesto, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.como 3, 4 MAY, (NEW DATES) USPF Military Nationals (San Diego, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

3, 4 MAY, WPC Austria Nationals, Harald Selsam, kapout@aon.at

Nationals, Haraid Selsam, kapout@aon.at 3-4 MAY, APF Master, Teen & Junior Nationals & WPC World Qualifier (Baton Rouge, LA) Garry Frank, 225-241-8154 4 MAY - WNPF Flatline Classic (PL, BP, DL, PC - Richmond, KY) Evan Claunch or Mike Watkins, 859-582-9744, 606-271-0037, www.flatlinepowerlifting.com/

w n p f 2008_FPC_ENTRYFORM.pdf 5 MAY, APF Bench Press Meet (Phoenix, AZ) J.R. Bolger, 602-281-6489, azapf@cox.net

10 MAY, NASA West Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Hereford, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 10 MAY, APA Delaware Power Classic (raw, equipped - New Castle, DE) Kate Baird, 302-381-0040, powerfulkate@comcast.net

10 MAY, WABDL Texas BP/DL (Houston, TX) Tiny Meeker 832-423-7662

10 MAY, Lifetime Natural Powerlifting Nationals, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 MAY, APA Fit For Life Power Palooza (Shreveport, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com,

www.apa-wpa.com
10 MAY, Mr. T's Freak Show II
(strongman, powerlifting - New
London, WI) Tom Theama 920359-0432, ttheama@charter.net
16-17 MAY, USAPL Texas State,
Hector Munoz, 108 S. 18th,
Carrizo Springs, TX 78834, 361813-9691

16-18 MAY (New DATE/NAME), 100% RAW/RAW United Florida State (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4, tshontis@brevard.k12.fl.us

17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net

17 MAY, NASA Colorado State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Denver, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068. SQBPDL@aol.com 17 MAY, Chickahominy Family YMCA BP Classic (sculptured awards, raw, assisted - Sandston, VA) Phillip Battle, 5401 Whiteside Sandston, VA, 804-737-9622 17 MAY, Atilis Gym BP, Chris Lambert, 3015 Pacific Ave., Wild-wood, NJ 08260, 609-729-2050 17 MAY, WABDL USP Labs National BP/DL (Wisconsin Dells, WI) Gus Rethwisch 763-545-8654 or 503-901-1622 17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com
17 MAY, San Jose Open PL/BP/
DL, Steve Denison, 661-3339800, pwrlftrs@msn.com,

www.powerliftingCA.com
23-25 MAY, WPC European
Cup (Vienna, Austria) Harald
Selsam, kapoun@aon.at
24 MAY, ADAU Raw Pittsburgh

PL & Kumite Classic, Monroeville Expomart, www.pghfitness.com, monsters_unlimited@msn.com, 412-335-7569

412-335-7569
24 MAY, NASA South Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Alvin, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
24 MAY, IBP SC State BP & Srict Curl (Core 24 Gym - Seneca, SC) Keith Payne, 336-251-8704, leith@incohorrows.urlifities.edu.

keith@ironboypowerlifting.net 30-31 MAY 1 JUN, APF Senior Nationals (1-3 qualifies for WPC Worlds - Omaha, NE) Rick Hussey/Becca Swanson, www.bigirongym.com 31 MAY, 3rd USPF Summerfest

BP/.DL (Wavetech Park) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

31 MAY, WABDL Golden State BP/DL (Doubletree Hotel, Modesto, CA) Mike Womack 209-

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2008 CLASSIC POWERLIFTING SHOWDOWN
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755 Cobb Place Blvd. Kennesaw, GA 30144 770-426-5175

Contact: Jon Grove 770-426-1077 E-mail: Kennesaw@fitnessresource.com

303-4105

31 MAY, SSA Full Power/ Ironman/Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

31 MAY - WNPF Lifetime Elite PL, BP, DL, PC Nationals (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743. wnpflifetime@aol.com

31 MAY - WNPF Raw Nationals & 9th Pan-American Equipped (USA, Canada, Puerto Rico Ephrata, PA) Troy Ford 678-817-4743, wnpf@aol.com

31 MAY, NASA Arkansas State. Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068. SQBPDL@aol.com 31 MAY. Team Weber YWCA Push Pull (Trap Bar - YWCA, Clinton, IA) Bob Weber Jr., 563-259-8690, Dan Phipps, 563-249-

MAY-WNPFUSA vs. Brazil (Caxias do Sul, Brazil) Troy Ford 678-817-4743, wnpf@aol.com MAY '08, WDFPF European

Single Event (Como, Italy) www.wdfpf.cc 1 JUN, New England Raw PL/ BP/DL, NE Training Ctr., 25 Coronado Rd., Warwick, RI 02896,

Joe Reeves, 401-952-9166, www.motonutracing.com 6 JUN, SPF Nationals PL/BP (Gatlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com 7 JUN, NPA Central States Open

Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-

7 JUN, WADL National Push Pull (Sheraton Crescent Hotel, Phoenix, AZ) Gus Rethwisch 763-545-8654 or 503-901-1622

7 JUN. 6th USAPL Pete Lanzi Memorial PL, IM, BP (Cleveland, OH) Gary Kanaga, 440-717-

www.BIGKSPOWERMEETS.com 7 JUN, 1st Carroll County Power Day Challenge (SQ, BP, DL or PL, all weights, men & women - Powerhouse Gym, Westminster, MD) Chaz Riddle, 410-857-1232.

7 JUN, SLP Missouri Open BP/ DL (Chesterfield, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7-8 JUN, Immaculate Heart of Mary Festival BP/DL Ironman & Strongman (Youngstown, OH) Ron, 330-792-6670 or 330-519-

7-8 JUN, USAPL NJ State HS

PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125 www.strengthcondition.com

13 JUN, USAPL Sunshine State Games BP & PL (Lakeland/Tampa. FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790rhk@verizon.net, www.geocities.com/floridausapl 14 JUN, NASA East Texas State,

AMERICAN DRUG-FREE **POWERLIFTING FEDERATION**

APRIL 5TH 2008 A.D.F.P.F. SINGLE EVENT **NATIONAL CHAMPIONSHIPS**

held in the CENTURYCENTER of South Bend, Indiana.

UNEOUIPPED & EOUIPPED Division SQUAT, BENCHPRESS and/or DEADLIFT.

This Championship is a QUALIFIER for the W.D.F.P.F.SINGLEEVENT WORLD CHAMPIONSHIPS.

Meet information, Entry & Release Forms on the website: www.adfpf.org

> or by contacting Judith M. Gedney (309-837-2111)

E-mail: gedney@logonix.net or jm-gedney@wiu.edu

or Jon G. Smoker (1-800-760-3257)E-mail: jjrcsmoker@hotmail.com

Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 3068, SQBPDL@aol.com

14 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

14 JUN, WABDL Rocky Mountain Regional BP/DL (Hampton Inn. Salt Lake City, UT) David Edgell

13-14 JUN, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044 13-15 JUN, USAPL Men's, Teen, Junior Nationals, Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542,

254-526-0779 14 JUN, USPF Muscle Beach BP/ DL (Venice Beach, CA) Steve Denison, 661-333-9800. pwrlftrs@msn.com,

www.powerliftingCA.com 21 JUN, WADL Northeastern Regional BP/DL (Newport, ME) Al Stork 207-223-5915

21 JUN, Sonny's 4th WABDL Push Pull (Sheraton Waikiki Hotel. Honolulu, HI) Mike Saito 808-221-0129, Jocelyn Ronolo 808-387-8776, Levana Furtado 808-

21 JUN, USA Raw Bench Press **Federation Summer Nationals** (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953,

217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com 21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-736-1956

21 JUN, ADPF PL National & WDFPF World Qualifier (equipped, raw, men, women, Open, 3 teens, 10 masters,

police/fire/military Evansville, IN) Meet directors: Mike Stagg 812-204-3755, Derek Wallace 812-217-0939. Dick Connor 812-867-1736, 309-837-2111,

www.adfpf.org 21 JUN, 100% RAW & AAU RAW Twisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont, NH) Meet Director, Bret Kernoff 802-865-2747 bret@vermontpowerliting.com, www vermontnowerlifting com

21-22 JUN, NASA USA Nationals, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Jahnhalle), Friedrich-Ludwig-Jan-Strasse, 91301 Forchhein, Germany, Peter and Jorg Wiemann, www.wpfpowerlifting.com 28 JUN, ADAU National

Powerlifting (men, women, all

ages) Joe Orengia, 4319 W.

26 St., Erie, PA 16506, 814-

28 JUN - WNPF 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

28 JUN - WNPF Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 ,

wnpflifetime@aol.com 28 JUN. 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd. VA 22968. Ruckersville, valifting@aol.com,

www.rawpowerlifting.com 28 JUN, WABDL 12th Alki Beach BP/DL (Seattle, WA) Bull Stewart 206-725-7894

28,29 JUN, USPF Multi-Nationals (Men, Women, Junior, Masters, Police & Fire, **BP & DL, Sheraton-Providence** Airport Hotel, Warwick, RI) Ted J. Isabella, 401-946-5350, uspf-ri@cox.net, www.ripl.org JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Eric Stone, 630-794-0594 thestone@chicagopowerlifting.com
JUN - WNPF Lifetime Pan-Americans PL, BP, DL, PC Champs (Nanuet, NY) WNPF

Lifetime, PO Box 142347. Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com

JUN - WNPF Powerfest 2K8 PL BP, DL, PC (Nanuet, NY) Troy 678-817-4743,

wnpf@aol.com
JUN, USPF Multi-National
Junior, Senior, Masters PL/
BP/DL Championship (Providence, RI) Ted Isabella. uspf-ri@cox.net, Matt McCase mccase@yahoo.com JUN, APC National PL/BP (Las

3-5 JUL, IBSA/USAPL World BP & Powerlfiting Championships fo the Blind and Visually Impaired (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl 5 JUL, NASA East Coast Na-

tionals & Pro Qualifier, Equipped & Unequipped PL & and Power Sports & Push Pull (includes qualifier for all NASA Pro events - NC) 405-527-8513, P.O. Box 735, Noble, OK SQBPDL@aol.com 73068

5 JUL, SLP Samson's Gym Open BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 217-253-5429. sonlightgym@verizon.net, www.sonlightpower.com

6 JUL, USAPL U.S. Open BP & DL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl 12 JUL, Monster Muscle Record Breakers BP & DL (single lift, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814. 208-964-5066 www.pridepowerlifting.com 12 JUL, Nebraska Strongest Man

Competition

(American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 402-592-1243,

djnechair@yahoo.com
12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose RR1 Box 166, Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

12 JUL, USPF Fresno Open PL/ BP/DL, Steve Denison, 661-333pwrlftrs@msn.com,

www.powerliftingCA.com
12 JUL - WNPF North Americans PL, BP, DL, PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnnf@aol.com

12 JUL - WNPF Lifetime USA PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743,

wnpflifetime@aol.com 12 JUL, ANPPC World Cup PL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253sonlightgym@verizon.net,

www.sonlightpower.com 12 JUL, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch 763-545-8654 or 503-

12-13 JUL (NEW DATE), UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman, Amateur Bench Press, Bill Carpenter 563-599-1390. Kenny Patterson 614-563-0279 19 JUL, PPL Southeasterns, Tee Meyers, 2250 Lumpkin Rd.

Augusta, GA 30906, , 706-790-3806, pythongym@aol.com 19 JUL, SLP Northwest Arkansas Open BP/DL Classic, 479-636-0996, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com 19 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch 763-545-8654 or 503-901-

19 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www virginiausanl com

19 JUL, Grand Nationals Meet (Sheboygan, WI) Rich Peters, Meet Director, 405-527-8513 19-20 JUL - WNPF Drug Free Nationals & Team Ford vs. Team Deamicis (PA) Troy Ford 678-817-4743, wnpf@aol.com or Ron Deamicis 330-792-6670, powerlt103@aol.com 26 JUL, APC Northern California PP/BP/DL

26 JUL, 4th Vermont State Open Raw BP, All American Fitness, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, 802-9 9 9 - 7 8 4 5 , www.allamericanfitnessvt.com

26 JUL - WNPF Lifetime Youth, Teen, Junior, Subs, Masters & Police/Fire Nationals & Summer Classic (PL, BP, DL, PC - Kissimmee, FL) WNPF

Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com

26 JUL - WNPF 16th Florida State & USA Championships (Kissimmee, FL) Trov Ford 678-817-4743, wnpf@aol.com 26 JUL, SSA West Coast Summer

Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com
26 JUL, SLP YMCA of Kansas

City Push/Pull Classic (Kansas City, KS) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

26 JUL, NASA Tri-State Regional, Lindell lesmitty@speedy.com, 681-662-

26 JUL, Granite State BP & Rip the Grip DL, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26 JUL, NASA South Texas Classic, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Alvin, TX) 405-527-8513, P.O. Box 735, Noble, OK 3068, SQBPDL@aol.com

26-27 JUL, AAU Junior Olympics/AAU Bench Press (Detroit, MI) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com 26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines 3 1 4 - 8 0 5 - 2 0 4 4, www.usaplnationals.com

27 JUL, APA Maine Iron Bash PL BP, DL, PP, SC (Freeport, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/

entruforms.htm 27 JUL, WNPF Drug Free Nationals (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078

1-3 AUG, AWPC World PL/BP (Oakbrook, IL) Kieran Kidder/ Amy Jackson, 866-389-4744, amyljackson@cox.net

30 JUL-3 AUG, AWPC/WPC Eurasian Championships (Chelyabinsk, Russia) Vladimir Chadkov, wpc@wpc-wpo.ru 1-3 AUG, 100% RAW/RAW United Women's Nationals and Kids/Youth/Teenage Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero

Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4, tshontis@brevard.k12.fl.us 2 AUG. USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

2 AUG, SSA Backyard Bench/ Deadlift/Iron Man (Iron Asylym Gym, Tribes Hill, NY) Sandi 518-858-7002, McCaslin, www.ironasylumgym.com

2 AUG, WABDL Iron Gladiators Great Northern BP/DL (Red Lion Hottel, Olympia, WA) Gus Rethwisch 763-545-8654 or 503901-1622

2. 3 AUG, NASA World Cup, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 3 AUG, SLP Vince Soto Memorial/Ohio State Fair BP/DL

(Columbus, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 sonlightgym@verizon.net,

www.sonlightpower.com 9 AUG, N. Virginia Raw PL/BP (VA) John James 703-475-9885. www.northernvirginiarawpower.com 9 AUG, ADAU SQ, BP, DL

Nationals (Bigler, PA) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

al@pikitup.com
9 AUG, Fall Classic (Bartlesville, OK) JDuree@aol.com

AUG. WABDL Southern Regional BP/DL (Crown Plaza Hotel, Dallas, TX) Gus Rethwisch 763-545-8654 or 503-901-

9 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Darrel Latch, 126 W. Sale, Tucola, IL 217-253-5429 61953 sonlightgym@verizon.net, www sonlightnower.com

10 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Darrel Latch, 126 W. Sale, Tucola, IL 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com
10 AUG - WNPF Lifetime 1st World Cup BP, DL, PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

10 AUG - WNPF Single Lift Nationals & Ironman Nationals (BP, DL, PC - Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com

16 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net.

www.sonlightpower.com
16 AUG, USAPL Northern California PL (West Coast Muscle Athletic Club - Yuba City, CA) Mike Womelsdorf, 909-880-2948, usaplcachair@aol.com

16 AUG, WABDL World Cup (120 Miles NW of Helsinki, Tampere, Finland) Sakari Selkainaho 011-358-505-354-

16 AUG, APF Push Pull Meet (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net 17 AUG, SLP Illinois State Fair

BP/DL (Springfield, IL) Darrel Latch, 126 W. Sale, Tucola, IL 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com 23 AUG, 100% Raw Eastern USA

Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com 23 AUG, APF/AAPF High

23 AUG, IBP Mountain Bench Bash & Strict Curl (Asheville, NC) Keith Payne 336-251-8704,

keith@ironboypowerlifting.net
23 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

30 AUG, 2nd USPF Works Outdoor BP/DL (New Martinsville WV) Matt McCase, 210 Gilbob Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com 30 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914 6 SEP, NASA NM Regional (PL/ BP/PS) mike@liftinglarge.com. www.liftinglarge.com

6 SEP - WNPF Lifetime Southern States (Fitzgerald, GA) WNPF Lifetime, PO Box 142347 Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 6 SEP - WNPF 2nd Jake the

Hammer Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnpf@aol.com 6 SEP. WABDL United We Stand BP/DL (New Castle, PA) charles Venturella 724-654-4117

6 SEP, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker 832-423-7662

6 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com
7 SEP, WNPF Upstate New York Il (Rochester, NY) Ron, 330-792-6670 or 330-519-3078

12-13 SEP, USPAL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-

13 SEP, NPA National Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

13 SEP. USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429 sonlightgym@verizon.net, www.sonlightpower.com 13 SEP, WABDL Hawaii BP/DL

(Kamilioki Elementary School, Waimanalo, HI) Keith Ward, 808-375-8700

13 SEP, WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894 13,14 SEP, USPF Muscle Beach

PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com www.powerliftingCA.com
20 SEP, WABDL National

Collegiate BP/DL (Gateway Center, Collinsville, IL) John Hudson 217-377-4640 20 SEP (NEW DATE) LOCATION), ADFPF Bill Beckwith Memorial PL/Single Lift, Rich Van Eck (Grand Rapids, MI) rvaneck@bpc-bci.com, 269-521-

Country Push/Pull (Brigham City, 20 SEP, SLP Bodyworks Gym UT) Jon Cunningham, 801-985Spears Foundation Benefit BP/DL Classic (Dry Ridge, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

20 SEP, Supreme Fitness Challenge II 100% Raw & AAU PP/BP/SC (Supreme Fitness, Brattleboo, VT) Meet Director Bret Kernoff, 802-865-2747, Vermontpowerlifting.com 20 SEP, NASA Ohio Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OH) 405-527-8513, P.O. Box 735, Noble, OK

73068, SQBPDL@aol.com
20 SEP, WABDL National Collegiate BP & DL (Gateway Convention Center, 10 min. NE of St. Louis - Collinsville, IL) John Hudson, 217-377-4640, H u d s o n J @ u h d . e d u , www.wabdlcollegiatenationals.info 20 SEP, APC National Qualifier (Brute Strength Gym, Norfolk, VA) 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com,

www.powerandstrength.com
26 SEP, IBP 8th Bench Press
Classic & Strict Curl (Pfafftown,
NC) Keith Payne 336-251-8704,
keith@ironboypowerlifting.net

27 SEP, APA North American BP, DL, PP, SC (Brewer, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apawpa.com, www.apa-wpa.com/

entryforms.htm

27 SEP, USPF 1st Tom Eldridge
Top Gun PL/BP/DL (Cold Iron
Gym, Tombstone, AZ) 520-4573955, www.coldirongym.com

27 SEP, NASA Arkansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR), 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
27 SEP (NEW DATE), USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 6 6 1 - 3 3 3 - 9 8 0 0, p w r l f t r s @ m s n . c o m, www.powerlifting/CA com

www.powerliftingCA.com

27 SEP, IBP Regional PL
(Pfafftown, NC) Keith Payne 3362 5 1 - 8 7 0 4
, keith@ironbovpowerlifting.net

keith@ironboypowerlifting.net 27 SEP, SLP Nationals Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, sonlightgym@verizon.net, www.sonlightpower.com 27 SEP - WNPF 20th Lifetime

27 SEP - WNPF 20th Lifetime Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

wnpf@aol.com
27 SEP - WNPF Lifetime New
Jersey (Bordentown, NJ) WNPF
Lifetime, PO Box 142347,
Fayetteville, GA 30214, 678 8174743, wnpflifetime@aol.com
28 SEP - WNPF Lifetime
Pennsylvania State (Ephrata, PA)

WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
28 SEP - WNPF 17th Penn States
Open PL, BP, DL Champs
(Ephrata, PA) contact Troy Ford
678-817-4743, wnpf@aol.com

28 SEP, UK Open PL, BP, DL (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com 29 SEP-4 OCT, IPF Masters Worlds (Palm Springs, CA) Lance Slaughter, 310-995-0047, www.powerliftingi p f . c o m , www.usapowerlifting.com 3-5 OCT, 100% RAW/RAW United Armed Forces Nationals and North American Open (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353

February 16

March 15

March 9

Guy Powell - Meet Director

AAU Bench Press Nationals

Steve Rogers - 315-365-3377

Burlington, VT - YMCA Bret Kernoff - 802-865-2747

AAU Triple Crown Classic

East Coast Bench Press Champ

Email: yapowerlifting@aol.com

Email: vapowerlifting@aol.com

AAU World Full Power Meet

Email: vapowerlifting@aol.com
Date and location to be announce

Martin Drake - 951-928-4797

AAU World Bench Press Champions

AAU World Push-Pull Championship

Email: naturalpower@earthlink.net

Location: Virginia

Location: Nevada

email: seepser67@tds.net

Clyde, NY - Donselaar's Partyhouse

AAU New England Bench Press Championship

Email: bret@vermontpowerlifting.com

April 26-27AAU Military Nationals - Full Power

Richmond, VA - Brooklyn Middle School

Judy & Steve Wood, Jill Meads - 804-559-4624

Judy & Steve Wood, Jill Meads - 804-559-4624

Judy & Steve Wood, Jill Meads - 804-559-4624

AAU World Military Full Power / World Bench Press Meet

AAU International Bench Press, Deadlift, Push-Pull Champion

AAU Military Bench Press Nationals

July 26-27 AAU Junior Olympics (World Meet for ages 5-23 years)

Bench Press meet will follow the full power meet on Saturday

AAU Bench Press Meet (All ages- Men, Women & Children)

Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us 4 OCT, NASA East Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPDL@aol.com

AAUSports.org

lication can be downloaded from website: aausports.org

AAU Wisconsin State & Midwest Regional Bench Press, Deadlift & Push-Pull Championship

Noble, SQBPDL@aol.com
4 OCT, SPF/WBPLA World PL/BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net 4 OCT, SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com
10-12 OCT, WDFPF Single
Event Worlds (equipped, raw,
men, women, Open, teen,

masters, police/fire/military-Antwerp, BEL) Wim Backelant, 3 0 9 - 8 3 7 - 2 1 1 1, www.adfpf.org 11 OCT - WNPF 9th Palmetto PL,

11 OCT - WNPF 9th Palmetto PL, BP, DL, PC (Clemson, SC) Troy Ford 678-817-4743,

11 OCT - WNPF Lifetime Carolina State BP, DL, PC Championships (Greenville, SC)WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

In OCT, SSA Full Power/
Ironman/Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

18 OCT, SLP Monon Fitness BP/

18 OCT, SLP Monon Fitness BP/DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9

sonlightgym@verizon.net,

www.sonlightpower.com
18 OCT, PPL Nationals, Tee
Meyers, 2250 Lumpkin Rd.,
Augusta, GA 30906, 706-7903806, pythongym@aol.com
18 OCT, USPF Monster Beach &
Night of the Living Deadlift
(Chatsworth, CA) Kevin Meskew,
8 1 8 - 8 9 9 - 7 5 5 5,
warrior01@earthlink.net,
www.powerliftingCA.com

18 OCT, APC Northern California Open PL/BP, John Ford 650-303-7518

18 OCT, NASA Unequipped Nationals, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068,

Noble, OK 73068, SQBPDL@aol.com
19 OCT, NASA 1st Annual Pro Unequipped Championships, Unequipped Powerliftig, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

25 OCT, 4th Westminster Family Center BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452 25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2779,

www.strengthalliance.com
25 OCT, 26th Raw ADAU Central
PA Open PL (open, all age groups,
men and women) Al Siegel 304
Daisy St., Clearfield, PA 16830,
814-765-3214, al@pikitup.com
25 OCT, NASA Iowa Regional,
Equipped & Unequipped PL, Power
Sports, Push Pull, Equipped & Unequipped BP Only (Des Moines, IA)
405-527-8513, P.O. Box 735,
Noble, OK 73068,

SQBPDL@aol.com

25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com 25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL61953, 2 1 7 - 2 5 3 - 5 4 2 9, sonlightgym@verizon.net, www.sonlightpower.com 25-26 OCT - WNPF Lifetime

25-26 OCT - WNPF Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com

OCT, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434

Higgins, 208-521-3434
OCT, APF Halloween Monster
Bench Bash (Eagle Nest, NM) Anita
Ramsey/Churtis Schultz, 505377-3099

1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, sonlightgym@verizon.net, www.sonlightpower.com 1 NOV, NASA Masters &

Submasters Nationals, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 8 NOV, SLP Ohio State BP/DL

(Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 , sonlightgym@verizon.net,

www.sonlightpower.com **8 NOV**, Regionals (Kansas City, KS) JDuree@aol.com **8 NOV**, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-

218-6489, azapf@cox.net 8 NOV, USAPL Florida Collegiate State BP & Pi (Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl 9 NOV, USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249,

r h k @ v e r i z o n . n e t , www.geocities.com/floridausapl 12-17 NOV, WABDL World BP/DL (Riviera Hotel, Las Vegas, NV) Gus Rethwisch 763-545-8654 or 503-901-1622

13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wpfpowerlifting.com 15 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429,

sonlightgym@verizon.net, www.sonlightpower.com 15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, www.northemvirginiarawpower.com 15NOV, NASA Colorado Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Loveland, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

22 NOV, NASA Kansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPDI @aol.com

SQBPDL@aol.com

22-23 NOV - WNPF Lifetime

1st All-Raw World Cup

Powerlifting, BP, DL & PC

(Atlanta, GA or Orlando, FL)

WNPF Lifetime, PO Box

142347, Fayetteville, GA

30214, 678 817-4743,

wnpflifetime@aol.com

22-23 NOV-WNPF 17th WNPF

World PL BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com
29 NOV, NASA Oklahoma Open,

29 NOV, NASA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

NOV, AAU World Military PL/ World Bench Press/World Full Power/International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-5 5 9 - 4 6 2 4 , vapowerlifting@aol.com NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

5-7 DEC, 100% RAW/RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4, tshontis@brevard.k12.fl.us 6 DEC, NASA Missouri Regional, Equipped & Unequipped PL & BP

6 DEC, NASA Missouri Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068,

Noble, OK 73068, SQBPDL@aol.com
6 DEC, APC Iron Man (Fresno, CA) Bob & Kim Packer, 559-322-6805, 559-323-3892
6 DEC, USPF NorCal Open PL.

6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
6 DEC, USAPL Virginia State

6 DEC, USAPL Virginia State (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.yirginiausapl.com

6 DEC - WNPF McCray/Peace Memorial BP, DL, PC & Police/ Fire/Military Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com 6 DEC - WNPF Lifetime

Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnpflifetime@aol.com 7 DEC - WNPF 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com

for Kids BP/DL (Memphis, TN)
Darrel Latch, 126 W. Sale, Tucola,
IL 61953, 217-253-5429,
sonlightgym@verizon.net,
www.sonlightpower.com

7 DEC, 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

al@pikitup.com
7 DEC, BPO British BP & DL
Record Breakers (Four
Seasons, Trallwn Road,
Llansamlet, Swansea) Ken
Williams (07970 625946),
Nigel Wilding (07814 939047)
www.wpfpowerlifting.com

13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com 13 DEC, 100% Raw Christmas

13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net 13 DEC, NASA West Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

20 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SORPDI @aol.com

SQBPDL@aol.com
27 DEC, SLP The Last One! BP/
DL (Tuscola, IL) Darrel Latch, 126
W. Sale, Tucola, IL 61953, 2172 5 3 - 5 4 2 9
sonlightgym@verizon.net,

www.sonlightpower.com
DEC, AAU World Bench Press,
World Push-Pull (Nevada) Martin Drake, 951-928-4797,
naturalpower@earthlink.net
DEC, USAPL Florida Senior State
Games BP & DL (Age 50+ - Ft.
Myers/Cape Coral, FL) Robert
Keller, Box 281571, Davie, FL
33329, 954-790-2249,
r h k @ v e r i z o n . n e t ,
www.geocities.com/floridausapl

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IBP South	Carolin	na Cha	ampio	nships	
	CI 0/				
BENCH			litary F		
FEMALE			nnors		
165 lbs.			r (60-		
Open			odell	250	
T. Walker	215	220 I			
198+ lbs.		Novic	e Raw		
Junior (20-23) Raw	B. Ke	efer	260	
A. Marrow	225	242			
MALE		Maste	r (40-4	14)	
148 lbs.		T. Isb	ell	500	
Teen (18-19)	Raw	Intern	ned. (2	(4-34)	
Foster	285	Raw			
Junior (20-23) Raw	B. Gil	bbs	345	
B. Vaughn	225			4) Raw	
165 lbs.		K. Ba	yard	240	
Teen (16-17)	Raw	275 II			
C. Long	215		ned. (2	4-34)	
Teen (18-19)		Raw		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
C. James	190	T. Bri	nston	320	
Novice Raw		DEAD			
M. Moore	NA PL	165 II			
Submaster (3	5-39)	Open			
Raw	3-33)	M. Ti			
M. Moore	THE PARTY	198 II		1	
181 lbs.	HOUSER			Dans	
Intermed. (24	1.24)			Raw	
	+-34)		arrow	11 500	
Raw	245	242 II		D.	
J. Connors	345		(18-19)		
Police/Fire	Part Charles		genhai		
Full Power	SQ	BP	DL	TOT	
FEMALE					
132 lbs.					
Youth (12-13)	Raw				
M. Partlow	95	65	145	305	
165 lbs.					
Teen (16-17)	Raw				
J. Walker	140	105	240	485	
198 lbs.					
Teen (14-15)	Raw				
T. Sisk	125	140	260	525	
Teen (16-17)				0.0	
A. Halvorson		155	340	680	
	103	4th-Di		000	
198+ lbs.		4111-101	-330		
Teen (16-17)	Raw				
N. Okwara	45	135	275	455	
MALE	43	133	2/3	433	
132 lbs.					
	(24 24)	Davis			
Intermediate			24-	04-	
B. Campbell					
	4th-BP	-280	DL-35	U	
148 lbs.					
Youth (12-13)	Raw		acc. T	2884	
K. Francis	200		225	525	
Survey		4th-DI	L-235		
Teen (16-17)	Raw				
J. Rochester	265	210	335	810	
Provide Hart	4th-BP	-215			
Intermediate	(24-34)	Raw			
C. Cummings	255	275	365	895	
Teen (16-17)	Raw	1-771		meter.	
Teen (16-17) N. Bolling	385	275	425	1085	
181 lbs.	Bam	and the	1 300	PURIL	
	Raw				
		185	250	620	
Teen (16-17)	Raw	103	200	020	
H. Graham	225	145	410	780	
	(24-34)		410	700	
W. Brothers			435	1105	
	355	315	435	1105	
Open Raw	255	215	425	1100	
W. Brthers	355	315	435	1105	
Master (50-54) Kaw				



Outstanding Lifters at the IBP South Carolina Championships included Gary Bolton, Aslynn Halvorson, William Brothers, and Neil Bolling. (photograph courtesy of Meet Director Keith Payne)

	G. Bolton	275	255	405	1025
	Open Raw	3/5	255	405	1035
		380	245	405	4400
	R. Stovall	300	315		1100
	Cubmastan (2)	20)	4th-DI	-420	
	Submaster (35 R. Stovall			405	****
	k. Stovali		31 4th-DI		1100
	198 lbs.		4th-Dt	-420	
	Teen (18-19)	Dane			
	J. Campbell	255	275	425	1055
	220 lbs.	333	4/3	423	1033
	Teen (14-15)	Paur			
			185	275	735
	i. betts		Q-300	2/5	735
	Submaster (35	30)	Park		
	S. Simpson	405	220	455	1100
	242 lbs.	403	330	433	1190
	Novice Raw				
	C Lillegton	200	250	110	1010
	C. Lillsoton	44h 6	250 Q-325	400	1010
	308+ lbs.	4th-3	Q-325		
	Teen (18-19)	Dane			
	R. Wingo Jr.	225	200	250	705
	Venue: Core 2				
	venue. Core 2	(N	esuits by	Keitii	rayne)
	WNF	PF Pe	ennsylva	ania	
	16 SEP	07 -	Ephrat	a. PA	
	BENCH	-	165 lbs		\$ 100 A
	WOMEN		Lifetime		
	148 lbs.		Petkevi		
5	(40-49) Raw		181 lbs		
	Mathews	115	(40-49)	UNI	
	Lifetime Raw		Foltz		365
	Feeney!	145	198 lbs		000
	MEN		Lifetime	Raw	
	100 lbs.		Burne		300
	(11-12) Raw		Lifetime	UNI	000
5	Larson	50	Ryan!	7	515
	114 lbs.		(40-49)	UNL	Shall serve
5	(17-19) Raw		Evange		360
	Mattis	150	220 lbs		6
				0.002	
			Se Maria	24.20	
-					
					2 4 5
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ENGTH MAGAZINE

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(40-47) Naw		(00-03	7) Raw		
Herman	370	Sherk	(305	
(60-69) Raw		(17-19	9)		
Davis	280	Nye) Raw	380	
242 lbs.		(17-19) Raw		
Subs Raw		Griffi	th!	515	
Blanco!	405		ERCURL		
275 lbs.		WOM			
(17-19)		148 I	bs.		
Nye	200	Open			
(17-19) Raw		Spano)	75	
Griffith	230	MEN			
300 lbs.		220 II			
(60-69) UNL.		Herm		165	
Schoelkoph	- Table	242 II	bs.		
DEADLIFT		(50-59			
220 lbs.		Bosle		175	
Lifetime		300 II			
Burne	505	(60-69		Wag (
(70-79) Raw	240		lkoph	155	
Kirstner	340	Open			
275 lbs.		Schoe	lkoph	155	
Powerlifting	SQ	PD	DL	TOT	
WOMEN	SQ	BP	DL	TOT	
123 lbs.					
Lifetime					
Brown	300	165	320	785	
(40-49) Raw	300	103	320	703	
Larson	45	90	255	490	
148 lbs.	73	30	233	490	
Lifetime Raw		4			
Spano!	240	160	375	775	
SHW.	240	100	3/3	113	
Novice Raw					
Martz	45	65	185	295	
MEN	43	0.5	103	233	
165 lbs.					
(40-49)					
UNL					
	520	385	435	1340	
Monk, Jr! (60-69) Raw	BILL	100			
Griffith	360	200	360	920	
198 lbs.	1911	TO BE SE		-	
Lifetime Raw					
Walmer	400	260	430	1090	
Burne	_	_	-	_	
Open Raw					
Walmer	400	260	430	1090	
(50-59) Raw					
Walmer	400	260	430	1090	
Lifetime					
Hammond	375	310	435	1120	
220 lbs.					
Lifetime					
Burne	500	300	505	1305	
Junior Raw					
Gyger	330	325	525	1180	3
Gushue	445	275	450	1170	
Lifetime Raw					
Gushue	445	275	450	1170	
Donati	350	250	405	1005	
Novice Raw					
Donati	350	250	405	1005	
242 lbs.					
Lifetime Raw	6	N. II.	PRAIL !		
Miller	425	360	500	1285	

Open Raw Bray 385 Croley 450 (40-49) Raw (60-69) Raw

Best lifters.				
lemperly				
amberger!				
40-49) Raw	723	300	300	1203
ubs Raw Ailler	425	360	500	1295
Open Raw Miller	425	360	500	1285

SPF Record Breakers

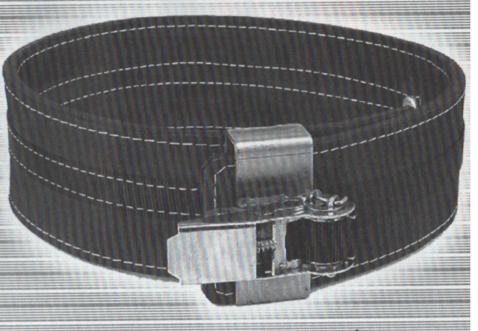
1 1)1-((eakers	-
DEC ()7 - C	hattar	100ga,	TN
1 DEC (BENCH WOMEN 165 lbs.		D. H	laro	315
165 lbs		Mast	ers (50	1-54)
M. Maddox MEN	210	I. Ri	ble	470
MEN	-10	Mast	ers (55	-59)
242 lbs.		275	lbs.	A Lake
242 lbs. M. Wood	475	B. A	ycox	365
SHW		Mast	ers (65	-69)
SHW C. Dennis Submasters 181 lbs.	675	220	lbs.	TIE
Submasters		K. Re	owans	300
W. Stover	200	DEA	DLIFT	
308 lbs.	290	MAL	ers (40	(44)
308 lbs. C. Stenson SHW K. Crump	480	220	lhe (40	-44)
SHW	100	I. Ra	v	610
K. Crump	405	Mast	ers (45	-49)
Police/Fire		198	lbs.	
S. Military		1 En		F70
SHW S. Baker Masters (40-	10	Raw	aggir	1999
S. Baker	450	Mast	ers (60	-64)
275 Ibe	**/	11 6	103.	245
B. Gardner Masters (50-	525	STPIC	CK CIII	313
Masters (50-	54)	MAI	F	L
C. Smith	355	Mast	ers (65	-69)
Raw		242	lbs.	
MEN		P. C	lbs.	130
198 lbs				
Push Pull		BP	DL	TOT
MEN 198 lbs.				
J. Codner		475	600	1075
Raw		4/5	000	10/5
Teen (18-19) 198 lbs.				
K. Chamblee		280	445	725
198 lbs. K. Chamblee SHW				
J. Mills		340	550	890
Juniors				
165 lbs.		inhant.	455	12/21
K. Suria		305	455	760
220 lbs.		200	F20	010
C. Vanburen Powerlifting	50	390 DD	520	910
WOMEN	SQ	Br	DL	TOT
220 lbs.				
A. Suter	245	185	315	745
SHW				
M. Garrett	550	400	455	1405
	4th-B	P-420		
MEN				
198 lbs. B. Stevens	465	275	FOF	1245
220 lbs				1245
K Shulz	655	485	575	1715
242 lbs.	033	403	3/3	1713
242 lbs. M. Wood 275 lbs.	605	475	600	1680
275 lbs.				
D. Hoard	030	040	bbU	21.30
G. Williams	755	525	635	1915
308 lbs.			11	
C. Janek	900	675	680	2255
Submasters		No see	ranka	
242 lbs. T. Jóhnson	SAF	205	100	1410
Police/Fire/A	Ailitar	363 V	400	1410
275 lbs.	tar	'		
G. Williams	755	525	635	1915
Masters (45-4		-	Trail of	Male S
198 lbs.				
J. Evans	520	285	570	1375
Raw				
	500	205	600	1405
		365	600	1485
B. McKee				
B. McKee Masters (50-5 275 lbs.			600	1485
B. McKee Masters (50-5 275 lbs. B. McKee	500	385		
B. McKee Masters (50-5 275 lbs. B. McKee Best Lifter Sir	500 ngle Li	ft: Curt	Denni	s. Best
B. McKee Masters (50-5 275 lbs. B. McKee Best Lifter Sir	500 ngle Li	ft: Curt	Denni	s. Best
B. McKee Masters (50-5 275 lbs. B. McKee Best Lifter Sin Lifter Power want to take	500 ngle Lit lifting time to	ft: Curt Chris thank	Denni Janel everyo	ne that
B. McKee Masters (50-5 275 lbs. B. McKee Best Lifter Sir Lifter Power want to take	500 ngle Lifting time to	ft: Curt Chris thank	Janel everyo	ne that
B. McKee Masters (50-5 275 lbs. B. McKee Best Lifter Sir Lifter Power want to take	500 ngle Lifting time to	ft: Curt Chris thank	Janel everyo	ne that
B. McKee Masters (50-5 275 lbs. B. McKee Best Lifter Sir Lifter Power want to take	500 ngle Lifting time to	ft: Curt Chris thank	Janel everyo	ne that
B. McKee Masters (50-5 275 lbs. B. McKee Best Lifter Sin Lifter Power want to take took part in t ers, Officials, took time to ce veryone. The	500 ngle Lifting lifting to this eve and e ome ar	ft: Curl Chris thank ent, the even the d water ials we	Dennis Janel everyo lifters, e peop th. Thar	work- le that nks you
B. McKee Masters (50-5 275 lbs. B. McKee Best Lifter Sin Lifter Power want to take took part in ters, Officials, took time to ce Rick Posey. N	500 ngle Lifting time to this eve and e come are Offici	ft: Curl Chris thank ent, the even the d watch ials we	Dennis Janel everyo lifters, e peop ch. Thar re, Sam	work- le that le that le syou Byrd,
Masters (50-5	500 ngle Lifting time to this ever and e come are Officilicky Po	ft: Curls thank ent, the even th nd wate ials we eppers, ria Roe	Dennis Janel everyo lifters, e peop th. Thar re, San Derek lgers a	me that work- le that nks you n Byrd, Minor, nd the

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(continued from page 23)

1979 Third Place World Championship (Dayton, Ohio)
1978 Hawaii Invitational Champion, Senior National Champion and World Champion (Turku, Finland)
1977 Senior National Champion and World Champion (Perth, Australia)
1976 Senior National Championship, Pan American Champion
1975 National YMCA Champion, Pan American Champion Became First man under 200 to pull over 800lb

1974 National YMCA Champion 1973 National YMCA Champion 1972 World Champion, Light Heavyweight Division (York, PA) 1971 National YMCA Champion 1970 Broke World Deadlift Record -National Champion

1970 National Collegiate Champion
My best unofficial pull was 880
lbs at 200 lbs body weight. In
competition, my best pulls were:

- 821.2 lbs in the 198 class - 811.3 lbs in the 220 class - 750.5 lbs in the 181 class CM: You had a very unique deadlifting style. Tell us a bit about that and how

you developed your technique. VA: You know, I was never one to over-analyze my training technique. My particular style was something that came naturally and felt best and strongest for me. I always felt the KISS (Keep it Simple Stupid) principle was best. On the opposite end of the spectrum, I had a training partner who was very methodical is his approach. He studied and analyzed every nuance of his form. This guy truly had the potential to be one of the strongest men in the world, but I felt he cheated himself out of that chance with paralysis by analysis.

CM: Vince, everything about powerlifting training was different when you were at your peak. The gear (bench shirts, suits etc.) were either non-existent or dramatically different than the gear of today. The training equipment was different as well; chains and bands were not part of the repertoire back then. With that said, yourself and the best of your generation were able to build absolutely awe-inspiring strength and set some records which still stand today. Tell us a bit about your training. methods did you find worked best? Do you have any "secrets" that can help he strength trainees of today?

VA: Chris, I have always kept my training fairly simple. There are many different training methodologies these days and there have been champions from each camp. In the end, heavy progressive resistance training coupled with recovery is what makes you bigger and stronger. The "secret", if there is one, is the bulldog mindset! You set a goal and you don't let go of it until you have achieved it. The best of the best in any endeavor all share that common trait, dogged determination!

CM: Vince, your point is well taken. I definitely think there is a place for the conjugate method and various other training modalities and



Vince pulls at the 1977 Senior Nationals in LA.

apparatus, but the end-game is heavy and hard. A current strength *freak* that comes to mind who exemplifies this is Jeremy Hoornstra. To my knowledge, his training routine is much like that of a bodybuilder, yet the guy is probably the strongest bencher ever having done well over 600 lbs raw at only 242 lbs.

Vince, this talk about hard and heavy training has me curious, was your training influenced at all by the great Bob Peoples?

VA: Well, I did not pattern my

training after that of Bob's per se, but I had and have a tremendous amount of respect for the man. When I first was coming to prominence he was a living strength legend. In fact, I had read about him in junior high and to this day have a book he wrote. Actually, I have an interesting Bob Peoples story. I was the first man to pull over 800 lbs at under 200 lbs of body weight. The first time I did it in competition was at the 1975 Senior Nationals. After the pull, this older gentleman approached me to congratulate me. Surprise, surprise, it was Bob Peoples! I wanted so badly to get a picture taken with him, but as things go I got sidetracked speaking with other lifters and by the time I tried to find him for the picture he

CM: I have that same book Vince! It is titled *Developing Physical Strength*, no? Bob was an absolutely amazing strength athlete. For our uninformed readers, Bob was a powerlifter before the term existed. In fact, he pulled 725 lbs at roughly 185 lbs body weight using a hook grip and no other supportive apparatus in **1949!!!**

Vince, I think you and Bob were cut from the same cloth when it comes to being master deadlifters. To me, you are the living deadlift legend that Bob was to you.

VA: Thank you Chris. I don't think of myself in those terms, but if you or anyone else feels that way I am truly flattered.

CM: Please provide us the specific deadlifting routine you followed prior to your all-time best pull.

VA: I worked my way up to heavy singles. I would warm-up with sets of 10, 8, and 6 reps. I would then start my singles with 80% of my estimated or tested 1 rep maximum (1RM). Next, I would do a single with 90% and then a final one with 95%.

The readers may find it interesting that I almost never pulled

from the floor. I did what I call "negative accentuated" pulls. I would take the bar from the rack and emphasize the eccentric portion of the movement by slowly lowering it to the ground. I would allow the bar to come to a dead stop. I would then perform an explosive positive.

Partials from varying heights were also regularly included in my

training. I was able to move some pretty crazy weight with the partials. I once got 1050 lbs from mid-knee

CM: There is a saying that great men stand on the shoulders of giants. If we want to be great, we must build on the foundation laid by the giants of the past. Thus, I am always excited to pick the brain of someone who has done something I aspire to do (in your case pull over 800 lbs at less than 220 lbs). I firmly believe in learning from the experience (sometimes the mistakes) of others. What, if anything, would you do differently relative to your strength training if you could do it all over again?

VA: I wouldn't really change the way I trained per se. As I mentioned above, I once pulled 880 lbs at 200 lbs body weight in training. About my only regret is that I did not cycle my training to hit that peak in a meet! CM: You competed with and against some of the greatest powerlifters in the history of the sport. In your opinion, who was the greatest powerlifter you ever encountered? VA: I hate these questions because I don't want to leave anyone out. If I do, please forgive me. The names that jump into my head are Don Reinhoudt, Larry Pacifico, Roger Estep, Jerry Jones, and Ricky Dale

CM: Did you adhere to any special dietary practices?

VA: When trying to make weight I would use a low carbohydrate diet. It is funny, my former dietary practices are a case of I wish I knew then what I know now. Actually, your question brings to mind a story. I was in Perth (Australia) in 1977 for the Senior Nationals. I used my

low carbohydrate approach to make weight. I was under weight the night before the weigh-in and had a terrible craving for some candy. Needless to say I went out at 3 A.M. and bought some candy bars. I ate them, but drank nothing. Later that morning I made weight. I then went and drank a bunch of water. Wow! In short order the sugar drove the water into

my muscles and they just blew up! My strength went through the roof! I had inadvertently carb-loaded. I had no idea what carb-loading was, but man, I knew what it did! Lol, like I said, I wish I knew then what I know now. CM: Vince, tell us another story. I am sure you have a ton of them.

VA: Ok, I think this is a good one. Back in 1977 I roomed with my buddy Lamar Gant [editor's note: Lamar was an incredible lifter in his own right, still holding the record for the deadlift in the 123 lbs class with 639.3 lbs!] while competing at the World's in Perth (Australia). Lamar had won his class the day before and had gone out to celebrate. Lamar and I both liked to chase the ladies back in those days.

I had gone to bed and was awakened in the middle of the night by a knock at my door. I opened the door and was surprised to see Lamar with 5 women! Needless to say, he brought them to party and they came in and instantly started getting amorous with me. Lol, I have to tell you that at that point I did the hardest thing I ever had to do in my life. I had to throw them all out of my room to get my rest as I was competing the next day. I hadn't come half way around the world just to fool around with some women. How's that for dedication?

In the end it was worth it as I won my class and pulled a new world record of 810 lbs in the 198s. All was not lost on the female front either as Lamar rewarded me by bringing one of the women back to go out and celebrate my victory. Lamar, his woman, me and my woman all proceeded to have one heck of a wild 3 days!!! Things were so crazy we almost missed our flight back to the US. We literally arrived at the airport 2 minutes prior to takeoff!

Our teammates had their tour of Australia and we had ours. You guess which was better!

CM: Vince, that is GREAT stuff! Lol, I can imagine your thoughts as you tossed 5 women out of your room!

I want to say thank you again for taking the time to do this interview with me. I am sure the readers of Powerlifting USA will find it a compelling read and I am very happy be a part of introducing you to a whole new generation of strength athletes. I wish you the best of luck in all of your future endeavors!



Vince pulls at the IPF World Championships



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D. Crans

SQUAT

FEMALE

Neziri

S. Kakraba 4th-230

Teen (16-17)

Open

165 lbs.

MALE

Zip Code

4th-485 J. Clicardi

340

130

450

B. Sisko

275 lbs.

Master (70-74)

A. Siegel 4th-135

Teen (18-19)

Open N. Seinera

Master (40-44)
D. Mignot 375
Submaster (35-39)

D. Wayland 330

475

200

225

370 G. James 4th-355 Teen (18-19) D. Stonage Master (55-59) T. Cinelli 2 245 4th-275 198 lbs. Junior (20-23) Master (55-59) N. Theodorou 400 G. Collis 242 lbs. 181 lbs. Protomastro 585 A. Susmarski 340

Lifters who passed the Quest Diagnostic Drug Tests: Jared Minns, Steve Protomastro, Donald Swingle, James McNeill, and James Dieghan. Outstanding Squat: Steve Protomastro, Hackensack, NJ. Outstanding Open Bench: Nick Sienera, Lower Burrell, PA. Outstanding Master Bench: lames McNeill, Mt. Vernon, OH, who came back after a technical problem to make his next two attempts. Outstanding Female Deadlift: Chelsey Neff, Millheim, 160 PA, with her two American Teenage record pulls. Outstanding Male Deadlift: James Deighan, Pittsburgh, PA, lifting in his first powerliftign contest. This award was donated by Dr. Nick Theordorou, a

drug-free fou	nding f	ather.	(from A	Siegel)	
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MALE			rett	135	
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M. Kuchar	-		eClair	340	
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G. Guthrie	270	Mast			
Open			oleski	350	
M. Ruelan	485	SHW			
181 lbs.		Maste			
		T. Al			
FEMALE	SQ	BP	DL	TOT	
105 lbs.					
Teen I					
E. Parker	160	90	160	410	
123 lbs.					
Teen I	140	75	165	200	

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0	Master II Ra	w			
	C. Burr	250	160	355	765
	165 lbs.				
	Master I				
Г	P. Jurado	115	155	245	500
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	Master VI				
1	N. Landgon	310	115	330	755
	198 lbs.				
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	S. Lamb	370	160	300	840
	MALE				

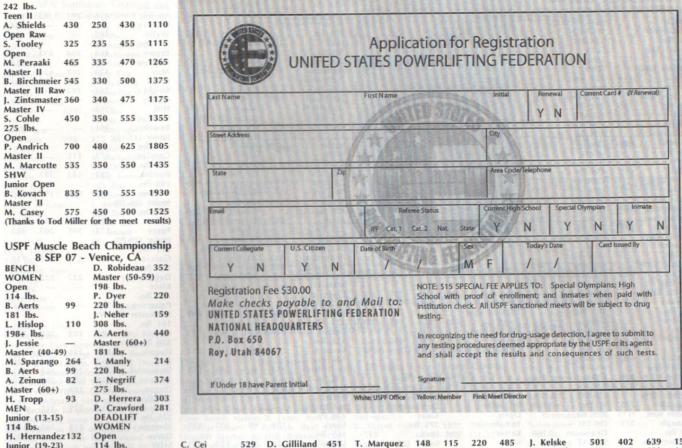
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19/	REFEREE STATUS:	Nationa	al Refe	ree		s	state Referee				
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Date of Birth Age Se	Application Date S Male Female	ocial Security Number			Paren		ian signature re				
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For more information, contact:

Allan Siegel, President, CFO 304 Daisy Street • Clearfield, PA 16830

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,	D. Nealy 132 lbs.	305	155	345	805	
	Teen II McCormick	350	245	405	1000	
)	Open B. Foddrill 148 lbs.	390	245	485	1095	
,	Teen I D. Roblyer	300	160	350	810	
)	Teen II C. Mossman Open Junior	315	215	315	845	
	Niedoliwka Open	565	375	590	1530	
	D. Graves Master III	350	65	350	965	
	K. Kennedy 165 lbs.	365	245	440	1050	
	Open Master			STATE OF		
	A. Sharpe 181 lbs.	135	335	315	785	
	Teen I B. Gable Open	355	245	480	1080	
	S. Distel Open Raw	355	205	375	935	
	D. Kuhl Open Master	355 II	270	445	1070	
	J. Mumaw Master III	495	260	515	1270	
	A. Little Master V	610	275	625	1510	
	R. Batko 198 lbs. Teen III Raw	450	215	505	1170	
	T. Thompson Open	475	310	275	1360	
	C. Terry Master III Ray		360	760	1805	
	D. Burr 220 lbs. Teen II Raw	300	250	420	975	
	C. Perez Junior	405	275	545	1225	
	T. Birchmeier Open/Out of	State	255	525	1205	
	C. Kennedy Master I Raw	525	380	485	1390	
	D. Butler Teen II Raw	365	265	375	1005	
	P. Pohlman	280	140	335	755	



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Dentice. State Referees: Dr. David Fostee and Kelli LaMantia. Announcer: Chuck LaMantia. Scorekeepers: Kelli LaMantia, Steve Denison and Tom Miller. Spotters/ Loaders: Phoenix House. (Steve Denison)

Best Lifter Powerlifting Women: Monica Sparango. Best Lifter Powerlifting Junior: O'Neil Roussell. Best Lifter Open Powerlifting: Robert Speno. Best Lifter Master Powerlifting: Kenny Croxdale. Best Lifter BP Women: Monica Sparango Best Lifter BP Open: Ryan Girard. Bes Lifter BP Master: Larry Negriff. Best Lifter DL Open: Phil Andrews. Best Lifter DI Master: Roger Hill. Meet Director Computer: Steve Denison. Meet Promoter Joe Wheatley. International Referee: Bill Ennis. National Referees: Scott Layman, Iim Merlino, Lisa Wheeler, Kevin Meskew Steve Denison, Chuck LaMantia and Joe

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B. Jones

Open 198 lbs.

B. Drew

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275 lbs.

M. Robles

308 lbs.

A. Aerts

M. Borunda

A. Kaminsky

I. Hoffmann

B Castaneda 220

B. Littlefield 435

E. Delatorre 507

R. Gutierrez 501

Master (40-49)

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507

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198+ lbs.

B. Aerts

105 lbs.

MEN

220 lbs

B. Jones

H. Tropp

Junior (16-18)

Junior (19-23)

C. Tremblay 418

D. Gilliland 451

C. Marciales 385

Master (40-49)

M. Sparango 365

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Master

181 lbs.

Open 198 lbs.

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220 lbs

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Sterling

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Junior (16-17)

Crossland

460

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114 lbs.

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POWERCURL

Luciani

(60-69)

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SQUAT

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Powerlifting

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Brian Reed pulling 545	at the
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A	Bassman	213	Maste	r (45-4	9)	
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	Hartfield	299	SHW	A SHARE		
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	MEN	3,,	MEN			
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ne	242 lbs.			r (50-5	4)	
)-	Patterson	363	181 II	os.		
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*/	Powerlifting	SQ	BP	DL	TOT	
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65	123 lbs.					
	Boutte	309	131	269	710	
5	132 lbs.					
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	148 lbs.					
	Delaiden	250	165	236	652	
	181 lbs.	23313	7 30			
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	Keller	401	_	_	401	
	Master					
	132 lbs.					
	Clark	176	90	233	499	
,	165 lbs.		30	200	433	
	O'Reilly	176	103	172	453	
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Morgan

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246 Dunn

Membership Registration	PETT THE SET THE MANUAL OF THE PASS OF THE	
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\$40.00 ADULTS

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

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

447-4-7		200	0.00	
Mistric	416 281	297	363	1077
Lowery Wylie	485			281 485
275 lbs.	403	1		403
Brown	466	264	434	1165
Murrow	463	329	343	1135
May	378	265	326	970
Clark	394	268	297	960
Knight	384	192	317	894
Godby	369	-	-	369
Hill	393	V 700 150	T	393
Bowden	384			384
Junior (13-15			0.00	304
114 lbs.	TOVE			
Carolan	173	111	_	284
165 lbs.	July.			
Romine	283	143	283	710
198 lbs.	100	0.7	100	405
Norton Junior (16-17	189	96	199	485
198 lbs.				
Fisher	291	159	291	741
	172	101		482
Junior (20-23)			
181 lbs.				
	287	171	280	739
198 lbs.	200	20-	200	0.00
DeLeon	329	227	322	879
Kiser 242 lbs.	ACT LOD			
Patterson	381	_		381
Submaster (3			o alivara	301
181 lbs.				
Garcia	285	182	268	735
220 lbs.				
Dugan		236		919
Roe		236		830
			265 299	
Stevens	290	188	261	
Dugan 242 lbs.	290	100	201	740
Zaworski	336	229	315	881
275 lbs.	300		0.0	
Murrow	463	329	343	1135
Dunn	404	203	-	606
SHW	A ST			
Bowden		_	_	384
Master (40-44)	1)			
Yancy	391	228	332	953
220 lbs.	331	220	332	333
Nickell	269	171	272	713
242 lbs.				magO.
	308	216		814
Christopher		147		657
Wylie	458	-	-	458
	"			
Master (45-49		224	289	835
181 lbs.	314			
181 lbs. Blevins	314	231	203	033
181 lbs.	MUN			
181 lbs. Blevins 220 lbs.	402	127	81	
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman	402 356			
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59	402 356	127	81	
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs.	402 356	127 246	81 302	611 905
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall	402 356	127	81	
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs.	402 356 9) 294	127 246 212	81 302 287.	611 905 794
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte	402 356	127 246	81 302	611 905
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs.	402 356 9) 294	127 246 212	81 302 287.	611 905 794
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+)	402 356 356 329 416	127 246 212 190	81 302 287 282	611 905 794 802
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs.	402 356 9) 294 329 416	127 246 212 190 297	81 302 287. 282 363	611 905 794 802
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling	402 356 356 329 416	127 246 212 190	81 302 287 282	611 905 794 802
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs.	402 356 356 329 416	127 246 212 190 297	81 302 287 282 363	611 905 794 802 1077
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-55 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price	402 356 9) 294 329 416	127 246 212 190 297	81 302 287. 282 363	611 905 794 802
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price 275 lbs.	402 356 356 294 329 416 163 279	127 246 212 190 297 98 196	81 302 287. 282 363 192 282	611 905 794 802 1077 454 758
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price 275 lbs. Allen	402 356 356 329 416 163 279 237	127 246 212 190 297	81 302 287. 282 363	611 905 794 802 1077
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price 275 lbs.	402 356 356 329 416 163 279 237	127 246 212 190 297 98 196	81 302 287. 282 363 192 282	611 905 794 802 1077 454 758
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181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price 275 lbs. Allen Below Class I 181 lbs. Venn Korenke 198 lbs. DeLeon	402 356 356 294 329 416 163 279 237 302 257 329	127 246 212 190 297 98 196 134 226 162 227	81 302 287. 282 363 192 282 234 275 288 322	611 905 794 802 1077 454 758 606 804 708 879
181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price 275 lbs. Allen Below Class I 181 lbs. Venn Korenke 198 lbs. DeLeon Veron	402 356 356 329 416 163 279 237 302 257	127 246 212 190 297 98 196 134 226 162	81 302 287. 282 363 192 282 234 275 288	611 905 794 802 1077 454 758 606 804 708
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181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price 275 lbs. Allen Below Class I 181 lbs. Venn Korenke 198 lbs. DeLeon Veron 220 lbs. Siemantel Nunnalee Brooks 242 lbs.	402 356 294 329 416 163 279 237 302 257 329 239 335 235	127 246 212 190 297 98 196 134 226 162 227 206 200 170	81 302 287. 282 363, 192 282 234 275 288 322 285 265 310	611 905 794 802 1077 454 758 606 804 708 879 731 801 716
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181 lbs. Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price 275 lbs. Allen Below Class I 181 lbs. Venn Korenke 198 lbs. DeLeon Veron 220 lbs. Siemantel Nunnalee Brooks 242 lbs. Lúburich 275 lbs. May	402 356 294 329 416 163 279 237 302 257 329 239 335 235 180 285 378	127 246 212 190 297 98 196 134 226 162 227 206 200 170 136 —	81 302 287 282 363 192 282 234 275 288 322 285 310 231 —	611 905 794 802 1077 454 758 606 804 708 879 731 801 716 547 285 970
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181 lbs, Blevins 220 lbs. Nesuda 242 lbs. Brockelman Master (50-59 181 lbs. Hall 198 lbs. Boutte 242 lbs. Mistric Master (60+) 148 lbs. Kling 220 lbs. Price 275 lbs. Allen Below Class I 181 lbs. Venn Korenke 198 lbs. DeLeon Veron 220 lbs. Siemantel Nunnalee Brooks 242 lbs. Luburich 275 lbs. May Scott	402 356 359 416 163 279 237 302 257 329 235 180 285 378 250	127 246 212 190 297 98 196 134 226 162 227 206 136 —	81 302 287 282 363 192 282 234 275 288 322 231 —	611 905 794 802 1077 454 758 606 804 708 879 731 801 716 547 285 970 731
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APA Southeast Coast 10 SEP 07 - Georgetown, SC

Drug Tested 165 lbs. RENCH Drug Tested Submaster Raw McElveen 155 Teen Raw 210 220 lbs. I. Miller Submaster Raw J. McElveen 330 B. McRavin 175

Submaster Raw Master II Gear 150 S. Berry F. Allen 325 242 lbs. Submaster Raw 198 lbs. F. Rodriguez -290 R. Woods 275 lbs. Submaster Raw 220 lbs.

K. McFadden 205 Open Raw B. McRavin 420 DEADLIFT Drug Tested 242 lbs. Open Gear
J. Etling 385
Master II Gear
G. Abdon 455 165 lbs. Submaster Raw J. McElveen 405

220 lbs. CURL Junior Raw M. Brown TOT Push Pull BP DL Drug Tested 220 lbs.

Submaster Raw 335 370 705 S. Berry 242 lbs. Open Raw J. Lufborrow 300 500 800 275 lbs.

Submaster Gear 525 575 1100 K. McFadden Best Lifter Curl: Kenneth McFadden. Best Lifter Bench: George Abdon. Best Lifter Push Pull: McFadden. Best Lifter Deadlift: 123 lbs.

Marcus Brown. Referee's: Jerry Tancil, C. LaMantia 165 220 lbs.

Alan Bremner, and Scott Taylor. Meet Junior (18-19)

J. Bostick Alan Bremner, and Scott Taylor. Meet Junior (18-19) Site: Winyah Fitness Center, Georgetown, 165 lbs.

Monster BP/Return of Living DL 20 OCT 07 - Chatsworth, CA WOMEN M. Nguven SubMaster

220 lbs.

J. Fishbach

Master Police/Fire 242 lbs. 121 K. Tawzer M. Tawzer DEADLIET Open 165 lbs. WOMEN Junior 319 148 lbs. R. Garcia C. LaMantia 181 374 Master D. Robideau 352 SHW . Yargus M. Tawzer 248 220 lbs. J. Campbell 242 lbs. 259 MEN Open 380 198 lbs.

148 lbs

C. LaMantia

K. Tawzer 275 lbs. D. Gustafson 523 M. Robles 501 D. Robideau 429 418 198 J. Dentice SHW S. Yargus 396 A. Fregoso 407 C. Tawzer Master (45-49) 198 lbs. 220 lbs. 270 J. Campbell (9) 242 lbs. M. Brown 418 Master (55-59) 600 181 lbs. A. Harris 336 275 lbs. 567 242 lbs. J. Dentice 380 Master (45-49) K. Tawzer Master (60-64) 198 lbs.

M. Brown 4 424 Master (55-59) 413 B. Evans Master (70-74) 181 lbs. 440 198 lbs. A. Fu 253 198 lbs. 451 Master (75-79) E. Lewis Master (70-74) 259 165 lbs. 181 lbs. R. Simon R. Hill 198 lbs. Junior (13-15) 402 123 lbs. 402

C. LaMantia 71 F. Irons Master (75-79) Junior (16-17) 220 lbs 181 lbs. 363 R. Simon 341 Junior (13-15) Junior (18-19)

APPLICATION FOR REGISTRATION American Powerlifting Association World Powerlifting Alliance



Middle Initial Today's Date First Name Last Name

Zip Code City Street Address

Date of Birth E-Mail address Telephone Number

Social Security Number Signature (Parent if under 18 years old) Sex

\$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

Cutting Edge Spring Classic

10 NOV 07 - Albany, NY

SubMaster 650 Powerlifting SQ BP DL TO J. Fishbach 468 Site: Winyah Fitness Center, Georgetown, South Carolina. A very special thanks to Alan Bremner for putting on a great event and providing some very good spotters and loaders as well as a great facility to run this event. We look forward to the next event which will be held in early 2008 (from Scott Taylor APA President). LaMantia, State Churck LaMantia, State Churc next event which will be held in early don Santee-Intl, Joe Dentice-Natl, 2008. (from Scott Taylor, APA President) LaMantia-State, Chuck LaMantia

185 115 200 500

365 205 375 945

275 130 250 655

530 360 585 1475

600 440 525 1565

735 540 660 1935

775 475 575 1825

500 325 445 1270

500 340 460 1300

475 575 1825

405 470 1510

430 480 1450

420 1130

410 300

635

540

(Thanks to Wade Johnson for the results)

MALE

(40-49) Full Power

WOMEN

Open D. Gordon

181 lbs.

220 lbs. (13-15)

(33-39)

MEN

148 lbs.

(13-15)

198 lbs.

Open E. Bush

(33-39)

Open

242 lbs.

(50-59)

275 lbs.

(33-39)

(40-49)

308 lbs (50-590

D. Oakes

341 lbs.

(33-39)

Open P. Maupin

B. Campbel

Phillips

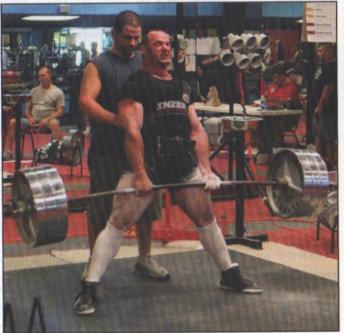
B. Claiborne

Gaisser

B. Barger 220 lbs.

ndlift Master: R. Hill. Referees: Gor- Santee-Intl, Joe Dentice-Natl, Kellie Mantia-State, Chuck LaMantia-Natl,	MALE
in Meskew-Natl. (from Steve Denison)	114 lbs. C. Vooys 191 137 178 506 Youth (8)
APA Tennessee State Meet 26 JUL 07 - Nashville, TN R. Holden 265	114 lbs. J. Warren 61* 58* 135* 254* 4th-DL-147*
LE 308 lbs. i lbs. (18-19) -49) G. Waynick 425 I Power SQ BP DL TOT OMEN lbs.	Youth (10) 181 lbs. K. Napier 120* 93* 200* 413* 4th-BP-100* Youth (11) 97 lbs.
en Gordon 160 105 190 455) lbs.	

g	Edge :	Spring	Class	sic	I. Nolan 132 lbs.	61*	53*	TTO .	114
	V 07 -					95*	77*	175*	347*
	SQ				The state of	4th-D	L-190*		
0		11814	Will !	a Police R	Junior				
9)					198 lbs.				
					T. Yavonditte	290*	171*	295*	756*
	358*	183*	308*	849*	Submaster				
	4th-BI	P-216*	DL-32	1*	308 lbs.				
					K. Warren	550*	370*	540*	1460
ym	pics				Master (40-44	1)			
	T OID				181 lbs.				
	191	137	178	506	D. Naughton	_	383	437	820
					Master (40-4	4)/Phy	sically	Challe	nged
					242 lbs.				
	61*	58*	135*	254*	H. Harris	_	340*	-	340
	4th-D	L-147*			Master (45-49	9)			
					275 lbs.			- Mar	55.10
					P. Burgess		251*	390	1057
	120*	93*	200*	413*	Master (50-54	1)			
	4th-B	P-100*			165 lbs.				
					G. Sagor				
					*=Meet Record	ds. (res	ults - D	yke Na	ughton



Pat Maupin deadlifting 660 lbs. at the APA Tennessee State Meet. (Photograph provided courtesy of Melissa Garret & Wade Johnson)

72

100% Raw Christmas Classic Novice P. Wise 15 DEC 07 - Stanardsville, VA BENCH DEADLIFT FEMALE 77 lbs. 132 lbs. (6-7) M. Gubbs 35* 435* I. Marchio 123 lbs. 220 lbs Open/(25-59) Open B. Echols 181 lbs. (50-54)(20-24)B. Cook 480* 235* (60-64) L. Parrish D. Oprise MALE 114 lbs. (10-11)(20-24) R. Hubbard 630*

435

(35-39)

C. Clark

(25-29)

275 lbs

E. Stine

FEMALE

148 lbs.

(45-49)

181 lbs

165 lbs

(40-44)

(50-54)

T. Henriques 150

L. Parrish

CURI

280 M. Gubbs

345 V. Gubbs

300 (20-24)

255* MALE

155* J. Cook

455 (70-74)

365 220 lbs.

380

B. Muretta

(14-15)

X. Escala

McCormick 130

148 lbs.

(14-15)

(16-17)

181 lbs.

(40-44)

(40-44)

(45-49)

(70-74)

220 lbs

I. Hugh

(30-34)

B. Lapole (35-39)

I. Jackson

(25-29)

J. Ferrell

A. Pollock

Open

N. Marchio

ACN 6t	h Bench Competit	tion
22 00	CT 07 - Atlanta, G	A
BENCH	J. Araujo	17
WOMEN	J. Robeson	19
Open	P. Tolleson	17

	BENCH		J. Araujo	170
	WOMEN		J. Robeson	195
445	Open		P. Tolleson	175
	M. Sternberg	150	J. Bartholdi	135
	A. Sample	115	Open	
	MEN		M. Carter	285
	Master (40+)		I. Wilson	345
22.5*	S. Walker	210	G. Trotter	245
	D. Yamashita	160	P. laffe	275
	Master (50+)		S. Walker	210
50	J. Wilson	345	Line and the second	
	There were 15	brav	e lifters in this	vear's
	Athletic Club N			
90*	lifting only, wi			
	family to the			

formula. In the women's, seasoned lifter Maya Sternberg led the way with a nice lift of 150. First timer Scott Walker took gold in the Master's (40+). Big Joe Wilson took care of business in the Master's (50+) with the day's biggest lift of 345 lbs Rookie lifter, Marcus Carter, takes the open benching 1.59 times his body weight. Thanks to all our lifters for making this

Open/(30-34) J. Kelly (30-34) D. Oprison D. Golden Journal D. Golden Journal D. Oprison Journal D. NASA Ohio State Journal D. Oprison Journal D. Haywood Journal D. Oprison Journal D. Haywood Journal D. Oprison Journal D. Haywood Journal D. H	ctor)
(30-34) D. Oprison 125 NASA Ohio State	
D. Golden 390 242 lbs. 21 APR 07 - Springfield, OF	
(35-39) BENCH Master I	
	59
275 lbs.	
	59
W. Savage 285 W. Morris 140* Junior MALE	
*=National Records. (from John Shifflett) A. Comstock 77 132 lbs.	

P. Wiseman	93	R. Mai 165 lb	nning	237
165 lbs.	93		5.	
Police/Fire		Junior		250
T Cimmen	205	J. Kimr		259
T. Simpson	385	181 lb		
181 lbs.		Master		
Teen		R. Buri		330
Z. Whitney	-	Master		
198 lbs.		L. Don		253
High School		198 lb	s.	
W. Hanley	314	Pure		
Junior		B. Buri	ns	264
Cummerlande	402	220 lb	s.	
220 lbs.		Master	II	
High School		T. Boy		354
Kyle Smith	-	Novice		
Int		J. Bark		_
R. Haynes		Open		
Novice		C Poo	re	418
A. Antonelli	380	C. Poo T. Boy	or or	354
Pure	300	Pure	CI	334
I. Hall	474			474
	4/4	J. Hall		474
Submaster 1	440	T. Boy		354
C. Poore	418	275 lb:		
242 lbs.				
Novice		J. Durl		308
C. Stollings	-	PS BEN	ICH	
Police/Fire		MALE		
L. Edwards	347	220 lbs	S.	
Submaster Pu		Open		
	385	C. Poo	re	418
275 lbs.		Pure		
Junior		J. Hall		474
McWhorter	_	Submas	ter II	
Submaster II		K. Balt		402
R. Wiseman	413	PS CUI		
Submaster Pu		MALE		
R. Wiseman		242 lbs		
308 lbs.	113	Submas		uro
Int		J. Knigl		
C. Holmes	457	275 lbs		
Master I	437	Submas	for D	uro
D. Mason	474	J. Durk	in in	142
		DE DAI	DITET	143
Raw		PS DAI	DLIFT	
148 lbs.		MALE	S S S S	
High School	200	308 lbs		
L. Melcher	264	INI		***
Master I		K. Wal	cn	468
Push Pull		BP	DL	TOT
114 lbs.				
Master I				
L. Lowery		126	226	352
Teen				
L. McGonagle	e	82	181	264
MALE				114
114 lbs.				

•	-	-	_	-	_	-	_	_	_	_	-	_	_	_	_	-	-	-	_	_	-	-	-	-	-	-	-	_
						1	00	19	6	R	A	V	V	P	ov	ve	rl	if	tin	10	F	Ca	de	230	at	in	**	
															ersl									-			**	

LAST NAME: FIRST NAME: INT. STREET ADDRESS:

CITY/STATE/ZIP:

AREA CODE / TELEPHONE:

AGE: ___ SEX: ___ E-MAIL ADDRESS:

REGISTRATION FEE

\$25 - ADULTS \$10 - HIGH SCHOOL MAKE CHECK PAYABLE TO: 100% RAW 139 MARLAS WAY, CAMDEN, NC 27921

DATE OF BIRTH:

NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application

LIFTERS SIGNATURE:

PARENTS SIGNATURE IF UNDER 18 YRS, OLD

DATE OF APPLICATION:

(This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree drug testing procedures during or after a competition by Officials of 100% RAW. I nereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

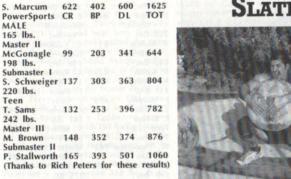
www.RAWPOWERLIFTING.com

Master II M. McGonagle 203 341545 Master III 181 369 551 181 lbs. Master II L. Donahue 253 330 584 Master Pure L. Donahue 253 330 584 198 lbs. Submaster 1 B. Brown 297 578 876 220 lbs. Submaster II C. Underhill 440 518 959 242 lbs. Master I L. Edwards 347 474 821 Novice R. Shotts Police/Fire L. Edwards 347 474 821 Pure D. Brown 275 lbs. High School C. Edwards 154 259 413 Powerlifting SQ BP DL FEMALE Raw 148 lbs. A. Comstock 226 77 303 MALE 148 lbs. 231 99 264 595 A. Kunkel 165 lbs. High Schoo 352 203 440 352 187 325 865 C. Harris Master III 181 lbs. Master II R. Friedman 385 209 446 1041 Master Pure R. Friedman 385 209 446 198 lbs. Submaster II D. Clayton 534 402 440 1377 220lbs N. Benefield 424 325 446 1196 Open M. Adams 562 352 523 1438 242 lbs. Pure 672 391 611 1675 Submaster Pure J. Abnee 672 391 611 1675 275 lbs. A. Soboleski 540 402 600 1543 308 lbs. Submaster II J. Barrett 385 424 451 1262 SHW M. Soboleski 402 402 496 1300 165 lbs. 220 126 303 650 T. Phipps 181 lbs. Master I R. Burns 402 330 396 1129 Master II R. Friedman 385 209 L. Donahue 308 253 330 892 198 lbs. Junior S. Pomeroy 347 242 429 1019 220 lbs. Novice J. Barker 402 - -402 Open S. Biggs 407 341 507 1256 Pure A. Norman 281 573 1355 S. Biggs 407 341 507 Submaster S. Biggs 275 lbs. 407 341 507 1256 Novice J. Dietrich 281 275 429 986 SHW

Youth A. Edwards

99 220 319

SLATER'S HARDWARE STONE MOLDS



NASA Colorado Regional

10 NOV 07 - Loveland, CO

233

233

FEMALE

114 lbs.

Open H. Patel

H. Patel

H. Patel

123 lbs.

Master I

K. Hughes

K. Hughes

Open K. Hughes

A. McTighe 226

Pure A. McTighe 226

A. McTighe

165 lbs.

181 lbs.

I. Blystone

Master I T. Cencich

Master IV

C. Doggett

C. Rainbolt

242 lbs. Master I R. Strang

Novice

275 lbs

148 lbs

FEMALE

Novice

MALE

132 lbs.

198 lbs.

R. Byars

FEMALE

High School

132 lbs.

Master III

T. O'Keefe

Submaster Pure

Powerlifting SO

Herrera

Master I

J. Lynn III

Lynn III

High School

L. Fossceso

SHW

Master Pure

Submaster II

Submaster Pure

K. Weaver 341

D. Peterson 220

Master I

T. Trujillo

Master Pure

T. Trujillo

Master IV

242 lbs.

Open

MALE

165 lbs

220 lbs

Ehrhardt

PS BENCH

Master Pure

High School

A. Herrera

S. Erickson

S. Frickson

297

165

209

303

TOT

Master I

Master II

C. Price

Novice

242 lbs.

Master I

PS CURL MALE

165 lbs

Master Pure

High School A. Herrera

K. Kaiser

Master I S. Erickson

Master II

165 lbs. Novice

1. Blystone

165 lbs.

B. Knoll

88

BP

187 115 275 578

K. Kaiser

Master Pure

DL

248 435 683

209 308 518

385 485 870

600 953 DL TOT

198 286

PS DEADLIFT

R. Cundiff

K. Kaiser

233 220 lbs.

M. Cencich 165 H. Blackmon 341

198

198

198

226

255

440

440

203

233 C. Doggett



ST120 8" Diameter any weight 23lbs......\$50.00

ST120 10" Diameter apx weight 42lbs........\$55.00 ST120 12" Diameter apx weight 72lbs.......\$59.00

ST140 14" Diameter apx weight 116lbs.......\$79.00

ST160 16" Diameter apx weight 175lbs......\$99.00

ST180 18" Diameter apx weight 240lbs.....\$199.00 ST200 20" Diameter apx weight 335lbs.....\$135.00 ST210 21" Diameter apx weight 335lbs.....\$149.00

ST220 22" Diameter apx weight 400lbs.....\$169.00 ST210 24" Diameter apx weight 476lbs....\$169.00



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- Make spherical concrete stones continuously in a multitide of
- Easy to make, hard to break Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.
- Currently available in 8, 10 12, 14, 16, 18, 20, 21 and 24 inch diameter sizes with complete easy to follow
- · Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other
- · Place stones in your gym to attract new members.
- · Great training for Football. Wrestling, Powerlifting, Bodybuilding, Ultimate Fighting or any type of Heavy Athletic Sport.

				K. Kaiser	308	253	369	931	Submaster Pu	re			
					242	187	319	749	J. Hood	99	209	303	611
264	176	310	760						148 lbs.				
204	170	313	700		369	336	413	1118	lunior				
										115	176	314	606
					303	.00	303			MALE IN			
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													110
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										126	200	309	/02
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Application for Registration in the Natural Athlete Strength Association

First Name	Last Name	Date
Mailing Address		City
State Zip	Phone-	
Date of Birth		ddress ot On Computer File And Are Not Mailed
I compete in-	Powerlifting BP (Only Power Sports
	Please Circle Below	22 Est Company State Parties
High School \$	15.00	Adult \$30.00
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WABDL World Cup 11 AUG 07 - Manchester, TN BENCH Master (48-55) WOMEN 132 lbs. B. Tindull 535!* . Rhodes Law/Fire Open Master (40-46) 309+ lbs 181 lbs C. Williams Master (40-46) 4th-209 Master (47-53) K. Poitevint 341 181 lbs 198 lbs. C. Weber 225 J. Gardner 363 Teen (18-19) Phillips 220 lbs. N. Williams 154!* T. Matchen T. Womack Class I 275 lbs. P. Holloway 650* I. Colon 343 308 lbs K. Overby 319 Master (47-53) B. Reed R. Cwoozinski 402* A. Traylor 391 220 lbs. 418* M. Frizzell . Miller 451* 242 lbs W. Foster D. Millrany 385* M. Patrick 242 lbs. B. Tindull 535* 402 Master (54-60) 259 lbs. 242 lbs. R. Zareck Master (61-67) 181 lbs. l. Brown I. Shoaf Junior (20-25) 148 lbs. I. Parham 325* 4th-374* 259 lbs. A. Ramos 165 lbs.

Master (68-74)

C. Green

165 lbs.

B. Reed

181 lbs.

391 K. Poitevint 341

R. Cwoozinski402*

418* 220 lbs

325 Open 148 lbs.

639* 198 lbs.

S Miller

B Smith

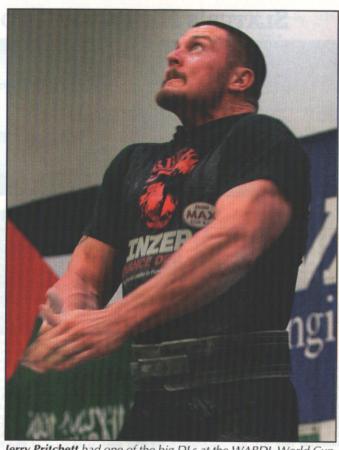
220 lbs.

I. Wells

Law/Fire

W. Watts

Master (40-47)

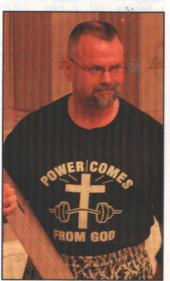


Jerry Pritchett had one of the big DLs at the WABDL World Cup.

D. Militana C. Phillips	486*	4th-568* 242 lbs.		P. Holloway J. Pritchett		K. Overby 309+ lbs.	628
220 lbs. B. Bishop	551	M. Patrick 275 lbs.	473	J. Ross 308 lbs.	606	L. Ruffin Submaster	424 (33-39)

	Application for Registration ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)
Last Name F	First Name Initial Renewal Current Card # (If Renewal) Y N
Street Address	Club Name
City	State Zip Area Code/Telephone
Current WABDL Classification Referee Status Elite Mater I II III IV World Natio	U.S. Citizen? Date of Birth. Sex Today's Date Card Issued By
Registration Fee: \$35.00 Feenagers, Disabled, & Special Olympians: \$25.00 Make checks payable to and mail to	NOTE: All WABDL-sanctioned meets will be subject to drug testing.
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS PO Box 27499 Golden Valley, MN 55427	In recognizing the need for drug uses detection I
f under 18, have parent initial	Signature

165 lbs. J. Colon 343 L. Ruffin 4th-347* Disabled 198 lbs. G. Gibsor 4th-568 Junior (20-25) 242 lbs. 148 lbs E. Eaton A. Ramos R. Thomas 479 165 lbs. 259 lbs. P. Duke J. Murphy 275 lbs. . Gray Naylor I. Brown 181 lbs S. Miller 114 lbs. Law/Fire Master (56+) 165 lbs. T. Butler 534 Master (40-46) 198 lbs. 275 lbs. 270!* P. Holloway 771* 220 lbs. T. Putman Master (47-53) K. Hickerson 143* Teen (14-15) 181 lbs. R. Thompson 187 4th-745!* Teen (16-17) 242 lbs. 198 lbs. M. Patrick 507 K. Collins Master (54-60) 259 lbs. 242 lbs. 358!* E Morgan 275 lbs. T. Morgan M. Mayhall 352* Master (61-67) 198 lbs. 181 lbs. J. Shoaf 385 336 I. Payne 4th-402* Open 165 lbs. M. Cotner D. White 303* 551* 462* J. Wilsey C. Farmer 611* WOMEN R. Colton 132 lbs. P. Holloway771 J. Pritchett Master (47-53) T. Putman 677* Teen (12-13) 374 114 lbs. C. Weber Teen (18-19) 105 lbs. 4th-292!* 176* 148 lbs. MEN B. Smith 303* Class 1 181 lbs. C. Luttrell 225* S. Miller 457 Teen (14-15) 198 lbs. 165 lbs. 633* R. Thompson 347 D. Millrany 534 181 lbs. Wilsey 611* C. Hamner =World Records. *=State Records. Venue: Holiday Inn, Manchester Convention Cen-ter. World records in the deadlift were set by Tee Meyers, the preacher from Geor gia, who broke one of Tom Eiseman's records in the Master 47-53/181, with a huge 745 lbs.! And, he had lots to spare.

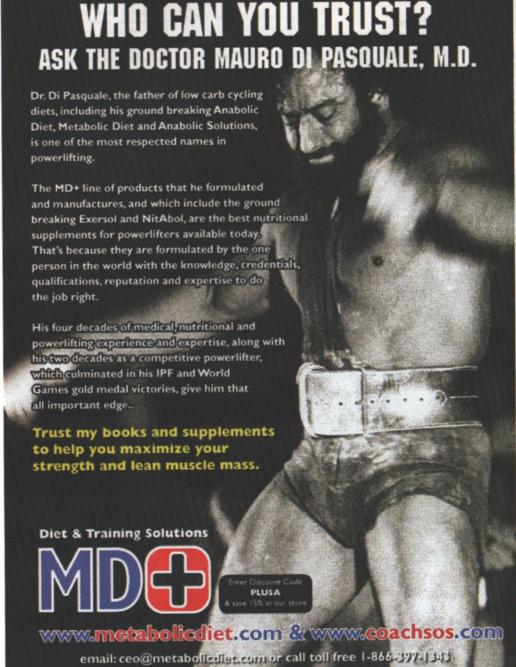


Mike Frizzell benched 507 at 220, 47-53 at the Manchester, Tennessee WABDL World Cup.

Wesley Thompson set a world record dead in 12-13/114 with 292 lbs. as well as a Tennessee record. Patrick Holloway pulled 771.5 lbs. but Patrick tore his bicep. In Master 54-60/242, Eddie Morgan pulled an Arkansas record 640.3 lbs. In Open 198 lbs. Jared Wilsey pulled a Tennessee record 611.7 lbs. In the Master 40-46/275 and the "Professor" Brant Bishop got an Alabama record 568.6 lbs. in Open 220, Cunningham and lso in Submaster 220. In the 275 A. Pitter record 611.7 lbs. In the Master 40-46/275 Alabama record 508.6 lbs. in Open 220, Cunningham class Terry Putnam set an Oklahoma and also in Submaster 220. In the 275 A. Pitter record with 677.7 lbs. and in Class 1/198 Open there were three lifters benching K. Asar William Foster set a Tennessee record over 600 lbs., Holloway from Arizona at 198 lbs. 633.7 lbs. In Teen 18-19/181 Colby Hamner 650 lbs., Overby from Alabama at 628 B. Anderson 650 lbs., Overby from Alabama at 628 B. Anderson 650 lbs., Overby from Alabama 26 B. Anderson 650 lbs. set an Alabama record 451.7 lbs. In the lbs., and Justin Ross of Alabama with 606.2 N. Griffith bench press, world records were set by lbs. In Teen 18-19/Super Cody Farmer of W. Allen Blane Tindall of Alabama with 535.6 lbs. Alabama put up 462.7 lbs. for a state J. Colon and in Law/Fire Master 48-55. Mathew Farris set a world record 270 lbs. at 12-tor and did an excellent job. His girl J. Keefe 13/198. Gary Roper set a world record friend Vicki was the scorekeeper. Jim D. Boone 358 in Teen 16-17/259 and Nikki Williams Daly was the MC. The judges were Gus 220 lbs. set a world record 154.2 lbs. in Teen 18- Rethwisch, Brant Bishop, Ken Millrany, D. MacKinnon500 310 19/97, her 7th world record in seven Mark Phillips, and Charles Phillips. (Thank P. Johnson different weight classes in 18-19. Wayne you to Gus Rethwisch for these results) C. Beaulieu

J. Drake J. Gonzalez 237 455 1450 V. Nuzzolito 455 S. Braggs W. Gauthier 550 Gravina 430 M. Jackson 275 lbs. M. Andino D. Williams B. Proposki SHW

G. Acevedo 225 410 500 1135 Best Lifter: Bruce "The Troll" Anderson. RTR2 saw some great lifting this time out, with seven weight classes represented with a few perennial winners and a few surprises, and we even had chalk! Hopefully, next time we'll be using the "rounds" system so we can cut it down a day. Starting off, the 165 division had the makings for a good battle between Adrian Teague and Sean Harding, were it not for fan favorite Karter Reed, who, though lifting below his best, pulled a decisive win. Eric Cunningham ended up alone in the 181 class, but still lifted like he was being chased with a big stick. The 198 class had the largest field of lifters, many first timers. That didn't stop them from letting it all hang out, however. Ulti-mately, Bruce "the Troll" Anderson, lifting in the stratosphere, took the highest total of the meet, along with "Best Lifter" honors, keeping his masters points in his pocket so as not to add insult to injury. What can you say about this guy? He came within an elite raw total at 56 years old! the didn't know another 20 lbs. would have done it until afterwards. He says, "Next time!") What's his secret? He defies age and gravity, lifting like a juiced-up teen, smiling and encouraging others and leading an excellent example of how it's done. I just don't know; I hate people like that! (kidding, buddy) Yay, Brucie! Danny Mac lead the way into the 220 deadlifts, where there was a dogfight for the top, Chris Beaulieu missing a good crack at 580 lbs. on a hitch, Patrick Johnson pulling an easy 590 lbs., but finally missing at 610. Troll note: Danny's too modest to mention it, so I will. He not only won the DL, but PR'd across the board, all while coaching, training, running around helping everybody and anybody! He was also first runner-up, Karter second runner-up, overall. The 242 division looked tight up until the deadlifts. Steven Braggs edged out Billy for a spot on the podium. Vito and Jay were neck and neck with only a ten pound neck and neck with only a ten pound separation, but Jay's monster deadlift a 615 lb. prison record, followed by a huge 630 lbs., in only his first meet, left us wondering what's next for this tall, nice guy. Another big, nice guy, Miguel Andino, ended up alone in the 275 lbs., showing some smooth, solid lifting in his first meet as well. SHW Gio Acevedo carried a really nonchalant approach to some big benches and easy lifting. We'd like to thank our loaders and spotters for all their hard work, and especially Wagner, Carl, Murphy, and Bruno of the recreation staff, who did an excellent job of officiating. If you didn't earn it, they didn't pass it, in only their second time around. They made it a smooth, fun ride for all, with lots of excitement! (courtesy Daniel MacKinnon)



Walker's	Gym	Deadlift A	leet
		Hopewell, V	
DEADLIFT		Master (60-	69)
All Lifters		220 lbs.	
198 lbs.		P. Batte	285
T. Harrell	500	Police	
242 bs.		275 lbs.	
D. Mason	650	J. Hunter	410
SHW		Teen	
P. Battle	600	0-148 lbs.	
Master (40-49)	A. Wagner	32
275 lbs.		S. Wagner	
I. Hunter	410	198 lbs.	
		J. Blake	37
(Thanks to Ba	rry W	alker for the	resul

American Powerlifting Committee (APC) www.americanpowerliftingcommitte.com P O Box 40 Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Name		on sequences	9 10/10			Date
Address		(a) VII	14 10 10 10			
City.	nd live	word notes on	in Deltain	St	ate.	Zip
Phone.	dul les	Marie Her Lit	Email			
Date of Bir	th_	on a few pagen	Age	Sex	US Citizen	Club
Prices: A	dult	\$30.00	Teer	nage	\$15.00	Special Olympian \$10.0

Card expires 12 months from date of purchase

Signature

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CDI	d duo			
SPI	Iron	tober	rest	nic go
10 NO	V 07 -	Hart	ford, A	AL I
BENCH		Junio	rs	
Masters (40-4	14)	242	he	
242 lbs.		J. Bo	ttoms	350
242 lbs. M. Smith Raw	420	SHW		
Raw		R. W	ilkerso	n 545
123 lbs. S. Smith Teen (18-19) 220 lbs. A. Dead		Raw		
S. Smith	140	Teen	(16-17)) 191191
Teen (18-19)		132	bs.	
220 lbs.		E. M	cBride	245
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rush rull		BP	DL	TOT
Masters (50-5	(4)			
242 lbs.				
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Raw				
Teen (13-15)				
165 lbs.		HO R		
B. Buholz	the contract of	180	430	610
THE PERSON NAMED IN		4th-D	L-435	
Teen (18-19)				
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J. Johnson		325	435	715
A STATE OF THE PARTY OF THE PAR	A STREET	4th-D	L-340	
Powerlifting FEMALE	SQ	BP	DL	TOT
Raw				
Teen (13-15)				
114 lb. lbs.	Phoral I	API II	m nos	and the same
L. Smith	225	75	230	530
to the Consti		4th-D	L-245	
114 lb. lbs. L. Smith Teen (16-17) H. Faulkner	-			
H. Faulkner	155	75	215	460
123 108.				
P. Slaughter	210	100	245	555
		4th-D	L-260	
148 lbs. (16-17)				
L. Howell	225	105	275	con
MALE	225	105	2/5	605
181 lbs. A. Bowen	F70	265		1500
Raw	5/0	303	585	1520
Teen (16-17)				
148 lbs.				
140 IDS.	215	165	205	965
C. Lowery	313	103	303	600
N. Stevenson Teen (18-19)	313	103	330	030
181 lbs.				
181 lbs. D. Gillen	225	200	450	1055
D. Gilleli	323		L-470	
275 lbs.		401-0	1-4/0	
D. Olesen	500	225	470	1105
Open	300	223	4/0	1193
165 lbs.				
W Tindall	215	200	120	1025
W. Tindall 259 lbs.	313	290	430	1035
C. Senese	635	500	605	1740
SHW	333	300	003	1740
C. Coaker	605	430	405	1440
Police/Fire/M	lilitary		103	. 440
242 lbe	,			

. Helms 375 420 405 1200 We want to than everyone for coming out		Push/Pull Mee	t
nd taking part in this event. Also want	BENCH	D. Whitehead 4	30
take time to thank Bobby and Carol Ann tyers for coming out and taking time to			65
elp judge and also thank all the Spotters nd loaders for doing a great job. The SPF		K. Warstler 5. 242 lbs.	35
lso thanks Scotty and Heather Cox for utting on this event and doing the great		M. Harrison 2 275 lbs.	75
ob they always do. Thanks everyone. results from SPF President Jesse Rodgers)		T. Macik 4 Novice	30

If under 21 Parent or Guardian

job they always do. Thanks every (results from SPF President Jesse Rod	one. Natural gers) 165 lbs.	T. Macik 430 Novice
🌗 #1 IN POWERLI	FTING PERF	ORMANCE #
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275 lbs.		L. Boshoven	500
R. Ford	400	Novice	
Teen (16-17)		275 lbs	
131 lbs.		R. Ford	530
C. Fawley	160	Teen (16-17)	
165 lbs.		131 lbs. C. Fawley	
E. Eastway	225	C. Fawley	290
DEADLIFT		165 lbs.	
Youth		E. Fastway	345
115 lbs.		Natural	
S. King	200	242 lbs.	
WOMEN		C. Mow	600
165 lbs.		M. King	535
*=Central Re	nch P	ress League re	corde
Kory Wartzlo	r cam	e back with a	Corus
goange after h	Call	e back with a	a ven-
geance after to	omoin	g out of his pr	evious
meet, getting	not	one, but two	CBLI
records on his	nrst	and second att	empts
515 and a wi	noppin	g 535, which	should
land him in the	e top 5	0 in the country	, quite
an achieveme	ent. H	e wisely pass	ed his
		ad already had	
		s. Dustin Whit	
had cut down	to 165	with an eye o	n Rich
Salvagni's lege	ndary	CBPL record o	f 475.
But unbelieva	bly in	st a few days	hefore
the meet, he h	nad his	bag with all h	is gear
stolen. He sc	ramble	ed around to	find a
		shirts, but the	
left somethin	g to	be desired. H	e still
		op 50, 430, le	
everyone to	wonde	er what might	have
heen And I I	and to	feel for Matt	Myore
who's an ave	college	athlete who	did
great close to	the to	op 100 bench o	£ 265
but had to set	the for	2nd. Ryan For	1 303,
also impressive	the lor	ing a 400 in h	u was
most sver In	e, gett	ing a 400 in headlift, young St yone, getting h	is iirsi
meet ever. In	the de	eadint, young S	tephen
King impressed	d ever	yone, getting I	nis 1st
200 at just 11	15. Ag	ain Ryan Ford	did a
great job for a	first t	imer, getting tw	o pr's
and finishing v	with 53	30. Both 16 year	ir olds
in the meet	did a	good job; Car	meron
Fawley gettin	g 290	at 132, and at 165. Crowd	Ethan
Eastway makin	g 345	at 165. Crowd	favor-
ite Chris Mow	made	600 at 242 and	d with
the crowd beh	nind hi	m he made a	valiant
effort at a pr	650 bi	ut it just wasn't	quite
there. Special	thank	s to Lynne Bos	hoven
for supplying th	he dea	dlift bar. (Jon Sr	noker)
11.7.8.		901101	,

USAPL C				
27-28 OC	T 07	- Pine	Bush,	NY
BENCH		Maste	ers V	
Open		242 1	bs.	
165 lbs.		W. C	iggey	_
T. Albano	485	DEAL	DLIFT	
C. Parody	395	Raw		
Masters II		242	bs.	
132 lbs.		C.v S	oloyna	550
C. Mangra	200	Open		
Masters V		242 1		
181 lbs.			loyna	550
B. West	290		1	
Push Pull		BP	DL	TOT
FEMALE				
148 lbs.			3.	
Teen (14-15)				
S. Blincoe		75	195	270
132 lbs.				
Teen (14-15)				
R. Degennaro		90!	230	320
MALE			12	
Masters I			1	
198 lbs.				
R. Landman		-	-	-
Raw				
198 lbs.				
. Montero		315	570	885
Raw				
220 lbs.				
R. Hanington		290	515	805
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Youth (10-11)				
114 lbs.				
A. Sexton	115	60	140	315
123 lbs.				
A. Sexton	115*	70	140	325*
(12-13)				
123 lbs.		100		
E. Sexton	125	60	150	335
Teen (16-17)				
132 lbs.				
5. Kane	170!	110	235	515!
unior				
132 lbs.				
	170	100	225	495
Masters I Raw				
132 lbe				

O. Ceresnak 235 — 285 — 225 120 325 670 E. Brown 90 265 525 155 100 250 505 280 205 325 810

Masters II Anderson MALE Teen (14-15) 148 lbs. T. Decamp M. Mangra Raw 165 lbs. 325 335 400 1060 325 285 425 1035 K. Buddle 450 210 500 1160 Masters V 165 lbs. J. Jacobs Masters VII 132 lbs. D. Maier Out of State 145 350 715 R. Landman Masters I 198 lbs. 575 485 650 1710 490 345 515 1350 Masters V 198 lbs. 330 145 330 805 R. Stahura

M. Schwartz 570 305 600 R. Hanington 440 290 515

310 220 1475 1245

Submasters

470

220 lbs

R. Hanington 440 C. Lorendo 310

AFPF/AAFPF Membership Application

Check the box that applies below □ American Frantz Powerlifting Federation □ Amateur American Frantz Powerlifting Federation



Please Print Clearly & Complete All Entries Date of Application Age Registration Number AFPF: \$30 | AAFPF: \$30 | AFPF & AAFPF: \$40 Fill out card completely, make check payable to AFPF/AAFPF and mail to AFPF/AAFPF - West 3010 N. Torrey Pines Drive. 62 So. Broadway Are you a previous AFPF of AAFPF Member?

O YES

NO Aurora, IL 60543 702-656-6762 603-546-3769 Ernie Frantz, Chairman/Founder 630-546-3769 mail: EmieFrantzillaol.com certify that the above answers are correct If under 18, have and that I am eligible in accordance with the rules of the AFPF or AAFPF

A. Sterner

275 lbs. C. Celustka 600 465

=American Records. !=NYS Records

455 305 510 1270



Masters II 242 lbs.

J. Deigan

610 470 550 1630

540 565* 555 1635

242 lbs.

(continued from page 20)

DiBiase of Wildcat Powerlifting competed for the first time on a "1000-10 Raw" platform and secured world records in the quat 445, deadlift 475, and total 1190. unior phenomenon Cody Yager of Ridge Manor, FL, another member of the Power in the Blood contest staff and team, went 650, 440, and 700 to shatter the record books and win his class. And last, but certainly not least, was master lifter and "Jesus Believer" Beau Moore of Indian Shores, FL. Lifting with the Florida Raw Dogs, Beau posted the meet's biggest lifts (725, 540, 700) and total 1965 to retain his world title. On Saturday afternoon, the ladies took the platform along with several of the lighter men's classes and kept the adrenaline pumping. Youth lifters Samantha Montgomery of Power in the Blood, 77/10-11, Katrina Thompson 77/12-13 of Wildcat Powerlifting, and Moriah Douglas 88/12-13 of Wildcat Powerlifting kept the crowd alive with their world record lifts. Thirteen year-old Amanda Graham of Wild at Powerlifting was the meet's top teen lifter, posting world record lifts of 150, 72, and 190 to win the 105s and lead the Wildcats to the Overall Mixed Team title. Daria platform, with lifts of 385, 260, and 450 to lifters Dominick Cioppa (14-15) and Yanni Dermelev of Estonia nailed a 132 world record squat to win the 12-13/114s, and Samantha Shores of Wildcat Powerlifting platform favorite. Tugboat won his class in second meet and Yanni's 915 total (6.22) posted world record lifts in the squat 137 and deadlift 195 to win the 123/12-13 group. In the 132s, Brianna Kissel of Wildcat Powerlifting took the teen honors 1415 with her world record squat of 150. Marci Stein flew down from New York and went ten for ten, shattering the record books and taking Best Lifter honors in the open division with lifts of 205, 135, and 255. Marci's coach and training partner Ellen Stein totaled nearly six times her bodyweight to capture both the Champion of Champions award and a world title in the 132s. Ellen's lifts of 275, 140, and 335 were impressive to watch, and her 750 total is bound to stay in the records books until steep him from the platform. George sets foot on the platform again! Nona Hubbard (45-49) of Raymond, NH took the 300, and Simone Wyatt (30-34) of Gulf Shores, AL was equally impressive with her world record lifts of 235, 115, and 280 to take the 181s. Master lifter Kari Sabin (40-44) of Auburdale, FL closed out the women's lifting in the 198s, going nine for nine and posting world record lifts 310, 215, 400 across the board. Samantha's (Montgomery) twin brother, Paul, led the men's charge on Saturday afternoon, ailing a 160 deadlift at a bodyweight of 94 pounds to get things started. Patrick Moran (12-13) of Wildcat Powerlifting took the 114 title, and teammate Gustaf Pena (Dominican Republic) secured the 132 title in Tony pulled a hamstring and was unable to make the lift. He came back to the platform, however, and hit a 365 world record bench and a 450 stiff-legged deadlift to win his class. Tony also totaled 7.99 times his bodyweight (injured!) to take Best Lifter honors in the masters. We wish Tony a quick recovery, and look forward to nealthy return to the platform! Estonia's Sergey Dermeley, competing alongside daughter Daria, broke all the records in the 45-49/181s without a belt! Sergey hit lifts of 462, 330, and 530 en route to his 1322 total. Master lifters Steve Smith (70-74) of Oviedo, FL and Peter Hubbard 65-69/181, Nona's husband, closed out the day's lifting. Both Steve and Peter competed in the push-pull category. Steve hit an impressive 265 world record deadlift in the 132s, and Peter's 265 bench and 300 deadlift were both good for world records. Sunday morning saw the 198 class on the platform, as well as the members of Paul Bossi's Currituck High School team. Currituck's Jacob "Pablo" Manuel (Mexico) started things off, nailing a 327 world record squat in the 18-19/148s. Jacob won his class as well as Best Lifter honors in the



100% RAW Founder and contest director Dr. Spero Tshontikidis(left) with Brian Kissel (right) and their world champ protege Cody Yager

teen division totaling 1012 (7.25 times his to win the 132s and was awarded the bodyweight!). Jacob's teammate David "Coolest Deadlift Technique" title by the Jones (18-19) was also impressive on the Power in the Blood contest staff. Wildcat posted world record lifts in the squat 137 the 181s with personal bests of 330, 235, times his bodyweight) gave him the stron-and deadlift 195 to win the 123/12-13 and 420 in his "100% Raw" debut. Junior gest teenage total without a belt. 148 impressive to watch, and her 750 total is been diagnosed with leukemia but refuses his first world title. 181 master lifter bound to stay in the records books until she to let it keep him from the platform. George Patraic Currey (60-64) of Palm Harbor, FL



Robert Samsa of Shadyside, Ohio pushing a 440 lb. record bench.

deadlift (7.69 times his bodyweight). Rollo was the weekend's top lifter, totaling 8.00 times his bodyweight! His 410 squat was good for a world record, and his 1185 total won the 148s, the Champion of Champions award, and Elite total status. More importantly, Tom, John, and Rollo supported the teenage athletes that competed on Sunday afternoon, offering both technical advice and encouragement. Simply stated, their character and demeanor was more impressive than their lifting, and it was an honor to serve them in my capacity as the contest director. With the lifting behind us, it is time pay tribute to those that made the 2007 '100% Raw" World Powerlifting Champi onships the overwhelming success that it was: First, many thanks to the brave men and women of the United States Armed and women of the United States Armed Forces for defending our nation and making it possible for drug free athletes to compete on a raw platform in the greatest country on earth! May God grant you both safety and success in all you do! Second, not enough can be said for the performance of the Power in the Blood contest staff, but ne competitor's e-mail speaks volumes: "I just wanted to thank you for a great experience. I completely enjoyed the meet and the incredible people that attended...
I was very impressed with the entire meet and I look forward to attending another one of your functions in the not too distant future. Please keep doing what it is you do.

I think you are making a big difference in the powerlifting community." With that said, hats off to: Georg & JP Baker (concessions), Larry Bucchioni (spotting, loading, judging), Don Daube (spotting, loading, judging), Sam Gough (scoring), Denise Graham (announcing), Brian Kissel (spot-Graham (announcing), Brian Kissel (spotting, loading, judging), Jon Landau (spotting, loading, judging), Dave Lhota (spotting, loading, judging), Jan Montgomery (spotting, loading, judging), Mel Perez (spotting, loading, judging), Kelly Quinn (photography), MJ Quinn (photography), Steve Ryder (spotting, loading, judging), Micki Thompson (concessions), Bill Tinkler (spotting) (scoring), Caryn Tshontikidis Gudging), Sava Tshontikidis (concessions), and Cody Yager (lifting HUGE weight). Third, thanks and congratulations to the members of Wildcat Powerlifting, their families, and the staff at West Shore Junior/Senior High School. The kids did an outstanding job helping with weigh-ins, setting up on Friday night, working on the platform Saturday and Sunday, and cleaning up Sunday night. In addition, seventeen Wild-cats secured world titles and broke nineteen world records during the two-day event. Thanks to Rick Fleming (principal), Jim Melia (facilities administrator), Gary Neff (custodian), and coaches Tony Riopelle and Greg Eller for their support. Finally, thanks to the Wildcat parents for their support of the team and drug free powerlifting. Fourth, thanks go out to "100% Raw" President Paul Bossi for dging, "Doc Junkins" coaching on the bench, and the awesome awards (Elizabeth City Trophy); John Polak (Polak Made Hardcore Gym Equipment) for the awesome platform equipment; Lee Nessel (Sports Editor) of Florida Today for her Awesome coverage of Raw powerlifting; Brian Howe for an awesome job managing the platform and spotting on Saturday; and Woody Leonard for awesome judging on Sunday. Fifth, thanks to all those folks who helped out over the weekend and I failed to mention. Please accept my most sincere apology and grateful thanks! Before close, here's some good news: Brian's surgery was successful, and he is recovering well. Tony's hamstring is still painful, but the swelling is receding and he hopes to get back in the gym next week. Paul's shoulder remains injured, however, he told me that it is healing as expected. World Champion Larry Bucchioni also injured his shoulder during the bench; he reports that he can open a tube of tooth-paste without pain, so he's heading to the WNPF Single-Lift Nationals this month! Good news deserving of an Amen! And finally, thanks to our Lord and Savior Jesus Christ. He is the source of our true strength, and it is because of Him that we can stand Redeemed Among the World. Thanks and God Bless. (Courtesy Spero Tshontikidis)



The Crew ... travels incognito to the gym, but carries some surprises.



(continued from page 26)

DAMNGUYS! Wealso trained our own Afghan and Nepalese fighters and shooters.

GREG RICHARD

It sounds like Greg has a really good team, and they look like they are ready for business in the photos. Here at HOUSE OF PAIN, we were all very excited about the Afghan powerlifting meet! But it's a rough game over there, and before the meet arrived - Greg hit a snag on the personal front:

"The power meet was 30 Nov 07, then we did a photo article at the Afghanistan national bodybuilding champion's gym. It had armed Afghan side-by-side with armed Americans; pulling security while the iron brotherhood jacked heavy steel. We were in our HOP clothing damn good publicity!

Unfortunately, Iwas injured just before the powerlifting competition and spent over 2 weeks in the hospital. To date, I've had 4 surgeries. I wasn't present for the competition, but here are a few pictures and a certificate of appreciation for all your support." GREG RICHARD SECURITY SPECIALIST

Thanks to Greg Richard for this cool update on Afghan lifting conditions, and our hat is off to the whole crew for keeping up their weight training. Some of the personal details are suppressed for the security of those involved, but the photos give readers some idea of the Afghan flavor! These private security forces are necessary for the safe conduct of many important international affairs, and stronger is always better!

Just over 1600 years ago, a Roman military writer said; "Si Vis Pacem, Para Bellum." (If you want peace, prepare forwar.) This military axiom is no less true today, and we are glad there are well-prepared security forces all over the world; both military and non-military. Thanks to the military for the broad strokes, and also to Greg and his crew for doing their part! Carry on!

Next month, we'll see if we can train without automatic weapons or turbans

Rick@houseofpain.com HOUSE OF PAIN P.O. Box 333 Fate, TX 75132

SLP Monon Fitness Open

SLP Mo	non F	itness Open	
20 OCT 0	7 - In	dianapolis, IN	1
BENCH		242 lbs.	
WOMEN		M. Engle 4th-440*	425
Raw		SHW	
een (13-15)		J. Thompson	170
05 lbs.	80*	Master (50-54	
. Singel 48 lbs.	00.	198 lbs.	
Alexander	95*	J. Cumedy	255
laster (40-44		4th-265*	
18 lbs.	'	Master (60-64	1)
. Singel	120*	242 lbs.	
Master (55-59))	E. Geiger	420
32 lbs.		C. Kueimer	205
4. Hampton	60*	4th-210	.,
)pen		Master (65-69	")
98 lbs.		D. Vogler	24
A. Alexander	120*	Master (70-74	(1
MEN		220 lbs.	
unior 220 lbs.		G. Good	27
M. Lutkewitte	330	Open	
ubmaster	. 330	181 lbs.	
242 lbs.			32
D. Smith	585	220 lbs.	
Master (40-44		K. Herron R. Chambers	43
220 lbs.			40
M. Hinders		275 lbs.	21
Master (45-49	9)	I. Robie DEADLIFT	31
242 lbs. K. Piner		WOMEN	
r. i ibr.		Teen (13-15)	
Master (55-59	"	Teen (13-15) 105 lbs.	
181 lbs.	260	I. Singel	19
S. Miscoi 4th-275	200	J. Singel 4th-200*	
Master (70-74	1)	Master (40-4	4)
220 lbs.	Chargo	148 lbs.	
W. Mehaffey	175	B. Singel 4th-235*	22
Open		4th-235*	0)
242 lbs.		Master (55-5	9)
D. Smith	585	165 lbs.	26
Raw		M. Harmon MEN	20
Novice 148 lbs.		Novice	
	245*	148 lbs.	
R. Schrock		R. Schrock	41
4th-260* 198 lbs.		4th-450*	
S. Stafford	300	Teen (18-19)	
220 lbs.		165 lbs.	
J. Lantz		M. Rincker	48
Teen (18-19)		Junior	
165 lbs.		198 lbs.	
M. Rincker	250*	L. Ruiz	53
Adamopoulos	230	Master(45-49	")
181 lbs.		242 lbs.	40
J. Wangercyi	n 265*	K. Piper 4th-440	42
4th-270*		SHW	
Junior			21
SHW	2450	J. Thompson 4th-225	-
K. Eldred	315*	Master (60-6	4)
Submaster		242 lbs.	-
198 lbs.	355*	B. Donovan	43
L. Wolz 242 lbs.	333	Master (70-7	
K. Phillips	425	181 lbs.	
Master (40-4	4)	J. Palumbo	25
275 lbs.		Open	
K. Alexander	320	220 lbs.	25
Master (45-4		R. Chambers	43
		220 lbs.	
		J. Lantz	41
*=SLP Indiana	Recor	d. Best BP Raw	: Ke
Herron. Best	BP: D	ennis Smith. Be am Champs: C being back at	ordi.
Eitness It was	e groat	heing back at	Mon
rithess. It wa	great	being back at	TOI

Fitness after about four years, with new the loading and spotting and to Gaylord owners Cedric Johnson and LeBron Grimes. for all of his support. (Dr. Darrell Latch) In the raw BP we had two fine teen lady lifters, both in the 13-15 division. Taking the win at 105 was Jenna Singel who finished with a new state record of 80. Jodi Alexander, current state record holder at 148, raised her record there to 95. For the master women's 40-44/148 class it was Becky Singel with a new state record of 120. Then at 55-59/132 it was Mary Ann Hampton, still nursing that broken foot, but still competing. Mary finished with a new state record of 60. Rounding out the lady lifters was open 198 winner Amy Alexander, who finished with a new state record 120. Great job, girls! In the novice men's division Ryan Schrock won at 148 with a state record 245 followed by a successful fourth of 260. Seth Stafford won at 198 with 300 while Jeff Lantz set the state mark at 220 with 275. At 18-19 it was Michael Rincker with a new state record of 250 and Alex Adamopoulos finishing second with 230. J.T. Wangercyn

won at 181 with 265, then a solid 270 fourth, both of which were new state records. At junior SHW it was Kenny Eldred with another state record of 315. Lenny Wolz, Kentucky state record holder at submaster and open 198, set the standard here at submaster 198 with 355. Keithan Phillips, one of the great Indiana pullers, won at 242 with 425. Ken Alexander (the male one third of team Alexander) took the title at 40-44/275 with 320. Mark Engle broke the state record at 45- 49/242 twice with his third (425) and fourth (440) attempts while fellow 45-49 lifter James Thompson broke the state record with 170 at SHW. J.C. Crumedy set the state record for the 54/198 class with his 255 third and 265 fourth attempts. Ed Geiger finished with a big 420 state record at 60-64/242 while first-time competitor Carl Ruemler finsihed second there with 210. At 65-69/ 181 it was Dorran Vogler with a new state record of 275 while Gaylord Good continued his winning ways at 70-74/220 with 275. In the open division it was Mike Lewkowicz at 181 with 325 while Keith Herron won over Richard Chambers 430 to 400 for the title at 220. Ian Robie, who usually lifts in the assisted division, finished here at 275 with 315. The best lifter for the raw division went to Keith Herron. For the assisted division it was Michael Lutkewitte at junior 220 with 0* 330. Dennis Smith won at both submaster and open 242, making just his opener of 585. Dennis was also awarded the best lifter trophy as well. Mike Hinders also 25* just got in his opener, finishing with 440 at 40-44/220. Kevin Piper won at 45-49/ 242 with 310 while Steve Miscoi took the 55-59/181 class with solid lifting. Steve finished with 260 but followed with a strong 275 fourth. Then at 70-74/220 it was William Mehaffey with 175. Moving to the deadlift competition, Jenna Singel 10* won her second title of the day at 13-15/ 105, setting her second state record as well with 200. Not bad for a 103 lb. girl! Mother Becky broke the state record at Mother Becky Droke the state record at 40-44/148 with her final pull of 235, making that her second title and state record of the day as well. Marianne 81 Harmon dropped back down into the 165 class to break her record at 55-59 with a solid 265 pull. All three of these ladies are new state record holders. For the novice 148 men's division it was Ryan Schrock with a new state record of 410, followed by a great 450 fourth. Michael Rincker pulled a big 480 at 18-19/165 to take the best lifter award from Luis Ruiz, who won at junior 198 with 530. Kevin Piper won at 45-49/242 with 440 while James Thon James Thompson took the title at SHW with 225. Barry Donovan, state record holder at 60-64/242, settled with 430 after a final 480 record attempt failed at lockout. At 70-74/181 it was John Palumbo with a new state record 250 pull for the win there. Then for the open division Richard Chambers won over Jeff Lantz oth 430 to 410. The team title went to DL: Cardinal Fitness, led by Gaylord Good. Thanks to John Good, Nick Schaefer, on Steve Miscoi and others who helped with



Monon Best Lifters: Dennis Smith & Michael Rincker. (DL)



Rheta West blew away all the IPA Submaster Women's records and won Best Amateur Woman Lifter (article continued from pg. 8)



376 lb. Donnie Thompson won \$3000 and almost totaled 2810

Amateur Women's Best Lifter earned him the Amateur Men's Award with a 405 pound squat, Lightweight Best Lifter Award. 235 pound bench, 360 deadlift, You're awesome, Michael! There totaling 1000 pounds. Rheta's num- was stiff competition leaving bers broke all the 148 pound Adrian Griffin and James Adam Women's Submaster records. tied for first in the Amateur Men's Among the Professional Women, Open 198 class. First place went to powerlifting and the athletes. our Ukrainian friend Taisia Adrian Griffin by less than one Gatorade provided drinks for all Kuznetsova took two Best Lifter pound bodyweight at 196.4 to the athletes, Westside Barbell, Awards home for the Women's Adam James' 197.3. Both lifters C.A. Weber, and Reliable Equip- Open Full Power and the Bench totaled 1755. Chris Del Preore ment for put up \$1,000 each to- Only meets, plus a bonus \$250 for owned the Amateur Men's 220 ward the Biggest Three Lifts Chal- the best overall woman lifter class with an IPA record-breaking 505 pounds; and Brian's records lenge, Byer's Tires pitched in \$250 based on coefficient. Taisia 1950 total. Chris' exceptional perfor the best female lifter, and weighed-inatamere 103.1 pounds formance won him the coveted Outback Steakhouse kept us well and mopped up the competition Amateur Men's Heavyweight Best fed. Full Power Results: Saturday with jaw-dropping lifts. She broke Lifter Award. In the Amateur started with a memorable collec- the squat record with a 385 squat, Submaster Division, Eric Winter tion of tremendously strong women a 220 bench, broke another record broke the existing IPA record with lifters. In the women's teen divi- with a 340 deadlift, rounding out a 770 pound squat in the 242 weight sion, both girls were record break- her day with a record 1000 total; class winning him first place in his ers with Sarah Welcheck breaking nearly 9.7 times her body weight. division. Our Master lifters were two of her own records with a 240 IPA favorite, Elaine Grimwood no less impressive. IPA's loyal folsquat and a 230 deadlift; at all of (105 pound class) joined us after a lower and all-around nice guy, 109 lbs. and 14 years-of-age! Just hiatus since 2005. Elaine took a Sam Glover, Sr. won the Amateur when you thought 14 year-old little time off from the weights to Men's Master Best Lifter award Anna McCloskey (181 class) run some long distance races. A witha 460 poundsquat, 365 pound couldn't be more impressive, she quick 12-week training cycle had bench, and a 400 pound deadlift at smashed all the records with a 535 Elaine back in tip-top shape squatage 64. James Shaughnessy lifted pound squat, 235 pound bench, ting 330, benching 180, and and broke records in both the and a 430 pound dead lift, totaling deadlifting 300. Cheryl Clodfelter Master (40-44) and the Police Dia 1200 pound IPA record which lifting in the 198 pound class pulled visions. James' fourth attempt squat earned her the Women's Teen Best an IPA record breaking 510 pound of 725 pounds and 1730 pounds Lifter Award. The Amateur and deadlift, congrats! Lynne fourth attempt total broke the Professional women were no less Boshoven, lifting in the 165 pound record in both divisions, while his impressive. Rheta West joined us Women's Master 50-54 division 485 bench smashed the existing



Men's Master Best Lifter honors.

gave us a performance worth noting in the 275 Police Division with an IPA record-breaking 900 pound squat and a 2110 total. In the Elite **Amateur Division, Brian Crowe** broke his own bench record with are hard to break! Professional Men's Divisions David Kirschen posted the biggest coefficient number winning the Professional Men's Lightweight Best Lifter Award. While David's numbers broke no records, they clearly earned him the lead with a 750 pound squat, 530 pound bench, 580 pound deadlift, for a winning 1860 total in the Open Men's 181 weight class. Ricardo Ingravera edged out Brett Rapp by a mere five pounds on the total with Ricardo finishing with 1665 pounds in the 198 pound Open class. Rapp squatted an impressive 835 pounds Jason Mink won the 220 pound Open class by 65 pounds leading James Howell who finished with a 1700 pound total. In the 242 pound class, big squatter Jason Cox squeezed out a 45 pound lead over Jim Laird winning with a 2200 pound total. Jason wowed the crowd with his trademark BIG SQUAT of 1050 pounds. Big Jim Hoskinson won both his 308 pound divisions Master (40-44) Open with a 2485 pound total winning him the Professional Men's Master Best Lifter Award, Jim's 2485 pound total and 1085 pound squat are new IPA Records in both the Men's Open and Master (40-44) divisions. Clearly the guy who won the show, again, was Donnie Thompson. Donnie's performance was nothing less than spectacular with an 1140 pound squat, trying 1175 pounds on a third attempt. Donnie followed-up with an 830 pound bench, missing 870 on a third attempt, finishing with an 805 pound deadlift. The crowd erupted when Donnie took an 840 pull to his knees, which had he been successful would have broken the existing

All-time Record. Donnie won all

the cash for the biggest of all three lifts and won the Professional Men's Heavyweight Best Lifter Award. Congratulations! In the Professional Men's Open Raw 275 Division, Luke Edwards re-wrote the records with a 700 pound squat and an 1850 pound total. Scott Rowe was another multiple IPA record-breaker in the Professional Men's Submaster 220 division with a huge 905 lb. squat, a 610 pound bench and an 1850 total. Bench Only Results: Amateur Men's Divisions: Mark Holdren, competing in the Men's Teen 18-19/198 smashed a record with a 435 bench winning him the Men's Teen Best Lifter Award. Sarah McCaslin at 105 lbs. and age 16 benched a new record 150 pounds in the Women's Teen Division and took home the Teen **Best Lifter Award. Robin Kilts** (123 pound class) came to York to bench, and bench she did with a 215 pound bench press winning the Amateur Women's Best Lifter Award, Taisia Kuznetsova squarely earned her second best lifter award with a 220 pound bench in the 105 Professional Women's Open Division. Meghann Butler lifting in the 132 pound class, won first place with her record-breaking 175 pound bench press in the Amateur

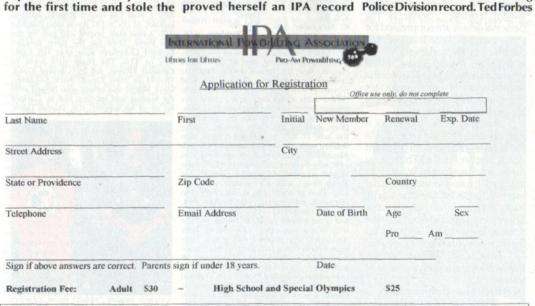
Cheryl Clodfelter made a 510 DI on a 4th. (DiPanfilis photos)

Steven Dussault, broke both the 198 pound Men's Open and Men's Master (45-49) bench record with a big 565 pound bench winning his divisions and the Amateur Men's Master Best Lifter Award. Ronald Yard (275 pound class) never disappoints benching a mammoth 805 pounds in the Elite Amateur Division. In the 275 Men's Master (45-49) Raw Division, Lawrence Short re-wrote the record book with a 435 pound bench press. Also lifting in the 275 class benching an award winning 700 pounds was Richard Putnam, Richard won the Amateur Men's Open Best Lifter Award. Professional Men's Divisions: The man of the hour, and the biggest record-breaker of the entire meet was Joe Ceklovsky who at a body weight of 148.4 benched 560 lbs., breaking the All-Time Record by 30 pounds on his opening attempt! I guess it's no surprise that Joe took home the Professional Men's Open Best Lifter Award. Notable benches were seen from all the Men's Open lifters weight classes 220 SHW with benches ranging from 500 by Bill Cox to 725 pounds by Zane McCaslin. There were a couple of new IPA records set among the Men's Masters' divisions. Randy Robinson, lifting in the 242 (40-44) group, benched a record 625 lbs., winning him the Professional Men's Master Best Lifter Award! Bob Bellerby benched a huge 500 pounds as a 275 pounder in the 60-64 age group. Bobsays 500 pounds earns him the title as the first to accomplish this milestone at the age of 62 years. Many thanks are extended to all of the lifters who support the IPA and our events. Without the help of all our volunteers and the lifters these tremendous events wouldn't take place. Thanks to our scorekeepers and announcer, Michelle and



Mike Welcheck squatted a new IPA record of 725 lbs. @ 181!!

Glen Bahn, our all-around guy Bill Schlag who can make anything work, Tracey Reever and Maureen Schlag for taking care of the main entrance and helping to set-up, Gene and Ame Rychlak who provide some of the excellent equipment on the platform and in the warm-up area, Ethel for keeping our bellies full, Ame Rychlak for tirelessly updating the website, to those who helped set-up and spotters & loaders: Al Haun, Derrick Byer, Vinnie Cooke, Richard Safreed, Bill, Paul Martin, Smoke, Stacey Bond, Andy, Kyle Reever, Nick. To all our judges: Gene Rychlak, Sharon Batiste, Tom Levering, Mark Dimiduk, and Bob Grimwood. Thanks to you all! (Report courtesy provided by Ellen Chaillet)



Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.

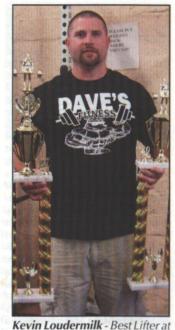


Elite Barbell/MN Rick Hussey

1 DEC	07 -	Elk River, M	N
WOMEN		242 lbs.	
AAPF		Master (50-5	4)
148 lbs.		D. Murphy	556*
Sub		Shwt	
P. Carter	141*	D. Lewis	_
Master (45-49))	APF	
D. Damminga	196*	198 lbs.	
Shwt		Master (40-4	4)
Sub		D. Reiman	586*
R. Nutter	336	220 lbs.	
MEN		Teen (18-19)	
AAPF		T. Kinsella	376
148 lbs.		Open	
Teen (18-19)			551
S. Madisen	-	Master (60-6	4)
Master (40-44	1)	L. Kollauf	326
C. Morris	336*	242 lbs.	
198 lbs.		Open	
Sub		C. Akers	_
D. Ross	436	308 lbs.	
M. Hibbing	331	Open Lilliebridge	
220 lbs.		Lilliebridge	461
Teen (18-19)		Shwt	
		G. Riggs	526
E. Lillibridge	471*	Shwt Sub	
Open Master	(50-54)	C. Kadrlik	636
D. Zenzen	306	Master (40-44	4)

S. Nutter

*=AR. On a cold and stormy Minnesota Saturday twenty-two of the best benchers in the area came to Montgomery Minnesota to show their stuff. Twenty-four American Record attempts were made only ten were successful. Many State Records were also set. On her second attempt Patti Carter set a Submaster record in the 148 class lifting 141. In the 148 Master 45-49 class Debbie Damminga broke her own American Record with a lift of 196. SHW Rachel Nutter who was but was unable to get credit for the attempts and got no lift. Master Bencher Chuck Morris set an American record on his second attempt with 336. Submaster Bencher Dave Ross went two for three and was credited with a 436 in the 198 class. Second place went to Mark "Bama" Hibbing with 331. In the 220 Teenage 18-19 class Zach Zenzen and Ernie Lillibridge had a real battle. Ernie (the lighter of the two) took his second attempt and set a new American Record only to have Zach attempt five pounds more with success. On third attempts Ernie took 471 with success only to have Zach go 481 for the win and the new American Record. Very nice benching by both lifters. In the 220 Master 50-54 Class Multi-World Champion Dick "The Body" Zenzen who recently had a shoulder replaced benched a 306. Master Bencher Dave Murphy set an American Record with a successful 556. Shwt. Dave Lewis could not get a lift in. In the APF Division 198 Master 40-44 Bencher Dean Reiman got a third attempt of 586. Not only was this triple body weight but it was also an American Record. In the Teenage 18-19 220 class Tyler Kinsella was only successful with his 376 opener. In the 220 Open class Timothy James who traveled up from Florida was successful with his 551 opener. Master 60-64 Bencher Larry Kollauf benched a raw and very easy 326 from Florida was successful with his . Corey Akers Open 242 Bencher could not get a lift in. Erne Lillibridge Sr also could not get a lift in the 308 Open class. Scott "Beef" Riggs only got his opener of 526.Charlie Kadrlik lifting Sub-Master Shwt was credited with the biggest bench of the day with a second attempt of 636. Shwt Master 40-44 Bencher Scott Nutter went two for three getting credit for a 626. Not bad for a guy that did all the set up work for this event All mories taken in work for this event. All monies taken in from this event went directly to the Rick



the SLP Oklahoma Open (Latch)

job! We will be running future events

Madison started with an American Record	sota State API	Cha	irperson	Jerry	Gnerre)
but was unable to get credit for the	nenslakantik	7,552	HOLD	the street	
attempts and got no lift. Master Bencher	Nasa	Kans	sas Re	gional	
Chuck Morris set an American record on	24 No	v 07	- Salii	na, KS	
his second attempt with 336. Submaster	PS CURL		PS DE	ADLIFT	Same of
Bencher Dave Ross went two for three and	MALE		MALE		
was credited with a 436 in the 198 class.	77 lbs.		77 lbs.		
Second place went to Mark "Bama"	Youth		Youth		
Hibbing with 331. In the 220 Teenage 18-	S. Hou-seve	33	J. Bohn	n	115
19 class Zach Zenzen and Ernie Lillibridge	181 lbs.		S. Hou		88
had a real battle. Ernie (the lighter of the	Open		275 lb		100
two) took his second attempt and set a new	T. Carder	170			
American Record only to have Zach at-	carder		В. Ерр	erson	_
tempt five pounds more with success. On	Push Pull		BP	DL	TOT
third attempts Ernie took 471 with success	MALE			-	
only to have Zach go 481 for the win and	308 lbs.				
the new American Record. Very nice	Submaster II				
benching by both lifters. In the 220 Master	E. Koon		474	584	1058
50-54 Class Multi-World Champion Dick	Powerlifting	SQ	BP	DL	TOT
"The Body" Zenzen who recently had a	MALE	sy	DI	DL	101
shoulder replaced benched a 306. Master	181 lbs.				
Bencher Dave Murphy set an American	Open Open				
Record with a successful 556. Shwt. Dave	T. Evans	507	292	451	1251
Lewis could not get a lift in. In the APF	198 lbs.	307	272	431	1231
Division 198 Master 40-44 Bencher Dean	Int				
Reiman got a third attempt of 586. Not only	B. Orbust			1	
was this triple body weight but it was also			200		
	Open P. Orbust				
an American Record. In the Teenage 18-	B. Orbust	-		170	JTO B
19 220 class Tyler Kinsella was only					
Successful with his 376 opener. In the 220	B. Orbust		1		at :
Open class Timothy James who traveled	275 lbs.			×	
up from Florida was successful with his	Open		Elizabeth .		
551 opener. Master 60-64 Bencher Larry	B. Epperson	551			551
Kollauf benched a raw and very easy 326	Raw				
. Corey Akers Open 242 Bencher could not	75 lbs.				
get a lift in. Erne Lillibridge Sr also could	Youth	74"	60	115	240
not get a lift in the 308 Open class. Scott	J. Bohm	71	60	115	248
"Beef" Riggs only got his opener of	181 lbs.				
526.Charlie Kadrlik lifting Sub-Master	Submaster I C. Harris	429	220	F20	1200
Shwt was credited with the biggest bench		429	330	529	1289
of the day with a second attempt of 636.	220 lbs.				
Shwt Master 40-44 Bencher Scott Nutter	Open	F07	220	162	1200
went two for three getting credit for a 626.	Droegeimeier	50/	330	463	1300
Not bad for a guy that did all the set up	Submaster II	-07	220		4000
work for this event. All monies taken in	Droegeimeier	507	330	463	1300
from this event went directly to the Rick	275 lbs.				
Hussey Benefit. Our goal was to raise	Novice	274	227	***	1000
\$1000 we hit \$1200. Rick has already	Williamson	374	237	485	1096
received the check and a 8x10 picture of	Junior	262			
all the lifters from this event is hanging	E. Jester	363	-	435	799
on the wall at Big Iron Gym. Special	Power Sports	CK	BP	DL	TOT
thanks to judges Jerry Gnerre, Mike	MALE				
Anderson, and John Wood. Spotters Trent	181 lbs.				
Hedtke, Todd Hedtke, Zoey Zorn, and	Submaster Pu		220		
Tyler Hedtke. Desk workers Manley	C. Harris	137	330	529	997
Nutter, Deb Johnson, and Don Crump.	T. Carder	170	-	-	170
Special thanks to Scott Nutter for all the	198 lbs.				

(Thanks to	Richard	Peters	for the	results)
	187			
Submaster				
220 lbs.				
K. George	176	330	529	1036

SUR CILL		
SLP Oklahoma		
22 JUL 07 -	Sallisaw, Ok	
BENCH	Junior	
MEN	181 lbs.	
Submaster	J. McCleod	30
275 lbs.	Master (40-44	1)
M. Dalpoas 500*		
Master (40-44)	S. Gard	36.
198 lbs.	Master (50-54	1)
S. Smith 405*		
4th-425*	M. Lowry	34
Master (45-49)	242 lbs.	
198 lbs.	Phillips, Sr.	40
Radmilovich 310	4th-425*	
Open	Open	
220 lbs.	165 lbs.	
K. Loudermilk 525*		220
Raw	198 lbs.	
Novice	D. Legg	38
220 lbs.	4th-405*	
L. Crockett 350*		
4th-365*	J. Barker	28
308 lbs.	4th-305*	
Phillips, Jr. 425*	SHW	-
4th-450*		36
Teen (18-19)		
165 lbs.	MEN	
	Teen (18-19)	
4th-280	165 lbs.	

N. Gard 455* work he did to organize and set up this great event. This was Scott's first attempt at organizing a meet and he did a top notch at organizing a meet and h Open Bench Press & Deadlift Championsuffering from a training injury went three for three ending with a 336. Seaver Madison started with an American Record but was unable to get credit for the Nasa Kansas Regional Nasa Kansas Regional Ship was held at Turner Chiropractic & 220 lbs.

Together. (Meet results are from Minnesotia Proposition of Maines Ship was held at Turner Chiropractic & 220 lbs.

Health Club. Thanks once again to Dr. Jim Turner for hosting this event and to all who helped with the meet. In the bench who helped with the meet. press competition we begin with the raw B. McKee division. Taking the novice 220 class with 308 lbs. division. Taking the novice 220 class with 308 lbs.
a new Oklahoma state record was Luis
Crockett, who finished with 365. At 308 The meet was run with the usual Garry it was newcomer, Big, Big Henry Phillips, Frank quality. Excitement and attention Jr., who stopped at 450, even though 475 to all of the important details as in probably would have gone! Another easy equipment, facility, and great judging, state record! For the teenage men's 18-which was headed by WPC world judge 19/165 class it was Nick Gard with a Beverly McDaniel, and probably the safpersonal best 280. Jacob McCleod won at est spotting on the earth! The table and junior 181 with his first ever 300 bench, announcing were outstanding with Big setting the state record there. In the Garry himself on the mic! The platform master division Shawn Gard (Nick's Dad) was electric with Garry's signature surbroke the state record at 40-44/220 with round sound state set up and high energy a strong 365. Maurice Lowry, state record music jacking up the lifters as they holder at 50-54/198, broke that mark by approached the bar! There was some five pounds with 340. Henry Phillips, Sr., another newcomer with unlimited potential, won at 50-54/242 with 425; another state record! For the open division it was state record! For the open division it was like McDaniel of Texas squatted an at 165 with still another state severely torn pec was hindering him and record of 220. Daryl Legg broke the state he couldn't get it today. I saw a video of record for the 198 class by sixty pounds him nailing 1014 just three to four weeks with his 405 final attempt. Taking the win at 220 was Jimmie Barker, who finished Mike had to do just the bar on the bench with his state record of 310 on his fourth attempt. Rounding out the raw division obvious pain. Had he been able to bench was shw winner Scott Chapman, who he'd have surely taken master's best finished with 365. In the assisted division lifter. Teen Alabama lifter Rebecca Jor-Mike Dalpoas looked strong, just missing dan squatted an amazing 512 lbs. on her a personal best 530 third attempt at way to winning women's best lifter. Big Al submaster 275. Mike then had to settle with 500, which tied the state record squat barrier with a great 1102 squat in there. Sammy Smith was right on the money on this day, finishing with a personal best and Oklahoma state record 425 at 40-44/198. Paul Radmilovich, always a 40-44/198. Paul Radmilovich, always a 529 AR bench 50-54/275 taking master at 40-44/198. Paul Radmilovich, always a crowd favorite, won at 45-49/198 with some with a steep erformances including Big Bob new state record 330! Then, taking the popen 220, as well as the best lifter award, along with having the biggest lift of the meet was Kevin Loudermilk. Kevin settled with 525 after 540 failed just at the top on his final attempt. In the deadlift event we had just one lifter, Nick Gard. Taking the win at 18-19/165, Nick finished with a great 455 personal and state record! Nick victim of a random shooting at a firework

APF Louisiana Open 22 SEP 07 - St. Francisville, LA . Sharp 220 lbs C. Senese E. Downey 473 S. Hawkins 545 I. Phelps SQ BP DL WOMEN 512 303 418 1234 MEN Open 181 lbs 540 B. White 198 lbs K. Kirb 220 lbs 705 402 661 1769 242 lbs. 925 534 501 661 G. Green 501 275 lbs M. Downing 606 429 1581 A. Mehan 1102 644 B. Delaughter 744 490 308 lbs. G. Theriot 964 804 1769 R. Wilkerson 854 540 599 Master (40-44) H. Fletcher 854 501 639 1995 D. Favre 810 556 859 551 Master (45-50) 804 529 573 1907

win at 18-19/165, Nick tinished with a great 455 personal and state record! Nick only weighed in at 155! Thanks to my son Joey for loading and spotting and to Jacob McCleod, Nick and Shawn Gard for helping out. Also to Rachel Asbill, thanks for taking pictures and serving as our trophy girl! See you all this December! (Thanks to Dr. Darrell Latch for providing results)

ber, Robert Blunchi, age 20, who was the ber, Robert Blunchi, age 20, who was the victim of a random shooting at a firework display on the 4th of July in Baton Rouge. Robert is still hospitalized at the time of this writing and faces a long recovery. Your thoughts and prayers are requested. Anyone wishing to help with the families expenses please contact Garry Frank. (Thank you to Buddy McKee for results)

NASA Kansas State 10 NOV 07 - Kansas City, KS BENCH 132 lbs 264 D. Hiatt 7 Denny 181 lbs. Master I D. Hoag Z. Denny 220 lbs. 220 lbs Inter I Hammond 440 PS CLIRI Master I P. Bonsignore 264 380 T. Strong 242 lbs 242 lbs. Master I Philpot 374 DEADLIFT Submaster Pure 242 lbs T. Meeker Open J. Nichols S. Philpot 451 Philpot Push Pull 198 lbs. 474 595 C. Nelson 1069 446 446 275 lbs. Master I Chaney Power Sports CR BP 198 lbs 82 M. Todd 55 137 275 115 303 418 V. Braswell Submaster II 164 380 512 1057 275 lbs. M. Hauser 148 341 507 Powerlifting SQ 114 lbs. M. Pence 226 99 231 330 Master II 352 237 308 545 165 lbs. B. Meeker 308 214 270 485 B. Marselus 429 347 485 832



Tom Guiney-with a State Record 610 DL for 40-44/SHW at the SLP Oklahoma State. (D. Latch)

242 lbs.				
Inter R. Hauser	429	274	501	976
318 lbs.	429	3/4	301	0/0
Police/Fire				
J. Roach	424	485	540	1025
Raw	727	403	340	1023
181 lbs.				
Open				
D. Stafford	315	231	380	611
220 lbs.				
Submaster 1/0				
Droegemeier 242 lbs.	485	330	479	810
Submaster 1				
E. Todd	501	363	512	876
(Thanks to Jin	n Dure	e for t	hese re	esults)
ВРО	Dacar	d Pro	alore	
	1000			
1 DEC	- 0/ -		CBK	
BENCH		MALE		
FEMALE		148 lb		
132 lbs.			(40+)	
Open			-SE	331

E. Todd	501	363 512	876
		e for these res	
RPO I	Recor	d Breakers	
· · · · · · · · · · · · · · · · · · ·	300	Bath, GBR	
BENCH	0/ -	MALE	
FEMALE		148 lbs.	
132 lbs.		Master (40+)	
Open Open		Willis-SE	551*
Scullion-Mid	88	Open	331
MALE	00	Davies-SE	429
148 lbs.		165 lbs.	723
Master (40+)		Teen (15-19)	
Willis-SE	253	Nicholas-Wls	564*
Open	233	Wild-N	457
Davies-SE	198	181 lbs.	100
165 lbs.		Junior	
Teen (15-19)		Brain-Wls	534
Wild-N	187		684*
181 lbs.		198 lbs.	
Open		Open	
	352	Smith-Mid	639
198 lbs.		Derbyshir-SW	
Master (40+)		Knight-Mid	672
Hough-SE	297	220 lbs.	
Open		Master (40+)	
Derbyshir-SW	253	Nicholas-Wls	683
220 lbs.		Boyer-SE	628
Master (40+)		Master (50+)	
Boyer-SE	341	Wilding-Wls	672
Open		Open	
Roderick-Wls	325	Guest-Mid	661
242 lbs.		Roderick-Wls	600
Master (45+)		Teen (15-19)	
Brown-Mid	518*	Ferenandes-H	573
308 lbs.		242 lbs.	
Open		Junior	
Tanner-SE	512	Ajmal-Home	705
308+ lbs.		Open	
Master (45+)		Foster-Mid	
Fricker-SW	286	McQueen-H	910*
DEADLIFT		275 lbs.	
FEMALE		Junior	
114 lbs.		Drew-Mid	683
Master (45+)		Master (40+)	
Hickman-Mid	431*	Ward-Mid	716
132 lbs.		Open	
Open		Griffiths-Mid	815
Scullion-Mid	407	308 lbs.	
165 lbs.		Open	
Junior		Tanner-SE	595
Price-Mid	421*	-Uomo Wie-V	Malac.

*=British Records, H=Home, Wls=Wales.

Best Overall Bench: Tony Brown. Best Overall Deadlifter: Delroy McQueen.

WOMEN

MEN

148 lbs.

220 lbs.

A. Eller

F. Crapse

242 lbs.

198 lbs.

242 lbs.

D. Clark

Referees: Bob Campbell, Allison Seabright and David Carter. Venue: University of Bath. (Thanks to David T. Carter, British Powerlifting Organization for the results) SLP Oklahoma State 13 OCT 07 - Tulsa, OK R. Rodich 4th-335* Master (45-49) 181 lbs. Master (50-54) 220 lbs. C. Crossland 300* N. Dwinell Open 198 lbs. L. Ellsworth 530* 210* 220 lbs. K. Loudermilk 510 4th-220* 242 lbs. J. Harland 380* Teen (13-15) 242 lbs C. Hankins R. Johnson Master (40-44) 540* Teen (16-17) A. Brower 435* 4th-235* Master (45-49)

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C. Trammell 155* 275 lbs. Submaster P. Strawn 198 lbs. DEADLIFT G. Batterson 345 MEN Teen (16-17) 148 lbs. 4th-375* B. Rackers 365* Z. Dwinell Master (60-64) 4th-325* Master (40-44) SHW J. Griffin 350* SHW Police/Fire (60-64) T. Guiney Police/Fire 350* Submaster I Griffin 181 lbs. J. Voyles

181 lbs.

J. Voyles

405*

Crapse took the 242's with 330 while Fred
Crapse took the 242's with 380, another
*=Son Light Power Oklahoma State state record for Fred! Roger Johnson had
Records. Best Lifter Raw Bench Press:
a good day, capturing the title at submaster
Phillip Brewer. Best Lifter Bench Press:
242 with a personal best and new state
record of 540. Sammy Smith upped the
Oklahoma State Bench Press & Deadlift
State record at 40-44/198 to 435 while Championship was held at Platinum Fitness. A special thanks to owner Jim
Parham for once again sponsoring this
event and to Tom Barth for all his help
54/220, but had to settle with his opener event and to Tom Barth for all his help organizing and promoting the competition. In the raw bench press event it was Ellsworth won at 198 with a state record Cody "Porkchop" Hankins for the win at 13-15/242 with a new Oklahoma state record of 235. Anthony "Big Foot" Brower, taking the win at 16-17/181, broke the state record there with 225, followed by a great fourth of 235. Cody Trammell, lifting in his first competition, set the state record at junior 148 with 155. For the submaster division Greg Batterson won at 198 with 345, but returned for a successible fourth of 375. which broke the state attempts! Big Tom Guiney won at 40-44/ ful fourth of 375, which broke the state record there. B.J. Rackers took the 220's shw with a strong 610 state record while with 365, another state record to fall. Jack
With a Strong 610 state record while
With 365, another state record to fall. Jack
Griffin, a retired Texas state trooper, won
both the police & fire and master 60-64/
shw classes, setting the state records in
both with 350. In the open division Phillip
again next year. (from Dr. Darrell Latch)

440. Weighing in at just 172, Phillip was awarded the best lifter trophy for the raw time competitor Phillip Strawn who won at 275 with a new state record of 440. In the assisted division Cyndi Crossland broke the state record at 45-49/181 with 300, making just her opener. Moving to a heavier shirt, Cyndi just never quite hit her groove again. In the junior division Dustin Clark broke the state record at 148 with his 210 final attempt, followed by his successful fourth attempt with 220. Andrew Eller won at 220 with 330 while Fred

Brewer broke the state record at 181 with

/		1.		10
(article co	ntinu	ied fr	om p	g. 18
Adair (40-49) (SP)		226	402	628
Welton		325	_	325
242 lbs. (17-19) Raw				
Ecker Lifetime (SP)		292	402	694
Casagrande#		264	705	969
Subs (SP) Casagrande		264	705	969
275 lbs. (17-19) Raw				
Arboleda	60	286 BP	424 DL	711
Powerlifting FEMALE	SQ	BP	DL	тот
105 lbs. (40-49) Raw				
Keel (40-49) Raw	181*	115*	253*	551*
Hall!	143*	99*	231*	474*
114 lbs. (35-39) Raw				
Longshore 123 lbs.	115*	110*	203*	429*
(40-49) Raw				
(60-69) (SP)	132	93	259	485
Calais 132 lbs.	231*	121*	286*	639*
(40-49) RAW				
Mitchell	154 4th-D	99 L-264*	248	501
148 lbs. Lifetime Raw				
Spano#	242 143	154 104	374* 214	771 463
Leisey (50-59) Raw				
Spano 165 lbs.	242*	154*	374*	771*
(40-49) Raw Voegeli	215*	137*	292*	644*
(40-49) Raw				
Baxter! SHW	203	104	231	540
(40-49) Raw Greer	242*	143*	303*	694*
MALE		143	303	034
114 lbs. Lifetime (SP)				
Cohn 165 lbs.	374*	259*	396*	1030
(17-19) Raw Wilcox#	463	281	413	1157
(20-23) Raw				
Carmichael Open	347	264	501	1113
Artur# Open Raw	529*	352*	606*	1487
Lewis#-!	424	303	529	1256
Gayton (40-49) (SP)	98-17	T.	T B	
Artur (40-49) U	529*	352*	606*	1487
Monk (50-59) Raw	518	-	-	518
Gayton	-	-	- 07	-
Lifetime (SP) Gayton	396*	286*	457*	1139
(50-59) (SP) Gayton	396	286*	457*	1139
Lifetime U Gayton	418			
(50-59) U		Times	1	418
Gayton 181 lbs.	418	- Con	The	418
(13-16) Raw Marr!	418	281	424	1123
(17-19) Raw				
Eisen Lifetime (SP)	402	242	402	1047
Wright Portwood!	474 490	347 358*	606* 490	1426
Eisen (40-49) Raw	402	242	402	1047
Wilcox	518	314	523	1355
(40-49) (SP) WRIGHT	474*	347*	606*	1427
198 lbs. Lifetime Raw	H.		16 17	
Bishop#	512	380	578	1471
Walmer Open Raw	435	231	374	1041
Walmer Open (SP)	435	231	374	1041
Yeargin	606*	407	639*	1653
(40-49) Yeargin (SP)	606*	407*	639*	1653
Brown Lifetime (SP)	PAR	Tuner!	- T	art of the

(50-59) Raw

(40-49) Raw

Azariashvili

(40-49) (SP)

Lifetime Ray

Newman# 242 lbs.

Open Raw Miller

Subs Raw

(40-49) Raw

Hemperly

(40-49) (SP)

Newman#

275 lbs. (17-19) Raw Arboleda

(20-23) Raw

Lifetime U

(40-49) (SP)

(50-59) (SP)

SHW

Police/Fire (SP)

Lifetime (SP)

Mille

Tondo

441* 385* 441* 1311*

413 270 435 1118

639* 501* 650* 1791*

429 352 441 1267

429 352 441 1267

429 352 441 1267

573* 308* 573* 1455* 413 330 463 1207

738* 529* 611* 1879*

407* 286* 424* 1118

650* 352 573* 1614 4th-SQ-661* DI-661*

881* 551* 650 2083*

501* 391* 523* 1416*

584* 374* 650* 1609*

584* 374* 650* 1609*

672* 551* 562 1785*

777* 451* 705* 1934*

777* 451* 705* 1934*

Furman, 2nd-Ephrata, 3rd-

Sportsgym, 4th-Merritt Island,

Merritt Island. Bench for Reps:

Furman, Deadlift-Merritt Island,

Deadlift Teen: Merritt Island,

Furman, Powercurl Teens-Merritt

following people first before I

begin my article about the 2007

Worlds. Thanks to Python Gym,

Alan Thomas at APT Wraps, Quest

Nutrition and Sherman Ledford.

take place. Many people come

up to me and give me credit for

a fine meet but it's everyone on

the staff that should be thanked

and I thank all of you: Tom Isbell,

Annette Schneidmill, Denise

Musser, Ron Deamicis, Dina

Digrazia, Brian Sessions, Cindy

Yeargin, Glenda Klaassen, Lester

Fields, Evan Claunch, Mike

Watkins, Lionel Howard, William

Sessions, Perry Thomas, Steve

Yeargin, Matt Elrod, Adrian

Locklear, Sheila Ford, Jamie

Cooper, Craig and Moms. Thanks

Open Raw Orkodashvili 451 308 529 1289

Spear (40-49)

220 lbs.

Open U Shetler

Miller

*=WNPF World records. #=Best U=Unlimited divisions. !=International Cup lifters. Team Champs Powerlifting: 1st-Teen-Merritt Island. Team Champs Bench Press: 1st-Merritt Island, 2nd-Furman, Teen-Squat-Merritt Island, Ironman Teens-Merritt Island, Powercurl-Island. I must say thanks to the Thanks to my staff because without you this meet would not

out to cheer everyone on and a daughter Brianna Ford opened big thank you to the lifters that up with 40 pounds, then went to came from 18 states and six 50 and smoked it and then I made countries to make this a World a mistake and pushed her up to event. Thanks to the Brazilian 60 when she should have went to team and the Republic of Georgia 55 but I am so proud of her for team that came fourteen and ten pressing 50 pounds and weighing strong. Twenty-eight drug test 57 pounds. Kady Parker, the other were done with one failure to nine year old, pushed 55 pounds report. This lifter will not be able up in the 80 pound class for a new to lift in WNPF events for three record. Grossnickle from Indiana years, all records will be removed won her first WNPF World title and he cannot promote the in the 105 pound class. WNPF in any way for the next Mondragon and Wilcox out of three years. We will not publish Florida set new records with 82 the name of the lifter that failed and 137 pound lifts. Jean Adams the test because it is the other 60 year old from New embarrassing enough to get Jersey set new records in her caught. Onto the World results, class also. Laura Feeney from the women did a fabulous job Pennsylvania hit 159 pounds raw. again, all 26 of them. The one She took off several years of thing that I like to see in the lifting and came back this year WNPF is how the lifters are and she is almost up to her pulling for each other even equipped weight from years ago. though they are competing She lifted with us when she was against each other. Jeri Keel 16 years old and now she is 25 lifting in her first WNPF Worlds and she still looks the same. set several records and won her Miller had the highest bench of division. I heard that this was the contest with a 165 pound lift. going to be her last meet I hope David Cohn from Georgia set all not because Jeri is one of our new world records and he is the favorite lifters out of South top 114 pound lifter in the WNPF Carolina. Charlotte Hall from and don't worry David we will Georgia did very well switching never get rid of the 114 pound over from bodybuilding to class. Wilcox, Carmichael and powerlifting. Ms. Longshore from Artur showed out. Mike hit a 462 Pennsylvania set new records pound squat, Hugh deadlifted a and also won her first WNPF personal best 501 pounds and title. Ruth Ann Calais the oldest Carlos from Brazil posted a 1487 female lifter totaled 639 pounds, pounds total and the best lifter lifters. SP=Single Ply Division. how many 60 year old women award. Johnny Gayton came to can do that. Cathi Mitchell from set some records and that he did Pennsylvania came to set the going home with seventeen World deadlift record and that WNPF World records. John Monk she did on a fourth attempt. Maria from Pennsylvania had an off Spano is not doubt the top raw day but I'm sure he will be back female lifter in the WNPF and it stronger than ever in the 165 showed once again at the 2007 pound division. Marr and Eisen world championships. Voegeli, did extremely well for a couple Baxter and Greer all did a of teenage kids and they will wonderful job of lifting. There improve I'm sure. Greg Wright were two female lifters from from Florida won the lifetime Brazil that came to show their and masters divisions in the 181 skills, we could tell that they pound division. Willy Wilcox won were new to the sport but they the masters raw class, set a few had the courage to step onto the records and coached a bunch of platform and show everyone kids on his team. I give this guy what they were made of. My a lot of credit for what he did all



pound lifetime division. Mike **Bishop from Tennessee totaled** 1471 pounds raw and won the best lifter in the raw division. Steve the old man Yeargin showed out with a 1653 pound total and Dennis Walmer another WNPF favorite set new squat, bench and total records in the master's 50-54 age division. In the 220 pound junior raw division Azariashvili had a great day with a 1311 pound total. Newman totaled 1791 pounds in the masters 220 pound class and he also won the best lifter award. Pedro Tondo out of Canada won by over 200 pounds over Hemperly. The other Newman brother almost hit a 1900 pound total with single ply equipment on, this is one strong dude. Fambrough from Furman Uhita impressive. Brandao from Brazil his first title. Michael pound class. Wayne Alsup won 181 pound class with a 352 pound won six divisions with lifts of 551 won the best lifter award after a Wayne pulled a bicep on his last the lifetime and subs raw division the biggest arms in the WNPF Evandro Casagrande totaled 969 and step back on the WNPF another new World record. John He beat Cornell Raynor and Shaq Spano and Miller tied with the perfect and easy. He has 900 few years due to health reasons so close to making this lift which impressive looking biceps and he Florida did his a personal best 226 pounds and won his division. Szwanki and Adair tied in the teenage division with 143 pounds but Szwanki won on bodyweight. Brian Albert from Georgia on the 148 pound lifetime and subs division with a 363 pound lift. **Eddie Patton Gooch and Charlie** Paige both from Georgia won their first WNPF title in the lifetime raw division. Matt Elrod spotted on Friday and still

weekend. Willy is a great coach

and lifter. Portwood from GA set

a new world record in the 181



New Inductees to the WNPF Hall of Fame: Lester Fields and Ron DeAmicis with Hall of Famers Roy Maxwell and Annette Schneidmill.

his other attempts. Rick Padgett lifting in his first world meet in years pulled world records of 551 and 622 pounds. Terry Sherk was so excited to be at this meet and I was glad he was there. Terry pulled 308 pounds for a new world record. Big Chad Braden was so happy to pull 650 pounds and he will pull 700 pounds by the next world championship. Big Dean Nichols and I do mean BIG pulled an easy 760 pounds. Dean will pull 800 pounds at the 2008 worlds mark this down. In the rep division 650 pound squat with no knee won both the open and lifetime Churchman from Florida won Longshore and Feeney both hit wraps and he also set a new divisions with a 396 pound lift. both the single ply and unlimited over 40 reps with Feeney winning world record deadlift in the 275 Dennis Foltz won the masters 60-69 divisions. Buddy Cawley the best lifter award. Brandao the 50-59 and police divisions. bench. Dave Harper won both and 700 pounds. Bill Lewis has drug test disqualification. deadlift attempt we can only with a 391 pound attempt and used them to his advantage with a token bench press and still hope that he will recover soon then pushed 396 pounds up for benching 551 and 507 pounds. won the best lifter award. Maria platform in 2008. Jason Wood Feehan from England won all Ramos in the highly contested highest lift in the women's curl from Arizona is a squatting three divisions in the single ply 300 pound lifetime class. Big with 76 pounds Rick Staab from machine! His first squat was right 220 pound class with a 518 pound Charles Register missed his first Michigan won the masters and at parallel and got red lighted, bench; he also took home the two lifts and just barely missed open divisions in the 165 pound his second and this squats were best lifter award. John took off a 804 pounds on his third. He came class. Rick has the most pounds in his sights and it won't and came back just as strong as would have been the biggest uses them well in the curl event. be too long before he hits that. he was a few years ago. Leo bench in WNPF history, next year Dave Harper and Pat Carr tied He had the highest total in the Ryan hit 485 pounds and missed for sure big Charles. Rasia from at 163 pounds with Harper meet with a 2083 pounds. This is 512 pounds in the 198 class. Brazil made an impressive 396 coming out the winner. the highest total in the 275 pounds Michael Renfroe from Georgia pounds in the 132 class for the Vepkhvadze from Georgia class ever in the WNPF and the defeated Jonathan Moore from win. Rich Sadiv from New Jersey curled 185 pounds in the 220 third highest total ever in the Tennessee and Dalcorno and made 694 and tried 700 pounds class for the win. Binotti from WNPF. Jamie Davis had an off Binotti from Brazil. The upstate and missed it. Tee Meyers from Brazil beat Feehan from England day and still totaled almost 1800 New York crew Mitchell, Shales Georgia hit 738 pounds on his and Robertson from the U.S. Leo pounds. Chad Knowles is the first Jr. and Sr. won their divisions. third attempt and then went to Monroe from South Carolina had man to hit a 2100 pounds total in Brooke Blough from West 760 pounds on a fourth. I wish the highest curl in the meet with the WNPF. He is making his Virginia placed second in the people in the audience could see 231 pounds. This year we comeback to the WNPF and he raw division and won his first themselves when the Skinny Man inducted the following people totaled 1935 pounds, he just WNPF title in the single ply comes to the platform. It seems into the 2007 WNPF Hall of fame missed a 750 pound deadlift division. Herb Brandt the oldest as though everyone in the on Saturday night-Barry Lafoy, which would have put him closer male competitor in the contest audience just comes forward to Ralph Peace-Coach, Joe Garcia, to 2000 pounds. "Little Big Man" made a 165 pound bench in the get the best spot for pictures and Jule Dolci, Lester Fields -Austin Padgett set world records 220 division. Impressive lifting to see this man lift. Tee came Announcer, and Ron Deamicis in both the bench press and from Ergemlidze representing the out, shouted "I'm the strongest Meet director. The top 2007 deadlift. Petrik from Florida hit Republic of Georgia. Brian grand daddy in the world" and WNPF lifters were Rachel 92 pounds in the 114 class. Peang McKinney won five divisions in with everyone screaming for him Wilcox, Maria Spano, Mike from Rhode Island made a 242 the 242 pound class. Charles he pulled 760 pounds so easy he Wilcox, Zaur Javakhisvili, Leo pound bench in the 123 pound Eddins one of the nicest guys in could have easily pulled 771 Ryan, Carlos Artur, Richard class raw. Alan Oyler from the league won his division for pounds. Lou Eleuteri from Ambrose, Evandro Casagrande, Buddy Cawley, Johnny Gayton, Scott Shales, Herb Brandt, Jason Wood, Dennis Cieri, Tee Meyers and Leo Monroe. Next year Atlanta again (November 2008) and we hope to have all of you back with more countries in attendance. We are starting up a lifetime drug free league called WNPF LIFETIME and we will host a world championship meet in New Jersey in October 2008. (Thank you to Troy Ford of the WNPF for providing these results)

Pennsylvania took off almost ten

years and came back and pulled

529 pounds, good for you Lou

and its good to have you back.

Charlie Kirtsner from

Pennsylvania pulled a world

record 325 pounds in the over 70

age division. In the 242 class

Casagrande from Brazil pulled a

705 pounds opener and missed

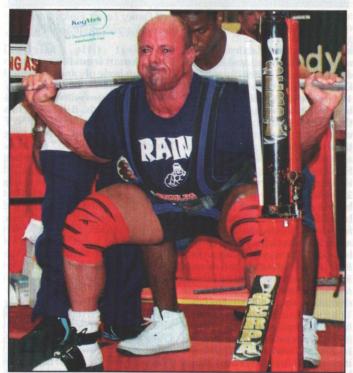


benched 391 pounds, very All of the Women competitors at the WNPF Worlds with their awards.

D. Harney			
220 lbs.	330	507	837
Law/Fire Open			
C. Melanson Lifetime Open	391	485	876
J. Golec	380	523	903
C. Melanson 242 lbs.	391	485	876
	(50-54)		
M. Hogan Law/Fire Open	319	496	815
	262	462	00/
D. Sansom Master (50-54)	363	463	826
M. Hogan	319	496	815
Open			
J. Reape	567	600	
1168			
275 lbs.			
Law/Fire Master 9	950-54)		
T. Harrier	468	462	931
	400	463	931
Lifetime Open	0.757	TOUR	
G. Powell	490	551	
1041			
Master (40-44)			
D. Driscoll	435	617	
1052	433	0.,	
Master (50-54)			
T. Harrier	468	463	931
Open			
G. Powell	490	551	
1041			
Submaster (35-39)		
G. Powell	490	551	
1041	430	331	
308 lbs.			
	WE NOT !!		
Law/Fire Master (40-44)		
J. Myers	413	507	920
	413	507	920
Teen (18-19)	413		
Teen (18-19) Z. Chirco	413 418	507 529	920 948
Teen (18-19) Z. Chirco 308+ lbs.	413 418		
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4	413 418 40-44)	529	948
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden	413 418		
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw	413 418 40-44)	529	948
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden	413 418 40-44)	529	948
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw	413 418 40-44) 369	529 523	948 892
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs.	413 418 40-44)	529 523	948 892
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7)	413 418 40-44) 369	529 523 93	948 892
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis	413 418 40-44) 369	529 523	948 892
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs.	413 418 40-44) 369	529 523 93	948 892
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17)	413 418 40-44) 369 44 4th-BP-50	529 523 93 DL-10	948 892 137
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley	413 418 40-44) 369	529 523 93	948 892
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs.	413 418 40-44) 369 44 4th-BP-50	529 523 93 DL-10	948 892 137
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley	413 418 40-44) 369 44 4th-BP-50	529 523 93 DL-10	948 892 137
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open	413 418 40-44) 369 44 4th-BP-50	529 523 93 DL-10	948 892 137
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer	413 418 40-44) 369 44 4th-BP-50	529 523 93 DL-10 242	948 892 137 00
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15)	413 418 40-44) 369 44 4th-BP-50 104	529 523 93 DL-10 242 308	948 892 137 00 347 468
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer	413 418 40-44) 369 44 4th-BP-50	529 523 93 DL-10 242	948 892 137 00
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs.	413 418 40-44) 369 44 4th-BP-50 104 159 159	529 523 93 DL-10 242 308	948 892 137 00 347 468
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5	413 418 40-44) 369 44 4th-BP-50 104 159 159 60-54)	529 523 93 DL-10 242 308 308	948 892 137 00 347 468 468
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton	413 418 40-44) 369 44 4th-BP-50 104 159 159	529 523 93 DL-10 242 308	948 892 137 00 347 468
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5	413 418 40-44) 369 44 4th-BP-50 104 159 159 60-54)	529 523 93 DL-10 242 308 308	948 892 137 347 468 468 716
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54)	413 418 40-44) 369 44 4th-BP-50 104 159 159 60-54)	529 523 93 DL-10 242 308 308	948 892 137 00 347 468 468
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54) J. Gayton	413 418 40-44) 369 44 4th-BP-50 104 159 159 50-54) 253	529 523 93 DL-10 242 308 308 463	948 892 137 347 468 468 716
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54) J. Gayton Open	413 418 40-44) 369 44 4th-BP-50 104 159 159 60-54) 253 253	529 523 93 DL-10 242 308 308 463 463	948 892 137 347 468 468 716
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54) J. Gayton Open J. Gayton	413 418 40-44) 369 44 4th-BP-50 104 159 159 50-54) 253	529 523 93 DL-10 242 308 308 463	948 892 137 347 468 468 716
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54) J. Gayton Open J. Gayton Teen (16-17)	413 418 40-44) 369 44 4th-BP-50 104 159 159 253 253 253	529 523 93 DL-10 242 308 308 463 463 463	948 892 137 347 468 468 716 716
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54) J. Gayton Open J. Gayton Teen (16-17) A. Ellis	413 418 40-44) 369 44 4th-BP-50 104 159 159 60-54) 253 253	529 523 93 DL-10 242 308 308 463 463	948 892 137 347 468 468 716
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54) J. Gayton Open J. Gayton J. Gayton Teen (16-17) A. Ellis 181 lbs.	413 418 40-44) 369 44 4th-BP-50 104 159 159 253 253 253	529 523 93 DL-10 242 308 308 463 463 463	948 892 137 347 468 468 716 716
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54) J. Gayton Open J. Gayton Teen (16-17) A. Ellis 181 lbs. Junior (20-23)	413 418 40-44) 369 44 4th-BP-50 104 159 159 253 253 253	529 523 93 DL-10 242 308 308 463 463 463	948 892 137 347 468 468 716 716
Teen (18-19) Z. Chirco 308+ lbs. Lifetime Master (4 A. Borden Raw 66 lbs. Kids (6-7) A. Ellis 114 lbs. Teen (16-17) D. Greeley 123 lbs. Open B. Etringer Teen (14-15) B. Etringer 165 lbs. Lifetime Master (5 J. Gayton Master (50-54) J. Gayton Open J. Gayton J. Gayton Teen (16-17) A. Ellis 181 lbs.	413 418 40-44) 369 44 4th-BP-50 104 159 159 253 253 253	529 523 93 DL-10 242 308 308 463 463 463	948 892 137 347 468 468 716 716

(continued from page 10)

Military Open				Teen (16-17)				
B. Kiraly	325	551	876	I. Brown		380	551	931
G. Davis	363	501	865	242 lbs.				
Open				Military Open				
B. Kiraly	325	551	876	L. Gray		402	479	881
G. Davis	363	501	865	Open				
D. Gustafson	231	523	755	M. Roten		314	600	914
198 lbs.				308 lbs.				
Open				Open				
D. Gustafson	231	523	755	K. Barnard		363	606	970
Special Olympian	Open			308+ lbs.				
B. Andrix	226	424	650	Special Olympi	ian Ope	en		
J. Gordon	203	385	589	W. Umphlett	1	137	132	270
Submaster (35-39)				Powerlifting	SQ	BP	DL	TO
R. Parker	292	501	793	FEMALE	BELL			
220 lbs.				105 lbs.				
Law/Fire Master (5	5-59)			Teen (14-15)				
G. Policastro	325	402	727	S. Wellcheck	154	89	181	425
Lifetime Master (6)	0-64)			123 lbs.				
J. Roten	314	556	870	Teen (14-15)				
Master (60-64)				H. Bird	264	137	275	677
J. Roten	314	556	870	132 lbs.				
Open				Junior (20-23)				
J. Riley	402	578	981	J. Bowers	292	176	303	771
R. Hanington	270	529	799	Master (50-54)				
Special Olympian S				E. Stein	330	165	369	865
C. Wooley	148	253	402		4th-SC	2-341		

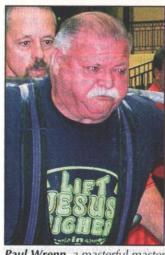


Brandon Cass was another of the big name lifters at this contest.



Referee's Clinic before the lifting. (photographs courtesy J. Wood)

Military Open				
J. Bowers	292	176	303	771
148 lbs.				
Master (45-49)				
P. Burnett	231	170	253	655
198 lbs.				
Teen (14-15)				
A. McCloskey	336	226	429	992
Teen (18-19)				
T. Maloun	319	187	314	821
Raw				
105 lbs.				
Master (45-49)				
K. Awada	115	82	237	435
123 lbs.				
Teen(14-15)				
Zimmerman	170	104	253	529
Teen (16-17)				
L. Kutner	226	148	242	617
	4th-S	Q-231		
148 lbs.				
Lifetime Open				
S. Biddle	192	126	237	556
Master (40-44)				
J. Gardella	264	214	303	782
Open				
J. Gardella	264	214	303	782
S. Biddle	192	126	237	556
Teen (14-15)				
S. Biddle	192	126	237	556
Youth (12-13)			Park to	32.4
M. Dudley	121	66	170	358



Paul Wrenn a masterful master 4th-SQ-126 DL-181

126 77

126

297

165 369

165 369

143 319 760

Lifetime Master (60-64) E. Bolster 126 7

Master (60-64) E. Bolster

	20)		319	700
Submaster (35		100	244	DESCRIPTION OF
T. Walker	226	187	314	727
Teen (18-19)				
C. Rebman	297	143	319	760
181 lbs.				
Master (55-59)	Limber .			
A. Henderson	176	144	276	597
Henright		Q-181	100	3005
198 lbs.	701-3	2.101		
Lifetime Open				
	240	100	275	
J. Langdon	248	165	275	688
		Q-259		
Military/Maste		(4)		
L. Hawkins	93	126	220	440
	4th-D	L-226		
Open				
J. Langdon	248	165	275	688
). Lunguon		Q-259	2,3	000
198+ lbs.	+ui-3	Q-239		
Lifetime Open	-			
H. Biddle	242	132	275	650
Open				
H. Biddle	242	132	275	650
Teen (16-17)				
H. Biddle	242	132	275	650
MALE		0/170		050
114 lbs.				
Open			Man	TRAPEL!
N. Litowsky	248	137	259	644
Youth (12-13)				
N. Litowsky	248	137	259	644
132 lbs.				
Junior (20-23)				
N. Lenhart	385	303	485	1173
111		L-501	103	
Lifetime Open	Turb	L-301		
N. Lenhart	385	303	485	1173
N. Leimart		L-501	403	11/3
14 4 (47 40)		L-301	N1 18 4 2 1 1	
Master (45-49)			1	THE P
A. Grier	275	248	275	799
A. Grier 148 lbs.	275	248	275	799
A. Grier	275	248	275	799
A. Grier 148 lbs.	275	248	275 518	799 1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson	275 er (45-4 518	248 - 49)		od a
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open	275 er (45-4 518	248 - 49) 275	518	1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson	275 er (45 518	248 - 49) 275 275		od a
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste	275 er (45-4 518 518 r (40-4	248 . 49) 275 275 4)	518 518	1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess	275 er (45-4 518 518 r (40-4 440	248 . 49) 275 275 4) 270	518	1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste	275 er (45-4 518 518 r (40-4 440 r (45-4	248 - 49) 275 275 4) 270 9)	518 518 474	1311 1311 1185
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson	275 275 276 277 278 278 278 278 278 278 278 278 278	248 - 49) 275 275 4) 270 9) 275	518 518	1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6	248 49) 275 275 4) 270 9) 275 4)	518 518 474 518	1311 1311 1185 1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson	275 275 276 277 278 278 278 278 278 278 278 278 278	248 - 49) 275 275 4) 270 9) 275	518 518 474	1311 1311 1185
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303	248 49) 275 275 4) 270 9) 275 4) 192	518 518 474 518	1311 1311 1185 1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303	248 49) 275 275 4) 270 9) 275 4)	518 518 474 518	1311 1311 1185 1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-Se	248 49) 275 275 4) 270 9) 275 4) 192 Q-319	518 518 474 518 396	1311 1311 1185 1311 892
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-Se	248 49) 275 275 4) 270 9) 275 4) 192	518 518 474 518	1311 1311 1185 1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open D. Edmondson Lifetime Open	275 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-Sc	248 49) 275 275 4) 270 9) 275 4) 192 Q-319	518 518 474 518 396 518	1311 1311 1185 1311 892
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open R. Wess	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-Se	248 49) 275 275 4) 270 9) 275 4) 192 Q-319	518 518 474 518 396	1311 1311 1185 1311 892
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44)	275 er (45-4518 518 518 r (40-440 r (45-4518 r (60-6303 4th-S0 518	248 - 49) 275 275 4) 270 9) 275 4) 192 Q-319 275 270	518 518 474 518 396 518 474	1311 1311 1185 1311 892 1311 1185
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess	275 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-Sc	248 49) 275 275 4) 270 9) 275 4) 192 Q-319	518 518 474 518 396 518	1311 1311 1185 1311 892
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess Master (45-49)	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-Sc 518 440	248 - 49) 275 4) 270 9) 275 4) 192 Q-319 275 270 270	518 518 474 518 396 518 474 474	1311 1311 1185 1311 892 1311 1185 1185
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess Master (45-49) D. Edmondson	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-S0 518 440 440 518	248	518 518 474 518 396 518 474	1311 1311 1185 1311 892 1311 1185
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess Master (45-49) D. Edmondson	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-S0 518 440 440 518	248	518 518 474 518 396 518 474 474	1311 1311 1185 1311 892 1311 1185 1185
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess Master (45-49) D. Edmondson Military Master	275 er (45-4 518 518 r (40-4 440 r (45-4 518 r (60-6 303 4th-S0 518 440 440 518	248	518 518 474 518 396 518 474 474	1311 1311 1185 1311 892 1311 1185 1185
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess Master (45-49) D. Edmondson	275 518 518 518 440 440 440 518 440 440 518 660-6 303	248 - 49) 275 275 4) 270 9) 275 4) 192 Q-319 275 270 270 275 4) 192 275 4) 192	518 518 474 518 396 518 474 474 518	1311 1311 1185 1311 892 1311 1185 1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess Master (45-49) D. Edmondson Military Mastel L. Eggleston	275 518 518 518 440 440 440 518 440 440 518 660-6 303	248 49) 275 275 4) 270 9) 275 4) 192 Q-319 275 270 270 275 4)	518 518 474 518 396 518 474 474 518	1311 1311 1185 1311 892 1311 1185 1311
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess Master (45-49) D. Edmondson Military Maste L. Eggleston Open	275 518 518 518 518 7 (40-4 440 7 (55-8) 518 440 440 518 60-6-303 44h-Si	248 49) 275 275 4) 270 9) 275 4) 192 Q-319 275 4) 192 Q-319	518 518 474 518 396 518 474 474 518 396	1311 1311 1185 1311 892 1311 1185 1311 892
A. Grier 148 lbs. Law/Fire Maste D. Edmondson Law/Fire Open D. Edmondson Lifetime Maste R. Wess Lifetime Maste D. Edmondson Lifetime Maste L. Eggleston Lifetime Open D. Edmondson Lifetime Open R. Wess Master (40-44) R. Wess Master (45-49) D. Edmondson Military Mastel L. Eggleston	275 518 518 518 440 440 440 518 440 440 518 660-6 303	248 - 49) 275 275 4) 270 9) 275 4) 192 Q-319 275 270 270 275 4) 192 275 4) 192	518 518 474 518 396 518 474 474 518	1311 1311 1185 1311 892 1311 1185 1311

4th-SQ-435	429 DL-534	281	529	1240
Teen (18-19)			140	740
	45 501	220 363	446 492	712 1358
Lifetime Master)		
D. Mansfield Master (40-44)	584	281	518	1383
Master (45-49)	523	399	562	1484
Master (50-54)	479	330	507	1317
A. Reiss Master (60-64)	457	341	418	1218
D. Mansfield Master (75-79)	584	281	518	1383
B. Remley Military Open	352	275	402	1030
l. Bowers Open	617	391	584	1592
J. Bowers Teen (18-19)	617	391	584	1592
B. Franklin 220 lbs.	474	330	474	1278
Junior (20-23) C. Wichtl	529	380	551	1460
Law/Fire Open M. Pratt	617	402	540	1559
C. Melanson Lifetime Master	551	391	485	1427
K. Tillman Lifetime Master	507	303	485	1295
A. Williamson Lifetime Open	518	330	457	1306
J. Golec	562	380	523	1466
C. Melanson J. Richardson	551 457	391 363	485 485	1427 1306
Open		402	E40	1550
M. Pratt J. Golec	617 562	402 380	540 523	1559 1466
C. Melanson Teen (14-15)	551	391	485	1427
T. Scott 242 lbs.	341	253	369	964
Law/Fire Maste M. Hogan	r (50-5 501	4) 319	496	1317
Law/Fire Open D. Sansom	385	363	463	1212
Lifetime Master M. Emerald	463	380	518	1361
Lifetime Master R. Bolster	(60-64 451	253	402	1107
Lifetime Open R. Chavez	611 4th Br	358	551	1521
Master (40-44)	4th-BF 589	490	600	1681
M. Ferris Master (45-49)	4th-D		300	1001
M. Emerald	463	380	518	1361
Master (50-54) R. Chavez	611	358	551	1521
M. Hogan	4th-BF 501	319	496	1317
Master (60-64) R. Bolster	451	253	402	1107
Open M. Ferris	589	490	600	1681
R. Chavez	4th-D	358	551	1521
M. Emerald	4th-BI 463	380	518	1361
275 lbs. Law/Fire Maste	r (40-4 463	4) 330	402	1196
J. Buckles Master (40-44)	463 4th-SC		402	1190
Master (40-44) D. Driscoll	633	435	617	1686
Open P. Dennis Vouth (12, 13)	804	518	617	1940
Youth (12-13) J. Scott 308 lbs.	270	170	303	744
Law/Fire Maste			E07	1250
J. Myers Master (40-44)	429	413	507	1350
McDonough Master (60-64)	622	540	551	1714
P. Wren Open	567	292	507	1366
S. Davenport McDonough	755 622	567 540	705 551	2028 1714
308+ lbs. Lifetime Master	(40.4	4)		
Lifetime Master	501	369	523	1394
A. Borden				
A. Borden Lifetime Open C. Martin Master (40-44)	777	501	600	1879

Teen (18-19)	821	711	700	2232	Lifetime Master		9) 352	133	1003
J. Jefferson	677	369	578	1625	R. Garofalo Lifetime Master	518		132	1003
Raw 66 lbs.	HP?	00L	1112	Lad EP	C. McDonald Lifetime Master	319	187	407	914
Kids (6-7)					D. Levesque	264	154	407	826
A. Ellis	90	44	93	228	Lifetime Open				4056
114 lbs	4th-BP	-50	DL-10	10	B. Kiraly	380 413	325 264	551 529	1256 1207
114 lbs. Teen (16-17)					G. Doherty C. DelRosario	264	286	363	914
D. Greeley	165	104	242	512	Master (40-44)				
Youth (12-13) D. Swan	203	132	275	611	E. Bell Master (45-49)	352	242	418	1014
	4th-BP			AT USE	R. Garofalo	518	352	132	1003
G. Dudley 123 lbs.	126	93	187	407	Master (55-59) M. Brady	424	281	523	1229
Open					Master (75-79)				
Walker	275	165	358	799	D. Levesque	264	154	407	826
B. Etringer Teen (14-15)	231	159	308	700	Military Open B. Kiraly	380	325	551	1256
B. Etringer	231	159	308	700	G. Davis	363	363	501	1229
Teen (16-17)			-	(PISS)	C. DelRosario	264	286	363	914
J. Rein	319	170	341	832	Open				
Walker	275	165	358	799	G. Davis	363	363	501	1229
132 lbs.					C. Perez	391	336	496	1223
Lifetime Master			205	040	G. Doherty	413	264	529	1207
M. Schultz	264	198	385	848	R. Garofalo Special Olympi	518	352 ior	132	1003
Master (45-49) M. Schultz	264	198	385	848	C. Martin	292	181	347	821
148 lbs.	204	1,70	555	0.10	Special Olympi			i in	VALUE AND
Junior (20-23)					E. Woolfolk	110	82	226	418
J. Rein	319	187	402	909	198 lbs.				
Lifetime Master	(60-64	1)			Lifetime Subma	ster (3	5-39)	- The state of	
L. Eggleston	303	192	396	892	W. Pennell	518	380	578	1477
	4th-SC				M-4- (50 54)	4th-St	Q-523		
Military Master			396	892	Master (50-54) J. VanAllen	474	402	525	1402
L. Eggleston	303 4th-SC	192	396	092	Master (75-79)	4/4	402	323	1402
Open	401-30	2-319			W. Leedy	303	226	402	931
I. Adair	341	214	440	997	Open				
Teen (14-15)					N. Roten	545	325	578	1449
J. Govatos	319	266	413	999	T. Pardue	479	325	600	1405
J. Dudley	220	143	264	628	J. Fuller	374	226	501	1102
A. Bell	214	132	237	584	D. Gustafson	347	231	523	1102
Teen (16-17)			-	000	Special Olympi				004
V. Scavuzzo	330	198	369	898	B. Hale	264	214	325	804 418
Teen (18-19)	241	214	440	007	R. Curry	132	110	176	410
J. Adair 165 lbs.	341	214	440	997	Submaster (35- W. Pennell	518	380	578	1477
Lifetime Master	(45.49	9)			w. reillen		Q-523	370	14.7
R. Herbst	314	281	424	1019	B. Jones	518	297	573	1388
R. Herbst	4th-SC		of the last	HH	R. Parker	418	292	501	1212
Lifetime Master					Teen (18-19)				
J. Gayton	330	253	463	1047	B. Keller	270	226	391	887
Lifetime Open			445	CALLED .	220 lbs.				
C. DeJoy	314	336	413	1063	Junior (20-23)	274	20		020
R. Herbst	314	281	424	1019	C. Singleton	374	26	529	630
Master (4E 40)	4th-SC	2-336			G. Policastro	385	325	402	1113
Master (45-49) R. Yearwood	429	281	529	1240	Lifetime Master			402	
iii rearwood	4th-S0		DL-5		J. Roten	485	314	556	1355
	314	281	424	1019	REMYES PAR		Q-501		
R. Herbst	4th-SC				J. Michael	308	237	352	898
R. Herbst		TO CH	101	Broken	Lifetime Open				
Master (50-54)			463	1047	R. Hanington	407	270	529	1207
Master (50-54) J. Gayton	330	253			J. Michael	308	237	352	898
Master (50-54) J. Gayton Open			462	1047					
Master (50-54) J. Gayton Open J. Gayton	330 330	253 253	463	1047	Master (50-54)		22	451	848
Master (50-54) J. Gayton Open J. Gayton Teen (14-15)	330	253			Master (50-54) R. Becht	374	22	451	848
Master (50-54) J. Gayton Open J. Gayton Teen (14-15) A. Weisiger			463 319	1047 711	Master (50-54) R. Becht Master (60-64)	374			
Master (50-54) J. Gayton Open J. Gayton Teen (14-15) A. Weisiger Teen (16-17)	330 264	253 126			Master (50-54) R. Becht	374 485	22 314 Q-501	451 556	848 1355
Master (50-54) J. Gayton Open J. Gayton Teen (14-15) A. Weisiger	330	253	319	711	Master (50-54) R. Becht Master (60-64)	374 485 4th-S	314 Q-501		
Master (50-54) J. Gayton Open J. Gayton Teen (14-15) A. Weisiger Teen (16-17) A. Ellis	330 264 341	253 126 203	319 341	711 887	Master (50-54) R. Becht Master (60-64) J. Roten	374 485 4th-S	314 Q-501		
Master (50-54) J. Gayton Open J. Gayton Teen (14-15) A. Weisiger Teen (16-17) A. Ellis B. Elmore	330 264 341	253 126 203	319 341	711 887	Master (50-54) R. Becht Master (60-64) J. Roten Military Master	374 485 4th-Se (50-5	314 Q-501 4)	556	1355



Lifting Site and Warmup Area.



J. Riley	479	402	578	1460
R. Viego	451	352	589	1394
R. Hanington	407	270	529	1207
Submaster (35-	-39)			
R. McDonnell	529	374	573	1477
Law/Fire Maste	er (60-	64)		
W. Andrews	99	181	402	683
Lifetime Maste	r (60-6	4)		
W. Andrews	99	181	402	683
Master (40-44)				
R. McMillan	474	297	479	125
Military Maste	r (60-6	4)		
W. Andrews	99	181	402	683
Open				
N. Hammer	562	429	639	163
R. McMillan	474	297	479	125
Special Olymp	ian Sul	bmaster		
P. Curry	176	88	319	584
275 lbs.				
Master (40-44)				
G. Payne	600	402	606	1609
308 lbs.				
Lifetime Maste	r (40-4	14)		
T. Langdon	479	347	534	136
Master (40-44)	1500			
T. Langdon	479	347	534	136
Open				
K. Barnard	556	363	606	152
	4th-S	Q-578		
308+ lbs.				
Open				
K. Studevant	650	418	722	179
Teen (16-17)				
M. DiBiase	380	259	440	108
	4th-E	DL-451		

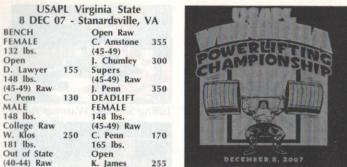
4th-DL-451
Venue: Disney Wide World of Sports. Meet
Directors: Judy & Steve Wood, Jill Meads.
Meet Stats: Total Competitors: 214. Total
Women Competitors: 18. Total Men Competing: 144. Total Children/Teens Competing: 41. Total Special Athletes Competing:
11. Youngest Competitor: Age six. Oldest
Competitor: Age 77. Full Power Teams: 1stBig Iron Powerlifting, MA. 2nd-Virtus Gym,
CO. 3rd-North Star Pride, NC. 4th-Rickey
Crain, OK. Bench, Press Team 1st: Army 556 1355 CO. 3rd-North Star Pride, NC. 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Total Raw.Jean Gardella. Push 556 1355 McCloskey. Total Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Anna Mccloskey. Bench Raw-Avis Henderson. Deadlift Assisted-Anna Mccloskey. Deadlift Raw-Avis Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Nick Hammer. Deadlift Assisted-Steve Davenport. Deadlift Raw-Kirt Studevant. Total Assisted-Bubba Dowling. Total Raw-Kirt Studevant. Push Pull Heaviest Lifts Men: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Bench Raw-Louis Gray. Deadlift Raw-Kerry Barnard. Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood)



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RENCH

FEMALE

132 lbs

148 lbs

C. Penn

MALE 148 lbs.

D. Ray

198 lbs.

Open Raw J. Duke

Open Raw

C. Rigglem 242 lbs.

FEMALE

MALE

181 lbs

(40-44)

198 lbs.

(55-59)

242 lbs.

Open Rav

Lafferty

. Harman

A. Harman

Out of State

W. Jordon

(45-49) Raw

J. Penn Powerlifting SQ

supers

(45-49) Raw

W. Coyner

T. Russo 35 Spec. Olympian

College D. VonSchuch 350

(40-44) Raw

MALE

245

350

181 lbs

Out of

220 lbs.

(45-49)

K. lames

Supers (45-49) Raw

130 170 300

275 375 650

270 320 590

325 470 795

310 425 735

360 500 860

425 550 975

DL TOT

J. Kozub

BP

(40-44) Raw

State (18-19) Raw

DL TOT

320

580

Open

COLLE		PESIN!	71	-7	(20-23) Raw			3172	10000
	4				J. Jahn	405	275	405	1085
FEETER	10000				Out of state				
	Tr.				M. Kozub	425	330	485	1240
- Laborator	des!	400			Open Raw				
		3			J. Preskar	375	265	490	1130
	150	CO.			(50-54)				
	F	- 1/2			D. Smith	425	325	350	1100
A SECTION AND ADDRESS.	2	100	100		198 lbs.				
DE	CEMBE	R 8. 20	007		(14-15)				
HAR THE STATE OF		Sept.	Maria de la companya		C. Fagan	285	145	395	825
					(16-17)	200	227		mil.
10F Ibe					J. Clayton	390	225	400	1015
105 lbs.					A. Bowers	275	225	375	875
(40-44) FEMALE					(18-19) Raw				
	220	125	200	(25	J. Pope	315	225	360	900
K. Ryman 123 lbs.	220	135	280	635	College		220		4400
(65-69) Raw					D. Feltes	410	330	450	1190
E. Trubic	75	75	155	305	College	265	200		
132 lbs.	13	13	133	303	T. Farley	365	300	475	1140
Open Open					Spec				
D. Lawyer	235	155	255	645	Olympic	200	235	275	010
148 lbs.	233	133	233	043	C. Rigglemen Open Raw	300	233	2/3	810
(45-49) Raw					J. Lafferty	455	325	470	1250
C. Penn	90	130	170	390	(40-44) Raw	433	343	4/0	1230
165 lbs.	30	130	1,0	390	J. Listopad	400	265	405	1070
Open					Open	400	203	403	10/0
M. Fadeley	185	145	265	595	D. Moran	370	305	415	1090
181 lbs.			203	333	220 lbs.	370	303	413	1090
(60-64)					(20-23)				
M. Anspach	185	145	215	545	M. Mellon	450	340	500	1290
MALE	1			0.0	Open	450	340	300	1230
132 lbs.					I. Kuhns	600	500	530	1630
(18-19)					A. Rozewicz	425	405	570	1400
J. Sine	335	210	350	895	College Raw				
148 lbs.					B. Kozlik	505	300	570	1375
(16-17)					College				
J. Bowers	325	215	325	865	C. Cole	250	185	405	840
(18-19)					(20-23)				
J. Fleming	325	215	370	910	C. Bowers	455	375	500	1330
(18-19)					Out of State R	taw			
Al. Bowers	335	215	360	910	J. McDonald	405	315	460	1180
College					(40-44)				
Hafhemeyer	405	300	440	1145	E. Shrader	500	350	500	1350
165 lbs.					(45-49)				
College					G. Stang	430	415	485	1330
M. Long	335	275	350	960	242 lbs.				
(45-49) Raw					(18-19) Raw				
C. Kozub	260	250	325	835	Z. Chestnut	445	285	500	1230
Open (55-59)					(20-23)				
l. Harrop	445	200	545	1190	J. Fields	500	405	500	1405
181 lbs.					Open Raw				
Out of State	Teen (14-15)			C. Amstone	500	355	505	1360

College R. Phillips

(18-19) Raw

. Walker

(40-44)

Penn

350 260 385 995

270 320

875

850

300

260

(55-59) Raw

380

510

350 475 1205

520 1400

450 1115

600 1665

500 1555

275

253

TOT

455 370 475 1300

485 355 525 1365

415 475 1400

380

350

405

405

R. James 181 lbs.

435 J. Werner

BP

474

C. Lynn 220 lbs.

I. Alonzo

192 325 518

418 540 959

446 540 986

192 325 821

137 341 760

418 771

DL TOT

Master III

NASA West Texas Regional

8 DEC 07 - Hereford, TX

R. Beuch

M. Nichols

Murden

R. Armstead

M. Belby

(40-44)

(45-49)

R. Gains (45-49) Ra

Penn

College

MALE

220 lbs

T. Garcia

Police/Fire

FEMALE

165 lbs.

D. Jam MALE

181 lbs.

242 lbs.

2751 bs.

FEMALE

165 lbs.

MALE

165 lbs

Master II

M. Stroud

Colden

Submaster 1

James

Alvarado

G. Vigil Powerlifting SQ

303

281

Wehrmann 660

(60-64)

275 lbs.

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M. Baugham 455 325 530

(260) 248-4889 • (260) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

Conditions Of Membership. As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I fut testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continuation of continuation of the continu

has approved in its rules, regulations, and drug testing procedures. If I do test positive test reparting my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

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

385 215 375 975

SIGNATURE:			If under 21 yrs., Parent Initial:	Date:	Prior Reg. #
Name:	HILL		Phone: ()	E-Mail:	D information for all the state of
Address:			City:	St	ate: Zip Code:
Date Of Birth:	Age:	Sex:	U.S. Citizen?USAPL Registered	d Club Represented: _	AL ROBALES SALE OF BUSINESS
			High School Division (Full year) - \$30.00 Operade from current H Upgrade from current H		

•Women's T-Shirt - \$18.00 (size__qty.___)(colors: Black, gray and white) •Kids T-Shirts and hooded sweatshirts - see e.store on website •White Referee Designation Polo - \$30.00 (size ___qty. ___) •Logo Patch - \$5.00 (qty. ___) (Shpg for patch: .50) •Tanks - see e.store on website Lifter Classification Patch - \$5.00 (qty. ____) (must provide meet results) •Caps and Beanies - \$15.00 (qty.)(colors: Navy)

Check/Money Order # Credit Card: Visa-Mastercard-Discover Exp. Date: Card # Cardholder Signature:

All memberships expire 12 months from date of purchase.



Membership Price: \$ Merchandise Total: \$ Merchandise Shipping: \$5.85

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

181 lbs.				
Master III				
C. Lynn	242	253	286	782
Open				
C. Golden	562	418	540	1521
220 lbs.				
Master I				
R. Michelotti	402	259	501	1162
242 lbs.				
Junior				
K. Nite	501	424	589	1515
Open				
G. Alvarado	545	446	540	1532
Pure				
K. Nite	501	424	589	1515
Submaster II				
G. Alvarado	545	446	540	1532
Submaster Pu	re			
W. Tolliver	363	275	_	639
275 lbs.				
Submaster				
Pure				20日旬
S. Powers	578	_	622	1201
Raw				
165 lbs.				
High School				
C. Fowler	259	137	319	716
Novice				
Z. Sedino	385	242	429	1058
220 lbs.				
Int				
G. Lewis	407	314	463	1185
275 lbs.				
Novice				
A. Guerra			424	1278
Submaster II			anilys	Children
T. Foster	534	330	622	1488
Power Sports		BP	DL	TOT
MALE				
148 lbs.				
Junior				
	77	55	319	451
242 lbs.				
Master I	101			1110
N. Eddins	181	374	611	1168
275 lbs.				
	101		211	
T. Jonas	121	220	314	655
Submaster II G. Vigil	142	252	410	014
(Thanks to Ri	ch D-4	332	those	roculto)
(manks to Ki	ch rei	ers for	tnese	resuits)
ADE NI	F 1	I D	1	n.

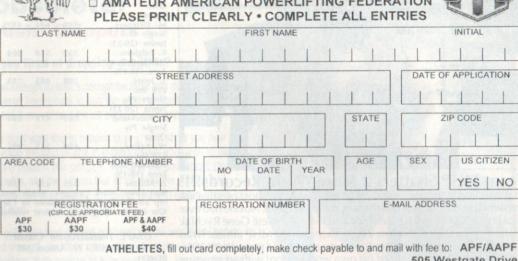
APF New England Bench Press 3 Nov 07 - Manchester, NH BENCH MEN (40+)(33-39)B. Tucker . Steele J. Hadad (40+)F. Ouirk 375 D. Aliminoa G. Guilbeault 405 B. Blake C. Barret 210 275 (33-39) 210 C. Barret S. Comier 375 D. Aliminosa 105 (20-23) 605

APF/AAPF Membership Application

Check the box that applies below

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KCF Meet

8 DFC 07 - Kincheloe, MI

BP

325 450

DL TOT

SIGNATURE X

werlifting SO

S. Stoey	375	G. Guilbeault	405	Vinc.
Open		Salokangas	405	8
148 lbs.		275 lbs.		Powerl
J. Hadad	365	J. Moore	520	198 lbs
181 lbs.		C. Popovich	440	Speck
D. Osgood	605	P. Forgione	-	Cooper
198 lbs.		308 lbs.		Master
F. Quirk	375	M. Lackie	600	165 lbs
D. Gilbert	365	B. Tucker	525	Jancar
220 lbs.				198 lbs
C. Irish	425			Carico
Men's Best L	ifter: D	amian Osgood.	Venue:	220 lbs
Best Western	n Conf	erence Center.	Refer-	Duke
ees: Dave	Follans	bee (Head), I	Maggie	242 lbs
		ttery. MC: Tony		Magnu
		Jason Stoddard		Raw
		came! Thank you		148 lbs
		ition 101		Reid
		om. Be sure to		Renaud
		lifting.com for i		165 lbs
		(Thanks to !		Adams
		ofessional Fitnes		Ross
		d District Chair		181 lbs
		Committee of th		Brown

Inc., for providing these contest results)

class. First time lifter Cadwell came in and 1275 did a great job setting three new records. Masters raw and assisted divisions set 450 250 470 1170 some KCF records as well. Magnuson beat his deadlift record. We had seven lifters over the age of 40 this meet. A lot of the older guys are getting gin these meets now. One is never too old to get started in powerlifting. We welcome everyone to come here and participate in the meets that are held here. We are always looking for some outside lifters to come to our meets. we have a push pull meet coming up in March, a full meet coming up in July, a bench press meet in September, and the last meet of the year in December, which is a full meet. That is our 2008 meets. If you are interested in participating in one of these meets, call this facility at 906-495-2282 and ask for Dave Mascaw, Recreation Directors, here at Kinross Correctional Facility, or you can write me: Michael Toler #321827, Kinross Correc-tional Facility, 16770 WaterTower Dr., Kincheloe, MI 49788. If you are reading this and would like to come in and lift with us, give us a try. We do have a very good program. We just bought a hydraulic squat rack from Crain's. It doesn't matter if it's your first meet or your 100th. How many Oof you can say that you have been to the joint to participate in a powerlifting meet? Does your gym have a powerlifting team? Bring the whole team in. If any of you can give advice on where to find an organiza-tion that will work with s, please write me and let me know. We are still trying to find someone out there in the free world we can work with. We have about 100 active members in the club. We put on four meets a year. I know that we are prisoners, but most all us are going home and plan to take *=KFC Records. Once again we had a very good turn out for our winter meet. We had three lifters come in from the streets to lift with us, but only one of them lifted in this thank every one for coming out to this meet. Thanks for coming in Cooper, and put in get down with us. We hope to see you again this summer. Also, Mike Morgan "Old Head" Sal, for doing a great job. came in with a friend (I forget you name, There where a lot of red lights at this meet. sorry. Next time you come in, you need to I want to thank Dave Mastaw and Special lift with us so I remember your name). We Acts Director, Mr. Oberly, for their help hope you will be back for our summer meet with running the meet. We couldn't do it in July. Back to the meet. There were 30 without you. We hope to see you at the next lifters this time around, so we had two meet. (Thanks to Michael Toler for results)

flights. All but four lifters finished the

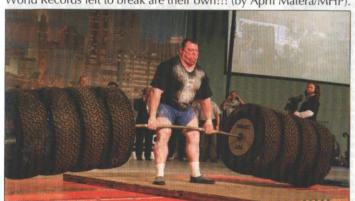
meet. We had some records set in the Raw



At the APF New England Bench Press ... Best Lifter (center) Damian Osgood is flanked by Dave Follansbee and IFBB Pro Fitness Competitor and Maggie Blanchard (photograph provided courtesy Maggie)



Team MHP Shatters 2 More World Records!!!! In powerlifting, the two world recordsthat hold the most prestige are the Bench Press and the Total (bench, squat, deadlift). No one had ever broken the 1,000 bench barrier until then-MHP athlete Gene Rychlak blasted up 1,005 lbs. back in 2004. Then current MHP athlete Ryan Kennelly went on to up the mark and set a new world record with 1036 lbs. Recently, Ryan surpassed his own world record with an amazing 1050 lbs., putting an end to the chance of anyone breaking his record and reign as the World's Greatest Bencher ever! As Ryan was making history, so was another fellow MHP Power Team Member, Brian Siders. After breaking Bill Kazmaier's long standing world record total with 2575 in 2006, Brian recently broke his own record with a mindblowing 2601. This feat has many of the Iron Game insiders considering Brian Siders to be the best powerlifter ever! Team MHP is on a record-breaking tear. Their team is so far superior that it seems the only World Records left to break are their own!!! (by April Matera/MHP).



USAPL A					SSA Win	ter Assault
10 NOV	07 -	Anch	orage,	AK	8 DEC 07 -	Fitzgerald, GA
BENCH			Buch		BENCH	Single Ply
Open					All Lifters	Youth (8-10)
148 lbs.					181 lbs.	K. Padgett 125
B. Ward	220				Unlimited	79 lbs.
FEMALE	SQ	BP	DL	TOT	Master (40-44)	Single Ply
Open	eral von				Richardson 365	Youth (11-12)
181 lbs.					198 lbs.	A. Padgett 215
V. Raynor	269	203	319	792	Standard Raw	165 lbs.
198 lbs.					Master (40-44)	Standard Raw
V. Baxter	335	264	330	929	B. Lindsey 340°	Youth 8-10
MALE					220 lbs.	I. Burnette 115
Open					standard raw	Junior (20-23)
165 lbs.					Open	C. Revels 440
J. Betts	363	242	407	1012	M. Renfroe 405	220 lbs.
181 lbs.					DEADLIFT	Unlimited
L. Maile	572	407	550	1529	All Lifters	Master (50-59)
220 lbs.					59 lbs.	J. Walker 500
E. Keib	451	352	500	1303	Single Ply	242 lbs.
242 lbs.					W. Alexander 100	single ply
R. Schmidt	500	341	506	1347	69 lbs.	Master (40-44)
Master I						R. Padgett 650
275 lbs.					Ironman	BP DL TOT
C. Werda	550	319	561	1430	All Lifters	on filling property task to
Master II					148 lbs.	
181 lbs.					Single ply	
L. Maile	572	407	550	1529	Teen (14-15)	
Master VI					A. Moore	200 315 515
165 lbs.					181 lbs.	Asad ad Belefulnos and
B. Brent	319	187	451	957	Single Ply	
(Thank you to	USAPL	for p	roviding	results)	Submaster (33-39)	

225	455	780
323	433	700
300	500	800
300	300	000
500	675	1175
300	0/3	11/3
350	510	860
330	3.0	000
280	465	745
200	.05	,
305	475	580
	11)11	500
420	575	995
128	T614	160
325	430	755
	420 325	300 500 500 675 350 510 280 465 305 475 420 575

USAPL	Thund	erdon	ne Cla	ssic
10 NO	V 07 -	N. A	nson,	ME
BENCH			487	
MEN				
265 lbs.				
L. Beaulieu	350			
275 lbs.	000			
	505*			
275+ lbs.	303			
D. Barbeau	450			
Powerlifting	50	BP	DI	TOT
WOMEN	34	ы	DL	101
Teen (14-15)				
148 lbs.				
R. Kaplan	215*	105*	225*	0254
Teen (16-17)		103	323	025
198 lbs.				
A. Pluntke	255	155	200	710
Teen (18-19)	233	133	300	710
123 lbs.				
S. Mueller		110		
Open Open	luc Iuc	110	_	elio o
148 lbs.				
148 lbs. R. Crapo I. Durphy	215	2108	245	070
J. Durphy	315	145	345	8/0
				825
Toon (14 15)				
Teen (14-15) 198 lbs.				
A. Lane	265*	245*	265*	075*
Teen (16-17)				
181 lbs.				
181 lbs. G. Johnson	405	265	285	1055
275 lbs.	403	203	303	1033
S. White	525	475*	485	1495*
1 Polfo	525	405	525	1455
275+ lbs. A. Waring	323	403	323	1433
A Waring	245	335	350	030
Teen (18-19)	243	333	330	330
165 lbs.				
M. York	470*	290*	480*	1240*
181 lbs.	470	230	400	1240
P. Iodice	400	205	335	940
220 lbs.	400	203	333	340
J. Hughes	620	425*	500	1545
Junior (20-23)	020	423	300	1343
165 lbs.				
C. Murray	410*	340*	465	1215*
275 lbs.	410	340	403	1213
P. Goodness	225	185	335	745
Para Olympia	n	103	333	743
181 lbs.				
C. Popper		250*		
Open		230		

4th-115*

P. Shaw

P. Goodness	225	185	335	745		No.		40.0
Para Olympia	ın				1992	4		
181 lbs.								F 400
C. Popper	_	250*	_	_			-	
Open					4			
220 lbs.					4			
G. Sousa	500	350	550	1400			211	
SHW						8 Y// (1988)		
T. Blakeslec	400	340	565	1305		The second		
*=State Reco	rds. Th	nis mee	t was	held at	1			
Carrabec Hi	gh So	chool.	Best	Overall	- 300			
Women's Lif	ter: R	ebecca	Crap	oo. Best		WA.		
Overall Men's	Lifter:	Josh H	lughes.	(Thanks		WALL TO SERVICE STATE OF THE PERSON STATE OF T		-
to Jack Kapla	n for	providir	ng the	results)		AND .		
CID	Arka	nsas (lnon		000			
21 JUL	07 -	Glenw	ood,	AK	1886			
BENCH		S. Me	orris	100*	1000			
WOMEN		198 I	bs.		9			S. mark
Raw		P Sh	224	105*				

T.C. Lewis benches 265 at 181/ 70-74 at the SLP Arkansas Open

Submaster	242 lbs.
220 lbs.	C. Norwood 385*
L. Perry 485	Master (45-49)
Master (70-74)	308 lbs.
181 lbs.	K. Brown 420*
T. Lewis 265	Master (60-64)
Police/Fire (40-44)	220 lbs.
181 lbs.	B. Taylor 255*
K. Treadway 335*	4th-275
Police/Fire Open	242 lbs.
	J. Turner 355
220 lbs. M. Perry 485*	Open
Raw	308 lbs.
Novice	K. Brown 420*
275 lbs.	DEADLIFT
A. Clay 405*	WOMEN
Teen (13-15)	Master (60-64)
123 lbs.	165 lbs.
J. Howard 140*	R. Taylor 220*
Teen (18-19)	MEN Police/Fire (60-64)
198 lbs.	Police/Fire (60-64)
S. Holt 275*	242 lbs.
Submaster	A. Harris 420*
*=Son Light Power A	rkansas state records.
Best Lifter Bench Pr	ess: Mike Perry. The
Son Light Power Ar	rkansas Open Bench
Press & Deadlift Char	mpionship was held at
Glenwood Athletic C	lub. A special thanks
to all who helped wit	th the competition. In
the raw bench press e	event we had a couple
of new lady lifters, bo	oth of which did quite
well, capturing not	only their class but

setting new Arkansas state records as well. In the open 132 class it was Sherry Morris with 100 while Priscilla Shaw Morris with 100 while Priscilla Shaw finished with 115 at 198. For the men, big Alvin Clay broke the state record for the novice 275 class with 405. Newcomer Josh Howard won at 13-15/123 with a new state Howard won at 13-15/123 with a new state record of 140. Samuel Holt got his record at 18-19/198 with 275, though he did come close with a personal best 300! For the submaster division Curtis Norwood won at 242 with a new state record 385. Kelvin Brown won two titles at 308, first in the 45-49 age group, then for the open class. Big Kelvin finished with 420, but by correcting his narrow grip, he will be much closer to 500! At master 60-64 Bill Taylor broke the sou! At master 60-64 Bill Taylor broke the raw record at 220 with 255, but then put on a bench shirt to finish the meet with 275. Jim Turner won at 242 with a strong 355! In the assisted division Mike Perry continues to ues to moved closer to that covented 500 he has been looking for, finishing here with 485. Mike won at submaster and police & fire/220, setting the state record for the later. T. C. Lewis, who had some health problems a few yaers ago, is looking great and at 74 is aiming for a 300 bench at the WABDL Worlds later this year! T. C. finished here with 265, just getting used to his shirt again. Kris Treadway broke the police & fire 40-44/181 record with a strong 335, just missing a final with 350. The best lifter award went to Mike Perry. In the deadlift event Rose Taylor broke the Arkansas state record for the women's 60-64/165 class with 220. Al Harris broke his 64/165 class with 220. Al Harris broke his own state record at police & fire/60-64/ 242 with his 420 final pull! Thanks to my son Joey for his help loading and spotting and to my photographer (?) and trophy girl Kelly Treadway. See you all in December! (Thanks to Dr. Darrell Latch for results)



	ts obsolete! of Crush® Grippers	
1	Are you tired of dropping deadlifts?	
	It's bad enough to lose a contest because you don't have the overall horsepower to pull the winning deadlift but what if you missed the lift because your grip gave out?	
	If you don't want this to happen to you, we'll show you how to develop the kind of grip strength that will allow you to hang onto any deadlift you can pull. We have the equipment, the knowledge, and the system that strips away the voodoo and eliminates the guesswork leaving you with record results in record time.	
mark for building and te	pers [®] , the gold standard of hand grippers, are the worldwide bench- isting hand strength, and they come in ten strengths—suitable for o grand masters, from novices to elite-level lifters. Proudly designed	The Official Gripper of:
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Available in our on-l	ine store at www.ironmind.com.	The GNC Grip Gauntlet U. S. Wristwrestling/ U. S. Armwrestling

POWERLIFTING USA READER POLL

1. What is your primary powerlifting goal?	s:mc79854m
2. Do you currently use any sports nutrition supplements? (Yes) (No)	
3. If Yes, what supplements do you use? a) Creatine, b) Protein, c) Nitric Oxide, d) Others	Trompression
4. Do you feel sports nutrition supplements play a significant role in helping you reach goals? (Yes) (No)	
5. Why/Why Not?	
6. Aside from improving your powerlifting abilities, do you have specific bodybuilding goals? (Yes) (No)	
7. If Yes, what specifically?	
8. How would you most like to improve your physique? a) By adding muscle, b) By adding size, c) By adding strength, d) By losing fat	
9. How would you most like to improve your performance? a) By adding explosive power, b) By increasing endurance c) By increasing mental focus, d) Other	A PART OF THE PART

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(Send completed results to Powerlifting USA Magazine Reader Poll, Box 467, Camarillo, CA 93011 and receive the upcoming issue free for newsstand readers or an extra issue on your subscription for subscribers)

MHP's Big MIKE MILLER Hits the Big Screen with Mickey Rourke



MHP Sponsored Athlete, Big Mike Miller hits the big screen. Superhuman Strongman, World Record Powerlifter, Trainer of Elite Athletes Turned Professional Wrestler, Mike Miller has done it R. Creech all in the world of strength sports. From being the first man to squat FEMALE 1,200 lbs and holding the current record of 1,220 lbs to competing as a professional wrestler, Mike has now turned his skills and big attitude toward the big screen. While training under the tutelage of WWE Hall of Fame Inductee Afa Anoai, a.k.a. Afa Wild Samoan, Mike was asked to audition for the Movie "The Wrestler" featuring big screen star Mickey Rourke. Mike will be playing the part of Lex Lethal and filming is scheduled to start this A. Marro January. To keep up with all of the exciting information you can, go to Mike's myspace page at http:/ /www.myspace.com/mule2625. The actors are currently training under Afa's watchful eye. Afa currently operates the Wild Samoan Training center and The World Extreme Wrestling Federation in Allentown, Pennsylvania and has been training Mike since October of 2006. You can meet Mike at MHP's booth at the Arnold Classic. Mike has been working with MHP and using MHP products for the past 7 years and attributes his great strength and his 140 lb. weight loss to their quality products. When asked what his favorite MHP supplement is, Mike says, "All of their products are great, but for cranking up testosterone, nothing is a powerful as T-BOMB. DREN is insane - no

fat burner in the world like it."

10 NOV 07 - Henderson, NC				
CH	Master (45-49) Raw	Outs		
ALE	Henderson 325	Amer		
- lbs.	4th-335	Powe		
ter (40-44)	Master (50-54)	stand		
larrow 210	S. Durham 390	Boyle		
4th-220	Master (50-54) Raw	Outs		
ter (45-49)	S. Richardson 235	Nort		

ster (40-44)	Master (50-54)
Marrow 210	S. Durham 390
4th-220	Master (50-54) Raw
ster (45-49)	S. Richardson 235
Boyles 160	Novice Raw
4th-165	R. Creech Ir. 305
LE	220 lbs.
lbs.	Master (50-54) Raw
th (8-9)	S. Whitted 320
Batchelor 60	Novice Raw
lbs.	J. Riggan 385
th (12-13) Raw	Submaster (35-39
Ragland II 85	
lbs.	J. Riggan 385
ster (50-54) Ray	
	Master (50-54)
en Raw	R. Terry 425
Raisin 155	Novice Raw
11	CONTRACTOR OF THE PARTY OF THE

G. Dale Jr. 165 181 lbs.

D. Jefferson 300

Novice Raw

R. Creech 181 lbs.

Police/Fire

198 lbs.

& Military Raw

Intermediate (24-34) R. T

290

DEAL

165

J. Riggan 385
Submaster (35-39)
Raw
J. Riggan 385
275 lbs.
Master (50-54)
R. Terry 425
Novice Raw
A. Kearney 390
4th-395
Open Raw
B. Jones 555
Police/Fire
& Military Raw
A. Kearney 390
4th-395

Raw		B.
es	555	S.
/Fire		Kr
tary F	Raw	Jo
rney	390	Te
-395		J.
s.		M.
ster	(35-39)	S.
		B.
nin	308	S.
bs.		Ra
al	510	A.
Raw		1.
liams	410	MI
IFT		Ma

naster	(35-39)	S. Binash	225	100
		B. VanBeek	275	110
innin	308	S. Bolwerk	325	155
lbs.		Raw by form	ula	
Neal	510	A. White	180	100
ce Raw		J. Beer	145	100
/illiams	410	MEN		
DLIFT		Master (40-4	9) by	formula
E		K. Belisle		
lbs.		M. Braun	370	295
(14-15)	Raw	J. Monahos	540	_
ererro	240	Master (50+)	by fo	rmula
th-270		B. Briggs	440	295
DL	TOT	S. Reid	445	2&0

Raw			
100	75	170	345
12-13)	Raw		
125	70	155	350
Raw			
125	110	250	485
225	195	290	710
Raw			
235	170	340	745
	100 12-13) 125 Raw 125 225 Raw	100 75 12-13) Raw 125 70 Raw 125 110 225 195 Raw	100 75 170 12-13) Raw 125 70 155 Raw 125 110 250 225 195 290

	4th-B	P-180	DL-3	60
S.				
20-23)	Raw			
ow	285	230	360	865
40-44) Raw			
ow	305	210	325	840
	4th-B	P-220		
45 40	Dann			

Master (45-49) Raw			
M. Boyles	125	160	175	460
INDIA DEC	4th-B	P-165	DL-1	85
MALE				
148 lbs.				
Novice Raw				1

148 lbs. Novice Raw				
R. Garner	185	225	285	695
	4th-B	P-235	DL-3	05
Submaster (3	35-39) I	Raw		
R. Garner	185	225	285	695
	4th-B	P-235	DL-3	05
181 lbe				

	4th-BF	-235	DL-3	05	
181 lbs.					
Intermediate	(24-34)	Raw		-	
W. Brothers	360	320	435	1115	
Junior (20-23)	Raw				
K. Fererro	250	150	375	775	
	4th-SC)-270			

	4th-3	Q-2/U		
198 lbs.		Dalie		
Junior (20-23	3) Raw			
G. Marrow	II 400	290	550	1240
Teen (16-17)	Raw			
J. Marrow	300	320	420	1040
	4th-S	Q-325	BP-32	25
220 lbs.		17. 17.		

1 CCII (10-17)	Navv			
J. Marrow	300	320	420	1040
	4th-S	Q-325	BP-32	25
220 lbs.		16. 10.		
Master (45-4	9) Raw			
B. Jones	450	315	405	1170
L. Marrow	250	225	290	765
308 lbs.				
Master (40-4	4) Raw			

405 355 430 1190 4th-BP-365 308+ lbs. Master (40-44) Raw

350 355 515 1220 4th-SO-375 BP-360 tanding Lifter Full Power Female

rica Marrow. Outstanding Lifter Full er Male: General Marrow II. Outing Lifter Bench Only Female: Maria s. Outstanding Lifter Male: Ben Jones. standing Team Full Power 1st Place: th Star Pride (Henderson Chapter). Outstanding Team Bench Only 1st Place

credies 10W	ci ica	(110	III KEIU	Taylic	'
USAPL F	ludso	n Nat	ural C	pen	
10 NO	V 07	- Hud	son, V	VI	
OMEN	SQ	BP	DL	TOT	
laster by for	rmula				
Whiting	175	100	220	495	
. Duffy	215	190	300	705	
Kelly	245	155	300	700	
chouweiler	185	125	235	545	
Johnson	200	85	245	530	

S. Whiting	175	100	220	495
D. Duffy	215	190	300	705
P. Kelly	245	155	300	700
Schouweiler	185	125	235	545
J. Johnson	200	85	245	530
Open by form	ula			
J. VandeVoort	330	155	360	845
J. Larson	325	190	365	880
B. Carlson	255	155	275	685
S. Binash	225	100	250	575
Kragenbrink	175	65	175	415
Jovanovich	_	195	285	_
Teen by form	ula			
J. VandeVoort	330	155	360	845
M. VanDusen	275] 15	295	685
S. Binash	225	100	250	575
B. VanBeek	275	110	295	680
S. Bolwerk	325	155	_	_
Raw by formu	la			

100 230

450

475

1115

1200



Jonathan Marrow at the IBP Gateway contest. (Keith Payne)

	J. Milnes	410	345	475	123
	J. Valpatic	475			
	D. Priebe				
١	G. Grahn				
	Teen by form	ula		0.000	- 4
1	K. Hinz	450	240	525	121
	N. Jacabson	470	285	500	125
	D. Fuller	420	260	410	
	Musielewicz	350	240	375	965
	T. Foss				_
ĺ	Open				
	148 lbs.				
	Schwalbach	480	305	520	130
	165 lbs.				
	G. Kuehni	550	310	495	135
	181 lbs.			HIN	
	M. Nardozzi	400	250	450	110
	D. Fuller				
	E. EJm		225		

65 lbs.				
. Kuehni	550	310	495	1355
81 lbs.				
. Nardozzj	400	250	450	1100
. Fuller	420	260	410	1090
EJm	400	225	435	1060
98 lbs.				
. Young	515	330	585	1430
. Badenhop	340	260	440	1040
Aguilar	_	-	430	- 3
20 lbs.				
. Becker	500	420	550	1470
. Welborn	510	325	465	1300
Valpatic	475	290	500	1265

242 lbs 530 355 630 1515 S. Born M. Vinopal 275 lbs. B. Peterson 650 455 660

585 I. Bierman 470 545 1600 K. McCusker 660 K. Brashears 500 335 550 1545 350 500 1350 Raw by formula K. Milnes 6 Cahill 620

420 Leonard 450 520 1270 Rcishus 315 900 1225 Mathison 465 450 310 275 455 1085 235 335 870 355 Bedard 285

Raw Master by fornula T. Fonder 445 320 510 1275 J. Dorsher 470 270 560 1300 R. Magnuson 285 — — — Best Lifter: Ben Peterson. (Thanks to Shawn

USA Power Open 8 DEC 07 - Feasterville, PA BENCH Master (40+) FEMALE Bachmayer L. Feeney
L. Matthews T. Sanford 130 110 Master (50+) P. Spauenta S. Hartnett H. Aaron G. Hyatt MALE H. Vaughn 265 295 Teen (16-19) 180 DEADLIET Starovovtov Open 181 lbs. FEMALE V. Read 250 S. Hartnet B. Peacock 185 MALE R. Alston Teen Bachmayer 375 350 I. Gordon 350 Open 181 lbs. T. Sanford 275 242 lbs. R. Gavril 405 430 B. Brady 242 lbs. M. Oakes 275 lbs 275 lbs. M. Thompson 420 E. Killich 340 E. Killich M. Bolduc

(Thanks to Dave West for these Children's Christmas Classic

255

2 DEC	C 07 -	Celina, OH	
BENCH		G. Kachar	360
Children		A. Bellinghan	n 330
S. Mills	60	D. Bennett	300
D. Wolfe	55	Zimmerman	290
E. Mann	40	Open Lightwy	ght
WOMEN (For	mula)	R. O'Neil	405
J. Forgatsch	225	J. Montebon	405
T. Gill	125	J. Harder	355
H. Biddle	180	K. Gross	215
K. Stuck	140	D. Hawley	180
MALE		Open Middle	
Teen (Formul	a)	C. Edgar	585
D. Stuck Jr.	450	J. Trusty	510
M. Dunson	260	J. Thomas	500
C. Thomas	185	T. Danimal	475
Master (Form	ula)	T. Huser	3909
R. Mann	605	T. Kemble	385
D. Stuck	475	H. McNelly	360
M. Ridgeway	415		

D. Bergman J. Clemens D. Oliver 320 E. Lewis 445 300 J. Langer vts M. Allen Open Heavywts

McNett 610 P. Wesson Leonharet 600 H. Billy Maxwell 560

The meet was a great success we raised over \$1100 and a trailer full of toys for needy children during Christmas. The event was held with the combined efforts of Mike Wolfe his crew and OUR Family Resources located in Celina, Ohio. The money and toys were donated to the Angel Tree Foundation and will be passed out throughout the county the week prior to BENCH Christmas. We had 42 lifters coming to WOMEN compete with guys coming in from as far as Wisconsin and New Jersey. There was plenty of big benching with numerous guys C. Clark hitting over the 600 pound mark. We also Teen (13-15) had some Professional guest lifters come 148 lbs. in and put on a strength exhibition. George A. Streacker 150* Halbert, Nick Winters, and Jason Fry all Master (55-59) came in a hit some good numbers. George 132 lbs.
hit a easy raw 560 pound bench at a 198 M. Hampton 6
pound bodyweight. Nick Winters smoked 650 pounds raw and looked like he must off 148 lbs. weighed 400 pounds. Must be all that E. Reece 1 Indiana Corn. Jason Fry did a board press Master (65-69) exhibition working up to 650 pounds off of a one board wearing his bench shirt. The J. Berry 1 Nutrition, who supplied a bunch of supplements for awards and raffles, Inzer Advance Designs, who sent a ton of t-shirts MEN vance Designs, who sent a ton of t-shirts and wrist wraps for awards and raffles, Get Diesel, supplied Supplements for Raffle give-aways, House of Pain Ironwear supplied two large gear bags for best lifter and raffle drawing, Westside Barbell supplied two solid silver westside logo pendants and a gift certificate for awards, Skullptures By Seeker supplied all of the sculptured awards and plaques for placings, Celina Walmart donated two bicycles for the Angel Tree Grand Lake Tent Reptals supplied Science 148 lbs.

MEN

MEN

MEN

148 lbs.

G. Collins

198 lbs.

5. Sandlin

4th-425

198 lbs.

5. Watts Walmart donated two bicycles for the Angel Tree, Grand Lake Tent Rental supplied all of the Seating, St. Mary's Kroger supplied water for the lifters, Common Groud Rock Band supplied the rocking sound system, John and Heather Martinez supplied the Powerade for all the lifters, P. Newton 465*

New York P. Seating 115A complied place to grand 445.

The event was judged by three very good judges with Police Sgt. Randy Houseworth manning the Head Judging Chair. Randy is a three time World Order of Police Bench DEADLIFT Press Gold medalist with a Masters APF WOMEN American Record. The side judges were Teen (13-15) Nick Winters, no need to say anymore you all know him. And the other side was A. Streacker 290° judged by John "Dirty" Martinez. John Master (55-59) holds a AAPF American bench record and 181 lbs. is one of the Worlds best lockout technicians, (Results courtesy from Mike Wolfe) Master (60-64)

SLP Samson's Gym 7 JUL 07 - Hamilton, OH B. Wheeler 220 lbs. S. Sizemore M. Meadows I. Leonhardt 605 4th-600 Novice 140* B. Karwisch 290* T. Lowe 130* Teen (13-15) 165 lbs. C. Becker 198 lbs. B. Rader Teen (18-19) 240* R. Carman M. Flum Submaster 181 lbs. 4th-425* D. leffers 220 lbs. J. Weigel 520* 275 lbs. C. Breeden Master (50-54) 148 lbs. M. Evans Master (60-64) 220 lbs. Powerlifting USA supplied plenty of reading material for the lifters to take home. Open 4th-475 P. Carman

J. Weigel 275 lbs. C. Breeden 385 Master (40-44) 242 lbs. M. Carman 4th-325 Master (50-54) M. Evans Master (65-69) 242 lbs 225* T. Hall F. Reece 4th-245* 455* 132 lbs. M. Evans 165 lbs. E. Olszewski 305* W. Hemp B. Wheeler Teen (13-15) S. Blue 4th-420 325 C. Becker 181 lbs. E. Felts Teen (18-19) 325 242 lbs. M. Flum M. Meadows 535 Submaster

405

*=Son Light Power Ohio state records. Best Lifter Bench Women: Alison Streacker. Best Lifter Bench Men: Steve Watts. Best Lifter Deadlift Women: Erin Olszewski. Best Lifter Deadlift Men: Eric Felts. The Son Light Power Samson's Gym Open Bench Press & Deadlift Championship was held at Samson's Gym. We always have great competitions here, due to the efforts of owners Darris & Cathy Sparks and their staff. In the bench press event we had several great lifters, all but one getting an Ohio state record for their respective classes. For the novice 165 class it was Cyndi Clark with 105. Alison Streacker upped her effort from last fall by 50 lbs. to finish with a new record of 150 at 13-15/148. Mary Ann Hampton, who came to the meet in a wheelchair (due to a broken leg) broke her own record at 55-59/132 with a personal heef 651. For Peoce looked strong personal best 65! Eva Reece looked strong at 60-64/148, taking the win there with 140. Another Indiana native, Janet Berry, won at 65-69/181 with 130. Erin Olszewski was the only lady failing to get in an opener, missing 205 three times. This gave Alison Streacker her first ever best lifter award. Moving to the men, let's begin with the novice division. Taking the win at 148 was Garrett Collins, who finished with

240. Brian Karwisch got 290 at 198 while Tim Lowe won at 220 with 335. Both Tim and Brian were lifting raw and all three set new state records for their classes. Cody Becker won at 13-15/165 with 205 while Brandon Rader did the same at 198 with 265. Both were new Ohio state raw records. For the 18-19 age group Rick Carman won at 275, setting the state record along the way. Matt Flum was second with 215. Both were

Pull BIG - NOW!

2 time IPF World Champ Brad Gillingham's Deadlift DVD shows you the training program that produced 40 plus contest deadlifts over 800 lbs., plus the "5 X 5" squat program that lets you blast up both lifts at the same time. \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use vour Visa or MasterCard.

Streacker won her second title of the day along with her second state record with a personal best 290 at 13-15/148. Marianne Harmon broke her own state record at 55competing in the raw division. Zac Sandlin won big at junior 198, finishing with 405 the fore returning for a successful fourth at 425, another state record! Dan Jeffers took the submaster 181 class with 265 while records. The best lifter trophy for the submaster 181 class with 265 while John Weigel won at 220 with 405. Our final ladies went to open 132 winner Erin submaster lifter was 275 winner, Chad Olszewski, who finished with a new state record of with 340. All set new record of 305! Cody Becker won again at Ohio state raw records. Best lifter Steve 13-15/165 with 325 while 18-19/198 winner Matt Flum won his first event with 325. Ohio state raw records. Best lifter Steve 13-15/165 with 325 while 18-19/198 win-Watts broke the state record for the 45-49/ 198 class with a great 520, just missing 530 John Weigel tied the state record at for his final attempt. Up next was Kentucky's favorite son, Mark Evans, winner of the 50-54/148s. Mark, who weighed in at a mere 138, finished with a new state record of 44/242 with his 325 4th attempt. Mark Evans won at both 50-54 and open 148 with 181 with 285 while Paul Carman did it it in second place for hest lifter hopers! Mark ken as well. Darris Sparks won at 55-59/ a great 455 pull, which actually landed him 181 with 385 while Paul Carman did it at in second place for best lifter honors! Mark 60-64/220 with 310. Paul Newton, lifting also set the state records for both divisions at police & fire/40-44/308, broke his own state record there with a personal best ite, won at 65-69/ 242 with and easy 465 opener. In the open division we had a battle won at 165 with 350 while Steve Sizemore at 165. But after the dust had settled Wes won at 165 with 350 w Mike Meadows failed with his opener of Wheeler was second with 450 while Steve 450 three times. Then at shw we had Blue rounded out the field with 420. Best 450 three times. Then at snw we had another great match- up with state record- lifter Eric Felts won at 181 with 575 after holder Dave Nieman going up against a final attempt with a new state record of Jason "Sissy-Boy" Leonhardt. Well, this time the cards were stacked in favor of Jason, who finally got that 600 bench he 242 with 535. Thanks to the staff at Samson's another with the staff at Samson had been working on for so long with his 605 final attempt. Dave finished with 570 before a strong 4th of 600 closed out the

Ken Eyre, Lake County Sheriff's Deputy for vears.

gang unit, narcotics, SWAT



and various others. One incident that Ken was extremely proud of and one that made him a hero, was when a five year old girl went missing from an apartment complex one night. An apartment to apartment search was conducted. At one apartment a male answered the door. Ken noticed he was unusually nervous and not answering his questions appropriately. His instincts kicked in and he asked if he could search the apartment. The male agreed, but nothing was found in his apartment. Ken was not satisfied and noticed a small closet outside on the balcony. He opened the door. Inside a box on the bottom he found the little girl bound with duct tape over her mouth. She was safe, but the suspect admitted that he was going to rape and kill her.Ken was chasing a 500 lb, bench press as a drug free master lifter, and had attained it several times in training but never in a meet. At the 2003 Worlds in Las Vegas, Ken won the Law/Fire Master 40-47 with 429. In the 2004 Worlds he finished 2nd at 275 in the Law/Fire Master 40-47 with 468.2. In the 2005 Worlds Ken won the Master 47-53/275 class with 451 7 In the 2006 Worlds he came in 2nd in the Master 47-53/275 with 440.7. Utah state records that Ken holds are in the deadlift Master 47-53/275 with 518, Law/Fire Master 40-47/275 with 556. Law/Fire Master 48-55/275 with 473.7, and Law/Fire Master 48-55/308 with 473.7. Utah records in the bench press by Ken Eyre are Master 47-53/275 with 468.2, Master 47-53/308 with 468.2 and Law/Fire 40-47/275 with 468.2 Ken lifted weights his entire adult life. He felt powerlifting defined who he was. He tried bodybuilding but felt it was a fallacy. Ken may have felt powerlifting is what defined him, but what really defined him is that he would help lifters in his own flight at a meet. He had a shy smile for everybody he met, and he was very soft spoken. He was the type of guy that you would meet for coffee on a Saturday morning if you had a bad week. After a couple of cups Ken would have you calmed down. I will miss Ken. He said he liked WABDL because I was accessible and would go out of my way to help lifters and didn't hide in the background. Well, Ken was

POWERLIFTING PASSINGS

to people. I gave a couple of deadlift seminars that Ken attended. I always tried to impress upon him that the key attribute for a deadlifter is to be able to fire up and get the "killer instinct." Ken could never quite get there because he was so mellow. "Ken, I'm a better person just for having known you." (Gus Rethwisch, WABDL Pres.)

Powerlifting pioneer. Thomas Trevorah, passed



in March of this year

from

the

Originally Norristown, PA area, Tom and his wife Ellen moved to Florida over thirty years ago. Tom had a heart condition, which recently worsened with the complication of bronchitis. With fluid in his lungs, he was rushed to the hospital from his doctor's office. There he underwent open heart surgery. with the finding of complete or near complete closure of his arteries. Under medical care, he survived until Friday the 4th. Tom Trevorah started as a weightlifter and began his adventure with powerlifting about 1960. He progressed in his career from the 132 to 198 class and became a dominant figure in the masters division. Tom supported the ADFPA anti-drug movement in its early years and made contributions in many aspects: lifter, coach, trainer, meet director, national committee member, and international referee. He had won numerous meets, titles and championships, setting many records along the way. Despite his successes, he chose to help when needed, rather than seek the limelight. Tom never hesitated to help at a meet. regardless of affiliation, organization, personalities, drug free, RAW or equipped. His contributions, while unknown to many, helped the sport grow, especially in his adopted state of Florida, Tom is survived by his caring wife Ellen, his sons Carl and Kent, their wives Renee and Dreama. He also had four grandchildren: Heather 29, Steel 27. Cory 22 and Tony Angel 19. Tom will be well remembered by the many friends he made over the years

and all the lives he had

touched. Should you wish to

remember Tom, his family asks that you make a donation in his memory to: Robert Haven Care Center 6400 St. John's Ave Palatka, Fl. 32177 Tom, we will remember you well. Til we meet again in God's Gym, peace. (Jumpin' Jersey Joe Pyra)

......

Siddle of Rouge, LA died February 17, 2007 at the age of 49.



world with a liver transplant, which he received on December 2, 1999. He won two WABDL world titles in the disabled division and held Louisiana state records in disabled in the deadlift with 281 at 220 and 382 at 242. He also held records in the bench press with 275 at 220 and 314 at 242. He was an lover conservationist and served as president of the Friends of the

Baton Rouge Zoo. Soon after his transplant he began training at Foxy's Gym and his health and strengthseemed miraculous. He was a devoted member of Healing Place Church and was a Vice President with Piccadilly Cafeterias for more than 20 years. Charles you were an inspiration to all WABDL members you came in contact with. (WABDL President Gus

Richard

Rethwisch



bench press of 457 in 61-67/259 July 2006. While warming up at a WABDI meet on October 13, 2007 he got a blood clot in his leg and ied. Richard and wife Katherine were married at the WABDL Worlds in Reno. on November 17, 2005. He lifted on a Monday and they were married on a Wednesday. His wife said, "Even though we were married only a short time, never has a man loved me

more." The most important powerlifting. You see, Wilbur things in his life were his wife was incarcerated for 42 years and powerlifting. His goal was of his adult life. In the 1950s. to bench 500 lbs, at the 2007 he was ahead of his time, WABDL Worlds.Born in squatting 565 lbs., bench

1942, he was a proud veteran and served in the US Army during Viet Nam war. Growing up in Pittsburgh, he was an avid Steeler fan. He had two sons and a daughter. He had been a welder and had a lengthy sales career in that field. He never held a grudge or passed judgement on anyone. He really enjoyed the WABDL Worlds. He won in 2005 and 2006 and set world records three times What I remembered most about him was his passion for lifting and the energy that resonated when he talked about lifting. WABDL will miss you Richard. (Gus Rethwisch, WABDL)

Ed Sheets cancer on November 16. 2007 He was 67 He received



......

SHW, 61-67. He

competed in WABDL for

three years and his biggest

thrill was competing at the

Worlds in 2005 at the Reno

Hilton in a 33,000 square

foot ballroom with 660 lifters.

the 'biggest party he had ever

been to'. (Gus Rethwisch,

WABDL Pres.)

Wilbur E. Streeter, born August 1918, away 28 2007. Few people



deadlifting 695 lbs., and his attire was t-shirt, gym shorts, and typical inmate shoes - no wraps, belt, or other equipment. He devised an 8 day training regimen that he used to accomplish those lifts. Wilbur was a brilliant man with a high IQ, although it was sadly misused. At some of the facilities he was at, he designed the benches, squat racks, barbells, dumbbells and made them himself. I was a pen pal of Mr. Streeter for 25 years, and his training tips were invaluable. I met the man twice, after his parole. Bill Clark put on meets in the prisons and he knew Wilbur for 45 years. As Wilbur himself would say "Now I am in the Big Gym in the Sky" To a great friend and man, God Bless (Lee Gesbeck)

Raw

. Breaux 358 446 551 . Butler Gst 573 352 584

R. Harrison

MO AAPF

Millrany

Taylor

D. Gable

S. Johnson

C. Senese

Reese

Coaker

R. Blunschi

Klein

I. Hackett

220

Bishop

Massie

Mosley

Radford

A. Guice

S. Peed

. Dwelle

W. Carter

D. Hoard

C. Stutes

D. Brown

M. Beatty

G. Frank

R. Hodge

A. Guice

D. Hoard

. Kev

SHW

220

Brandon

B. Phillips

McCracken 804

J. Ross 903 M. Downing 573

McCormick 622

Dennis Jr. 832

L. Fox

MO APF

SHW

220

198

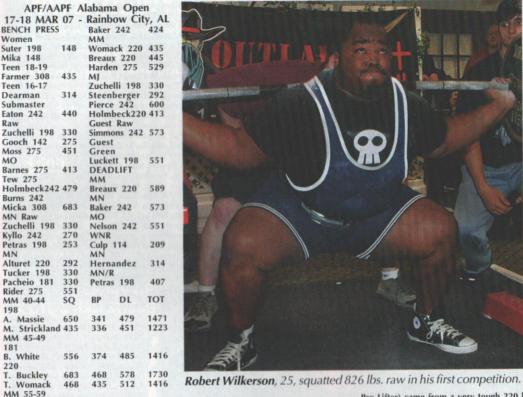
pressing 365 lbs., and

Dentice, the 82. mother of Joe 'Hail Caesar Dentice, passed away on January



.

known to many lifters at the meets she attended. She often displayed her sense of humor when talking to them. At the USPF Nationals in Las Vegas (August 2007) Ed Coan took a moment to visit with "Mom". Ed asked her "Isn't he (her son Joe) going to let you lift today?" Mom said "No, so I'm going to have a drink instead. another meet, after watching her son complete a successful deadlift, someone in the audience said to her "I bet you could do that". Her answer was "I'm the one that taught him". The last meet she attended was Kevin Meskew's Monster BP/ Return of the Living DL. October 20th, 2007, where she was presented with the "Number One Fan" award. That evening she got to see Bobby Vinton in concert for the 35th and last time. Anyone who talked to her knew she was a huge Bobby Vinton fan. After that, her health began to fail rapidly. She was born in Milwaukee WI on March 25th, 1925 and had been a resident of Las Vegas for 31 years. She is survived by her loving family, sons Joe and Scott, daughter-in-law Lori, her most beloved and only grandchild Matthew: sisters Dolores Zachara of Las Vegas and Elaine Bykowski and her husband Norman of Milwaukee, brother-in-law Mickey Ligman and his wife Dale of Milwaukee, as well as numerous nieces, nephews and cousins. (Joe Dentice)



				Women Teen	16-17				Pro Lifter) came from a very
507	407	573	1488	198					body weight class in which tall totaled over 2000 lbs.
				R. Jordan	501	275	418	1195	Moseley 1st-2071 lbs. , Jason
				Women Open					2 nd -2006 lbs. and Steven Rad
358	446	551	1355	132	226	154	248	639	lbs. (both from the Birmingha
573	352	584	1510	A. Olive	236 148	93	198	440	lifter in the Bench Press Or
				S. Jones	140	93	130	440	John Micka With a 683 lb
				A. Jaskiewicz	363	170	369	903	Lifters in the Raw Full-Pe
562				198	303	170	303	303	division was Robert 'the Bea
705	407	584	1697	A. Suter	259	148	270	677	in the Super heavy weight cla
644	451	501	1598	Women Maste					lb. squat-584 lb. bench and
044	431	301	1330	132					for a 2006 lb. total! AAPF
650	402	512	1565	A. Wright	275	159	308	744	Lifters were, in his 1st full
030	402	312	1303	A. Olive	236	154	214	606	Chris Senese of Foley, Al. w
760	705	639	2105	S. Jones	148	93	198	440	squat-705 lb. bench press a
523	435	600	1559	MT 16-17					deadlift for a 2105 lb. total;
323	455	000		148					old Rebecca Jordan in the 1
744	523	457	1725	C. Ward	297	187	358	843	a 501 lb. squat- 275 lb. ber
,	323	437	.,	MO RAW					a 418 deadlift for an 1196 ll
705	551	661	1918	SHW					competitors in the competit
, 05				R. Wilkerson	826	584	595	2006	Shane Cain in the 275 class I
				MM RAW 40-	44				Masters 40-44 with a 1st p
503	303	473	1278	275					1195 pounds. 16 year old Co
275	314	452	1041	S. Caine	402	303	462	1168	1st in the teen men 148 Ra
				MJ					with a 297 lb. squat- 187 lb.
551	485	551	1587	308					358 lb. deadlift for an 843
600	402	501	1504	T. Duffy	705	314	622	1642	Payne's Rex Harrison wo
650	341	479	1471	Woman Gues	t				master 55-59 242 wt. class be Records along the way with a
				148					bench of 407 and a deadlift
821	573	677	2072	K. Bohigian	534	413	418	1366	1488 total. Recent Gold'
n 804	600	600	2006	The 3rd A			/AAPF		member now training at
805	529	666	2000	Powerlifting,					North Georgia Barbell (No
551	418	551	1521	Championshi					Hoard; had a triumphant
512	407	540	1460	house for bot					squatting 854 - benching
				Professional					deadlifting 655 to total a big
804	617	628	2050	Frank(the wo					275 open and submasters;
953	501	589	2044	Kara Bohigia					Josh Nelson of Gold's Gyn
				holder at wor					also, winning both the APF a
854	628	655	2138	classes!), Gui					242 classes in the Deadlift
903		606	1510	WPO Pro I					with his opening pull of 551
573	385	545	1504	Simmons and					missed 600 on his next to
	=00	-0-	2201	USA's top co					Corey Culp and Darryl Zuch
964	722	705	2391	class respecti					both won in their 1st meets
804	562	666	2033	over the two					
k 622	407	551	1581	Smith's 413 a					
. 832	F01	677	1179	bench pres				merican	taking 1" in kaw Novice, op
076	501	677	2044	Powerlifting					
876	523 672	132	936	squat and 1					score by coefficient of all
132	0/2	132	930	plenty more					with his 330 ib. press: Ar
760	562	683	2006	97 competito					litter, Cody Farmer; benche
760 1041	562	003	2000	and World					take 1" in the teen 10-19
				cheered with					Fort Payne's Annette Wrigh
66				unbelievable					usual veteran form in taking
				totals! 5 of th					40-44 Women's 140 equip
551	418	551	1521	a huge 2391					with a 2/3 squat- 139 ben
331	4.0	331		Lifter' Craig					deadiff to total /44 lbs. I
854	628	655	2137	Lifter' Lance					
001		-	70						

Pro Lifter) came from a very tough 220 lb body weight class in which the top three all totaled over 2000 lbs. They were Moseley 1st-2071 lbs. , Jason McCracken 2nd-2006 lbs. and Steven Radford 3rd-2000 John Micka With a 683 lb. press. Best Lifters in the Raw Full-Power Open division was Robert 'the Beast' Wilkerson in the Super heavy weight class with a 826 lb. squat-584 lb. bench and 596 deadlift for a 2006 lb. total! AAPF amateur Best Lifters were, in his 1st full 3 lift meet, Chris Senese of Foley, Al. with a 760 lb. squat-705 lb. bench press and a 639 lb. deadlift for a 2105 lb. total; and 16 year competitors in the competition included: with a 297 lb. squat- 187 lb. bench and a 358 lb. deadlift for an 843 lb. total. Fort Payne's Rex Harrison won the AAPF master 55-59 242 wt. class breaking 3 Am. Records along the way with a squat of 507-bench of 407 and a deadlift of 573 for a 1488 total. Recent Gold's gym team member now training at Jon Grove's North Georgia Barbell (NGBB), Darryl Hoard; had a triumphant Homecoming squatting 854 - benching 628 - and deadlifting 655 to total a big 2138 lbs. at 275 open and submasters; winning both! Josh Nelson of Gold's Gym doubled up also, winning both the APF and AAPF open 242 classes in the Deadlift Only division with his opening pull of 551 lbs. and just missed 600 on his next two attempts. Corey Culp and Darryl Zuchelli of Gold's both won in their 1st meets. Cory taking 1st in the novice women's 114 wt. class pulling 209 lbs. Darryl benched 330 lbs. and APF (American taking 1st in Raw Novice, open and Police terration) records 534 lb. score by coefficient of all raw benchers with his 330 lb. press! Another Gold's lifter, Cody Farmer; benched 435 lbs. to take 1st in the teen 18-19 308 lb. class Fort Payne's Annette Wright showed her usual veteran form in taking 1st in masters 40-44 women's 148 equipped full-power with a 275 squat- 159 bench-and a 308 deadlift to total 744 lbs. Two Albertville rmer Alahama

open's. Drew Gable, another frequent visiter at Gold's was 2nd at AAPF 220 Fullpower Open with a 644 squat- 452 bench nd a 501 deadlift for a 1598 lb. total. Some other standout performances included Alahama's veteran Ted Butler at 60 years old AAPF 220's with a big 1510 lb. total smashing 60-64 AAPF records by 50-100lbs. on practically every lift! They include a 573 squat, a 352 bench and a 584 deadlift. 47 year old Terry Buckley of Mississippi had a fine day with a 1730 total at APF 220 (45-49) highlighted by a big 683 squat. Tn. Superheavy Mike Beatty put up a 2006 total. Bob Phillips of Louisiana totaled 2032 lbs. at 308. Steve Dwelle went 2050 and William Carter went 2044 to take 1st and 2nd in a very tight 242 battle! In Bench Only Dean Pierce nailed a 600 bench at 242. John Micka benched 683 at a very muscular 308 to take Best Bencher and in AAPF Raw Bench Only Darryl Zuchelli, a State Trooper from Alabama; benched 330 at 198's in his 1st meet! 61 year old Vince Breaux totaled 1355 at APF 220 Masters (60-61), including a 551 deadlift to take the Deadlift Only win as well. 42 year old Angie Olive totaled 639 lbs. to win at 132 masters 40-44. Leighan Jaskiewicz won the 165 women's open with a 903 total. Sixteen APF/AAPF American records were broken lbs. (both from the Birmingham area). Best at this meet! Unbelievable! There were lifter in the Bench Press Only was 'Big' also a total of fourty-four Alabama records also a total of fourty-four Alabama records broken! That's the caliber of lifters that this meet has a reputation of drawing in just three short years! After 3 years of rapid growth, next year's APF/AAPF Alabama Open Powerlifting – Bench Press – and Deadlift Championships will move to the much larger 'Activities Center' a Gadsden's 'River Country Camp Grounds'. This year's meet drew 97 lifters over 2 days! Thanks to Stace Beecham (copromoter and owner / manager of Gold's old Rebecca Jordan in the 198 class with a 501 lb. squat- 275 lb. bench press and a 418 deadlift for an 1196 lb. total. Local secretary for APF Alabama), all of the staff and crew(the meet wouldn't be competitors in the competition included: shane Cain in the 275 class Raw Full meet by Masters 40-44 with a 1st place total of 1195 pounds. 16 year old Cody Ward was 1st in the teen men 148 Raw Full-power with a 297 lb. squat- 187 lb. bench and a 1st place total of 2st pounds. 16 year old Cody Ward was 1st place total of 2st pounds. 16 year old Cody Ward was 1st place total of 2st pounds. 187 lb. bench and a 297 lb. squat- 187 lb. bench and a 2st place total of 2st country! Original members and Captains of this crew are Steve Moats, Jerome Vaughn and Leon Trammell who put together a great crew each year! (Written by Meet Founder and Co-Promoter Buddy McKee, APF Alabama Chairman)

Raider semi-pro football player) won the masters 50-54 275 class with a bench of

529 lbs.; while Justin Ross started strong

with a 903 lb. squat then struggled at 639 on the bench and failed to lock it out on

all three attempts and he was out of the meet. He'd locked over 700 in the gym

just 2 weeks earlier. Frequent Gold's

Gym guest from Birmingham Curtis Dennis Ir. (operator of the 'Metal Rage' Forum)

and Drew Gable also competed. Curtis

began confidently with an 832 best squa

but tripped up with a usually easy 501 opening bench twice and then missing

again at 523 and he was out of the 308



Kara Bohigian-Smith squatted an AR 534 lbs.. (Ken's Power Shots)

also very accessible and kind

(continued from pg. 12)

Drury said, "It was a great honor to represent their country. The huge success of the team was due to team spirit, commitment and cameradia". The GB team manager David Carter put GB success down to good long distance travel planning, prepreparation and athlete's positive approach to all their lifts. GB were very pleased to rekindle WPF relationships with the USA athletes, along with all other Nations; and look forward to meeting up with you all on platform in 2008.

WPF Worlds USA Wins Gold! The USA Team is proud to bring home 16 Golds, two Silver medals, and 13 World Records! It all started in Las Vegas in August 2007 at the USPF Nationals. Participation on the

World Team was by invitation. Team members were selected by their Las Vegas Performances. The WPF Worlds started off with the women and lightweigh men on Thanksgiving Day. The competition was held at Auditorio Municipal De Torreon. A huge auditorium in the round, featuring a dome roof. The opening ceremonies featured performances by Folklorico dancers , a Mexican Military band and precision marching units. To watch their fellow dancers, about 100 school children came to watch the opening ceremony and the beginning of the women's Competition. The women started off the day with an impressive 17 women lifters. Two were Americans from California, Bonnie Aerts (M45+, 114 weight class) and Karen Matthews (open, 148 weight class). Bonnie Aerts won Gold in her weight class and age group. Bonnie brought home the Gold for the USA in the Powerlifting. Karen Matthews put in a clutch performance with a gutsy 4th attempt 369 Squat for a potential WR only to have the record dashed by problems in the bench. After the women came the ightweight men. Lifting in this class was Kevin Meskew (50+ 123 weight class) and Gordon Santee (60+ 148 weight class). Both of these men received Multiple World Records and won Golds. Kevin Meskew started off his trip with lost luggage his whole trip. Meskew still had an 11 for 11 day! He went for a World Record 4th attempt squat and a World Record 4th attempt deadlift, and went home with a World Record in al three lifts and the total, as well as a Gold. Gordon Santee's records were amazing despite the fact that his flight into Torreon had been cancelled. On that flight were USA Lifters Bob Gaynor, Matt McCase, Greg Baxter, Fred Goldberg and his

son, Ethan and Bob Benedix. However Santee was due to lift the next day. After a few hours sleep, no sight of their lost luggage, the USA team arrived in Torreon. Santee arrived after weigh-in's were finished and was told he was not allowed to lift. However, on the same cancelled flight was WPF President Eric Butzelaar. Butzelaar granted Santee permission to lift, knowing of his circumstances. So with little sleep, no food and virtually no warm up, he finished with two perfect squats, a World Record 4th atter the bench, and a World Record 4th attempt on his Deadlift and another Gold. Last light weight lifter for the 1st day was Dan Sorenson (M40+,148 weigh class) Sorenson finished off the day with a perfect World Record Deadlift and brought home Multi-world records in all lifts and the total and a Gold for the USA, Bob Benedix M45+ 181 weight class) edged out his competitor from Mexico. With his great numbers for the day, Benedix also received Gold in his weight Class. California lifter Jose Hernandez (Open, 181 weight class) finished off the second day of Powerlifting. Hernandez had two great squats, three perfect benches and two great deadlifts bring in Silver for the USA Team. Greg Baxter (M50+, 220 weight class) started off his day a little rough, missing his 2nd and 3rd squat. However, Baxter pulled ahead



Bob Benedix .. smooth success.

of his Dutch competitor by performing out standing in his bench and Deadlift and pulling ahead and winning the Gold Matt McCase (Open, 220 weight Class) was ready for his competition. McCase finished with an impressive 698 lb World Record in the Deadlift and McCase received Silver in his weight class. Courtney Stanley (M60+, 242 weight class) came in strong and received two World Records for his 584 Squat and 1526 Total, Courtney home another Gold for the USA Team. Mark Menslage (M40+, 275 weigh class) started his day looking worried, missed his first two squats However, Manslage was able to get a strong total of 1529 lbs, to win Gold in his class. Finishing of the Powerlifting Competition for the USA was Alan Aerts (M50+, 308 weight

class) was there with his wife Bonnie Aerts. They were the only husband and wife team at the Worlds. Alan started strong in the squat and nailed his second bench for a World Record. However, on his 3rd attempt, Aerts was finishing his bench when there was a loud ripping sound. He had torn his shoulder. Despite his shoulder injury, Aerts continued on and pulled a smooth 500 lbs deadlift and a total of 1309 lbs, winning him another Gold. After a long three days of Powerlifting, the lifters were

winning him another Gold. After a long three days of Powerlifting, the lifters were treated to a celebration party at the Christa de Noas. The restaurant was located above the city of Torreon. The scenery was breath taking as we ate our dinner and relaxed outside in the open air restaurant. It was a great time to visit with other lifters from other countries. W competition behind us, it was a

lifters from other countries. With the power lifting competition behind us, it was a lot of fun to relax and joke with fellow lifters. We meet many great lifters from Holland, Mexico and Germany and made new friends from England. Dave Carter, President of British Powerlifting Organization, Goodwill Ambassador, Paul Murphy, Dean Dury, Phil Benisten, and David Belchers to name a few of the British Team. But we couldn't stay out to late as some lifters were lifting in the World Bench Press Competition the next day, Sunday. A total

of seven lifters represented the USA Bench Press Team. The USA Team won Gold in the Bench. On Sunday, the two women from California started off the day with two Golds. Bonnie Aerts benched in the World Bench Press Competition despite the wrist injury she had occurred on Thursday during the powerlifting competition and brought home another Gold for herself. Matthews made a come back and got back under the bench after having 192 lbs fall on her iaw during her powerlifing competition on Thursday. Matthews pulled it together and won the Gold in the Bench Worlds on Sunday and also helped bring the USA Team the Gold. Greg Butler, our youngest competitor at 23 years-old, benched an impressive World Record 484 lbs in the 100kg's, putting him in first place over his junior competitor from Mexico. He had a lot of support from his mom, who was there to cheer him on. Fredrick Goldberg (M40+ 242 weight class) brought along his son Ethan. Ethan was a big help to the USA Benchers. With the help of his son, Goldberg received a World Record for his 539 lbs bench winning him a Gold. Bill Bradley, our nicest and oldest competitor at M70+, 242 weight class,. He ended up benching a perfect 275 lbs, earning him a second well deserved World Record and a Gold for 1st place. Alan Aerts (M50+, 308 weight class) showed up to the warm up room with a bag of ice strapped to his

shoulder from his previous injury in the bench the day before. After spending 30 min. trying to get on his bench shirt with the help of "Cool Katz" Mike, Alan was finally ready to bench. Putting aside his pain, Aerts benched through it all and still received a Gold. Last but not least, JW Potts aka Thunder (M40+, 308 weight class) dominated the bench press day for the USA and sealed the deal by benching a World Record of 561 lbs. Bring home a Gold for the USA Team. Of course I can not forget Dave Jeffery, President of the USPF and California State Chairman Steve Denison, President of the British Powerlifiting Organization, Dave Carter and WPF President Fric

Butzelaar for their contributions to making this a successful meet. I would also like to recognize and Congratulate Steve Denison USA, Dean Drury England, Francisco Gomez, Mexico and Mario Hernandez, Mexico for receiving their WPF International Judging Certificates. The next WPF Competition will be held in Vienna, Austria, for 2008. The 2009 World Powerlifting, Bench Press and Deadlift Competition will be held in fabulous Las Vegas. (WPF World Championships article written by KAREN MATTHEWS)



The Aerts' .. Alan and Bonnie





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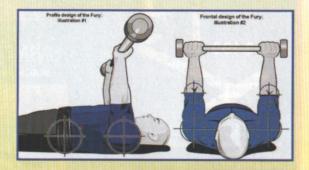


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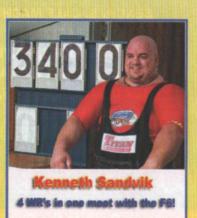
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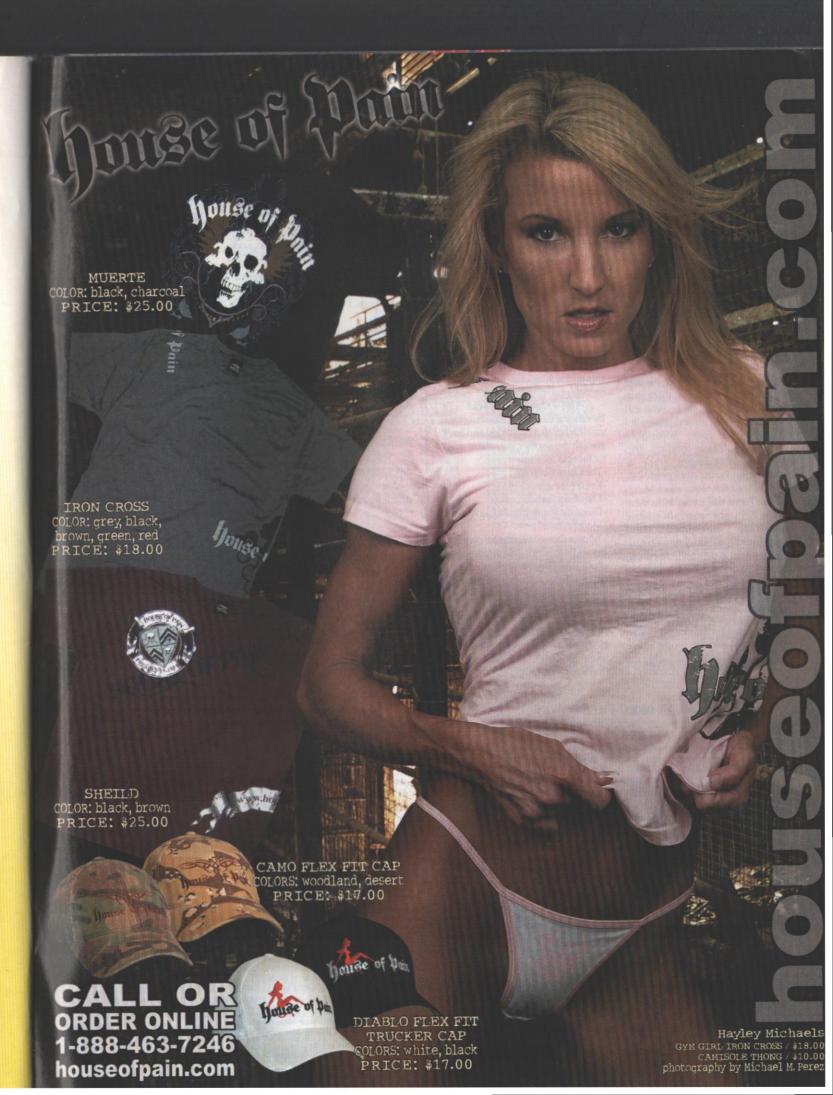
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21 22 23 24 25 26 27 28 29 30 575 Roney, J..11/17/07 573 Fleming, M..3/10/07 570 Boshoven, L..3/25/07 565 Bohigian, K..1/27/07 562 Boyington..11/2/06 562 Woodworth, M..6/16/07 560 Felder, J..3/24/07 560 Clark, 1..11/3/07 556 Rohr, J..1/27/07 556 Simmons, G..5/5/07

556 Page, G..6/22/07 556 Hartnett, S..6/22/07 556 Flores, R.. 8/07 555 Esson, A..2/25/07 555 Zemer, B..3/24/07 551 Houston, M..4/14/07 551 Walton, N..4/21/07 551 Lewis, C..5/5/07 551 Walton, A..7/13/07 551 Hinson, J..8/4/07

550 Devers, G..2/17/07 550 Murria, A..3/24/07 550 Russell, H..3/24/07 550 Perez, J..3/24/07 550 Mumba, Y..3/24/07 550 Hodgin, B..9/22/07 550 Kuehnl, G..11/10/07 545 Hollenbeck, A..9/6/07 540 Sorrell, J..4/14/07

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530 Fineis-Curry, B..10/27/07 385 Jackson, A..11/16/06 529 Steil, A..8/07 385 Cencich, T..12/2/06 385 Cencich, T..12/2/06 385 Breen, M..3/24/07 525 Durham, S..12/2/06 385 Simpson, T..4/21/07 525 Waggener, Z..11/3/07 385 Simith, M..4/21/07 523 Grenon..11/2/06 385 Chesling, W..5/12/07 523 Credeur, D..11/8/06 523 Ribic, P..6/22/07 385 Barden, S..6/9/07 385 Manenkoff, J..10/13/07

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407 Hillyard, R..3/10/07 407 Martynuk, O..4/28/07 407 Royer, N..6/9/07 405 Parody, C..1/11/06 402 Hokoana, M..11/9/06 402 Ricket, T..11/17/07 400 Jenkins..11/4/06 400 Williams, O..6/16/07 400 Bouyer, C..6/16/07 400 Wylie, I..8/11/07

396 Thompson, D..5/5/07 396 Nickson, E..7/13/07 395 Bonola, A..1/27/07 391 Talmant, E..3/2/07 391 Hall, M..5/5/07 391 Higshman, L..6/9/07 390 Venturella, C..4/28/07 390 Norwood, T..10/27/07 385 Wheeler, B..11/11/06

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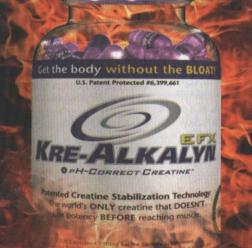
NEXT MONTH... TOP 181s

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