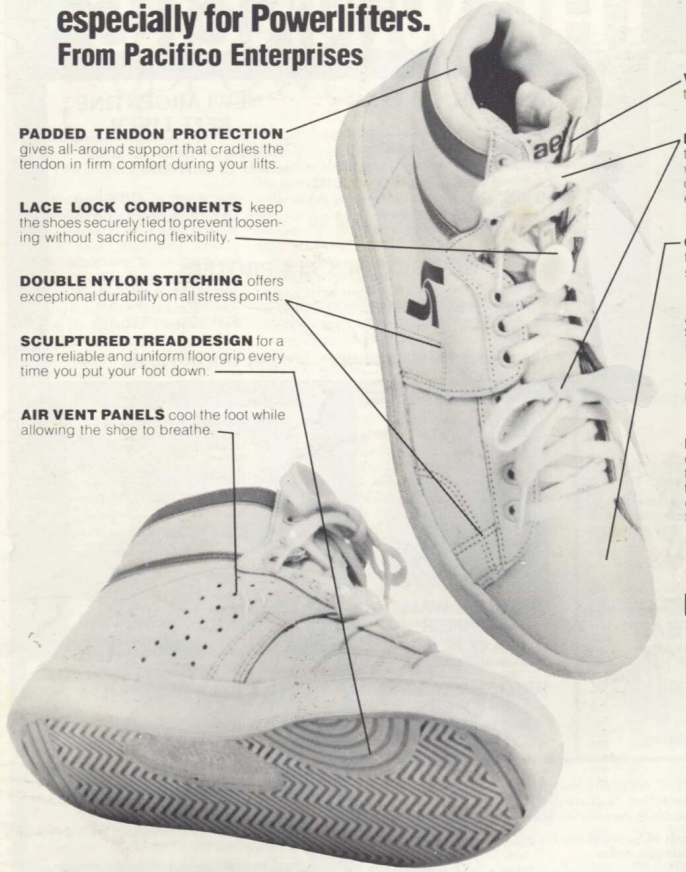
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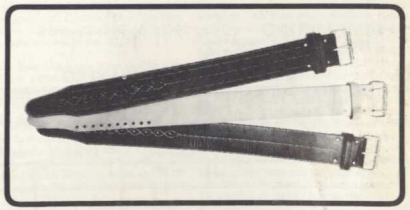
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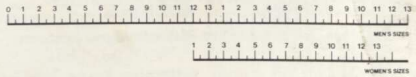
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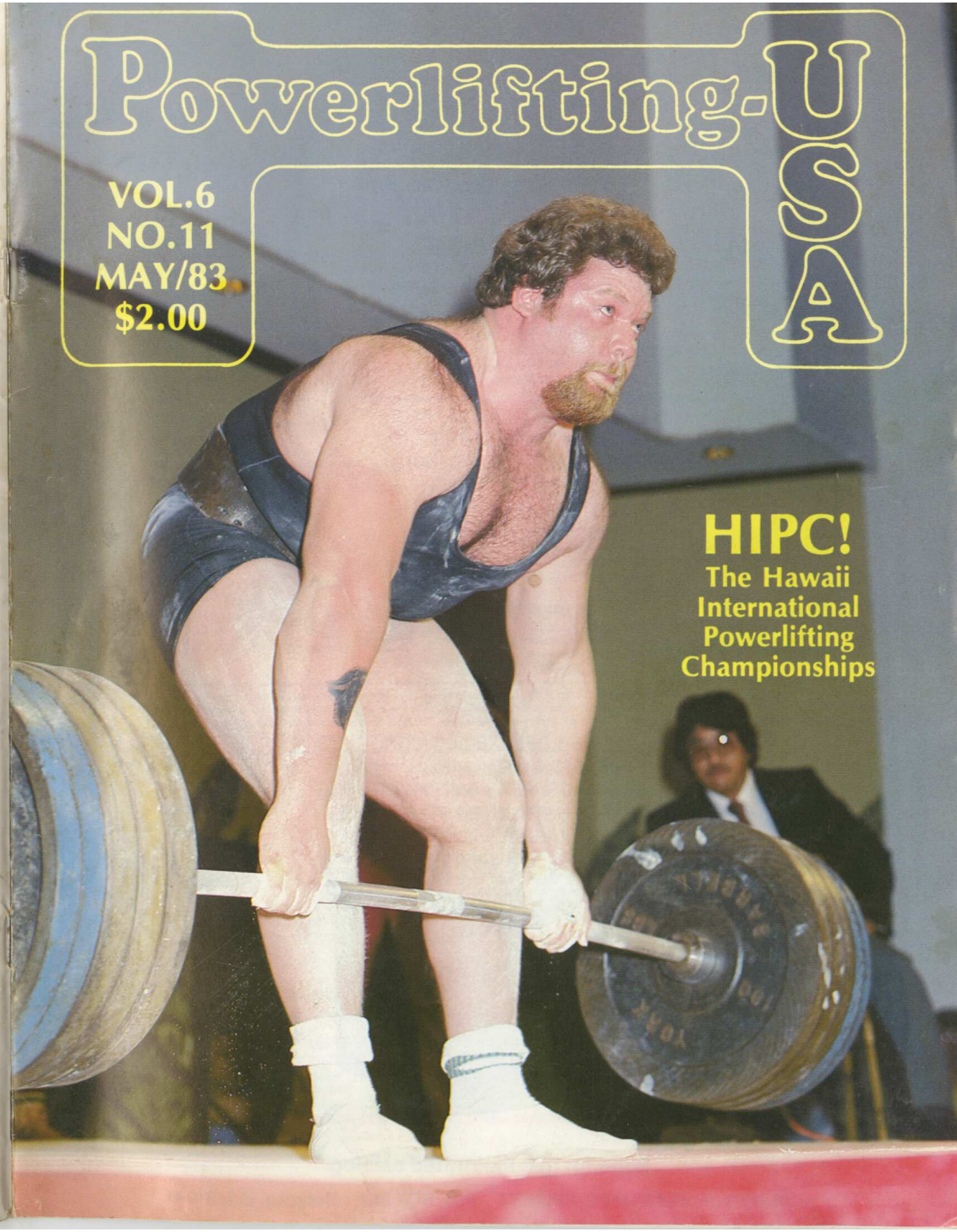
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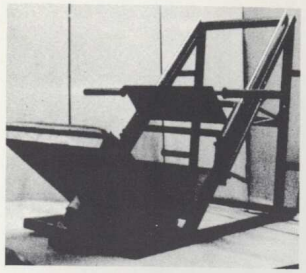
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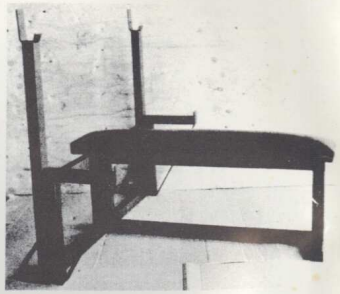


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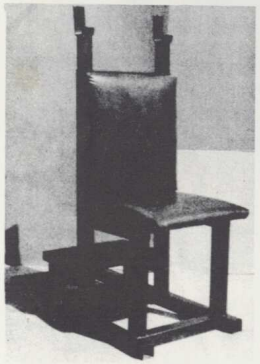
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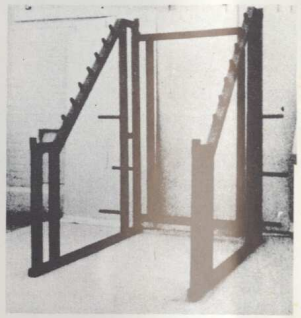
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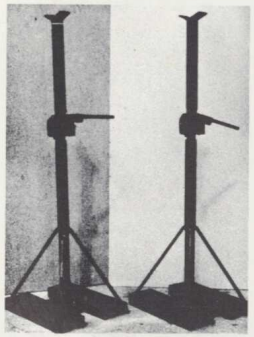
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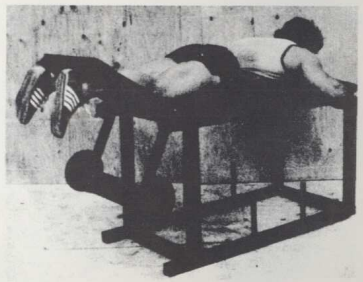


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ON THE COVER....Dan Wohleber moving 903 at the Hawaii International Powerlifting Championships.

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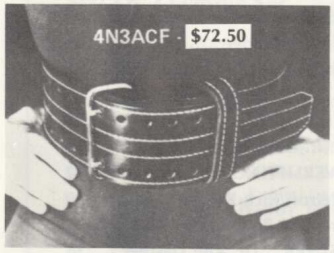
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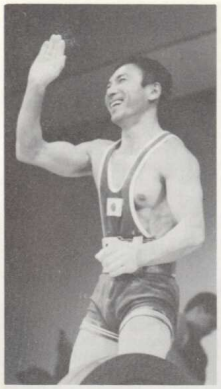
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HAWAII INTERNATIONAL

by Mike Lambert

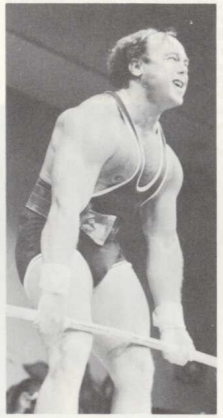


***Inaba**..working toward World Championship Number Ten.*

The Hawaii International Powerlifting Championships is really the only competition of its kind in the world - unique in the format that combines top lifters from all over the United States and the rest of the powerlifting world with island lifting talent and a large and enthusiastically appreciative audience of several thousand people in what is as close to a tropical paradise as can be found in the United States. Local lifters can't help but be inspired to great things by such a situation, and their lifting progress this year and all the previous years is easily documentable and largely attributable to meet promoter Gus Rethwisch and the many fine people who help put on this meet in the gigantic Sheraton Waikiki ballroom. Everyone who has participated in the promotion of this very special powerlifting event in the past can tell you positively that it's not been an easy course. Lots of time and money has been spent, friendships strained, etc., but it's mainly because Gus, and those who support him, have strived so hard to exceed themselves each time out. Gus is a perfectionist and takes it hard when things don't work out just right, but the reputation that he has established now is not something you can buy with money in any store, it only comes from busting your guts, concern for the sport, and trying-trying-trying, with little in the short run to show for it. Happily, dividends from all the hard work are coming in. This year's meet went very smoothly, got over with very quickly (well before midnight) and served as a deserving tribute to the magnificent strength athletes who were honored by an invitation to the competition.

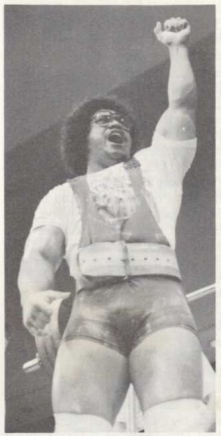
As for the lifting itself, Inaba came in as a light 123er and cruised through 3 easy squats (including a record exceeder on his 3rd), made all his benches, and stalled abruptly on 2 deadlifts with 507. Prior to his benches he not only gave his traditional martial arts yell but leaped incredibly high in the air. Dale Yoshizu, a fine powerlifter and person, made but 3 attempts but came close to his best ever total. One of Hawaii's new superstars, Ed Morishima, did not have a day anaywhere near his capabilities, but still ran up one of the best lightweights total of all time. Training lifts would have had him well over the world record total. He was a successful featherweight not too long ago, but now looks like a new man, with a powerful, balanced physique, veins burgeoning out whenever he lifts, and a fiery, bounding, fist raising platform personality that the crowd loved. He IS a factor on the National and International level after this performance.

Local lifters filled up the 198 pound class and highlighted how good Hawaiians are becoming. Kevin McClaverty, Hawaii P.D. officer, is a long time veteran, who has his stuff together better every time he goes out to lift and he was almost perfect this night. Mozell Hicks, as Mike Scott pointed out, is much like a lean Marion 'Magic' Dent (another top lifter who came up fast during his military tour in Hawaii) and Gus liked the way he deadlifted even as a 165er, but at 198 his other lifts are flying up. Blane Chong, who has bumped heads with McClaverty since they were both lightweights, was just back from the National Collegiates where he set a Collegiate deadlift record of 688 which may have wiped out a realistic chance for him to pull the 677 he wanted but could only pull part way up before rounding over too much to lock out. Kawamoto is a young state record buster and football star who should get even better, while Ernie Martin is a veteran of several years who simply started with too much weight to handle at the moment.



***Kevin McClaverty**...198 winner.*

In the 220s the blend of local and world class talent was perfect, with Jim Cash noting that islander Francis Silva had his attention, being only 5 kilos behind at the subtotal juncture. Cash was very close to a big total but had to follow himself (an unusual situation) on each bench. His grip ripped open an already raw hand on the record busting deadlift tries (3rd and 4th attempts) and that shut down lifts that had been moving well to the halfway and beyond point. He also reported a hairline tibia fracture after the meet was over. Jim's training courses are now printed and he sold many from his table at the ballroom entrance. He hasn't lost his habit of dropping a good bit of weight and still lifting well, coming down from 234 for this meet. Chip McCain was hoping for a deadlift record and thus the squat and bench are not to be considered that seriously, but the big D-lift was not there. Now, he'll be going full



***Francis Silva**...after a big 534 bench.*

***Below**...Ed Morishima's narrow grip benches brought out some incredible muscularity in his delts.*



speed ahead to put on the best Seniors ever. Francis Silva, aside from being enormously strong, is also the most entertaining lifter in the islands. Lost in a 'Walkman' assisted psyche prior to his lifts, when it comes time for business, he struts, roars, grins when he completes a lift, jumps, salutes, shouts, and even hops backward over the bar in the deadlift. His 3rd attempt squat increase was a bit much but he got the most out of the bench and deadlift for a super total. Military lifter Dave Schultz, formerly of Kentucky is another in the mold of Gary Springer, Jim Drapal, with big legs, a big psyche and bigger totals in store. Another youthful island prodigy, Malcolm Lutu, was a smidge off the record performances he wanted.

The 242s were loaded with promise and quality, with a solid Steve Miller, a recovered Steve Wilson and the awesome potential of a fully fit and fully 242 Dr. Fred Hatfield, with one of Joe Weider's finest photographers (Mike Neveux) on hand to document Fred's successes to visually verify that Dr. Squat knows what he's talking about as a new editor for Mr. Weider's Muscle and Fitness magazine. All 3 lifters weighed the same, but that was not a factor in the finish. Dr. Steve Miller posted a quality total, just off the 2,000 mark and Steve Wilson hit PRs (in the 242 lb class) left and right. Steve fashioned himself a pair of hooked boots that allowed him to hang upside down, relieving pressure on the back problem that has ailed him at critical times for years. Yes, this technique (highly touted by various manufacturers of such boots) has proven very effective for Steve, who used it 3 times per week. He had no chance to 'hang' just prior to the meet and could feel the pain coming back on his last couple of lifts, but with the right therapy finally in hand Steve is going to be dangerously competitive at the Seniors. He came up with the 821 squat well, but inexplicably lost it on a split judges decision, and his 567 bench hit his chest too low for him to drive it back up and over his eyes - but it was moving exceptionally well at first. Man, are his arms big and does he look great at 242.

Fred Hatfield was planning to open with 881 - a record exceeding poundage and going to 920 or so on his 2nd and possibly a try at 1,000 on his 3rd. His 875x3 without a tight suit on in training made these things seem interestingly possible. He was set for a near 500 bench and near 800 deadlift - leading to a 2200 plus total as well. Fred's boundless confidence and undeniable strength has brought him through all manner of lifting adversity in his quest for a World Championship, but now a new challenge has been thrown at him. As Fred began driving up with the 881 first attempt, he slowly twisted and then dumped the weight in pain and was carried off tenderly protecting his leg. He told Ron Fernando, PL USA training editor, that he could feel that the quadricep had torn. He was taken to the nearby hospital, but returned to the meet in a cast, with repair work to be handled later. As for an unprofessional opinion, this looked like an injury that Fred (who comes back strong all the time) will also come back from - but the 1983 Seniors, and a chance to represent the US in the Worlds this year, seems in doubt. Jim Cash mentioned how good Fred looked at 242, but he may have had a special reason for saying that. Fred did look solid, but had mentioned plans to go 220 for the Austin Seniors.

At 275 there was great action with all the listed world records for the individual lifts being exceeded. Dan Wohleber, looking calm, solid (up near the class limit now), and very strong, showed everyone what kind of competitor he has become. Without his normal supporting cast of Black's Health World team mates, he still handled his strength wisely, picking the right poundages and fighting the weight when he needed to. His first squat was a typically Wohleberian effort, a less than max explosion of power, right in the groove. The 914 stalled badly (some of the lifters seemed to shift their balance forward with the wide expanse of the auditorium perhaps throwing off their sense of equilibrium), and looked for an instant to be definitely missed, but Danny shifted gears from the snappy explosion to the slow grind and powered it up. He benched easily, but got nailed on his 2nd attempt 402 on a lockout call. His 810 opener deadlift was like his first squat - easily ripped up and 854 was an equally powerful lift. The 903 he tried (of course, he was the first man on earth to deadlift 900 in competition just a short while ago) was coming up well, but snapped out of his hands, taking a couple of bloody callouses with it. Danny feels that an extra heavy knurl is what he needs on the bar to keep from dropping them in this fashion. John Black of Black's Health World will tell you that Danny is the Strongest Man in the World and his performance on this day shows just how little exaggeration there is in such a statement. Danny is so young and so bull strong and has such a tremendous deadlift that he deserves uppermost consideration as a Senior National and World champ for 1983.

Dave Shaw accurately diagnosed a serious misload on his squat before attempting the weight and despite the distraction he came back to get an 821. His first 501 bench was not passed for a non-obvious reason and his 854 deadlift came up about halfway before he stopped with it. His near equal from the Vegas meet, Jim Drapal, had his troubles, missing an 804 squat twice with considerable pain and difficulty even with



***Steve Wilson**...came up strong with this 821 squat but couldn't get it passed.*

ScoreCard

Hawaii International
Honolulu, Hawaii April 5, 1983

123												
H. Inaba	53.25	485	512	529	242	253	259	788	485	~~507~~	~~507~~	1273
D. Yoshizu	55.5	~~407~~	~~407~~	407	270	~~286~~	~~286~~	677	413	~~451~~	---	1091
148												
E. Morishima(BL)	67.25	~~600~~	~~600~~	600	402	~~429~~	~~429~~	1003	545	578	~~600~~	1581
198												
K. McClaverty	87.5	628	655	666	380	402	407	1074	666	705	~~716~~	1779
M. Hicks	86.75	644	~~683~~	~~683~~	325	341	352	997	622	677	~~705~~	1675
B. Chong	86.25	600	639	~~650~~	341	358	~~369~~	997	622	~~677~~	~~677~~	1620
R. Kawamoto	89.5	~~633~~	633	~~683~~	330	347	~~358~~	981	534	~~573~~	~~573~~	1515
E. Martin	89.5	~~683~~	~~683~~	~~683~~								
220												
J. Cash	100	733	793	~~826~~	446	462	~~473~~	1256	760	788	~~837~~	2044
C. McCain	99.75	~~666~~	677	---	424	---	---	1102	766	~~804~~	---	1867
F. Silva	94.5	672	710	~~755~~	490	534	~~540~~	1245	573	611	~~622~~	1856
D. Schultz	98.25	622	666	~~683~~	352	374	391	1058	655	677	~~694~~	1735
M. Lutu	99.0	683	~~722~~	~~722~~	374	396	407	1091	600	~~633~~	~~633~~	1692
242												
S. Wilson	109.75	760	793	~~821~~	529	556	~~567~~	1350	755	788	~~810~~	2138
S. Miller	109.75	710	749	~~782~~	479	507	~~523~~	1256	683	733	~~738~~	1989
F. Hatfield	109.75	~~881~~										
275												
D. Wohleber	124.0	865	914	---	374	~~402~~	402	1317	810	854	~~903~~	2171
D. Shaw	121.5	766	793	821	~~501~~	501	~~518~~	1322	771	815	~~854~~	2138
J. Drapal	122.5	760	~~804~~	~~804~~	501	523	~~534~~	1284	705	733	~~804~~	2017
L. Kamaka	124.0	611	~~661~~	---	501	~~529~~	~~529~~	1113	600	622	~~639~~	1735
T. Arcidi	123.5	501	---	---	584	617	628	1129	501	551	600	1729
						4th	~~633~~					
SHW												
D. Fely	160.0	~~804~~	804	909	501	551	~~600~~	1460	594	622	661	2121
C. Braxton	129.5	705	760	~~804~~	413	435	457	1218	~~733~~	733	~~788~~	1951



the best the spotters could muster in getting the bar back in the rack. Big chested Lyle Kamaka, whom I believe has been a capable spotter at previous Hawaii International meets, got to do his own thing on the platform this time, powering away 501, but 529 was too much twice.

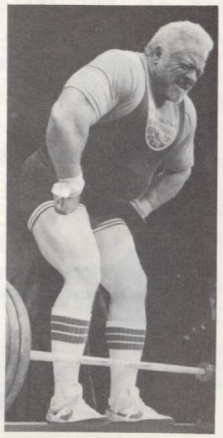
Perhaps the most sensational lifter of the meet, and as well the most sensational bencher in the sport right now, Ted Arcidi, made some incredible lifts. Incredible in that they were (1) easy, (2) extremely fast, (3) so powerfully explosive that they simply blew away any of the rough edges that remain unsmoothed due to his limited high level contest experience so far. Ted does not seem to know how strong he is, but got a lot of advice at this meet. His squat and deadlift were done as formalities and in no way reflect his abilities in those regards. In fact, he said he thought he could have pulled 700 that night and despite just getting accepted into dental school (congratulations!) he is thinking of trying to qualify for the Seniors this year. He is a very densely packed, muscular mountain of a lifter who seems well built for the squat and deadlift in addition to the obvious benching power his thick structure generates. His lifts got smoother as he went up in weight with the first one, which between his shaking and the speed of the lift, looking barely controlled. His power on the 628 was certainly enough to lock out the 633 he tried on a 4th attempt, which he just ran out of gas with.

In the Supers, Doyle Kenady was not present, which left Fely without the challenge he expected. Dwayne touched the rack or something like that on the way up with his 804 opener, so he repeated it toyishly. 909 was equally easy, but he did not take the expected world record exceeding 4th attempt. His benches were so easy it was hard to tell what he could have gotten on a 3rd attempt, but the 600 he went to was too much, though it does look as though he'll make that lift someday. All his deadlifts were quick and easy. Chuck Braxton earned a lot of admiration from the crowd that is not used to seeing men nearing 50 years of age totaling nearly 2,000. Chuck, of course, would liked to have gotten the bigger lifts he tried but he has to be pleased with the bench, since his shoulder was a painful mess not too long before the meet (until a doctor in Tennessee got things back together for him). Chuck wished he had skipped that last squat so he could have had more for the deadlift, but he is getting stronger all the time and that 800 squat and deadlift and 2,000 plus total are simply a matter of time away.

So, another chapter of Hawaiian International Powerlifting Championship history is recorded. Gus did some things differently this time (handling the program himself...t-shirts too) and it worked out well and he's planning to do it again next year. Gus reportedly had to quit his job (again) to take care of all the meet details this time, but when I saw the look on his face after Arcidi blasted away all those benches that Gus handed off to him, it was clear that this was worth the effort - again and again and again. Aloha!



***Left**...Cash should have entered the bodybuilding contest...**below**...Ted Arcidi just closed his eyes and rammed each bench right up.*



***'How the Hell did I miss that?'** Braxton was popular with the crowd*

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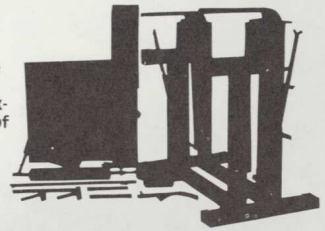
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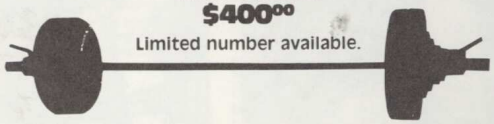


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This publication is the high speed companion to Powerlifting USA, for those who want to know the news of Powerlifting consistently and comprehensively before any other news source. Issues are sent out TWICE each month via first class mail with a last minute deadline so that news received that day can be printed and mailed out that day. The APRIL 14th edition had news of how the women who were tested at the Women's Nationals came through the drug test, how Bridges may win the Seniors at 148 (but it won't be MIKE Bridges!), a full page flash report on the Hawaii International Championships just days after it took place in Hawaii, the resignation of Terry Todd from the National Strength Research Center in Auburn, Alabama, when the World's Strongest Man contest will be aired, what could be serious legal problems for an internationally known powerlifter, PLUS a report on a bench press contest where in the 242s a 505 only ended up 3rd place! For information like this, FAST, and much more, send in your check (payable to Powerlifting USA) for $28.00 for the next 24 issues of POWER HOTLINE, Box 3238, Camarillo, CA 93011.

National Collegiates

by Dr. Billy Jack Talton
National Collegiate Chairperson

Texas A&M University, The Texas A&M Weighlifting Club, and Meet Director Ken Delong were successful in providing the 157 collegiate lifters with an excellent national meet for 1983. The meet site, G. R. White Coliseum, College Station, Texas provided an excellent setting for the competition held on March 25th and 26th. The warm up area was just behind the two lifting platforms and TV monitors were available in the warm up area. New lifting equipment along with an army of 'Aggies' made the meet move on schedule. The officials performed a commendable job under the able direction of Category II International Referee Kenny Croxdale.

The four sessions started 30 to 40 minutes behind the listed time, but once under way, the momentum offset any time lost at the beginning. The winners were awarded beautiful plaques which displayed a powerlifting figure. Outstanding lifters received large, attractive clock plaques. Five team trophies were awarded. The top five winners in each weight class, in both the Men and Women's Divisions were awarded All-American Certificates by the National Collegiate Chairman, Dr. Billy Jack Talton.

The 3rd Annual Women's National Collegiate Championships had 14 colleges represented by 25 lifters. Twelve of the 40 National Collegiate Women's Records were broken, showing the improved quality of lifting, especially when one considers two of the ten weight classes had no participants.

44 kg. class: The 1983 meet had no entries in this weight class.

48 kg. class: Linda Bertrem of the U of Oklahoma and Tanya Talton of Louisiana Tech provided the best competition of the Women's Division with only five kg. separating their two totals. Talton led at the end of the squat and bench press by 5 kg., however, Bertrem was not to be denied on her 3rd attempt deadlift. Talton missed her 3rd deadlift attempt of 122.5 kg. by one light. Bertrem then lifted 127.5 kg. on her 3rd attempt to take the win in the 48 kg. class by 5 kilos.

52 kg. class: Pauline Hoehn of Purdue had an outstanding performance setting a National Collegiate Record squat of 132.5 kg. on her third attempt, a deadlift record of 140 kg. and a total record of 332.5 kg. Terri Hutter of Temple trailed Hoehn by only 22.5 kg. Hutter also equaled the National Collegiate Record squat of 132.5 kg. on her second attempt. She missed a third try at 135 kg. In third was Laurie Greene from McNeese State with a 290 kg. total.

56 kg. class: The star of the Women's Division lifted in this class. Jill Olson of the U of Minnesota set a National Collegiate Record in the squat with 152.5 kg., she tied the bench press record of 57.5 kg., and was named Outstanding Lifter in the Women's Division. Zanthia Smith of Lamar missed a third deadlift attempt at 160 kg. that would have given her the National Collegiate Record in the deadlift. She was credited with a 152.5 kg. pull and recorded a 335 kg. total. From Purdue was Jeanne Golding in fourth place at 287.5 kg. for her total.



***Best Woman Lifter**...Jill Olson of Minnesota (Glen Johnson photo)*

60 kg. class: Debbie Avery of Louisiana Tech was alone in this weight class as she exceeded the qualifying total and assured her team of 12 points with the first place. Completing 6 for 9, Avery totaled 272.5 kg.

67.5 kg. class: The University of Indiana gained 12 points from the first place total of 320 kg. by Josephine Centore. Donna Longing of Louisiana Tech was only 7.5 kg. behind with a 312.5 kg. total. Lafayette student Susan Fyfe took third, 22.5 kg. down from Longing. National Collegiate Record holder in the squat, bench press, and total, Carolee Engel was the unfortunate product of three missed lifts in the squat. Engel opened with 147.5 and then tried 155 for her second and third attempts. Engel's record in the squat is 165 kg.

75 kg. class: Terry Ptomey of Auburn broke her 1981 National Collegiate Record in the bench press with an 80 kg. lift. Her 422.5 kg. total left her way short of the 470 kg. she established in 1981 in this weight class. Margaret Murphy, who attends Kutztown State, was a ways below Ptomey with her 367.5 kg. total, but her 157.5 kg. squat was only 2.5 kg. below the first place squat. In fourth was Robin Helm from Temple University.

82.5 kg. class: There were no entries in this weight class.

90 kg. class: Lisa Noble of Adrian College attacked the record books setting new National Collegiate Records with a 75 kg. bench, 167.5 kg. deadlift and 410 kg. total. Two missed squats at 185 kg. kept her from setting all four 90 kg. records.

90 kg. Plus class: Unopposed, 108.57 kg. Sharon Mitnik of Temple University returned to do what no other female lifter in the 1983 Women's National Collegiate Meet could do. She set new records in all four record categories: 200 kg. squat, 90 kg. bench; 182.5 kg. deadlift and a 472.5 kg. total.

Women's Team Awards: First in the field of 14 college teams was Temple University with a total of 44 points. Louisiana Tech with only three lifters captured 2nd place with 30 points. A regular member of the top three, Purdue captured 3rd place with 25 points.

The 15th Annual Men's Collegiate Powerlifting Championships had 132 lifters representing 60 colleges ranging from the University of Hawaii to Slippery Rock State College. Of the 44 National Collegiate Records, 17 were broken and in every weight class except the 52 and 125 kg. classes.

52 Kg. class: The shadow of Joe Steinfield, from the State University of N.Y., remained in this weight class as 3 of his National Collegiate Records; squat, bench press and total remained unbroken, but Joe Catalfamo of East Stroudsburg State did manage to tie Steinfield's 162.5 kg. squat record. Catalfamo went 8 for 9 to give him a 432.5 kg. total, still 10 kilograms from Steinfield's 1980 record. Villanova's John Padova, who placed third in 1982, moved into second place this year. Padova had a 20 kg. improvement over his last year's total to bring him up to 422.5 kg. In third place was another Villanova lifter, Mark Majerus who pulled a 180 kg. deadlift that assisted him to a 402.5 kg. total.

56 kg. class: Andy Rettenmaier of Texas A&M made this a one-man race with his 127.5 kg. bench and 500 kg. total for two new National Collegiate Records. In second place was Jerry Richards of So. Illinois at 447.5 kg. Third and fourth place were decided on bodyweight after

ScoreCard

WOMEN'S NATIONAL COLLEGIATE RESULTS
25 March 83 College Station, Texas

48kg												
L. Bertrem	47.06	82.5	~~95~~	~~95~~	42.5	47.5	~~50~~	130	115	125	127.5	257.5
T. Talton	47.5	82.5	92.5	~~95~~	37.5	42.5	~~45~~	135	110	117.5	~~122.5~~	252.5
A. Kaplan	47.63	~~75~~	75	~~85~~	45	47.5	~~50~~	122.5	100	~~105~~	105	227.5
J. Guillory	47.96	80	~~87.5~~	~~87.5~~	35	40	~~45~~	120	87.5	92.5	~~97.5~~	212.5
52kg												
P. Hoehn	51.83	115	125	132.5*	52.5	~~60~~	60	192.5	120	130	140*	332.5*
T. Hutter	51.83	122.5	132.5	~~135~~	~~42.5~~	42.5	45	177.5	125	132.5	~~135~~	310
L. Greene	49.57	102.5	~~115~~	~~115~~	55	~~62.5~~	~~62.5~~	157.5	125	132.5	---	290
E. DiLaura	51.48	~~107.5~~	107.5	~~115~~	42.5	47.5	50	157.5	107.5	~~117.5~~	122.5	280
M. VenGraitis	51.60	~~105~~	~~105~~	105	50	~~55~~	~~55~~	155	112.5	~~125~~	~~127.5~~	267.5
56kg												
J. Olson (OL)	56.0	142.5	152.5*	~~160~~	70	75	~~77.5~~	227.5	137.5	~~145~~	~~145~~	365
Z. Smith	56.0	110	125	~~142.5~~	52.5	57.5	~~65~~	182.5	142.5	152.5	~~160~~	335
J. Golding	52.73	100	117.5	~~125~~	45	~~50~~	~~52.5~~	162.5	105	125	~~137.5~~	287.5
A. Parham	52.39	92.5	92.5	97.5	~~47.5~~	~~50~~	50	142.5	117.5	125	132.5	275
J. Alexander	55.9	85	95	~~100~~	42.5	47.5	~~50~~	142.5	105	117.5	127.5	270
A. Stuart	55.56	85	100	~~110~~	42.5	47.5	~~50~~	147.5	90	~~107.5~~	110	257.5
60kg												
D. Avery	59.42	82.5	92.5	~~97.5~~	47.5	52.5	~~55~~	145	120	127.5	~~135~~	272.5
67.5kg												
J. Centore	66.11	115	~~127.5~~	130	50	~~60~~	~~60~~	180	122.5	140	~~142.5~~	320
D. Longing	66.79	120	130	~~135~~	47.5	55	~~57.5~~	185	127.5	~~142.5~~	~~142.5~~	312.5
S. Fyfe	67.02	~~120~~	~~120~~	120	75	~~77.5~~	~~77.5~~	195	95	---	---	290
C. Engel	67.1	~~147.5~~	~~155~~	~~155~~								
75kg												
T. Ptomey	74.39	120	140	160	65	75	80*	240	140	160	182.5	422.5
M. Murphy	71.67	157.5	~~165~~	~~165~~	57.5	~~62.5~~	62.5	220	147.5	~~167.5~~	~~167.5~~	367.5
R. Helm	67.97	~~120~~	120	~~127.5~~	60	62.5	~~67.5~~	182.5	122.5	130	~~137.5~~	312.5
90kg												
L. Noble	86.07	167.5	~~185~~	~~185~~	65	75*	~~82.5~~	242.5	155	167.5*	~~177.5~~	410*
90Kg Plus												
S. Mitnik	108.57	187.5	200*	~~205~~	~~85~~	85	90*	290	170	182.5*	~~190~~	472.5

(OL) - Outstanding Lifter —— * - Women's National Collegiate Record



***Rettenmaier**..took the 56 kg. division for A&M. (Glen Johnson photo)*

both Drew McCloud and Joseph Johnson totaled 440 kg. McCloud took third due to his .11 kg. lighter bodyweight. A tie was also in order for the fifth and sixth positions between Scott Morgan and Mike Regan, with Morgan taking the win on .45 kg. lighter bodyweight.

60 kg. class: David DeHart renewed an Air Force Academy dominance of this class which was established by Vince Jones in 1980 and 1981. DeHart lifted a National Collegiate Record total of 570 kg. which beat Vince Jones's 1981 record. Daniel Capece contributed a second place for Villanova with a 530 kg. total out of his 6 succesful attempts. Again totals were tied for third and fourth. Both Mike Abellera and Texas A&M's Larry Kerr lifted 510 with Abellera weighing 1 kg. less. The sixth and seventh postions were also tied at 495 kg. for Tom Connally and Mike Jones. Two lifters, Dino Davis and Chris Bullot tied for eighth place when they both weighed 59.6 kg. before and after the meet.

67.5 kg.: Mark Winquist of South Dakota State set new National Collegiate Records in the squat with 245 kg. and the total with 650 kg. Both records were set by Rick Crain in 1975 who represented a South Dakota school and happened to be one of the judges when Winquist broke these records. Winquist was also named outstanding lifter of that session. In second place was John Ronza III, representing the Christian Brothers College. He went 8 for 9 with a 612.5 kg. total. Third went to Florida State's Matthew Maclean at 590 kg.

75 kg.class: James Bolin set a National Collegiate Record total of 740 kg. to erase George Herring's 1981 total of 737.5 kg. Bolin, a student at the University of Illinois, also tied Billy Keel's National Collegiate Record in the deadlift which was set in 1980 with 280 kg. Jim Panetti of Slippery Rock recorded a new Collegiate National Record with a bench press of 190 kg. Panetti was the National Collegiate Champion in the 67.5 kg. weight class in 1982. Butch Dunn, from Louisiana Tech., placed third, only 5 kilograms down from Panetti.



***Neil Mairs** 181 Champ (Tuite photo)*

ScoreCard

MEN'S NATIONAL COLLEGIATE RESULTS

25/26 March 83 College Station, Texas

52Kg.												
J. Catalfamo	51.5	147.5	162.5	~~167.5~~	77.5	82.5	87.5	250	165	175	182.5	432.5
J. Padoua	50.9	~~145~~	145	155	~~97.5~~	97.5	102.5	257.5	157.5	165	~~172.5~~	422.5
M. Majerus	49.9	127.5	145	150	65	72.5	~~75~~	222.5	165	172.5	180	402.5
J. Morgan	48.1	145	160	~~165~~	75	80	~~82.5~~	240	145	150	~~155~~	390
K. Jones	51.5	140	147.5	~~152.5~~	87.5	~~92.5~~	~~92.5~~	235	137.5	145	~~150~~	380
B. Bozzelli	50.8	~~110~~	110	120	92.5	~~97.5~~	---	212.5	150	160	~~165~~	372.5
E. Campbell	51.7	115	~~125~~	~~125~~	70	75	77.5	192.5	160	170	~~172.5~~	362.5
K. Irvin	51.3	~~137.5~~	~~137.5~~	~~137.5~~								
56kg												
A. Rettenmaier	55.45	160	175	182.5	117.5	~~127.5~~	127.5*	310	167.5	180	190	500*
I. Richards	55.57	137.5	147.5	157.5	90	97.5	~~100~~	255	182.5	192.5	~~207.5~~	447.5
D.Cloud	55.68	160	172.5	~~182.5~~	80	~~87.5~~	87.5	260	170	180	~~187.5~~	440
J. Johnson	55.79	145	~~152.5~~	~~152.5~~	95	100	102.5	247.5	185	~~192.5~~	192.5	440
T. Misewicz	55.57	~~172.5~~	~~172.5~~	172.5	87.5	~~95~~	~~95~~	260	~~175~~	175	~~182.5~~	435
S. Morgan	54.55	150	~~172.5~~	172.5	85	~~92.5~~	~~92.5~~	257.5	170	~~177.5~~	~~177.5~~	427.5
M. Regan	55.0	140	147.5	155	97.5	~~102.5~~	~~102.5~~	252.5	167.5	175	~~182.5~~	427.5
T. Smith	55.34	137.5	147.5	152.5	87.5	~~95~~	~~95~~	240	155	165	~~172.5~~	405
60kg												
D. Dehart	60.0	177.5	195	205	130	137.5	~~142.5~~	342.5	215	227.5	~~240~~	570*
D. Capece	58.3	190	~~197.5~~	197.5	122.5	~~132.5~~	~~132.5~~	320	192.5	200	210	530
M. Abellera	58.4	~~180~~	180	187.5	110	117.5	122.5	310	~~192.5~~	~~192.5~~	200	510
L. Kerr	59.4	160	~~170~~	~~170~~	115	122.5	~~130~~	282.5	202.5	215	227.5	510
R. Pell	59.4	195	~~207.5~~	~~207.5~~	~~100~~	100	102.5	297.5	200	210	~~212.5~~	507.5
T. Connally	58.6	170	~~180~~	~~180~~	105	110	~~112.5~~	280	215	~~227.5~~	~~227.5~~	495
M. Jones	60.0	~~180~~	~~185~~	185	~~102.5~~	110	115	300	182.5	195	~~207.5~~	495
B. McDonald	59.1	182.5	~~202.5~~	~~202.5~~	100	~~107.5~~	~~107.5~~	282.5	187.5	210	~~215~~	492.5
D. Davis	59.6	170	177.5	~~185~~	105	110	115	292.5	190	200	~~205~~	492.5
C. Boillot	59.6	~~187.5~~	~~187.5~~	187.5	115	~~122.5~~	~~122.5~~	302.5	190	~~202.5~~	~~202.5~~	492.5
M. Doss	60.0	165	175	~~185~~	102.5	110	115	290	177.5	192.5	202.5	492.5
M. Chambers	59.5	180	~~190~~	~~190~~	115	~~122.5~~	~~122.5~~	295	180	187.5	~~197.5~~	482.5
P. Doyle	59.8	175	~~182.5~~	182.5	97.5	102.5	~~107.5~~	285	175	185	~~202.5~~	470
N. Courtney	59.7	167.5	~~182.5~~	~~182.5~~	95	100	~~102.5~~	267.5	167.5	180	~~185~~	447.5
L. Thomas	60.0	162.5	~~175~~	~~177.5~~	~~107.5~~	~~107.5~~	~~107.5~~					
67.5kg												
M. Winquist (OL)	67.1	235	245*	~~252.5~~	147.5	152.5	160	405	232.5	240	245	650*
J. Ronza III	67.5	200	220	~~227.5~~	150	160	165	385	200	217.5	227.5	612.5
M. Maclean	66.8	217.5	222.5	~~227.5~~	140	~~145~~	~~145~~	362.5	217.5	227.5	~~237.5~~	590
B. Batdorf	67.5	~~222.5~~	~~222.5~~	222.5	110	115	117.5	340	230	245	~~252.5~~	585
M. Shelhamer	67.1	187.5	~~200~~	~~205~~	137.5	147.5	~~150~~	335	220	235	242.5	577.5
R. Nilsen, Jr.	66.7	182.5	~~192.5~~	~~192.5~~	132.5	~~137.5~~	~~137.5~~	315	215	230	~~232.5~~	545
T. Miller	67.0	182.5	~~200~~	~~205~~	110	~~120~~	122.5	305	210	222.5	~~227.5~~	527.5
J. Braca	65.9	190	~~200~~	~~202.5~~	~~145~~	~~145~~	~~145~~					
B. Mostow	66.8	~~200~~	~~210~~	~~215~~								
C. Wilcox	66.9	~~222.5~~	~~222.5~~	~~222.5~~								
75kg												
J. Bolin	74.8	260	277.5	~~287.5~~	170	177.5	182.5	460	250	277.5	280	740*
J. Panetti	73.9	212.5	230	~~240~~	170	185	190*	420	250	267.5	275	695
B. Dunn	74.4	~~255~~	260	~~272.5~~	155	162.5	~~167.5~~	422.5	245	262.5	272.5	695
J. Reeves	74.6	260	~~280~~	~~280~~	157.5	172.5	~~177.5~~	432.5	250	~~275~~	~~275~~	682.5
J. Safdarinia	74.7	245	~~257.5~~	~~260~~	165	175	~~182.5~~	420	237.5	245	~~260~~	665
B. Silverman	73.8	232.5	245	~~255~~	132.5	140	~~145~~	385	245	265	277.5	662.5
M. Payne	75.0	~~260~~	260	~~272.5~~	130	~~137.5~~	~~137.5~~	390	245	255	267.5	657.5
R. Powers	73.1	235	~~250~~	~~250~~	135	~~140~~	~~140~~	370	255	272.5	~~285~~	642.5
B. Borchert	75.0	222.5	~~230~~	232.5	160	165	170	402.5	222.5	232.5	240	642.5
J. Hare	74.3	222.5	~~240~~	~~245~~	147.5	155	~~160~~	377.5	245	262.5	~~285~~	640
B. Thompson	74.4	222.5	227.5	~~232.5~~	132.5	137.5	~~140~~	365	257.5	265	~~272.5~~	630
J. Reape	73.8	225	237.5	~~245~~	127.5	132.5	~~135~~	370	230	242.5	~~250~~	612.5
M. Willett	74.0	212.5	230	~~237.5~~	115	125	~~132.5~~	355	230	255	~~275~~	610
82.5kg												
N. Mairs	82.0	267.5	285	297.5	162.5	175	182.5	480	280	297.5	~~307.5~~	777.5
D. Haines	80.4	282.5	~~292.5~~	~~292.5~~	172.5	~~177.5~~	~~177.5~~	455	310	~~322.5~~	~~322.5~~	765
B. Chong	81.9	255	~~272.5~~	275	~~147.5~~	147.5	157.5	432.5	275	312.5*	~~322.5~~	745
C. LaRocca	82.1	265	275	~~280~~	185	190	~~195~~	465	265	275	280	745
D. Georges	81.4	~~260~~	277.5	~~290~~	182.5	~~195~~	195	472.5	255	270	~~285~~	742.5
S. Barnette	80.6	~~275~~	275	~~292.5~~	160	170	~~177.5~~	445	295	~~320~~	~~332.5~~	740
R. Smith	82.5	267.5	~~280~~	280	150	~~157.5~~	~~157.5~~	430	277.5	292.5	~~310~~	722.5
R. Wenner	82.1	257.5	~~267.5~~	~~267.5~~	157.5	165	167.5	425	260	272.5	~~275~~	697.5
J. Hinds	82.3	232.5	250	~~262.5~~	160	165	~~170~~	415	272.5	~~295~~	~~295~~	687.5
J. Henry	82.5	220	230	~~240~~	162.5	~~170~~	170	400	265	275	~~282.5~~	675
J. Connell	82.2	~~247.5~~	247.5	~~255~~	145	~~152.5~~	152.5	400	257.5	267.5	~~272.5~~	667.5

* - Men's National Collegiate Record

82.5 kg. class: This weight class had one record, a 312.5 kg. deadlift, set by third place finisher Blane Chong of the University of Hawaii. Neil Mairs, of the University of Rochester, did not set any records, but his 777.5 kg. total gave him the win. He was 12.5 kg. ahead of Kutztown State College's Doug Haines and when Haines made only one deadlift, Mairs was able to maintain his lead to win. Blane Chong did need his record 312.5 deadlift to tie Chris LaRocca of Temple and win on .2 kg. lighter body weight. David Georges from Texas A&M was not too far behind the pack with a total of 742.5 kg. for fourth. Georges was followed by his teammate 'Stump' Barnett who totaled only 2.5 kg. below him.

90 kg. class: The University of Colorado's Kevin Shepard again demonstrated the great lifting ability that won him the 1982 National Collegiate title in the 82.5 kg. class. Kevin set three National Collegiate Records in the squat, deadlift, and total. The deadlift record brought the most attention when he pulled his 327.5 kg. third attempt to break a 13 year old 715 lb. deadlift record held by the great Vince Anello. Shepard ended the day with a perfect 9 for 9 and his other two National Collegiate Records...317.5 squat and 850 kg. total. The only way second place John Roberts of Texas A&M could gain on Shepard was to make a National Collegiate Record 215 kg. bench press, but Roberts still remained 32.5 kilos short in total weight from first place. Temple University's Mike Mecchella took third with a 795 kg. total. Mecchella was followed by Ross DePencier from Western Carolina University who totaled 770 kg.

100 kg. class: If anyone had an easy lock on first place, it was Ronnie Tullis of Troy State. Ronnie totaled 877.5 kg. to break a 1980 record set by Chip McCain of the University of Texas. McCain also lost his deadlift record as Tullis pulled 352.5 kg. McCain's squat record still holds...25 kg. ahead of Tullis's 320 kg. William Douglas of the University of Toledo was able to come from behind on the deadlift and nip Joe Pickle of Tennessee by a mere 2.5 kg. in total weight and win the second place award. Pickle had the best bench in the class with a 207.5 kg. press. In fourth place was David McGee from Scottsdale Community College with a 775 kg. total.

110 kg. class: The star of the Men's Division was Doug Furnas of the University of Tennessee. Doug set 3 National Collegiate Records; in the squat 400 kg., the deadlift 347.5 kg., and in total weight 967.5 kg. The record squat was impressive as he drove up 400 kg. using great technique and good depth. Many thought he had the power to lift 410 kgs., but the 400 was his last attempt. In addition to being a National Collegiate Record, Furnas's squat is also

M. Miller	82.0	225	235	245	160	~~167.5~~	~~167.5~~	405	250	~~267.5~~	~~267.5~~	655
A. Tracchio	81.0	217.5	~~232.5~~	~~235~~	135	140	~~142.5~~	357.5	255	~~265~~	~~265~~	612.5
S. Rands	82.5	~~235~~	~~237.5~~									
R. Eiden	82.5	~~272.5~~	~~282.5~~	~~292.5~~								
90kg												
K. Shepard (OL)	88.9	300	310	317.5*	185	195	205	522.5	295	315	327.5*	850*
J. Roberts	89.2	292.5	307.5	~~315~~	207.5	215*	~~220~~	522.5	272.5	287.5	295	817.5
M. Mecchella	88.8	297.5	307.5	~~312.5~~	170	175	180	487.5	300	307.5	~~312.5~~	795
R. DePencier	89.6	~~272.5~~	~~272.5~~	277.5	180	192.5	~~197.5~~	470	272.5	290	300	770
D. Castellano	88.7	~~285~~	285	300	155	165	~~170~~	465	285	295	302.5	767.5
S. Lumpee	89.1	277.5	292.5	~~300~~	160	172.5	~~177.5~~	465	302.5	~~325~~	~~327.5~~	767.5
P. Markle	89.5	272.5	280	285	182.5	192.5	~~197.5~~	477.5	272.5	282.5	290	767.5
J. Cummings	89.7	~~290~~	~~290~~	290	177.5	185	190	480	277.5	287.5	~~292.5~~	767.5
O. Meyer	89.6	302.5	~~312.5~~	~~312.5~~	162.5	~~167.5~~	167.5	470	280	~~292.5~~	~~295~~	750
T. Landon	89.7	262.5	277.5	~~285~~	165	177.5	~~182.5~~	455	275	290	~~302.5~~	745
J. Verno	88.5	270	~~280~~	~~280~~	177.5	182.5	187.5	457.5	272.5	280	285	742.5
T. Mitchell	90.0	287.5	~~300~~	~~300~~	170	175	~~177.5~~	462.5	260	272.5	280	742.5
S. Hildinger	87.1	265	277.5	~~287.5~~	162.5	172.5	177.5	455	272.5	~~285~~	~~285~~	727.5
P. Anninos	89.4	267.5	282.5	~~292.5~~	~~165~~	~~165~~	165	447.5	255	275	~~285~~	722.5
C. Cole	89.7	227.5	247.5	~~257.5~~	152.5	162.5	~~165~~	410	265	285	~~290~~	695
P. Talley	89.0	230	~~255~~	~~255~~	140	147.5	~~152.5~~	377.5	272.5	287.5	~~327.5~~	665
J. Lett	89.4	230	~~245~~	~~245~~	155	160	~~162.5~~	390	272.5	~~285~~	---	662.5
B. Bergeron	90.0	~~255~~	~~260~~	~~260~~								
100kg												
R. Tullis	98.66	~~320~~	320	~~327.5~~	190	205	~~215~~	525	317.5	352.5*	~~355~~	877.5*
W. Douglass	98.43	295	~~305~~	~~305~~	~~205~~	205	~~215~~	500	300	310	~~320~~	810
J. Pickle	97.75	272.5	287.5	295	200	207.5	~~215~~	502.5	287.5	305	~~320~~	807.5
D. McGee	99.9	282.5	~~297.5~~	~~297.5~~	192.5	~~205~~	~~205~~	475	285	300	~~310~~	775
W. Adams	94.23	270	~~287.5~~	~~292.5~~	~~190~~	192.5	~~205~~	462.5	282.5	297.5	~~302.5~~	760
B. Murray	96.28	~~245~~	~~255~~	255	170	177.5	~~182.5~~	432.5	237.5	255	~~272.5~~	687.5
J. Schmidt	92.98	~~240~~	250	~~272.5~~	167.5	177.5	~~182.5~~	427.5	240	255	~~265~~	682.5
S. Moran	97.98	260	~~272.5~~	~~272.5~~	137.5	~~150~~	~~150~~	397.5	~~282.5~~	~~282.5~~	282.5	680
S. McGough	90.04	245	262.5	~~272.5~~	172.5	~~185~~	~~185~~	435	237.5	~~250~~	~~255~~	672.5
G. Jarvie	99.22	245	~~260~~	~~260~~	142.5	~~155~~	~~155~~	387.5	265	275	~~282.5~~	662.5
D. Coats	98.43	~~295~~	~~312.5~~	~~322.5~~								
J. Hehn	98.20	257.5	272.5	285	~~195~~	~~197.5~~	~~197.5~~					
E. Riley,Jr.	97.86	~~242.5~~	~~247.5~~	~~250~~								
110kg												
D. Furnas (OL)	109.09	~~372.5~~	390	400ar	192.5	210	220	620	320	337.5	347.5*	967.5*
C. Sanders	108.18	297.5	~~317.5~~	320	215	230	235	555	287.5	305	322.5	877.5
B. Fox	108.18	322.5	340	~~347.5~~	~~210~~	210	222.5	562.5	287.5	302.5	315	877.5
T. Kritsky	108.52	305	317.5	330	192.5	202.5	210	540	282.5	302.5	320	860
G. Fields	108.86	320	~~337.5~~	340	175	182.5	~~187.5~~	522.5	275	287.5	295	817.5
V. Williamson	106.26	240	257.5	272.5	195	~~202.5~~	~~202.5~~	467.5	295	317.5	~~332.5~~	785
J. Andrusko	108.07	~~280~~	~~280~~	280	182.5	~~192.5~~	195	475	285	292.5	310	785
A. Daniele,Jr.	108.64	295	320	~~325~~	182.5	~~187.5~~	~~187.5~~	502.5	260	~~285~~	~~285~~	762.5
B. Allen	103.98	295	~~312.5~~	~~315~~	162.5	175	~~182.5~~	470	260	~~292.5~~	~~292.5~~	730
R. Jones	108.41	250	265	275	~~190~~	195	~~205~~	470	250	~~272.5~~	---	720
W. Oberg	109.97	272.5	282.5	~~290~~	132.5	~~137.5~~	~~137.5~~	415	272.5	285	295	710
K. Hunter	106.14	295	310	315	167.5	~~175~~	177.5	492.5	~~295~~			
T. Myers	108.86	~~310~~	~~320~~	~~325~~								
C. Taylor	106.26	272.5	~~285~~	~~295~~	~~190~~	197.5	~~207.5~~	470				
125kg												
M. Furnas	119.63	332.5	340	~~352.5~~	192.5	205	~~210~~	545	~~292.5~~	292.5	297.5	842.5
R. Gumbarge	124.17	305	~~317.5~~	317.5	~~220~~	220	~~227.5~~	537.5	292.5	~~302.5~~	~~307.5~~	830
S. Defosses	116.46	265	287.5	295	192.5	210	~~220~~	505	282.5	300	~~312.5~~	805
R. Windsor	114.07	277.5	302.5	310	~~212.5~~	217.5	~~240~~	527.5	275	~~295~~	~~297.5~~	802.5
K. Yoxall	112.71	~~272.5~~	277.5	~~290~~	197.5	205	207.5	485	300	~~310~~	~~310~~	785
J. Rienstra	118.72	277.5	287.5	~~292.5~~	175	180	~~182.5~~	467.5	~~280~~	290	297.5	765
B. McGough	115.56	280	~~295~~	~~297.5~~	175	~~187.5~~	~~187.5~~	455	300	~~332.5~~	~~332.5~~	755
P. Peterson	113.51	~~260~~	260	275	182.5	190	~~195~~	465	250	262.5	~~272.5~~	727.5
S. Clark	113.85	250	267.5	~~277.5~~	165	175	~~180~~	442.5	255	275	~~282.5~~	717.5
J. Lindauer	113.39	265	~~280~~	~~280~~	155	165	~~170~~	430	245	265	~~280~~	695
R. Allgood	110.67	~~305~~										
B. Smith	117.03	~~322.5~~	~~322.5~~	~~322.5~~								
SHW												
J. Newell	126.10	310	325	335	125	~~145~~	~~162.5~~	460	310	328.75*	~~332.5~~	788.75
D. Barber	125.1	255	275	300	197.5	217.5	230	530	255	~~275~~	~~275~~	785
W. Slish	129.61	302.5	312.5	320	155	160	~~167.5~~	480	282.5	292.5	302.5	782.5
V. Mini	126.1	265	275	282.5	182.5	~~190~~	190	472.5	277.5	285	~~287.5~~	757.5
R. Dirksen	139.93	~~277.5~~	277.5	~~305~~	152.5	~~172.5~~	~~172.5~~	430	265	285	~~292.5~~	715

(OL) - Outstanding Lifter ar - American Record



***Awesome**...Kevin Shepard is built to move weights. (Ann Tuite photo)*

an American Record. Understandably enough, Furnas was named outstanding lifter for this session. Behind the record breaking attempts of Furnas, the battle for second place became fierce as Casey Sanders of Northeast Louisiana and Bill Fox of Marshall University both totaled 877.5 kg., and both weighed in at exactly 108.18 kg. The issue was decided in favor of Sanders at the reweigh after the meet. Sanders had out benched and deadlifted Fox by 20 kg., but Fox had stayed even from the beginning with his 340 kg. squat. Behind the battle for second was Thor Kritsky of Virginia Tech with a respectable 860 kg. total.

125 kg. class: The largest group of 125's to lift in a National Collegiate Meet gave little trouble to Doug Furnas's brother, Mike, as he took first place with 842.5. Ron Gumbarge of Temple missed his last two deadlifts allowing Mike to keep a 12.5 kg. total advantage.



American Record Breaker! *Doug Furnas blasted up 881. (Johnson photo)*

SHW: Several of the lifters near the 125 kg. weight limit jumped to this weight class when they saw the size of the 125 kg. class. The SHWs then had a five man field that resulted in a 1st place for Jon Newell of the U of Tennessee. Newell pulled a National Collegiate Record deadlift of 328.75 kg. (weight misloaded) to edge out Dino Barber of Scottsdale Community College by 3.75 kg. Barber had the best bench in his class with a 230 kg. lift. William Slish of Temple was in third place, only 2.5 kg. behind Barber.

Men's Team Awards: In the previous 15 national meets the host school has won the team championship only 4 times: 1973 by Brigham Young, 1978 by Louisiana Tech, 1981 by Kutztown State and this year by Texas A&M. Texas A&M generated 61 points to stay in front of Temple's fine team. The University of Tennessee scored 47 points, 36 of which came from three first places. The success of Tennessee in the heavier weight classes cost Temple several points that would have made the first place postion tighter. Villanova continued a long tradition of good team performance by placing fourth with 31 points. Villanova has been in the top ten for 15 years. Another school, Lousiana Tech, with an average top five finish for the previous seven years, continued their tradition with 25 points and fifth place. Kutztown State College took a hard fall to sixth place after holding the number one spot for the past two years. Troy State, E. Stroudsburg State, Scottsdale Community College, and the U.S. Air Force Academy rounded out the top ten teams.

The Texas A&M Powerlifting Team would like to express their thanks to the following people: Kenny Croxdale-Chief Referee, Patti Jehl-Texas State Champion, Dr. Billy Jack Talton-National Collegiate Chairman, Randy Knowles-Announcer, Randy Wylie-Platform Manager, Lee Wheeler-Technical Manager, Lynn and Gwen Alspaugh, Buddy Duke, Keith Guthrie, Greg Porter, Bennett Clayton, Phil Bellmore, Coach Dave Williams, Bill Pickard, TAMU Athletics and Intramural Dept., all spotters and loaders, etc., and referees: Rickey Dale and Kimberly Crain, Joe and Kathy Marksteiner, Al Guidry, Tom Bartosh, Doug Patterson, Gil Thompson, Bobby Smith, Kenneth Miller, Mickey Chambers; expeditors: Kari Keese, Brian Sirgo, Bruce Crowhurst, Cindy Sheppard, Kay Kobal, and everyone else who helped to make the 1983 National Collegiate Powerlifting Championships a success.



Kathy Tuite*, fine photographer and powerlifter, will be working in an editorial capacity for Powerlifting USA in the future, and helped put together the preceding article on the National Collegiates. In the future, you will likely see her covering major competitions on behalf of PL USA and her experience and abilities should be a major factor in plans to make the publication even better in the years to come.*

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WORKOUT of the Month

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

MIKE MACDONALD

World's Greatest Bench Presser, **His 8 Wk. routine**

Here is a 8 week bench pressing cycle for beginning to intermediate lifters, based on a personal max single of 250 pounds starting the cycle. The goal would be to increase the bench press 40 to 60 pounds during the cycle. On all berches you should concentrate on strictness and technique. The Cambered bar can be used if the lifter has one for the pause reps, but if they don't, they can use a regular straight bar. Be sure to take 3 minutes between sets and 4 to 5 minutes between pause rep sets for maximum progress.

First week: Monday: warmup 135x5x2 (135 pounds for 5 reps, 2 sets), 175x5x1, 200x3x1, 225x3x1. Next 2 second pause reps: 200x3x1, 190x3x1. Next EZ curl bar bench presses, narrow grip: Maximum weight possible for 4 sets of 5 reps.

Wednesday: (same as above)

Saturday: warmup 135x5x2, 175x5x1, 205x3x1, 230x3x1. Next 2 second pause reps: 205x3x1, 195x3x1. Next EZ curl bar bench presses, narrow grip: Max weight possible for 4 sets of 5.

Second week: Monday: warmup 135x5x2, 175x5x1, 205x3x1, 230x4x1. 2 second pause reps: 205x3x1, 195x3x1. EZ curl bar bench presses max weight 4 sets of 5 reps. Hammer curls (thumbs up) 4 sets 5 with light weight (first day).

Wednesday: (same as above)

Saturday: warmup 135x5x2, 175x5x1, 210x3x1, 235x3x1 (increase today), 2 second pause reps: 210x3x1, 200x3x1. EZ curl bar bench presses, narrow grip max weight. Hammer curls (thumbs up) 6 sets of 5 add weight if possible today.

Third week: Bench twice per week now. Monday: warmup 135x5x2, 175x5x1, 210x3x1, 235x3x1, 2 second pauses: 210x3x1, 200x3x1, 190x3x1. EZ curl bar benches, narrow grip, max weight 5 sets of 5 reps. Hammer curls (thumbs up) 6 sets of 8 and (add weight only if possible).

Friday: warmup 135x5x2, 175x5x1, 215x3x1, 240x3x1, 2 second pause reps: 215x3x1, 205x3x1, 195x3x1; same as above on EZ curl bar bench and hammer curls.

Fourth week: Monday: warmup 135x5x2, 175x5x1, 215x3x1, 240x3x1; 2 second pauses: 205x3x1, 195x3x1; keep same EZ curl bar routine and hammer curl except add weight if possible.

Friday warmup: 135x5x2, 180x5x1, 220x3x1, 245x3x1; 2 second pauses: 220x3x1, 210x3x1, 200x3x1; same as above on EZ curl bar and hammer curl.

Fifth week: Monday: warmup 135x5x2, 180x5x1, 220x3x1, 245x3x1; pause reps: 220x3x1, 210x3x1, 200x3x1, 200x3x1; same as above on assistance work.

Friday: warmup 135x5x2, 180x5x1, 225x3x1, 250x3x1, 225x3x1, 215x3x1, 205x3x1, 205x3x1. same assistance work.

Sixth week: Go max today: Monday: warmup 135x5x2, 180x5x1, 220x1x1, 250x1x1, 270x1x1 or 275; 2 second pause: 215x3x1, 205x3x1, 205x3x1; same as before on assistance work; increase weight when possible.

Friday: warmup 135x5x2, 185x5x1, 230x3x1, 255x3x1, pause reps: 230x3x1, 220x3x1, 210x3x1, 210x3x1, same as above on assistance work; increase weight when possible.

Seventh week: Monday: warmup 135x5x2, 185x5x1, 230x3x1, 255x3x1, pause reps: 230x3x1, 220x3x1, 210x3x1, 210x3x1; assistance work; keep same; increase weight when possible.

Friday: warmup 135x5x2, 185x5x1, 235x3x1, 260x3x1; pause reps: 235x3x1, 225x3x1, 215x3x1, 215x3x1; assistance work; keep same; increase weight when possible.

Last week, contest on Saturday: Tuesday: warmup 135x5x2, 185x5x1, 235x3x1, 260x3x1, pause reps: 235x3x1, 225x3x1, 215x3x1, 215x3x1; assistance work same.

Saturday contest day: warmup: 135x5x2, 185x5x1, 225x3x1; first attempt: 265, second: 285, 3rd: 290 or 295.

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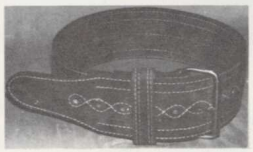
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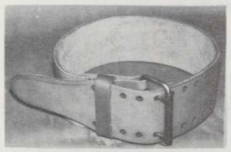
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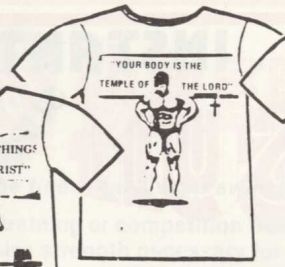
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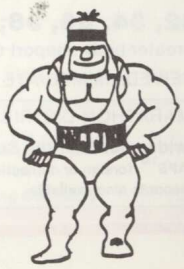
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POWER PROFILE

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

KEVIN FISHER: Man on the Move

by Dr. Ken Leistner



***How to Become a National Champion**..with the Juniors coming up, we thought we'd show you how one of last year's winners put his victory together. With some help from Dr. Ken Leistner, Kevin Fisher improved 110 pounds on his 1981 total at the Portland meet in 1982, and 99 of those pounds came in the squat. Kevin is seen above at the 1981 Juniors where he only got a 633 on the scoreboard. (all photos by Lambert)*

Those who know Kevin Fisher, the 1982 National champion at 220 lbs., may chuckle at this title, because Kevin has been known to sweep into an area and blow on through before too much time has passed. Others will instead turn to PL USA's past rankings and note that Kevin has steadily and determinedly pushed his way up on the list and is now recognized as a legitimate force in this very tough class. Who is Kevin Fisher, and where will he be living next?

A little history in in order. After moving to Florida, in his teens, this Detroit area native got hooked on the 'physical' type of lifestyle, and made the Ft. Lauderdale YMCA home ground for his new found interest in handball, basketball, and as an adjunct to his high school baseball activities. A weight training course at Broward CC really jacked his enthusiasm and he took that with him to Mars Hill College in North Carolina, where the friendly atmosphere turned Kevin on further. He continued to train, and tried out for the varsity football team. His reward was damage to the medial collateral, anterior cruciate, and medial meniscus ligaments/cartilage. He spent 1974 rehabilitataing the knee and approached the 1974 season with high expectations. A hyperextension injury to the same knee squashed dreams of gridiron glory, but allowed him to concentrate on the new love of his life, powerlifting. He organized, directed and lifted in a school meet and made his 'auspicious' debut with 1100 total at 181. Kevin was on his way. He left Mars Hill with fond memories, a BS in Physical Education, Health and Recreation, a Class A teaching certificate and the desire to be a top powerlifter.

Houston was the next stop and Kevin fell in with Hank Breaker's bunch. For those who remember, Hank was a superheavy in the late sixties, and represented Bill West's club out of California. He returned to Texas to operate one of the finest lifting facilities in the country, one called home by a good many of the best lifters in Texas. Kevin fell under the influence of most of the good lifters, notably, Paul Barbee, Chip McCain, Jerry Weathers, and Louis Holzmeyer (currently in California with Kevin).

After feeling as if 'it was time to move on', Kevin returned to his native Michigan and settled near Caseville, site of the ever-growing Caseville Open Powerlifting Championships. Although Michigan is 'home' and many of his best friends are there, Kevin moved to Chicago when the opportunity came, to take a position with a large company. His Chicago training produced an Elite total at 220, although he was still very much of an unknown to most in the sport. In September 1980, he was promoted and his new position took him to Santa Barbara, California where his training suffered a temporary setback. Arthroscopic surgery was performed to correct chondromalacia patella in the 'good' knee, and Kevin frequented the Santa Barbara Fitness Center to receive physical therapy. Dave Dallmeyer, physical therapist, and owner of the center, became Kevin's coach, therapist, motivator, and friend. This fortuitous contact became a cornerstone of his National victory in Portland. Kevin's interest shifted at this time and he left his employment and went to work at the center, assisting Dave, in addition to his job with Oxnard Oil where he is involved with sales of a new pavement process. This change in jobs gave him the time and mental freedom to focus on his lifting goals and get a bit closer to fulfilling his vast potential.

Kevin's workouts have always been based on his ability to recover from one session to the next. Thus, the workouts change in accordance with the intensity of training and in relation to the yearly meet schedule. He has found that he squats best if he does it once per week and includes supplemental leg presses in the off season. He is careful to protect his fragile knees and thus picks his poundages carefully while limiting the movement to one time per week. He feels that if the intensity is high enough this is all that is needed.

For the DL he incorporates four different pulls into the routine at different stages of preparation and always in moderation. First, there are elevated pulls, doing high reps off of a 6 inch block. This is similar to the procedure described in the famous Finnish DL routine and is done to work the erectors over a greater range of motion than conventional DLs. He also does pulls out of the rack, form pulls (where he stops each rep on the floor - resets his hips to assure proper pulling position), and once per month, deadlifts off the floor in conventional manner. He always allows for recovery of the low back between squat and DL workouts.

The bench has been somewhat of a problem but Kevin is overcoming that with the assistance of Mike Frates, his training partner who has

infused workouts with his own kind of enthusiasm. Perhaps it would be best at this time to give some specifics. A few months prior to the National championships held in Portland, Kevin called me, and requested advice on his meet preparation. Frankly, some of the advice was modified, but Kevin was gratified with the overall results and very pleased with increases in his squat, the primary reason for contacting me. The following is the routine that I recommended:

Squat

Week 1: Reps 4, Backoff set 10.
Week 2: Reps 2, Backoff 8
Week 3: Reps 6, Backoff 15
Week 4: Reps 2, backoff 6
Week 5, Reps 8, backoff 12
Week 6, Reps 2, backoff 6
Week 7, Reps 1, backoff 6-8

Squats were done once per week working to one heavy set and the selected number of reps. The sets leading to the one big set of the day consisted of lower reps, primarily singles and doubles. We tried to complement each 'major' set of the day with a backoff set, also to be done to maximum; Kevin was able to squat and DL without running his hips and low back into the ground.

The first 3 weeks he followed the squats with his pulling routine. At that point, they were then split, DL one day, squat the other, in order to maximize his recuperative ability. He finishes with curls, one set of 12 and one set of 6 with a 10% increase in weight.

His bench press routine consisted of a two day a week foray, with lots of intense, heavy work. The primary day consisted of bench press followed by 30 degree dumbell inclines. Weeks 1-2, bench to 2x2 but these doubles are paused each rep and while 'challenging' each rep had to be clean, done with explosion and not so heavy that any lift was in doubt. Backoff set consisted of 8 reps. Weeks 3-4, bench to one heavy, all out double with a backoff set of 6 reps.
Weeks 5 and 6, Bench to one heavy double and a backoff of 4. Follow with DB inclines at 30 degrees: 8-6-4, increasing weight each set and each set carried to failure.

Second pressing day of week consisted of military or behind the neck presses as follows:
Weeks 1-2: set of 4, Weeks 3-4 set of 3, Weeks 5-6 set of 2. He followed with dips, 8-6-4 reps. Last two weeks: Day 1 consisted of 2 heavy singles and a backoff of 12. Day 2: two or three light singles followed by light dips.

Kevin made some additional comments about his training. 'I always squat once a week, and in the off season, do some supplemental leg presses on the alternate day - this saves wear and tear on the knee joints. Once a week squatting is adequate, if it's intense enough.' 'Mike Frates is a great bencher with 500 plus at 242 and we are helping one another overcome our weaknesses.' Additionally, the off season finds Kev doing a lot of flexibility work and stomach conditioning. His Chiropractor, Dr. Sal Arria has been very instrumental in keeping Kevin injury free of late and assisting him in the acquisition of proper movement patterns and mobility. Dave has been helping him overcome a form problem in his pull and this perhaps will surprise those who have seen Kevin deadlift.

Another side of Kevin is revealed by his acquisition of a judge's card for the California Wheelchair Games Bench Press Competition. He gives his time to those who need it due to his caring nature and as a means to benefit the sport. He feels too that it is the people in a sport who give it its character and meaning and the thrill of competition lies not only in reaching one's utlimate potential but with the interaction of other participants. This too, reflects Kevin's values as a sportman and as a sensitive, giving person who also happens to be a top notch powerlifter.



***Psyching for the Bench Press**...Kevin works hard to move his bench up.*

A month in the life of Kevin Fisher

(this information is taken from the actual workout book records of Kevin Fisher, in his final month of preparation for the Junior National Championships)

***May 1st, 1982**...Squat: 135x8, 135x8, 245x6, 335x5, 455x3, 565x2, 620x1 (easy), 675x1 (easy), 690x3 (great), 605x6 (easy, maybe 8). Pull from the Floor: 245x5, 385x3, 495x2, 615x1 (easy), 680x1, 705x2 (close to 3 reps, weight out in front, back tired).*

***May 4th, 1982**...(back very tight & sore). Bench: 135x8, 135x8, 225x6, 315x3, 370x4¾ (close to 5), 370x4 (easy), 325x7 (back tired). Incline Dumbell Bench: 135x5 (close to 6), 135x5 (close to 6), 135x7. Dips: 130x8, 135x7, 135x6½.*

***May 6th, 1982**...Situps: 1x20, 1x10, 1x10, 1x10. Calf Work: 1x12, 1x12, 1x12. Dumbell Curls: 60x8 (easy), 65x6, 65x6, 65x5.*

***May 7th, 1982**...Light Benches: 135x8, 135x8, 225x5, 315x8, 330x8½ (easy). Close Grip Pauses: 305x5 (easy), 315x5 (easy), 330x5 (easy).*

***May 9th, 1982**...(butt a little sore, back a little tired, neck pulled, but feel good) Squat: 135x8, 135x8, 225x5, 335x4, 455x3, 560x2, 610x1 (easy), 650x5 (just right), 545x8 (easy-tired).*

***May 11th, 1982**...Bench: 135x8, 135x8, 245x6, 315x3, 370x5, 370x5, 315x9.5 (close to 10). Elevated Pull: 245x5 (floor), 245x5 (elevated), 335x5, 425x5, 515x5, 550x8 (good!!!).*

***May 12th, 1982**...Situps: 1x20, 1x15, 1x12. Calf Work: 1x12, 1x12, 1x12. Curls: 60x8, 65x6, 65x6, 65x4.*

***May 14th, 1982**...Close Grips: 135x8, 135x8, 225x6, 305x4, 345x3 (good), 360x3 (good), 370x3 (good), 375x3 (good). No down set. Great Workout.*

***May 16th, 1982**...Squat: 135x8, 135x8, 245x5, 335x4, 455x2, 565x2, 630x1 (easy), 680x1, 705x2 (easy). No down set - let body recover - back needs rest. Rack Pulls: 245x5, 385x4, 505x2, 655x2, 745x2, 820x3.*

***May 18, 1982**...Bench Press: 135x8, 135x8, 225x6, 315x3, 365x2, 385x2, 400x3, 400x3, 370x4¾ (close to 5).*

***May 19, 1982**...Calf Work; 1x12, 1x12, 1x12. Situps: 1x20, 1x20, 1x15. Curls: 60x8, 65x6, 65x6, 70x4.*

***May 22, 1982**...Bench Press: 135x8, 135x8, 225x6, 315x3, 370x2 (easy), 395x1, 410x3 (just right), 420x2, 420x2 (1st one paused). Squat: 135x8, 135x8, 245x6, 335x4, 455x3, 555x3, 615x1, 660x5 (barely).*

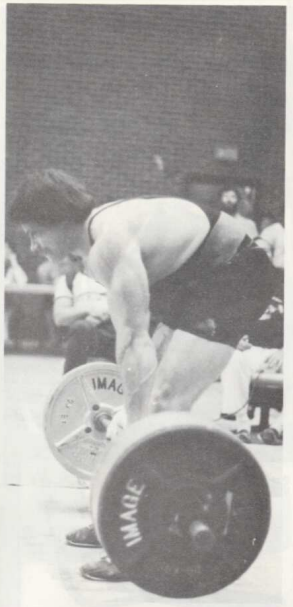
...the Junior Nationals are now only 15 days away.....

***May 25th, 1982**...Pull: 135x8, 135x8, 245x6, 355x4, 475x3, 585x2, 655x1 (easy), 715x3 (good). Bench; 135x8, 135x8, 225x5, 315x3, 375x1, 405x1, 425x2, 425x2. Situps: 1x20, 1x12, 1x12. Calf Work: 1x12, 1x12, 1x12. Curls: 65x7, 70x5, 70x6.*

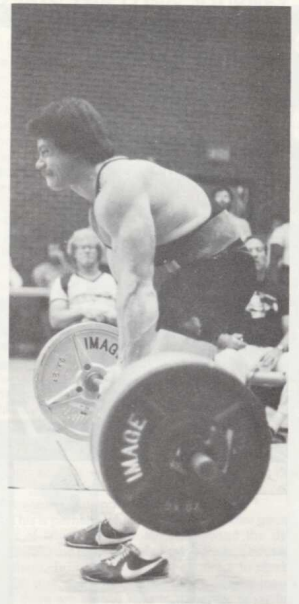
***May 30th, 1982**...(back a little tired) Squat: 135x8, 135x8, 245x6, 335x3, 455x2, 555x2, 625x1, 660x1.*

***May 31st, 1982**...Bench Press: 135x8, 135x8, 225x6, 305x3, 355x1 (easy pause), 375x1 (good pause), 315x5 (close grip pause, easy).*

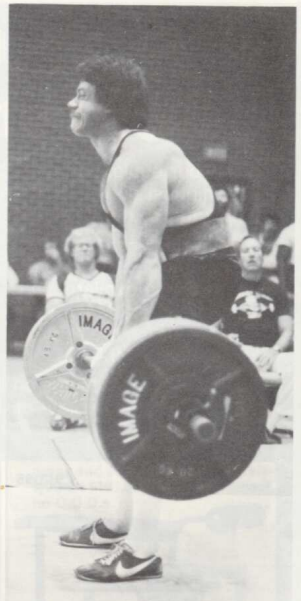
..at the Junior National Championships in Portland, Oregon on June 6, 1982, Kevin Fisher won the Championship in the 220 pound class, with attempts of 677, 705, 733 in the squat, 413, 429 in the bench press, and 716, 760 in the deadlift. He passed his final bench press and missed his final attempt deadlift of 777. At a bodyweight of 220½ he totaled 1923.



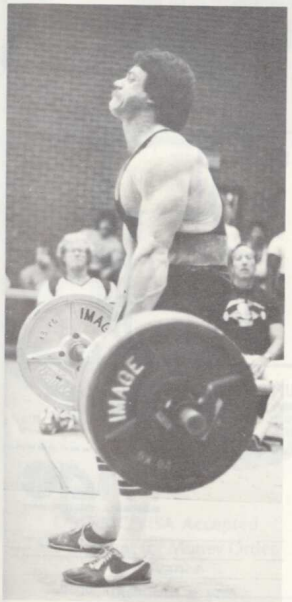
***ANATOMY OF A DEADLIFT**...Kevin starts this 755 so fast his head is blurred..the lats are heavily involved...legs only moderately bent..*



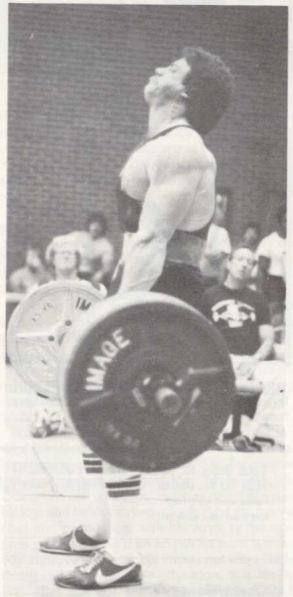
....yes, his back is rounded a bit, but still relatively flat...legs are straighter now, and his neck is beginning to arch back further.....



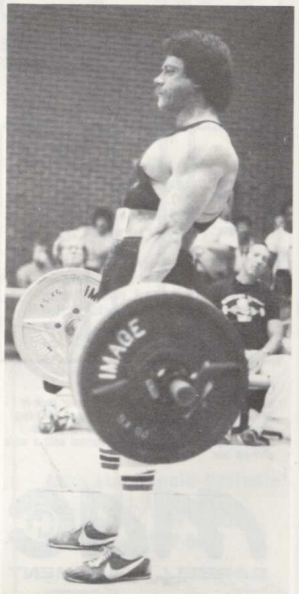
....neck arches back further, bar is starting to slow up, hips starting to shoot forward, bar is in close, can't let it get out front now...



...see the contraction in the muscles behind the delts...bar is not moving up so much as back at this point..hips are well forward....



....chest rolling up and out, shoulders are being pulled back, neck still arching, hips through, legs not locked at this point....



*....bar is over the hump, legs are locked out straight, shoulders pulled back to secure the bar in position, head relaxed..**NICE LIFT!!***

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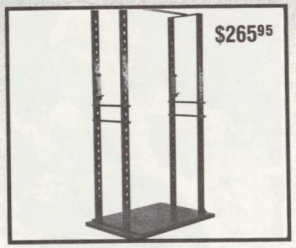
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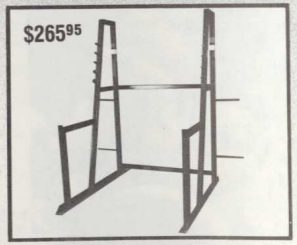
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UPON THE LONG JOURNEY

by William M. Schaffer

'The most powerful drive in the ascent of man is his pleasure in his own skill. He loves to do what he does well, and having done it well, he loves to do it better.' Jacob Bronowski (late poet, inventor, mathematician). The foregoing statement explains the cycle; a young athlete discovers the iron, he feels the joy of strength conditioning. 'I can train every day, sometimes twice.' And damn, he can, he can recover, and he can...gain! He does so and is positively reinforced, mentally, physically, spiritually.

This success may someday lead to specialized training: perhaps the power triumvirate. He then encounters the joy of learning them and increasing them. Again he's reinforced. He competes: satisfies himself, feels well. Then inevitably, at some time, his limits appear on the horizon. Finally he stands on the shore of the wide river of frustration; a body of water that looks as if it can be crossed only by austere, long term perserverance.

A solution is sought. And, one is easily found. There is a toll bridge, an overpass that again opens the door to sweet achievements. The striver reaches into his pocket and hesitates. One last time he views those who remain, those who have refused modern ways. Then he scans the others, the herd active across the stream...and he pulls the payment from his pants. His lifts rise once more: positive times again. And on, over new terrain, overcoming each wall, each limit with quantity, training, new discoveries and more training.

This is perhaps where much of an entire generation of lifters stand today; far beyond the river, assaulting the mountain of physical limits. Thousands of them, from all sides, they continue to climb.

Oh sure, some have fallen off, to disaster maybe, but there are always risks in the great adventures of life. Where will this army land, far years from now, when the war is over, their battles fought? There are few old warriors about who have waged this sort of scientific warfare before. Today's active soldiers are the pioneers of such things.

Where their journey will end, none know. They must each travel on to find out.

I had a long look at Dr. Hatfield's book, THE COMPLETE GUIDE TO POWER TRAINING. Well titled it is, for it's most certainly complete. And I was also impressed by one other thing; the volume deals in truth. The corners of certain topics are definitely not rounded off. No subjects are quietly air-brushed over. The book has not the aroma of bull-fiction most strength books carry. The work dispels all myths and answers all questions honestly. I believe that's all a reader can ask.

Possibly the most difficult situation for the struggling powerlifter to deal with may be the evolution of the younger or fresher lifter, especially in one's home gym. Always they come, full as they are of that strongest of all elixirs: sincere enthusiam. And how they are envied for it.

The five-thirty deadlift one of them has climbed to in five short months seems to hold so much more promise than the same number lifted by John Hardgain; stuck there as he has been for nearly a year.

The veteran stays though, he plods on, his mind now making a study of patience. He looks it up in his dictionary of thought. He must have it if he wishes to keep afloat in this competitive sport.

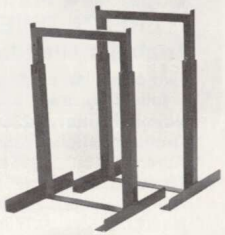
The older athlete's conscience forces him to extend his blessing onto what he sees, 'That's strong, boy. God almighty that is strong.' And he must point out the youngster's errors too, 'More legs, man. Come on, use your legs!' Sure as hell that kid uses his legs and he's even better for it. And the man watches and encourages with his voice as the novice pulls past him. The man knows he must watch the boy improve by leaps. He knows not why. He feels that it is part of his life's education; it is his duty. Still, after all these years there are things for him to learn.

Oh, he is a man, that is not what he has to learn. The things he must learn simply make him....they make him more of a man.

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* Final arrangements are being made with a major airline which will offer approximately 20% discount off your plane ticket. With the price wars as they are, flying will be very inexpensive this year. A special toll free number will be printed in the next issue of PL USA.

* A free all you can eat banquet will be given on Sunday evening in honor of all the lifters. Fans are invited also, and I have arranged special discount prices for them too. Come mingle with the champions after the big meet! (Sponsored by Marathon Nutrition)

I have packaged this meet affordably so the whole family can come spectate. Information, travel brochures, and pre-sale of tickets and t-shirts are all available now through my office. I'm looking forward to some great lifting and a great time. See you all in July. Sincerely,

Chip McCain

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Women's Corner

Hello Ladies. Unfortunately, this month's subject is a rather easy one to pick. I've been receiving phone calls around the clock regarding it and I feel it is time to address the matter. I am referring to the disturbing article done on the show **PM Magazine** openly calling Ms. Jan Todd 'the world's strongest woman' among many other things. On some of the claims in this interview I had to do a double take. If you were not fortunate enough to have seen it, let me quote you excerpts from it so you will get the general idea. The opening title of the show was 'tonight, meet the world's strongest woman'. It continued on with 'Jan Todd is the strongest woman in the world'. 'She has created more records in powerlifting than any other woman.' 'Meet her husband, Terry Todd, former olympic lifter and powerlifting world champion.' 'Jan Todd is the only powerlifter to have set world records in 4 different weight classes.'

If you can not see the obvious problem here, let me enlighten you. First of all, I think it is common knowledge within the powerlifting world that Jan Todd is far from the 'strongest woman in the world.' Yet we are too often faced with this erroneous title. I think maybe we should come out with the ranking of all the top 100 female lifters. Jan would probably be in there some place between 15 and 50, but certainly far from Number One. As for that claim of having 'more world records than any other woman', I think Diane Frantz, Bev Francis, or Gayla Crain might want to challenge that statement. In my opinion, there is absolutely no way you can substantiate that one, Jan. Terry Todd, of course, has never won a world title.

Fellow powerlifters, this is a prime example of why we can not build a solid, credible and professional image of our sport, when our leader (women's chairperson) goes on National TV allowing this sort of thing to occur. It must signal to the rest of the media world that we in powerlifting have a problem. We can not be trusted on our claims of national or world titles. Obviously, they do not mean much if we let other people take claim to them. If we want a good and professional image we must do something from within the sport to signal to the rest of the world that we mean business. We must clean up these frequent outbursts and let it be known that our titles and records mean something. Those of you who have not reached world and national level yet may feel that you need not concern yourself with this problem; that by the time you reach that level, it will be taken care of. Wrong! If we do not stop it right now, you could have your own title claimed by someone else; a person who may have never competed could be on TV claiming your hard earned reward.

We in powerlifting know that exposure is hard to come by. Most of us have been competing for years with little recognition save that which comes from within the sport. I have been one of the main advocates of athlete exposure. I've said on many occasions 'get out there and let them know that powerlifting exists'. That, however, does not apply to out and out falsehoods, stories that have no basis in fact. What do we give our young athletes to look forward to if we show them that they do not have to reach their goal before they can take claim to it? What is the incentive for the newcomers? I am asking you as powerlifters to stop this activity. We can only do that by making some noise, letting those program directors and producers know that we CARE about what happens to our sport, and we care about our credibility.

I am enclosing the address of the Executive Producer of PM Magazine. If you feel strongly about this issue, write to him and let him know about it. Tell him in your own words that we can not have this sort of bogus reporting and we would like to see it corrected and want our world champions recognized. If you get involved, we can make a difference. Write to Dick Crew, Executive Producer, PM Magazine, KPIX, 855 Battery Street, San Francisco, CA 94111 (phone 415-765-8855). Since I imagine I will get some letters as a result of this column, I will close with my address once again: Ruthi Shafer, 4067 NW 1st, Gresham, Ore. 97030.

Thank you for listening and keep working hard. Til next month,

Ruthi Shafer.

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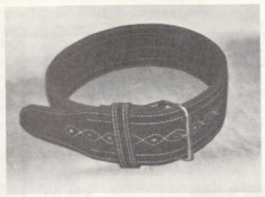
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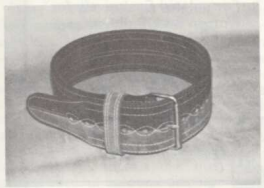


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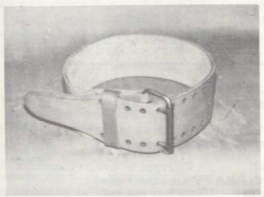


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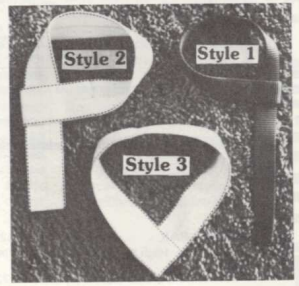
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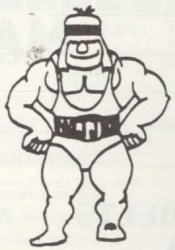
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PEAKING WITH ISOKINETICS

by Frederick C. Hatfield, PhD.

(excerpted from Dr. Hatfield's latest book, THE COMPLETE GUIDE TO POWER TRAINING, Fitness Systems, 1983)

A few years ago, some devilishly clever fellow invented a device that allowed the user to exert maximum force against a bar throughout a full range of motion. He called his new device an 'isokinetic' machine. The invention was gobbled up by the machine industry moguls, and heralded as the greatest innovation in strength training the world had ever seen.

Reams of research reports followed, attesting to the incredible advantages of isokinetics over the now all-but-dead concept of isometrics, and even over the old standby techniques of isotonics. Some of the research was ill-conceived, however, and, unfortunately, it was done with vested interests at stake. The researchers sometimes had to prove the efficacy of isokinetics or not get paid! Too much loot was at stake!

Many of the claims set forth by these many investigators are indeed quite true. Many too are not -- it is well known that isokinetics is indeed a tremendous adjunctive exercise modality, but not an efficient solitary one. It is my belief also that the vast majority of the early researchers interested in isokinetics missed what may well be the point of greatest significance. It appears that the greatest effect of isokinetic training may reside in the nervous system rather than in the muscle (vis a vis growth in size or strength) per se.

My own investigations into isokinetic effects indicate that over an 8 week period of training both isokinetically as well as with conventional weight training methods typically used in a peaking program, maximum strength gains (as measured on slow speed isokinetic movement) do not increase nearly as dramatically as do the gains in power output (as measured by high speed isokinetic movement). Figure 1 illustrates this point graphically. Notice that there will be increases in strength from week one through week 8 (illustrated are gains from 1325 pounds to 1475 pounds). The slowest speed setting on the isokinetic machine allows movement at approximately the rate of one foot per second -- plenty of time to elicit maximum motor unit recruitment during the movement (in this case the squat movement is plotted). However, when the speed setting is moved to two feet per second, there appears to be insufficient time to get such total recruitment and the total force applied is significantly diminished with the increased speed (or, decreased recruitment time).

By gradually increasing the speed of movement over an 8 week period, I found that, while strength increased somewhat, the increases in one's ability to get maximum recruitment increased dramatically. By the end of an 8 week period of peaking, the typical lifter was able to exert just as much force at the fastest speed setting as he was able to exert initially on the slow speed setting! This, friends, is very much the definition of POWER! Power, in athletes' terms, is the ability to get as many motor units (or muscle cells) excited to contract as possible in a sudden burst of movement.

The strength gains noticed over the 8 week period are not unusual and normal peaking procedures generally account for such strength increases, but never have I noticed such marked increases in power through the use of conventional weight training methods in so short a period of time! The addition of isokinetic training seems to be the key to these tremendous increases in power. This effect is hypothesized to be the result of learning. One literally 'learns' to elicit maximal motor unit involvement. The mechanism(s) remains unclear, however. It may be that the excitation thresholds of certain motor units are substantively lowered so that they're recruited easier. It may be, alternatively or additionally, that greater amount of electrochemical discharge has become possible, thereby equalling or surpassing the relatively high excitation thresholds of some infrequently used motor units. The answer remains to be found.

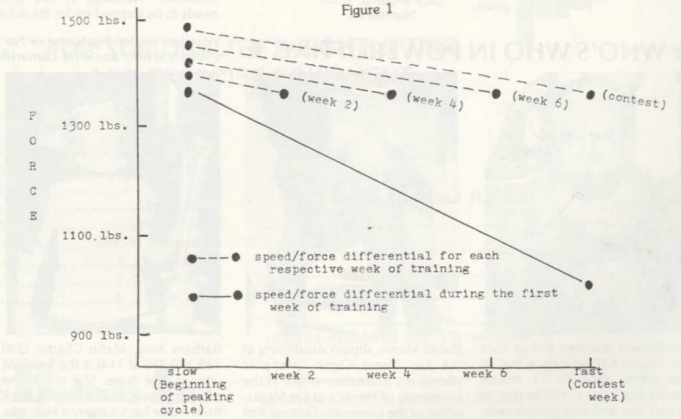
To clarify what has happened, let's apply some simple mathematics to the squat. A lifter may perform 5 sets of 5 repetitions in this exercise, but how much of the total energy expenditure is actually beneficial? What percentage of the total number of reps actually constitutes sufficient overload to force an adaptive process in the organism? I suspect that at least 75% of his efforts are wasted! Consider that a lifter only 'strains' in the low 25% of the range of movement in the squat (the upper ranges of movement involve better leverage, and therefore the weight feels lighter -- so light that little benefit from overload is derived.)

Furthermore, only the last two reps are difficult enough to constitute significant overload -- the first three are easy because fatigue hasn't set in as yet. So what are we left with in terms of total overload? Somewhere around 75% wasted movement, and 25% useful overload.

What if someone came up with a method of getting nearly 100% efficiency from every rep and set of squats? That would require that overload be applied throughout the entire range of motion for every rep and every set. If this were possible, theoreticians tell us, there may well be a chance that previously unused (or untaxed) motor units would have to become involved owing to the greater requirements placed on the muscle. There are only two practical ways of accomplishing this training objective: 1) isokinetically, and 2) through compensatory acceleration. Isokinetics have been discussed above. Compensatory acceleration is similar to isokinetics, except that rather than controlling the speed of movement so that total effort can be applied throughout the range of motion, one compensatorily speeds up his own movement such that increased leverage is accommodated for. In other words, as a lifter ascends out of a deep squat position, his leverage advantage increases. Unless he were to push harder and harder (accelerate), the overload factor would necessarily diminish commensurately with the lessening of the load. So rather than lose this opportunity to overload by slowing down, the lifter speeds up! The result is as it is with isokinetics, increased efficiency in achieving adaptive overload. Now what took a lifter four workouts to accomplish in the gym, it takes a lifter using compensatory acceleration only one workout!

I, and the lifters who train with me, have been using compensatory acceleration year round in our training, and applying isokinetics during the peaking cycle prior to powerlifting meets. There is no doubt in our minds that the use of these two techniques of training account for at least hundreds of pounds being added to our totals. We have come to believe that these two techniques of training are perhaps the most important methods of training that there are in all of strength training for both powerlifters and athletes alike.

Figure 1



SPEED OF MACHINE OVER PEAKING CYCLE

NUTRITION CORNER

by Jack Digangi

SELENIUM

Often called the 'Cousin' of Vitamin E, Selenium, which is a mineral and is thus structurally very dissimilar to Vitamin E, has the unique capacity to functionally interact with the vitamin. Puzzled by this relationship, nutritionists have concluded that selenium, like Vitamin E, performs a role as an antioxidant in the body. In this month's Nutrition Corner, the properties and functions of selenium will be discussed.

About 25 years ago, two researchers named Schwarz and Foltz found a trace mineral that would prevent the characteristic nutritional impact of a diet deficient in Vitamin E. Studies of animals revealed that when Vitamin E was reduced or eliminated from the diet, Selenium would prevent the typical deficiency signs.

It has been suggested that Selenium is an essential trace element. Essential means that Selenium is vital for maintaining health and must be obtained from the diet. The element Selenium appears to enhance the growth of fibroblasts; the cells involved in the process of wound healing. It is found to be chemically bound to the enzyme glutathione peroxidase. Finally, research from abroad finds clinical evidence of severe muscular discomfort and some motor loss whenever Selenium is found absent or in a severely restricted diet.

Selenium can be found abundantly in seafoods and in organ meats. It is found in somewhat lesser quantities in meats, grain, dairy products, fruits and vegetables. In short, Selenium can be present in every food group. The element is found in the soil and its abundance in a particular food is the direct result of its abundance in the soil. So, where the food is grown or raised will determine the amount of Selenium it contains. This factor creates a problem in determining the dietary Selenium a person would receive from a balanced diet.

What is a normal or recommended intake of the element Selenium? The Food and Nutrition Board has set a range between 50 to 220 micrograms for the adult. The Board arrived at this range from several studies around the country which showed persons had no clinical signs of selenium inadequacy with an intake of as little as 20 micrograms daily. The Board also recommends that an upper limit safeguard of 250 micrograms daily be set for those persons utilizing nutritional supplements.

Selenium has recently been shown to play a vital role in the area of cardio-vascular integrity. Low blood levels of Selenium have shown some correspondence with increased incidence of cardio-vascular disturbance.

To review, Selenium is a trace element still very new to the journals of nutrition research. As we can see, the concept of maintaining a balanced diet, and getting enough Selenium, again proves its worth. Train hard--eat smart.

Nutritionally yours

Jack Digangi, R.D.
Nutritionist

MULLET IDENTIFICATION...*John Petroff/Rick Rowley*

What, exactly, is a mullet? In the November/82 issue of Powerlifting USA, Cliff Grubbs discussed the prevention and cure of the 'mullet syndrome.' Although he wrote an informative and authentically sound article, Cliff failed to define this defect. (Author's note: Webster defines a mullet as, 'Any of a family of valuable food fishes with an elongate rather than stout body.' Webster, probably a mullet himself, failed to realize the inherent powerlifting aspects of the word.) We've all used the term to insult and degrade a genetic mutant of the human species. More than likely, we could pick out 'mullets' in a crowd at a Barry Manilow or David Bowie concert ('mullets' seem to become entranced and may actually try to breed at concerts!)

After several months of in-gym and out-of-gym investigation, we have designed a 'Mullet Checklist'. Implementation of our proposed screening aid will facilitate identification, in an objective manner, of a 'mullet'. A 'Yes' answer to any question on the list scores one point. An accumulation of three or more points denotes 'mullethood.'

Keep in mind that everyone carries latent mullet traits. Only when these traits become manifest is when the problem occurs. Because this objective test is composed of fixed statements, validity might be affected, due to the tendency to overestimate the degree of mullet characteristics. For example, Bill Davis could score one to three points and not be a true mullet! (Test scores can lie.) Nonetheless, we feel our 'Mullet Checklist' works quite well.

If you score three or more points, perhaps you should consider sterilization as a social service. Don't pass on those dominant mullet genes!

Utilization of this checklist will aid in the identification and treatment of 'mullettitis.' Research in this area needs to be stepped up for the sake of our sport. One question our research has left unanswered is whether a female could be a mullet. Mindboggling, isn't it?....and yet another thesis topic for Terry Todd and the gang at Auburn!

1. Are your squats so high that you get nose bleeds?

2. Can your legs fit into designer jeans?

3. When in a bar, have you ever asked for any of the following drinks: a. wine spritzer, b. frozen daiquiri, c. pink lady, d. brandy alexander?

4. Do you wear gloves during a workout because the bar hurts your hands?

5. Do you watch Richard Simmons on a regular basis?

6. Do you undergo severe anxiety when another member of the gym asks to use your bench press weight for a quick set of preacher curls?

7. Do you consider quiche an important component of your training diet?

8. Can your wife/girlfriend outtotal you?

9. Have you ever or do you now wear Izod, Polo or Pierre Cardin shirts?

10. Do you shave your legs even when you don't have a meet coming up?

11. Do you drive a TR-7, RX-7, Fiat X/1.9 or Renault LeCar?

12. Have you ever skipped a squat workout because you were going dancing that night?

13. Do you consider yourself 'the best non-competitive lifter in the gym?

14. Do you wear an earring?

15. Have you ever had your arm thrust through an olive then placed in a martini while at a bar?

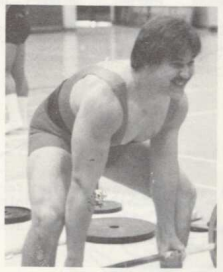
16. After a grueling workout, do you look forward to a quiet game of backgammon at 'the club'?

★ WHO'S WHO IN POWERLIFTING ★

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



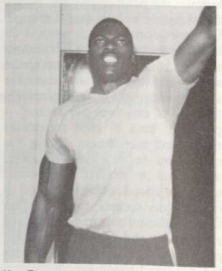
Glen Stevans squatted a New York State record 837 pounds at the Tri State meet, after an 11 month absence from the platform due to a severe pec and trap muscle tear. His weight is 260 and climbing. He benched 496 and should be over 500 soon, and he hopes to have his squat over 900 by the Junior Nationals. Photo by Patty Nelson.



David Mann, shown deadlifting at the Las Vegas Open (Menaker photo) is a journalism major at the University of Nevada at Las Vegas, editor of the University Cultural Arts Magazine and a contributor to Powerlifting USA. He has recently taken duties as State Publicity Chairman, using his contacts to garner more attention for the sport.



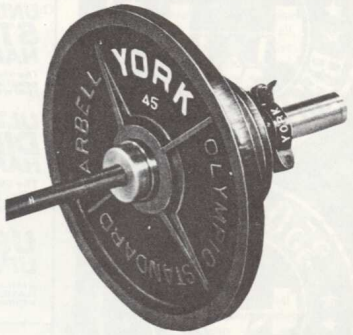
Barbara May, Idaho Champ (280 135 340 755 at 114) is the first Elite lifter in her State. She is 32, the mother of two, and is coming back from major back surgery a year ago. The back of her shirt reads '100% Natural, no artificial ingredients' which shows that determination is as powerful as any drug on the market. photo courtesy Leroy May.



Jim Peques, 19, is in the U.S. Army, stationed in W. Germany. He just started Powerlifting and has entered two competitions, placing 6th his first time out and 3rd, at 198, in his next meet. His best squat is 460, best bench 345, and best deadlift 575, and his best total in competition is 1345. He hopes to make the USAEUR meet finals and total 1400.

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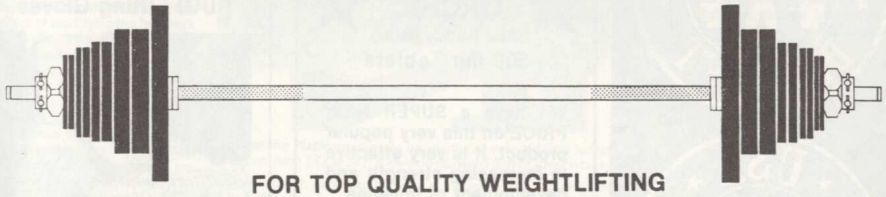


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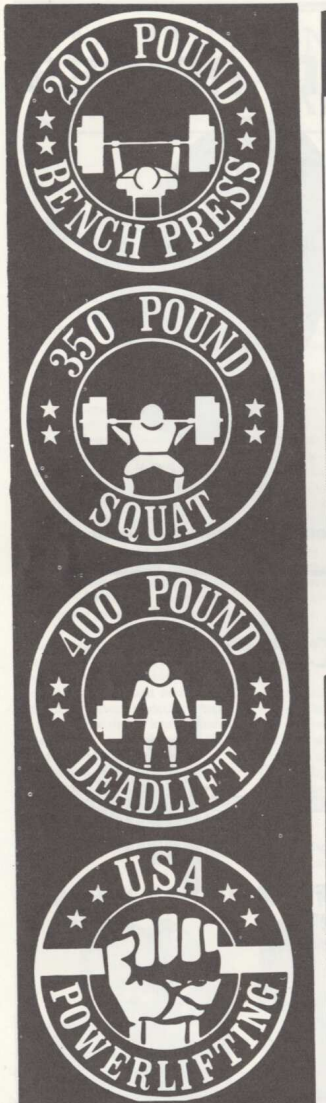
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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

by Jud Biasiotto, Ed.D. and Ed Ritter, PhD.



***Cool on the Platform**...despite his youth, 21 year old Sam Samaniego (seen here benching 573 at 242) shows no outward sign of stress when competing.*

BIOFEEDBACK AND OTHER APPROACHES TO CONTROLLING STRESS

Our last article examined the nature of stress and how individuals react to it. We will now present some information and opinions about the ways that science is attempting to help people deal with potentially harmful stress--stress which can not only disturb mental health, but actually cause physical (psychophysiological) disorders.

First of all, there is the traditional medical approach which emphasizes chemical and/or surgical treatment. We are urged to seek relief by taking pain pills for headaches, antacids for upset stomachs, laxatives for constipation, and so on. Such artificial remedies can actually contribute to the problem in that they can interfere with the normal feedback mechanisms of the body. The brain is the true 'master organ' and it uses information from the rest of the body in order to regulate and make adjustments in muscular contractions, glandular secretions and other bodily functions. Seldom are we conscious of these regulatory (homeostatic) processes. For example, if you deliberately hold your breath, numerous complex chemical changes occur in the body and signals are sent to the respiratory centers in the brain. At some point when the distress becomes severe enough, you take another breath, but all you are aware of is the distress and the need to take a breath--you are not aware of the chemical changes.

Medical interventions often have the effect of modifying the feedback from the affected organ to the brain and thus interfering with the 'natural wisdom' of the body. Continued interference in feedback can result in disregulation and even injuries or diseases which, ironically, require more medical treatment.

Advertisements and commercials by pharmaceutical companies encourage us to deal with stress by artificially changing our body chemistry. In doing so, we attempt to chemically deny the natural signals of distress which indicate that a problem exists. Without the distress or feedback, we have less motivation to change our life styles, or our environment or the way we react to events.

There is unquestionably a widespread chemical dependency in this country. Before too long, people may look back and marvel at the fact that people were once able to fall asleep quite naturally without taking sleeping pills, or that they were able to 'get going' in the morning without at least two cups of coffee.

Some powerlifters seem to have majored in drug consumption (especially anabolic steroids). There is little doubt that steroids increase muscular strength, but not without significant risks to health. Also, what happens when the lifter has to refrain from taking such drugs--say when drug testing is required and enforced? The resulting panic, 'I won't be able to lift as much!' will produce a negative psych and contribute to a selt-fulfilling prophecy of failure. The lifter's performance under such circumstances will generally be less than could normally be achieved by a comparable, truly 'drug-free' lifter. In other words, being deprived of your steroids is like being without your good luck charm! If you attribute your success to such aids, then you had better be certain that you can have them with you whenever you perform.

Good research on drugs always includes controls for the well known placebo effect. That is, it must be shown that the real drugs actually product greater improvements than 'sugar pills'. Almost always, there will be a significant placebo or expectance effect. Thus we are likely to develop a psychological dependency on drugs even though the drugs may not be physically addictive or even effective. We may come to believe that some supposed artificial aid is responsible for our success when it is really due to our own abilities. You might be interested in trying a little demonstration. Take a buddy who is worried about having to get off steroids in order to compete in a drug free meet. Enthusiastically tell him that you've gotten some steroids which absolutely cannot be detected in the blood stream. Convince him that if he switches to these new 'drugs' he will be able to do as well as he always had. The 'drugs' will probably help--especially if your approach was very convincing. Afterwards, if you tell him that they were 'just' placebos, he'll either smash your face for this little stunt, or hopefully, he will develop more self confidence from the knowledge that he was able to do well in spite of the drugs being placebos. In other words, the knowledge that one was affected by a placebo does not have to have a negative effect on the individual. In one study, subjects who were led to believe that they had been hypnotized actually performed better than they normally did. Later, when told that they had not really been hypnotized, they were again able to do just as well in the 'natural' state. In other words, they had developed more confidence in themselves; 'So, it wasn't the hypnosis, it was me!'

People do have a preference for simple solutions to problems, and there is nothing inherently wrong with this. After all, it is both economical and wise to choose a simple solution--provided it is effective and does not create additional problems. Unfortunately, effective treatment of stress related disorders is a complicated process which requires attention to cognitive and behavioral factors in addition to patching up the immediate tissue damage. A combination of psychological strategies as well as medical intervention is needed in many instances. The brain plays a part in the development of all psychophysiological disorders even though the proverbial ulcer develops in the gastrointestinal system.

One recently developed technique for dealing with stress involves biofeedback. In biofeedback, electronic instruments provide the individual with information about the state of some organ or physiological process. What good is this information? Well, not only is it fascinating in itself, it has been clearly demonstrated that most people can use this information to gain control over internal states which were formerly beyond our control because we could not sense very well what was going on inside our bodies. People can rather easily be taught to either increase or decrease their blood pressure by having the machine provide them with feedback (lights or sounds) indicating when they have succeeded in producing the desired change. Quite average people have learned to deliberately control their brain waves, body temperature, muscle tension, and heart rate. Migraine headaches, as well as chronic anxiety, hypertension, and muscle spasms have been relieved through biofeedback training.

The treatment of psychophysiological disorders and the management of stress through biofeedback seems promising indeed, but much more research is needed on the practical applications of biofeedback to everyday settings. There is a great deal of difference between being able to control muscle tension in the laboratory or at home, and being able to control it under more natural stressful circumstances. Training with portable feedback units can help overcome this problem. Also keep in mind that there are substantial limits on the magnitude of such regulation--even though the degree of regulation is great enough to have practical applications. Will the potential biofeedback user have sufficient motivation to continue practicing in order to improve health? Many people know what they should do, but lack sufficient motivation or understanding of how to increase their motivation. Nevertheless, biofeedback is a legitimate and promising technique for dealing with unwanted stress.

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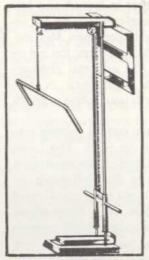
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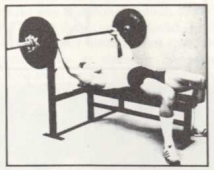
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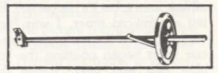
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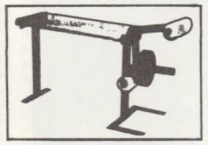
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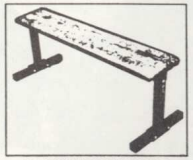
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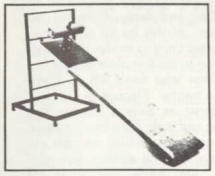
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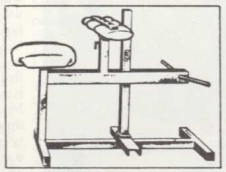


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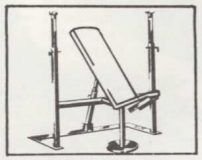


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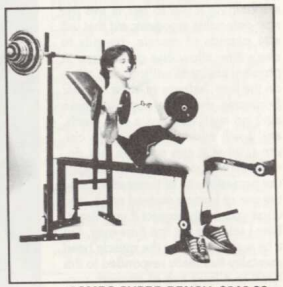
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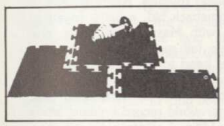
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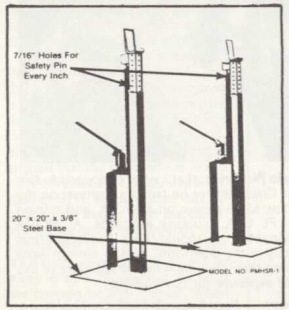
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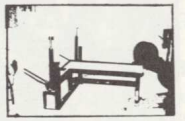
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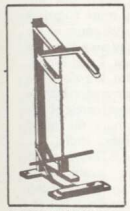


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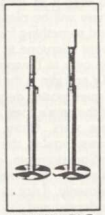


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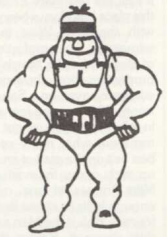
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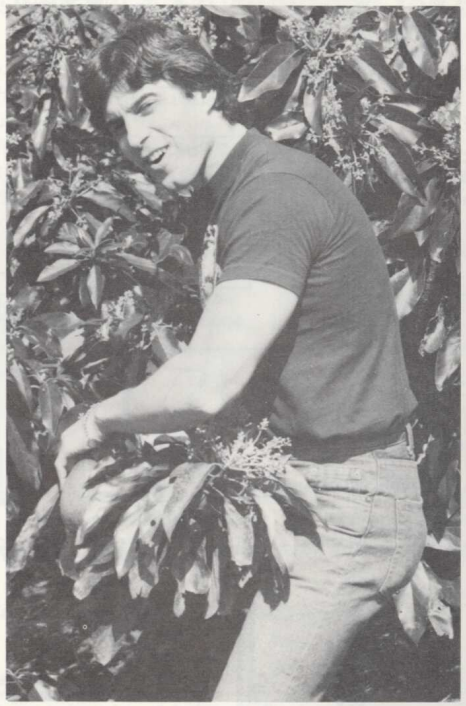
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More From Ken Leistner

I never thought the day would come that I would be a bit afraid of something that occurred in the athletic arena, but it's happening. Being a semi-old timer, I was there when some of the early pioneers in our sport began courting the little blue pills and later, things that entered the body via syringe. Hell, why should that shake me, I had seen most of the drug scene from one vantage point or another by the time I was sixteen, and had shined that on. Dianabol? Couldn't be any more onerous than snorting heroin or doing 75 mg of speed in any one shot. Deca durabolin? Candy, my man; lightweight when reefer and wine passes the time. Get the drift? I've had more calls and letters related to STH, somatotropin, sometotropic hormone, or growth hormone in its various names than any other substance or group of substances. Is it the side effect free miracle that some are holding it out to be? Is this the non-detectable ergogenic aid that will add pounds of muscle, pounds to one's lifts, allow one great leaps in physical ability all without any effect on the liver, kidneys or other organs? Someone did once say that there ain't no such thing as a free lunch, and I will address STH in this column, what it can and can not do, what the true side effects are (despite the protestations of those espousing the use of human derived only), and what you might expect if you use it. Like I said, for the first time ever, I'm a bit scared because the muscle head mentality has really responded to this latest in a long line of strength producing 'miracles.'

First let me talk about more pleasant things. Like Kathy Tuite, for example. Actually under any other circumstances, I could say more, but I'm not 1) chauvinistic, 2) looking to get our latest PL USA acquisition angry, 3) sure I want my butt kicked next time I see her. I recently had the good fortune to be in California for a few days doing a segment for Hour Magazine, a nationally distributed talk type show. I discussed the biomechanical changes which occur with pregnancy, the symptomatology which often follows and ways in which to counter the negative effects. All that done in eight minutes, a new land speed record for that type of material. It will be aired May 5th and it is hoped that everyone will at least write in asking for more so that we can do it on a more or less weekly basis. Mike, his daughter Laurie and I ate heartily at the Sheraton Universal Hotel (I enthusiastically give it my highest rating, if only because they put up with Gus Rethwisch lifting in his room during one of his movie business stays) then headed for beautiful downtown Camarillo. Mike's been trying to convince me to relocate for some time advertising the weather, the avocados, the fresh air, you name it, and as it turns out, he was right; it's a beautiful area and great for training. After tromping through avocado orchards, ankle deep in mud, I used my steel trap mind to learn the nuances of his computer, keyboarded a column for this month, and promptly saw it erased! Oh well, so much for technology. Mike and I then picked up Kathy and squired her around town and the sumptuous offices of PL USA, which will never be mistaken for Scripps Howard but which has all one could need to put out the greatest PL magazine ever. I quickly let go of my prejudices towards Tuite. It's unusual for me, the cynical New York street hitter to go into anything with preconceived notions, but I was convinced that Kathy would be wearing the signs of too many years in darkest Indiana. Much to my delight and surprise, she was as bright, enthusiastic, beautiful and talented as Mike had told me. Anyone with a Masters degree in Instructional Development and Research has got to help us, and the woman can write. The fact that she can lift well and only infrequently loses her wallet endeared her to me further.



From Television Star to Avocado Picker(?)*...that's what happened to Ken Leistner on his trip to the West Coast, where he taped a segment on the* ***HOUR Magazine*** *television show to be shown on May 5th, and relaxed afterwards near the offices of PL USA, plucking avocados. As* ***HOUR Magazine*** *is a syndicated television show, you should check your local listings for airtime in your area (probably in the afternoon), and be sure to write in to your local stations indicating that you would like to see more of this kind of programming (it's good exposure for Powerlifting!).*

One of my California stops included a visit to Pomona. Talk about atavistic. For some reason, perhaps it's all the old Marv Phillips stories, this place has always been associated with the Wild West in my consciousness. The comforting confines of Bob and Julie Morris's new belt production shop/showroom provided a safe haven on a Saturday afternoon; 3000 square feet and all of it in full swing when we got there. Bob turns out what many consider the best belt on the market and has come up with many innovative designs. Mike Bridges, in time, may put out enough belts to chase Bob a bit, but for now Bob is the Man and his product shows it. Rather than go on about it now, I'll save the information I got there for next month and a full length feature in Dan Lurie's Muscle Training Illustrated. Take a look at MTI for it's about to undergo massive changes in layout and format. I have been giving them PL articles (on Knight, Grudzien, McCain, Rosciglione among others) the last six months and the editorial changes which should commence in July should be worth your while to check out.

One last item before getting into our discussion on STH. The Long Island Powerlifting championships is really shaping up. Ralph Raiola's only desire was to put on a 'good' meet for the area lifters. Well, this is where we stand as of today: 1029 pounds of kilo weights, two power bars, one Elite DL bar, jack racks and benches for the platform; three warmup platforms, power bar, jack racks, legal bench, and 750 pounds per; loaders in the warmup room; free t-shirts for the lifters; and plenty of national card holders...all this for 40 or so lifters as we are limiting entries...four foot trophies to the first place people, but everyone who totals will go home with a trophy. Plaques and jackets will serve as awards for the best female and male (light/heavy) lifters. You want color? Well with the entries we have in already (on April 3rd), we have the likes of Rosciglione, Parigian, Schneider, Morrelli, Bridges (in exhibition), local up and comer Mike Ray and his City Island rowdies, Kathy Nichols in a comeback bid, a battle royale at 181 with Massone, Miranda, and Voulo (all super local lifters), and great head to head battles in each class. We haven't made decisions yet on the five or six Elite level (and former world record holding) lifters from Ohio, California, Florida, and North Carolina because we're trying to keep it as 'local' as possible, but there will be plenty more surprises and something for everyone, so we want everyone in the area to come on over to Lawrence, Long Island, NY and join in the fun. We also have a guest posing demonstration by one of the area's finest new female physique stars. Okay, that's the good news, now to the other stuff.

Somatotropin, or STH has been available for many years, used primarily, if not exclusively, to bring under statured children closer to 'normal' height. Contrary to the popular belief, it has been used by athletes for a few years. Its use isn't new, but its popularity is, and, of course, overwhelming...considering it is now the 'newest' aid available to most lifters. There have been rumors of serious side effects, but according to some so-called experts, these effects have been present only (and they emphasize only) because the STH being used was extracted from simian (monkey related) sources. I want to give a bit of technical background on the hormone and some speculation on its current use and potential effects. Because STH is big business, bigger than most of you would believe, considering its exotic background, current reputation, and huge mark up; I will not make a number of recently wealthy individuals happy.

STH is a hormone, released by the anterior portion of the pituitary gland, in accordance with other hormones, or releasing/inhibiting factors, which are produced in the hypothalamus. For most of us the key point is that a releasing or inhibiting factor is produced in the hypothalamus, a clump of nervous tissue in the brain, then transported to the pituitary gland and the pituitary responds in accordance to the releasing or inhibiting factors. These releasing factors are also considered to be hormones. The purpose of this explanation is to indicate that nothing in the body takes place in isolation, everything is complicatedly connected to other things. Simply put, STH causes growth of all tissues in the body that are capable of growing, and the importance of this point is that certain tissues reach full maturity at a particular age, or age range, thus, the age of the individual considering STH use is an important consideration. Some of the primary effects on metabolism are: increased rate of protein snythesis in all cells; decreased rate of carbohydrate (CHO) utilization throughout the body; increased mobilization of fats (and thus, the use of fats for energy). For the lifter, increased protein utilization is the key because this is the factor most responsible for increased size and strength. Although STH does not directly cause bone growth (a key consideration when we get to side effects), it does induce the formation of a hormone in the liver and kidneys, called somatomedin, which is responsible for increases in linear growth. Once the epiphysis, or points where growth occur in long bones, have united with the shaft, or main body of bone, the bone will no longer increase in length. However, the bone can continue to increase in thickness, thus excess STH in the system after cessation of bone growth (usually in adolescence), can not cause further increases in a person's height, but can cause excessive growth of membranous bones and thickening of all bones. Membranous bones are those, for our purposes, located primarily in the face, skull, feet and hands. For those interested in a cut physique, be they powerlifter or bodybuilder, it's important to note that somatomedin is responsible for the deposition of collagen and other substances, thus, one could also expect thickening of the skin itself.

Increased protein deposition is due a number of factors, none of which are really important here, and because there is a decrease in the catabolism (breaking down) of protein and amino acids in the body. This occurs essentially because there is an increase in the transport and use of fatty acids for energy, thus, protein is 'spared' from this role. Many researchers have stated that fat mobilization and utilization is the most important function of STH as it is this factor which promotes growth. Fat mobilization may be so great that ketosis results with accompanying fatty degeneration of the liver, and sky rocketing serum levels of cholesterol and triglycerides, two items that are high in many PLers blood chemistry due to their high protein/fat diets. STH causes decreased utilization of glucose for energy (using fat, remember?) and because the glucose and glycogen aren't being used for energy producting purposes, the glucose that does enter the cells is quickly converted to glycogen, a storage form of sugar. Once the cells are saturated with glycogen, they can't take up any more of the glucose in the blood and the blood concentration of glucose shoots up, sometimes dangerously high. Some of this should sound familiar if you've ever read anything about diabetes. Now, in order for growth hormone to be effective, one needs to have eaten some carbs, to provide energy for metabolism. One also needs to have adequate insulin activity, primarily to allow for amino acid (protein) transport. Well, we already said that we have an increased level of sugar in the blood because it has nowhere to go. This stimulates the release of lots of insulin, another hormone that is responsible for allowing the sugar in the blood to enter the cells. It is postulated that STH may also have a direct stimulating effect on the cells which produce insulin. In either case we often wind up with insulin-producing cells that burn out and can no longer produce any insulin. Now you've got a problem, and it's called diabetes, or more accurately, diabetes mellitus. One more twist to the story is this: hypoglycemia, or low blood sugar, seems to stimulate the release of more STH, so with high levels of sugar in the blood, your body is shutting down its own production.

Okay, how about the side effects. Well, forget the monkey stuff, this discussion has been limited to human STH only. Most STH excesses are due to tumors, but the four endocrinologists that I spoke with tended to feel that there was nothing to suggest that the same effects would not be present if the amount of STH, human STH, in the system was excessive, no matter what the cause. We've already mentioned how serious that is, and in many cases, it's a permanent deal; it doesn't go away when STH levels in the body are brought back to normal. When the soft tissues grow and the bones increase in thickness, the clinical term used to describe this condition is acromegaly. There is usually coarseness of the skin (due to an increase in the connective tissues), enlargement of the ears and nose as cartilage there increases, a jutting of the jaw with resultant separation of the teeth, a prominence of the brow and forehead, and broadening of the hands. Blood pressure is often elevated (just what you need with a high protein diet, steroid use, and the tension of a big meet coming up) as the internal organs get larger.

Now, this is not to imply that anyone who uses STH will suffer with all or any of these problems. According to those I spoke with, and all the reading I've done, there may be no side effects when a healthy male or female uses STH in injectable form. One well respected researcher felt that injecting STH would not cause any side effects and would not cause any additional growth either. He stated that it was his belief (he is a competitive marathoner) that improvements in strength and size came from harder training 'the only thing that really brings improvement' and that STH served as the 'ultimate placebo: undetectable in international competition, supposedly safer than steroids, and a bit mysterious'. When one is using it, especially at $65-85 a vial (a week's worth), one tends to train very hard (don't want to waste it), eat properly and use steroids concurrently ('and they may be the sole cause of the increases, in conjunction with hard training') Let's face it, there hasn't been any real research involving STH and healthy, hard training athletes. As I said, clinical science knows clearly what happens when the body produces too much STH and almost all of it is seriously negative, but no one really knows what happens if you have too much because you put a needle in your butt. One thing I sure as hell know: I don't want to be the guy who finds out that the STH I took six months ago is, in fact, the cause of my early diabetic symptoms. Is that semi-ape like facial structure the result of jumping two weight classes, or is it a true thickening of the facial bones? You willing to find out the hard way? Naturally,....many are willing. It reminds me of the thyroxin rage a few years ago. All the bodybuilders were getting into thyroid extract and synthetic preparations in order to get more cut, forgetting that hormone regulation is a tricky thing, more so in a healthy individual, and especially where the picture is complicated by anabolic agents, speed, and skewed diets. Thyroid hormone, in excess, after 'burning' your fat away, goes to work on all of that hard earned muscle, and what a lot of the guys found out the hard way, was that they could get cut, but they got awfully small and wasted a lot of training time putting on that muscle. There's no free lunch in this game and STH, while it may seem pretty safe in the long run, may not be. You can't jack your endocrine system around too much without a pay back, especially when you consider that you can't mess with one hormone without affecting a few others, as they are so interdependent. Steroids have been around since 1934 or so, and athletes have been using them for years. They may or may not be safe, but hell, we, as the athletic community, have had a long look. STH is a brand new ball game and while getting in on the ground floor may (or may not) give you a temporary edge, I'd hate to be in the wrong line if even half the payback grabs you. Like I said, the stuff scares me, because pituitary hormones and their regulation are big time. I fully expect nine articles and letters to PL USA stating all the good things STH can and will do and without the side effects I've mentioned, but for all you pioneers out there, good luck...you'll need it.

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The Appendix will include the rules of Powerlifting, IPF officials names and addresses, Schwartz Formula, Kilo conversion chart, methods of determining percent bodyfat, and many, many more important powerlifting and weight training points of information.

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A MESSAGE FROM THE U.S.P.F PRESIDENT

'A woman needs a man like a fish needs a bicycle.'

The song of the lady separatists is on the lips of an increasing number of people this year and the Women's committee may be expected to push for a greater measure of autonomy at the National committee meeting in Austin. Perhaps we should examine this request in the context of our committee structure.

Of the eighteen USPF committees listed in the directory published in PL/USA Vol. 6 No. 8, Feb 1983, p. 34, fourteen are functional. Each of the remaining four is organized in order to accommodate the needs of a specialized clientele. In two of the four, the Collegiate Committee and the Youth Development committee, one soon outgrows one's eligibility to belong. It is in the remaining two, the Masters committee and the Women's committee, that the argument for autonomy, if not outright separation, is made. As master's and women's powerlifting have become more popular, the constraints of the committees' purely advisory capacity have in the opinion of some come to chafe. How glorious it would be to be free to make one's own decisions without the demeaning protocol required in petitioning National or Executive Committees or the President!

Some would argue that numbers alone justify the right of the group to determine its own affairs. In 1982 the USPF registerd 880 women through Oct 31, and during the 1983 registration year commencing last November 562 women have been registered as of March 31. How large must we grow, it is asked, before we are entitled to self-determination? The question assumes that the group is suppressed by the very body it serves in an advisory capacity. This assumption is difficult to substantiate.

Drug testing and the selection of the coaches for the women's team have been offered as examples of our unresponsiveness.

Although the record of the attempts to secure drug testing at the Women's Nationals may have given the appearance of the Executive Committee suppressing the desires of the majority of the women lifters, that appearance is misleading. In voting not to test for drugs at Auburn in February 1982 the Executive Committee rejected a specific drug testing proposal submitted by the Medical Committee chairperson, Mrs. Jan Todd. The Executive Committee has never rejected drug testing per se.

Again at Dayton in July 1982 the drug testing issue was confused by the fact that Jan Todd continued to chair both the Medical and Women's committees. Despite a conspicuous absence of lobbying by the pro-testing faction, and herculean lobbying efforts by the other faction, the motion to test for drugs at the 1983 Women's Nationals and Senior Nationals failed by a narrow margin (21 for, 27 against). On this issue so dear to the hearts of many why were only 48 votes cast when 86 were eligible to vote? I fail to see in this record a pattern of suppression.

Since Dayton the Medical committee was abolished and in its place a Sports Medicine committee, chaired by Richard Herrick, MD, was created. It is presently engaged in a broad spectrum of research and reporting in sports medicine, and is at this moment in process of nominating a panel of drug control officers which will facilitate meeting the requirements for setting world records in this country.

A drug testing committee, chaired by a Milwaukee attorney, William Rinehart, has been created. It is charged with guiding us around the shoals of litigation as we broaden 'with all deliberate speed' our testing horizons.

Last January the Executive committee overrode the vote of the National committee in Dayton and authorized voluntary drug testing for world record setters at the 1983 Women's Nationals. In addition the USPF has sanctioned several drug free meets, including the Natural National Women's powerlifting championships which will be held this month in Boston. We have come a long way since Auburn!

If to some we appear to be unresponsive, it is perhaps because the complexity of drug testing has not been adequately explained. We have yet to resolve some of the technical problems of urine collection and shipment, of policing techniques designed to thwart or to negate the results of the testing procedure, and the problem of notifying the lifters in sufficient detail and in a timely manner of our testing intentions. We need further to resolve the question of who shall pay for the tests and of devising an adequate shield against lawsuits.

With respect to the coaches for the US team, last year and again this year I rejected either one or both of the nominees placed before me by the Women's selction committee. I did this not to impose my own favorites in lieu of the Women's selection committee's nominees, but rather to resolve a conflict between two implacably opposed groups, the Selection committee and the team. It was not possible for me to be responsive to the desires of both groups. I was guided in my choice by the arguments of each side. In 1982 the decision was easier. The Women's selection committee initially nominated two of their own members. However talented these two may have been, it gave a bad appearance. In 1983 one of the nominees was not only unacceptable to the team, but to the other nominated coach as well. It personally grieves me to observe in our ranks this kind of infighting. Nonetheless, it is a part of women's powerlifting at present, and where I cannot mend it I must accept it. To the plea that 'it is very important that a woman be selected' I am unmoved. I am by my very nature gender blind in selecting team coaches. I was more moved by the statement by one of our team, 'I am selfish: when I step on that platform at the World's Championships I want the best coach possible assisting me.'

According a greater measure of autonomy to the Women's committee may be a desirable reform, but it will not of itself hasten drug testing nor heal the wounds that have continued to fester during the last sixteen months.

Dr. Conrad Cotter, United States Powerlifting Federation, President

FROM THE AMERICAN RECORDS CHAIRMAN

I often get requests such as 'please send me the American and World records.' I keep 13 pages, 11½ x 14½ of American and world records. To get 9½ by 11 inch copies of all 13 pages costs the USPF $1.95 and another 54 cents to send them out. So please be specific, and send a self-addressed stamped envelope.

I am told by Dr. Cotter that the four women who were tested at the 1983 Women's Nationals, Majik Jones, Lynda Chicado-Shendow, Angie Ross and Jan Todd, all came out clean, so their world records are now on the books officially.

I am still getting incomplete record applications from time to time. All the requirements are on the new forms. Please read carefully before attempting to fill them out. We do not have enough time, in the case of world records, to try to educate records processors during the 30 days following the record and still get the complete package to Arnold Bostrom in time. So meet directors and officials should be familiar with the necessary requirements beforehand.

Still no satisfaction on the 'lost world' records which we tried so hard to recover. Please direct any inquiries directly to Arnold Bostrom as I am not able to get any results from the IPF and after a year of trying, no longer inclined to waste my time.

Nate Foster, 204 Harvey Dr., Manhattan, Ks 66052, 913-776-5889

USPF National Referee Directory

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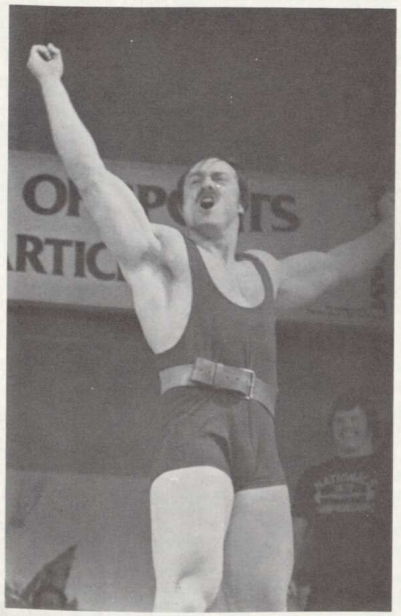
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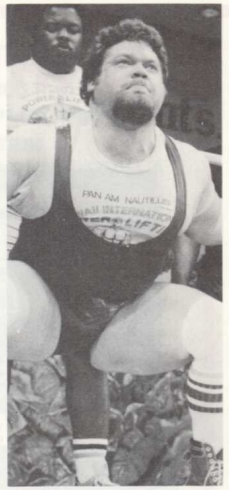
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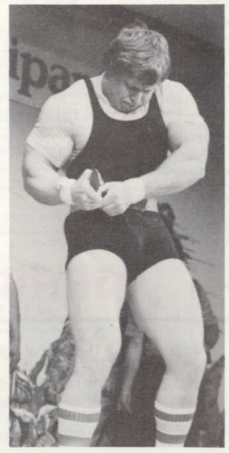
for USA lifters competing from April 1982 through March 1983

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1	960 Wohleber, D 12/12/82	630 Arcidi, T 12/83	904 Wohleber, D 12/12/82	2270 Wohleber, D 12/12/82
2	912 Hackett, E 3/26/83	614 Hardman, T 10/23/82	850 Lampkin, J 8/82	2193 Gamble, J 7/11/82
3	909 Waddington, D 10/31/82	584 Young, D 5/16/82	821 Shaw, D 12/12/82	2171 Wilson, S 7/11/82
4	909 Moran, L 12/4/82	578 Moran, L 12/4/82	812 Parks, D 10/30/82	2166 Dempsey, B 7/11/82
5	881 Sandlin, R 1/8/83	573 Wilson, S 7/11/82	810 Dempsey, B 7/11/82	2166 Waddington, D 7/11/82
6	865 Gamble, J 7/11/82	551 Martin, J 4/4/82	810 Clifford, J 2/12/82	2165 Kidney, L 4/23/82
7	854 Kidney, L 4/23/82	550 Galvin, R 4/10/83	804 Gamble, J 7/11/82	2160 Shaw, D 12/12/82
8	854 Dempsey, B 7/11/82	545 Carini, J 10/17/82	804 Wilson, S 7/11/82	2154 Drapal, J 12/12/82
9	850 Smith, M 3/26/83	545 Bentley, T 11/20/82	800 Paulucci, T 4/4/82	2121 Palmer, S 12/12/82
10	843 Brodeur, P 10/10/82	540 Barbee, D 10/22/82	799 Drapal, J 12/12/82	2110 Moran, L 12/4/82
11	837 Stevans, G 3/6/83	534 Palmer, S 12/12/82	793 Henderson, T 7/11/82	2105 Sandlin, R 12/11/82
12	832 Burruel, M 4/24/82	530 Riley, E 4/17/82	782 Kidney, L 4/23/82	2083 Henderson, T 7/11/82
13	832 Drapal, J 12/12/82	529 Kidney, L 4/23/82	782 Pasanella 8/8/82	2080 Paulucci, T 4/4/82
14	826 Henderson, T 7/11/82	529 Smith, R 10/17/82	777 Hauser, J 6/6/82	2077 Clifford, J 2/12/82
15	821 Martin, T 1/8/83	529 Waddington, D 10/31/82	777 Palmer, S 12/12/82	2066 Stevans, G 3/6/83
16	815 Shaw, D 12/12/82	529 White, H 2/27/83	770 Sandlin, R 4/24/82	2061 Martin, T 1/8/83
17	810 Hernandes, J 10/17/82	525 Kuusela, T 12/4/82	766 Polvinale, J 6/27/82	2055 Young, D 5/16/82
18	810 Allen, M 11/6/82	523 Arnold, D 6/6/82	765 VanDeWeghe, J 5/15/82	2055 Bentley, T 6/20/82
19	810 Bentley, T 11/20/82	523 Gamble, J 7/11/82	760 Tabback, T 4/4/82	2050 Pasanella 8/8/82
20	810 Colangelo, D 11/20/82	523 Kamaka, L 10/17/82	760 Waddington, D 7/11/82	2039 Parks, D 10/30/82
21	810 Palmer, S 12/12/82	523 Shaw, D 12/12/82	755 Mies, J 3/26/83	2006 Tabback, T 4/4/82
22	810 Romaniello, B 2/27/83	523 Drapal, J 12/12/82	749 Young, D 5/16/82	2006 DiSalvo, S 7/11/82
23	804 Tuller, R 7/11/82	520 Kincaid, B 3/5/83	744 Tuller, R 1/8/83	2005 Carini, J 10/17/82
24	804 Clifford, J 2/12/83	518 Pasanella 8/8/82	740 Driscoll, C 12⁴/₈2	2000 Brodeur, P 10/10/82
25	793 Wilson, S 7/11/82	518 Sketik, M 8/21/82	740 Tuttle, B 2/5/83	2000 Colangelo, D 11/20/82
26	788 Ford, J 10/82	512 Sandlin, R 12/11/82	738 Greenhagen, L 8/14/82	2000 Kuusela, T 12⁴/₈2
27	787 Parks, D 10/30/82	512 Dempsey, B 3/20/83	738 Gentile, J 1/8/83	1973 Barbee, D 3/12/83
28	785 Kuusela, T 12/4/82	507 Williky, G 4/4/82	735 Stevans, G 5/2/82	1972 Hauser, J 4/4/82
29	782 DiSalvo, S 7/11/82	507 Martin, T 1/8/83	733 Welcome, W 7/8/82	1967 Burruel, M 4/24/82
30	780 Paulucci, T 4/4/82	502 Vivier, R 10/30/82	733 Martin, T 1/8/83	1967 Tuller, R 1/8/83
31	775 Carini, J 10/17/82	502 Moore, D 10/31/82	733 Bell, J 3/26/83	1957 Moore, D 10/31/82
32	771 White, H 2/27/83	501 DiSalvo, S 7/11/82	727 Allen, M 5/16/82	1955 Romaniello, B 2/27/83
33	771 Patterson, C 3/5/83	501 Fantano, K 9/26/82	727 Stuber, E 10/23/82	1955 Jacobs, L 3/26/83
34	766 Tabback, T 4/4/82	501 Robinson, W 12/4/82	727 Ford, J 10/82	1951 Arnold, D 6/6/82
35	760 Hauser, J 4/4/82	500 Paulucci, T 4/4/82	727 Petroff, J 11/21/82	1945 Sketik, M 8/21/82
36	755 Riley, E 5/1/82	500 Payne, K 8/2/82	727 Kielur, J 1/8/83	1945 Hernandes, J 10/17/82
37	755 Best, D 12/4/82	500 Desenso, D 10/17/82	727 Patterson, C 3/5/83	1945 Ford, J 10/82
38	750 Moore, D 10/31/82	500 Gentile, J 12/4/82	725 Moraski, J 1/22/83	1945 Gentile, J 1/8/83
39	749 Caulfield, K 6/27/82	500 Gnerre, J 12/18/82	722 Burruel, M 4/24/82	1934 Allen, M 11/6/82
40	749 McCormick, T 7/11/82	500 Kuhs, O 2/20/83	722 DiSalvo, S 7/11/82	1930 Smith, M 3/26/83
41	749 Braxton, C 8/7/82	500 Merril, J 3/12/83	722 Braxton, C 8/7/82	1929 Braxton, C 8/7/82
42	749 Pasanella 8/8/82	496 Stevans, G 3/6/83	722 Sketik, M 8/21/82	1928 Stuber, E 10/23/82
43	749 Petroff, J 3/6/83	490 Mies, J 6/27/82	720 Garcia, J 10/17/82	1918 Martin, J 4/4/82
44	744 Barbee, D 3/12/83	490 Behling, D 10/12/82	720 Colangelo, D 11/20/82	1918 Smith, R 3/26/83
45	740 Morrison, E 5/22/82	490 Lewis, R 12/82	710 Bentley, T 6/20/82	1912 White, H 2/29/83
46	740 Cunningham, C 10/9/82	485 Brooks, D 7/31/82	710 Brodeur, P 10/10/82	1907 Robinson, W 12/4/82
47	738 Martin, J 4/4/82	485 Ricafrente, D 8/2/82	710 Romaniello, B 11/21/82	1905 Horejsei, G 3/26/83
48	738 Gentile, J 1/8/83	485 Melillo, L 12/12/82	705 Arnold, D 6/6/82	1900 Riley, E 5/1/82
49	738 Arena, J 3/12/83	485 Woolley, R 2/25/83	705 Patelis, M 9/26/82	1895 Green, D 5/22/82
50	735 Frasier, L 1/20/82	480 Bisiao, M 5/1/82	705 Moore, D 10/31/82	1890 Woolley, R 2/25/83
51	733 Robinson, W 4/24/82	480 Garcia, J 10/17/82	705 Barbee, D 1/8/83	1884 Hjorth, J 6/6/82
52	730 Dimel, M 8/22/82	480 Horejsei, G 3/26/83	705 Evans, G 2/10/83	1875 Driscoll, C 12/4/82
53	730 Horejsei, G 3/26/83	479 Tabback, T 4/4/82	705 Bruch, J 2/27/83	1873 Best, D 8/7/82
54	727 Stuber, E 10/23/82	479 Best, D 12/4/82	705 Houston, L 3/6/83	1870 Dimel, M 8/22/82
55	722 Young, D 5/16/82	475 Green, D 5/22/82	705 Licavoli, D 3/12/83	1870 Garcia, J 10/17/82
56	722 Arnold, D 6/6/82	475 Owen, T 10/9/82	700 Panyk, R 4/24/82	1868 Pheil, T 12/4/82
57	722 Jacobson, B 2/19/83	475 Anderson, E 2/25/83	700 Green, D 5/22/82	1862 Dunn, W 6/6/82
58	720 Kucera, B 2/26/83	475 Lake, M 2/26/83	700 Dimel, M 8/22/82	1862 Patterson, C 3/5/83
59	720 Green, D 5/22/82	474 Pheil, T 12/4/82	700 Robinson, W 12/4/82	1855 Kincaid, B 3/5/83
60	720 King, T 8/2/82	473 Hjorth, J 6/6/82	700 Woolley, R 2/25/83	1851 Mies, J 6/27/82
61	720 Harrellson, V 9/11/82	473 Dunn, W 6/6/82	699 Cosenza, V 4/4/82	1851 Patelis, M 9⁴/₆82
62	716 Welcome, W 7/8/82	473 Patelis, M 9/26/82	699 Hjorth, J 6/6/82	1851 Petroff, J 11/21/82
63	716 Warman, S 12/11/82	473 Stuber, E 10/23/82	695 Horejsei, G 3/26/83	1850 Lampkin, J 8/82
64	715 Driscoll, C 12/4/82	473 Gumbarge, R 1/16/83	694 Dunn, W 6/6/82	1846 Caulfield, K 6/27/82
65	710 Huey, B 3/5/83	470 Scott, B 4/4/82	694 Burch, J 3/5/83	1845 Frasier, L 11/20/82
66	705 Ahl, J 6/13/82	470 Styles, C 4/24/82	690 Kuusela, T 12/4/82	1840 VanDeWeghe, J 5/15/82
67	705 Sketik, M 8/21/82	470 White, B 6/5/82	689 Smith, R 10/17/82	1840 Ricafrente, D 12/4/82
68	705 Bruch, J 8/28/82	470 Magee, J 10/3/82	688 Best, D 8/7/82	1830 Moraski, J 1/22/83
69	705 Woolley, R 10/2/82	470 Hernandes, J 10/17/82	688 Farney, M 10/10/82	1829 Kielur, J 1/8/83
70	705 Pheil, T 12/4/82	470 Colangelo, D 11/20/82	688 Pheil, T 12/4/82	1820 Cunningham, C 10/9/82
71	705 Ricafrente, D 12/4/82	470 Brandon, B 11/20/82	688 Farber, K 2/10/83	1813 Fantano, K 9/26/82
72	705 Allgood, R 12/4/82	470 Greco, J 3/26/83	685 Carini, J 10/17/82	1813 Bell, J 11/13/82
73	705 Fitzpatrick, D 12/11/82	468 Caulfield, K 6/27/82	685 Kincaid, B 3/5/83	1807 Polvinale, J 6/27/82
74	705 Fields, G 12/11/82	468 Farber, K 2/10/83	683 Meckel, R 5/1/82	1807 Farber, K 10/82
75	705 Moen, P 2/13/83	468 Henn, D 2/13/83	680 Laurinaitis, J 5/15/82	1807 Burch, J 3/5/83
76	705 Kreis, E 2/26/83	465 Boettner, J 12/4/82	680 Harrellson, V 5/22/82	1805 Bennett, J 12/12/82
77	705 Wiess, T 3/5/83	463 Moen, P 2/13/83	680 Frank, G 12/11/82	1805 Tuttle, B 2/5/83
78	705 Smith, R 3/26/83	462 Henderson, T 7/11/82	677 Davis, R 3/5/83	1805 Kucera, B 2/26/83
79	700 Bennett, J 12/12/82	462 Defosses, S 1/15/83	677 Hall, D 3/26/83	1800 Owen, T 10/9/82
80	700 Brick, J 3/5/83	462 Clifford, J 2/12/83	675 Ricafrente, D 5/29/82	1790 Harrellson, V 9/11/82
81	699 Polvinale, J 6/27/82	462 Williams, J 3/27/83	675 Trustuson, V 6/19/82	1790 Boettner, J 12/4/82
82	694 Hjorth, J 6/6/82	460 Frasier, L 11/20/82	675 Grill, S 6/19/82	1785 Bisciao, M 5/1/82
83	694 Dunn, W 6/6/82	460 Kucera, B 2/26/83	675 Smith, M 3/26/83	1785 Welcome, W 7/8/82
84	692 Vivier, R 10/30/82	460 Oswald, D 2/26/83	672 Von Schweldler, R 1/14/82	1785 Melillo, L 12/12/82
85	688 Taylor, B 7/31/82	457 Braxton, C 8/7/82	672 Suoboda, M 11/20/82	1785 Jacobson, B 2/19/83
86	688 Burch, J 3/5/83	455 Laurinaitis, J 5/15/82	672 Warman, S 12/11/82	1785 Burch, J 2/27/83
87	688 Robertson, D 3/6/83	455 Lyons, J 6/13/82	672 Cunningham, C 3/5/83	1781 Vivier, R 10/30/82
88	685 Trustuson, V 6/19/82	455 Barfield, S 11/13/82	670 Bennett, J 12/12/82	1780 Warman, S 12/11/82
89	683 Atterholt, D 6/6/82	452 Bryan, S 10/17/82	670 Melillo, L 12/12/82	1780 Houston, L 3/6/83
90	683 Venezia, F 11/21/82	451 Ahl, J 6/13/82	670 Anderson, E 2/25/83	1774 Kamaka, L 10/17/82
91	680 Fowler, J 5/1/82	451 Taylor, B 7/31/82	666 Howie, J 3/6/83	1774 Fitzpatrick, D 12/11/82
92	680 Boettner, J 12/4/82	451 Fitzpatrick, D 8/7/812	665 Riley, E 4/82	1770 King, T 8/2/82
93	680 Garritano, A 2/27/83	451 Morris, W 10/82	665 Hernandes, J 10/17/82	1769 Taylor, B 7/31/82
94	677 Kielur, J 1/8/83	450 Wilkinson, D 5/7/82	665 Graese, L 12/11/82	1765 Weiss, T 3/5/83
95	675 Weston, M 5/1/82	450 Honingford, T 51/82	661 St Victor, J 6/13/82	1763 Brooks, D 7/31/82
96	675 Hunter, 6/17/82	450 Townes, J 5/30/82	661 Defosses, S 1/15/83	1763 Tomaski, J 8/8/82
97	675 Thompson, D 9/25/82	450 Lampkin, J 4/82	661 Miller, D 1/23/83	1763 Kruzynski, J 8/28/82
98	675 Moraski, J 1/22/83	450 Lovelace, C 9/11/82	661 Jacobson, B 2/19/83	1760 Laurinaitis, J 5⁷/₁5/82
99	675 Kimple, R 1/29/83	450 Romaniello, B 10/17/82	660 Phillips, B 6/26/82	1758 Ahl, J 6/13/82
100	675 Tuttle, B 2/5/83	450 Younginer, D 11/13/82	660 Bachley 10/17/82	1758 Evans, G 2/10/83



***Top 3 275ers, by total**...above, Danny Wohleber led the way (in 3 categories!) with John Gamble and Steve Wilson following up.*





NEXT MONTH...TOP SHWs

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Lipo Soluble		
Vitamin A (Palmitate)	25,000 IU	500%
Vitamin D (Erad. Egostrol)	600 IU	150%
Vitamin E (d-Alpha Tocopheryl Acetate)	1000 IU	3333%
Vitamin C Complex (time release)		
Vitamin C (Natural Ascorbic Acid)	2000 mg.	3333%
Lemon Bioflavonoids	500 mg.	***
Selected Natural Rose Hips	500 mg.	***
Hesperitin Complex	50 mg.	***
Rutin (Green Buckwheat)	50 mg.	***
B-Complex factors (time release)		
Folic Acid	400 mg.	100%
Vitamin B_1 (Thiamin Hcl & Yeast)	130 mg.	8333%
Vitamin B_2 (Riboflavin & Yeast)	130 mg.	7647%
Vitamin B_6 (Pyridoxine Hcl & Yeast)	130 mg.	650%
Niacinamide	130 mg.	650%
Vitamin B_{12} (Hydro Cobal. Conc. & Yeast)	130 mcg.	2167%
Biotin	130 mcg.	44%
Pantothenic Acid (d-cal. pan. & yeast)	130 mg.	1300%
Choline Bitartrate (Soya)	130 mg.	**
Inositol (Soya)	130 mg.	**
Para Amino Benzoic Acid	130 mg.	***
Chelated Mineral Compounds		
Calcium (Amino Acid Chelate)	1500 mg.	150%
Iodine (Kelp)	225 mcg.	100%
Iron (Amino Acid Chelate)	45 mg.	250%
Magnesium (Amino Acid Chelate)	750 mg.	188%
Copper (Amino Acid Chelate)	4.5 mg.	225%
Zinc (Amino Acid Chelate)	34 mg.	225%
Manganese (Amino Acid Chelate)	15 mg.	**
Potassium (Proteate)	100 mg.	**
Selenium (Yeast 21)	150 mcg.	**
Chromium (Amino Acid Chelate)	150 mcg.	**
Enzyme Compounds		
Betain Hcl	150 mg.	***
Glutamic Acid Hcl	150 mg.	***

*U.S. Recommended daily allowance for Adults and Children 12 years of age or older
**U.S. RDA not established
***Need in human nutrition not established

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One Pack - For the individual who desires a medium potency pack
One packet contains:
*Vitamin A 10,000 IU*Vitamin D 400 IU*Vitamin E 200 IU*Balanced B Complex 50 mg.*Vitamin C Complex 1000 mg.
*A complete Multi-Mineral Complex*Digestive Enzymes
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For the greatest gains, use the finest quality, highest potency Argentine Beef Liver product available. *Marathon 2 Gram Liver*
100/$5.75 250/$12.50 500/$24.00

*MARATHON 2 GRAM LIVER

54% MORE LIVER PER TABLET THAN OTHER BRANDS

Nothing matches desiccated liver for building strength, stamina and energy. Compare Marathon 2 Gram (30 grain) Argentine Beef Liver Tablets with your current liver supplement:

Each tablet contains:

Desiccated liver	2,000 mg. (30 grains)
B-12	50 micrograms
Protein 90%	2 grams

Five protein-coated, easy swallow tablets provide:

Argentine Beef Liver	10,000 mg.
B-12	250 mg.
Protein	10 grams
Calories	40
Carbohydrates	0
Fat	0.035 grams

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6 GRAM (6,000 mg) AMINO ACID COMPLEX POWDER

100% PROTEIN

EACH PACKET CONTAINS IN POWDER FORM A TOTAL OF 6 GRAMS (6,000 mg) OF THE 18 AMINO ACIDS NECESSARY FOR MUSCLE GROWTH. THE AMINO ACIDS (100% PROTEIN) ARE ISOLATED, HYDROLIZED & PREDIGESTED FOR THE HIGHEST POSSIBLE UTILIZATION OF ANY FORM OF KNOWN PROTEIN. USE WITH ALL LIQUIDS (PROTEIN DRINKS, JUICE, MILK, WATER & SOUPS) SPRINKLE ON FOOD OR MIX WITH GRAVIES.

6 gram amino acid powder is an excellent drink to take before and during training or competition. It will insure the high protein blood levels necessary for a sustained high performance.

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Argentine Beef Liver, a 90% Protein
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Vitamin B-15 - 100 mg. Calcium Pangamate
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Multi-One with Stress Factors
A One-a-Day High Potency Vitamin-Mineral tablet
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Good taste easy mixing, highest protein efficiency
1 lb/$7.50

Gland Protein Powder
High utilization - Great gains
1 lb./$10.50

Maxi-A-Min High Potency Mineral Complex
Two tablets contain:
*Calcium 1000 mg.*Magnesium 500 mg.*Zinc 22.5 mg. *Potassium 95 mg.*Iron 30 mg.*Iodine 150 mcg.*Manganese 10 mg.*Copper 3 mg.*Selenium 50 mcg.*Chromium 20 mcg.*Betaine HCl 100 mg.*Glutamic Acid HCl 100 mg.*Vitamin D 400 IU
90/$4.50 180/$7.95 360/$14.95

Vitamin E 400 I.U. Capsules
d'alpha or mixed tocopherol (your choice)
90/$5.00 180/$9.00 360/$16.00

Amino Acids - 1 Gram (1000 mg.) Tablets
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One-Daily Formula 100 (sustained release)
A Multi-Vitamin & Mineral tablet featring 100 mg. B Complex & Amino Acid Chelated Mineral
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Wisconsin State Men's Open
3/5/83 - Wisconsin Rapids, Wis

	SQ	BP	DL	T
114				
R. Nichols	305	150	380	835
123				
D. Knoll	360	220	380	960
D. Polokonis	265	210	315	795
J. Nelson	270	170	320	780
J. Dorn	300	155	300	755
132				
S. Schimmel	410	195	400	1005
D. Dain	320	210	350	880
D. Johnson	275	175	335	785
148				
R. Triphahn	575	315	530	1420
D. Brehm	500	335	540	1375
J. Hebbe	505	305	500	1310
B. Lanser	480	300	510	1290
T. Mueller	465	265	505	1235
J. Luna	440	300	470	1210
T. Dorn	440	240	470	1150
J. Krueger	390	265	390	1075
165				
D. Volpe	600	355	600	1555
L. Froehlich	500	340	550	1390
K. Harriman	495	370	495	1360
D. Galetka	550	290	500	1340
R. Ciacura	490	275	545	1310
C. Lohman	450	270	565	1285
R. Olson	435	250	490	1175
D. Smits				
181				
D. Gilman	600	345	615	1560
S. Johnson	570	310	585	1465
B. Becker	530	360	570	1460
J. Dain	470	270	570	1310
198				
B. Sullivan	615	395	640	1650
S. Cain	605	395	635	1635
T. Close	610	415	605	1630
R. Crawford	500	315	500	1315
K. Kovacs	405	285	480	1170
220				
R. Moran	720	460	630	1810
R. Schroeder	625	400	735	1760
J. Adamski	655	430	605	1690
D. Verbacken	600	430	570	1600
G. Nerbovig	690			
M. Moyleart	350			
242				
J. Stein	755	535	695	1985
B. Carlson	745	430	715	1890
D. Young	675	520	640	1835
J. Brace	640	470	610	1720
R. Cain	550	415	650	1615
275				
B. Kincaid	650	520	685	1855
T. Weiss	705	405	655	1765
J. Brick	700	415	640	1755
T. Schremp	650	420	635	1705
N. Rauch	650	380	595	1625
B. Vivier				
SHW				
J. Greco	705	465	600	1770
R. Sadowski	550	295	580	1425

Best lifter 1st session: D. Volpe; 2nd: J. Stein; team places: 1. Eau Claire Health Club, 2. Molbeck's (Racine), 3. Wis. Rapids Power Cl. 4. So. Shore lifters (Racine). Thanks to Gus Mancuso, tournament director, for results.

Northeastern Coast Bench Press
10/16/82 - Almonesson, NJ

WOMEN		L. Disipio	365
C. Spellman	180	S. Glasser	350
B. Falconio	125	G. Harvath	340
B. Quarles	160	J. Cunningham	300
C. Hallacher	105		198
OPEN		J. Vareha	400
114		B. McClintock	400
B. Falconio	125	J. Desimone	365
123		V. Coatese	345
B. Griffith	240	W. Klipesky	330
C. Hallacher	105	220	
132		H. Myers	455
C. Colonna	270	G. Schreiner	440
R. Roy	155	J. Robinson	390
148		D. Bennett	390
J. Caruso	320	R. Oliver	385
J. Shavack	315	242	
P. Sacco	305	C. Kelly	525
A. Earnest	300	L. Quarles	400
D. Macs	295	R. Oliver	385
165		B. Feeney	385
D. Skuczas	395	275	
D. Woodley	350	E. Riley	430
R. Basile	335	R. Lopes	420
D. Cappello	325	T. Batgos	405
P. Lanetta	310	SHW	
181		S. Leonardi	515
M. Hiller	375		

"I would like to thank everyone who participated in the meet. Also I would like to thank John Falconio, John Biacellea for their time in helping make the meet run smoothly. Thanks to meet director Mike Charnik for results.

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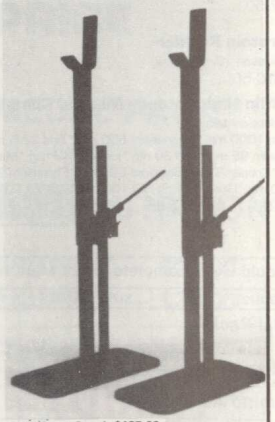
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SHWJ	Super Heavyweight Bench with Jacks	2½" Square over 2" square Upright 4" Channel Base	$235.00
SHWSS	Super Heavyweight Squat Stands	3" over 2½" Upright ½" steel plate base	$185.00


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Region 6 Drug Free championships
4/5 MAR 83 - Enterprise, Al

	SQ	BP	DL	T
105				
E. Kimble(f)	155	90	200	445
114				
M. Brown	250	150	260	660
R. Carter(f)	230	100	320	650
123				
C. Reynolds	300	225	320	845
132				
A. Ferrando	370	250	425	1045
J. Cruz	270	220	350	845
R. Cotten(f)	230	105	275	610
148				
B. Currenton	405	215	420	1045
J. Nall	390	225	415	1030
J. Harris(f)	95	85	230	410
J. Distito				
165				
S. Oats	460	275	470	1205
W. Helms	400	260	530	1190
A. Morrison	425	315	440	1180
M. Tindol	380	270	460	1110
R. Varner	350	200	450	1100
S. Watson	350	275	415	1040
181				
C. Leslie	525	360	570	1455
C. Wright	520	290	625	1435
M. Armstrong	450	300	555	1305
H. Strother	475	265	525	1265
S. Roberts	450	295	505	1250
D. Daniels	460	250	450	1160
M. Stewart	340	250	480	1070
198				
D. Burns	600	400	600	1600
J. Hoffman	560	385	570	1515
S. Williams	515	340	590	1445
C. Liesilke	530	335	575	1440
E. Waterman	410	330	475	1215
G. Labounty	445	255	440	1140
M. Boteder	370	235	450	1055
220				
D. Ference	590	385	670	1645
C. Grant	610	390	640	1640
A. Oaks	580	345	625	1580
L. Washington	600	345	620	1565
S. Turner	600	310	580	1490
D. Macri	530	375	505	1410
B. Linton	460	280	480	1220
K. Hodge	375	320	500	1195
242				
L. Shepard	660	410	710	1780
H. Roberts	650	405	605	1660
M. Dodson	555	385	610	1550
275				
R. Layton	530	295	525	1450

'The lifting started on Fri nite with the classes from 105 to 148 for men and women. On Sat. am classes for 165 thru 220 lifted. On Sat pm classes from 242 thru SHW lifted. Many American drug free records were broken. The meet director was Lanny Shepard. Special thanks goes to Ray Hansen for an excellent job of announcing. Also special thanks goes to the Enterprise PL team for their assistance in the meet.' Thanks to Lanny Shepard for results.

Muskingum Valley Open
3/12/83-Zanesville, OH

	SQ	BP	DL	T
114				
P. Booth(f)	240	120	200	640
J. Davis	175	165	270	610
L. Conti(f)	190	95	250	535
B. Wallace(f)	180	75	235	490
123				
T. Deluna	300	215	300	895
K. Blackburn	270	215	375	850
F. West	205	150	340	675
132				
D. Heath	505	300	520	1325
A. Williamson	360	200	405	965
C. Bennett	340	205	370	915
D. Couch	320	200	375	895
E. Schemine	225	200	295	720
R. Willison	220	240	260	720
E. Lenhart	145	245	245	635
L. Cumbo(f)	225	115	265	605
148				
L. Simone	470	235	500	1205
B. Tracey	405	270	480	1155
A. Bernardinelli	450	260	410	1120
K. Gandec	405	265	405	1075
M. Powell	350	285	420	1055
P. Martino	345	255	435	1035
H. Rome	365	225	375	1000
D. Blackburn	345	205	375	925
L. Donahue	270	250		
165				
J. McCarty	610	375	635	1620
D. Graham	570	300	585	1455
J. Demaske	540	310	570	1420
F. Wambsgans	505	345	560	1410
J. Chorpenning	530	295	560	1385
D. Engle	465	340	485	1290
D. Blackburn	480	305	500	1285
J. Broughton	410	325	500	1235
R. Amrick	425	255	550	1230
J. Martin	465	290	455	1210
P. Lewis	425	280	450	1155
J. Sweatt	380	280	425	1085
C. Maxwell				
181				
B. Clary	635	375	600	1610
W. Sword	610	300	540	1450
M. Miller	555	380	500	1435
R. Hawkins	550	300	525	1375
R. Pence	510	290	550	1350
G. Purvis	485	300	550	1335
J. Owens	530	315	485	1330
M. Scott	505	275	535	1315
J. Mazeqie	450	280	575	1305
J. Geraci	440	340	520	1300
J. Kish	465	290	510	1265
D. Dial	440	320	500	1260
G. Rome	450	275	425	1150
D. Dague	340	230	460	1030
J. Ross	275	185	360	820
G. Wolfe	600			
198				
S. Uhas	675	330	635	1640
D. Jeffries	625	405	580	1610
J. Ramsey	620	330	570	1520
D. Blahnik	525	310	540	1385
R. Wolford	475	310	475	1260
A. Pucci	425	300	500	1225
G. Benford	580	340		
F. Conley	500			
B. Frye				
C. Denney				
220				
B. Russell	710	405	705	1820
L. Stinson	625	350	655	1630
G. Haggit	600	400	590	1590
A. Muttillo	590	385	600	1575
T. Meinberg	575	360	635	1570
R. James	500	350	570	1420
M. Lawrence	525	280	565	1370
S. Vanwinkle	525	330	475	1330
B. Brett	405	350	550	1305
J. Bryant				
242				
C. Gilliam	700	455	680	1835
T. Fay	730	415	680	1825
K. Nummi	655	455	630	1740
T. Frizzell	650	380	630	1660
M. Altomare	625	350	650	1625
D. Benner	620	365	560	1545
275				
S. Grill	635	360	630	1625
S. Judd	550	410	655	1615
Steve Judd	575	380	650	1605
M. Dement	430			
SHW				
B. Coyer	500	335	565	1400
K. Akins				

Teenage div: 1. J. Chorpenning, 2. B. Tracy, 3. A. Bernardinello; Masters div: 1. L. Stinson, 2. Geo. Puris, 3. M. Scott, Female div: 1. P. Booth, 2. L. Conti, 3. L. Cumbo, 4. B. Wallace; 1st session awards: best SQ: J. McCarty, BP: J. McCarty, DL: J. McCarty, lifter: J. McCarty; 2nd session awards: best SQ: B. Russell, BP: K. Nummi, DL: B. Russell, lifter: B. Russell. Pam Booth's BP at 114 was a new state record as were Doug Heath's SQ, DL and total at 132. We wish to thank everybody who lifted in or helped run the 2nd annual Muskingum Valley power meet. Special thanks go to Ron and Vince who helped announce and run the scorers table, Mark Schiller, Sue Rummell, Geo. McElroy, M. Scott, E. Uhas, B. Wallace, P. Giehls, F. Matthews, J. Beardsley, K. Mclane, M. Dement, the students of Philo HI School, and the members of the YMCA weight room. Hope to see everybody again next year.' Meet dirctors Don Graham, Steve Uhas, Marty Scott. Thanks to Don Graham for results.

Savannah Open Bench Press
2/5/83 - Savannah, Ga

114		181	
A. Leverett	140	B. Harper	330
K. Roeder	115	T. McKenzie	310
123		S. Anderson	255
B. Revier	90	S. Kicklighter	240
132		198	
A. Missroon	260	L. Pennell	430
M. Waslon	350	J. Bouchilion	380
W. Sloan	230	H. Kicklighter	380
B. Grizzard	205	J. Sinclair	365
D. Kicklighter	160	C. Jones	330
C. Provence	140	J. White	330
148		220	
J. Vandine	270	J. Brown	430
T. Beasley	240	B. Carlton	415
M. Tomaeno	235	R. Kicklighter	400
M. Hayton	230	W. Zettler	335
T. Nelson	210	R. Gabby	320
J. Bartlett	190	R. Sinclair	315
165		242	
S. Harper	345	B. Sammartino	420
M. Lamb	345	G. Page	405
R. Brewer	325	C. Cuthpin	365
M. Boyles	295	G. Peaden	350
P. Oglesby	275		
B. Kennedy	270		

Thanks to Howard Cohen for results.

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228	SEATED CURL UNIT W/BAR HOLDER	100.
231	DECLINE ROMAN CHAIR	100.
235	SEATED LEVERAGE CALF MACHINE	160.
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Aug/1982...Senior Nationals, Dwayne Fely Profile, Worlds Strongest Man Contest, British Nationals, Top 100 114s

Sep/1982...National Cup coverage, Teenage Nationals, Walter Thomas Profile, Heavy Training by Hatfield, Top 100 123s

Nov/1982 (back in stock)...Ted Hamner, George Hummel-Natural Powerlifting, Power Gym Directory, Football and PL, Top 100 148s.

Dec/1982...World Powerlifting Championships, Jake Boyer, Power Squat Comparisons, Top 100 Middleweights (165 lb.)

Mar/1983...Women's Nationals, Janice Johnson, Bob Dempsey, Doug Borden, John Kuc's Deadlift Workout of the Month, Beginning Women's routine, Isometrics, Blood Test Analysis, Chuck Ahrens, Mini Cycles, Military Championships, Top 100 220s.

Apr/1983...Eddie Pengelly Profile, Mike Bridges Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pat Casey, TOP 100 242s.

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Central Ohio Open Bench Press
3/19/83 - Circleville, OH

114		B. Eckert	420
D. Chin	230*	S. Snyder	375
D. Owens	140	T. Musciano	365
C. Hossler	115	C. Zimmerman	360
J. Moats	100	M. Lechler	345
L. Hancock	100	M. Watkins	340
L. Cecil	80	D. Culberson	305
123		198	
R. Cook	165*	R. Brown	450*
S. Taylor	125	J. Italiano	425
132		J. Conner	355
R. Powell	215	L. DeVito	355
E. Schemine	190	H. Wellnitz	300
P. Billerman	155	M. Bainter	260
148		220	
L. Miller	345*	M. Waterfield	430
D. Moss	290	M. Bergman	415
M. Evans	285	G. Haggitt	410
A. Young	275	R. Smith	400
C. Jenkins	260	V. White	370
D. Bergman	250	R. Keyse	365
J. Blakey	245	T. Brown	355
R. Self	240	K. Shelley	350
J. Burkett	240	242	
165		D. Bower	445
S. Schisler	335	J. Sheshull	420
J. Adams	330	D. Brewer	415
T. Jenkins	330	R. Radcliff	400
J. Weaver	330	T. Frizzell	395
J. Adams	325	D. Benner	375
R. Miller	320	R. Myers	370
A. Tucker	315	M. Lawrence	270
D. Rioux	305	275	
G. Combs	300	R. Galvin	540*
M. Roth	290	M. Dimel	430
J. Ryan	285	S. Judd	420
T. Gilmore	270	H. Fitzsimmons	375
G. Scholl	270	SHW	
J. Murphy	120	F. Park	405
181		B. Johnson	385
E. Mowka	420*	B. Coyer	325

* denotes meet record; best lifter lt class: E. Mowks; hvy: R. Galvin; best female trophies: 1. P. Billerman, 2. D. Owens, 3. S. Taylor. Meet director and announcer: Dean Glitt; scorekeeper: L. Glitt. Expeditor: J. Picklesimer, Judges: J. Rummel, G. Picklesimer, J. Smith and S. Rutherford. Loaders: J. Ramsey, G. Bolin, J. Wood, D. Neff and J. Chorpenning. admissions: C. Strawser. Special thanks to Jim Rummell and everyone at Rum's gym, Circleville BBC and Pickaway Co. YMCA for helping make our 3rd annual meet a big success.' Submitted by Dean Glitt.

British under 23 Championships
3/20/83 - Hatchford Brook, GB (kilos)

	SQ	BP	DL	T
56kg				
N. Powell	170	90	197.5	457.5
M. Fairbrother	140	65	175	380
A. Major	135	80	150	305
60kg				
D. Mannering	205	130	220	555
K. Sanders	185	105	190	480
N. Tavener	180	92.5	187.5	460
D. Dallen	167.5	92.5	195	455
R. Briggs	155	90	185	430
M. Harris	145	90	182.5	417.5
67.5kg				
C. Troulis	205	115	245	565
K. Jackson	200	122.5	215	537.5
G. Coates	205	102.5	225	532.5
A. Barlam	195	115	205	515
75kg				
A. Rose	227.5	147.5	230	605
P. Iwantschak	207.5	135	230	572.5
N. Fletcher	230	120	215	565
N. Quinn	200	132.5	220	552.5
J. Corcoran	185	127.5	215	527.5
82.5kg				
T. Burford	225	137.5	290*	652.5
A. Humble	240	120	265	635
T. Huxley	225	127.5	237.5	590
T. Hubble	225	130	217.5	572.5
A. Morgan	205	135	230	570
90kg				
J. Spreadbury	250	135	282.5	667.5
S. Horton	257.5	157.5	252.5	667.5
A. Rogerson	250	145	250	645
100kg				
K. Thom	255	170	295	720
A. Green	260	140	275	675

* BR U 23 record. Dope testing was enforced; one per class at random. Thanks to Andy Kerr for results.

American Heritage Carnival
3/5/83-Fort Gulick, Republic of Panama

	SQ	BP	DL	T
114				
S. Hammond	115	60	115	290
123				
R. Ramos	200	160	270!*	630
J. Sims	135	155	225	415
S. Upson	115	90	130	335
132				
J. Johnson	135	205	305	645
148				
W. Mitchell	305	270!	405	980
G. Albritten	180	185	340	705
M. Coles	180	210	300	690
165				
J. Hart	400!	230	480!*	1110!*
M. DeYong	355	260	415	1030
J. Edmond	250	200	340	790
N. Ramsey	200	160	295	675
181				
M. Fulcher	350	340!	400	1090!
E. Moore	315	270	405	990
G. Miller	245	225	400	870
W. Bellew	280	215	355	850
M. Martin	245	2056	255	705
198				
D. Hammond	365	285	405	1055
R. Robillard	245	265	420	930
M. Peterson	270	270	370	910
220				
D. Wright	200	260	300	760
SHW				
A. DePass	500!	315!	550!	1365!

* Panama Armed forces, DOD and Dependent record; ! - meet record; Most outstanding lifters: ltwt: J. Hart, hvy: A. DePass. Meet director Willie Duncan and Skip Burger; announcers: J. Hart and Don Hammond. Thanks to James Hart for results.

Torrejon Air Base Championships
1/15/83 - Torrejon AB, Spain

	SQ	BP	DL	T
132				
D. Crawford	182	182	---	
148				
B. Naparan	384b	295u	509m	1188u
165				
E. Phillips	400	268	432	1100
T. Scott	320	344u	405	1069
E. Turner	359	258	405	1022
B. Hoffman	315	233	390	938
R. Deschenes	243	268	405	916
T. Hardt	202	202	304	708
181				
T. Strong	384	304	452	1140
R. Hilliard	344	288	432	1064
A. Harris	320	315	427	1062
R. Benjamin	369	263	411	1043
198				
K. Welch	369	330b	472b	1171b
F. Albritton	384b	325	442	1151
220				
G. Davis jr	349b	304b	405b	1058b
242				
R. Ruble	364b	273b	442b	1079b
WOMEN				
132				
A. Phillips	288e	111b	309b	708b
181				
A. Shirley	85b	101b	202b	388b

e - US Military in Europe; b - Torrejon AB record; m - Mediterranean sports conf; u - US AF in Europe. Outstanding lifter ltwt: B. Naparan, hvy: T. Strong. Thanks to Dusty Caldwell for results.

Charleston Air Base vs Myrtle Beach Air Base - 3/26/83
Myrtle Beach Air Base, SC

	SQ	BP	DL	T
132				
W. Rodriguez	235	155	315	705
148				
D. Myers	375!	235	415	1025
J. Atkins	350	270	405	1025
165				
J. Minneo*	410!	280!	460	1150!
W. Jackson	315	295	405	1015
M. Morgan	325	230	375	930
181				
T. Meyers**	500!	315!	570!	1385!
G. Riazzi	415	270	415	1100
T. Ruffin	300	290	375	965
M. Glass	245	245	355	845
198				
L. Bell	335	335	450	1120
W. Rozzo	350!	285!	450!	1085!
R. Webster	325	bmb	385	710
220				
R. Rowley	385!	265!	405	1055!
I. Hill	245	185	365	795

! base records; * J. Minneo: Best SQ, DL and best lifter ltwt div; W. Jackson: Best BP ltwt; Tee Meyers: Best SQ, BP, DL and best lifter hvywt div. I would like to thank the judges and spotters for the time and effort, for without them this competition could not have taken place. Thanks to Tee Meyers for results.

Japanese Women's Championships
3/13/83
Saitama Prefecture, Japan (kilos)

	SQ	BP	DL	T
44kg				
H. Yoshida	120w*	50*	120	290*
N. Aso	90	45	112.5	247.5
M. Saito	85	40	120	245
48kg				
N. Shirasaka	100j	52.5j	135j	287.5j
K. Imai	100	52.5	100	252.5
M. Watanabe	80j	50j	90	220
N. Watanabe	80j	35	80	195
52kg				
C. Sakaeda	110j	45	132.5*j	287.5j
Y. Oguro	70	35	110j	215
N. Kimijima	80	40	80	200
M. Suzkuki	85j	40		
56kg				
M. Tanaka	135*	55	135	325
K. Iino	82.5	40	90	205
M. Harada	80	35	90	205
60kg				
U. Kunihiro	135*	75*	155*	365*
S. Sugiyama	120	50	145*	315
67.5kg				
H. Saito	132.5*j	55j	147.5*j	335*j
Y. Fujii	130	57.5j	122.5j	310j
75kg				
Y. Kobayashi	135	70	165*	370*
Y. Tamura	145*j	70j	150j	365*j

w - unofficial world record; * - Japanese record; j - Japanese Jr record. The members of the 1983 Women's world in Australia: Manager: F. Seki, 44kg: H. Yoshida, 48kg: K. Imai, N. Watanabe, 52kg: Y. Oguro, 60kg: U. Kunihiro. Best lifter award: 44kg: H. Yoshida.

44kg: Hiroo lifted 120kg in squat, unofficial world record, but not good on DL so the total was far from satisfactory for her.

48kg: Newcomer N. Shirasaka won easily. K. Imai, who will go to Australia, had some troubles with her back. She will show much better lifting in Women's worlds.

52kg: C. Sakaeda, who is 19 yrs old, won. She began to lift only 6 months ago, so I feel she is a lifter of the future.

56kg: K. Tazika, who was 2nd in last year's Worlds, was absent. She had back and knee troubles. I think her injuries came from her training. She works together with Japanese famous weightlifting club's members in NIPPON UNIVERSITY as hard as men. M. Tanaka who begun to lift at the same time with Sakaeda (52kg class winner), showed good lifting. Y. Oguro is a beginner but she will go to Australia. She lived in Australia (Perth) for over 10 yrs so she will serve as an interpreter, too.

60kg: U. Kunihiro was very strong. She enjoyed Karate and begun to lift 10 mos ago. She will show good lifting in Australia.

67.5kg: H. Saito and S. Fujii are both Junior lifters, and they competed with each other. This time H. Saito smiled.

75kg: Y. Kobayashi who is 38 yrs old, won. She improves her lifting year by year. Y. Tamura was 2nd by 5 kg, but she did not use a supersuit and wraps. She lifted 155 kg easily at squat (a little high). I feel if she works hard and wears supersuit and wraps, she can be the heaviest squatter in Japan.' Thanks to Susumu Yoshida for results.

National Meet—Qualifying Totals

	Senior Nationals	Junior Nationals	Men's Teenage Nationals 14/15	Men's Teenage Nationals 16/17	Men's Teenage Nationals 18/19	ADFPA Drug Free Nationals
114	1069	936	650	725	800	800
123	1190	1041	745	820	875	875
132	1284	1140	810	930	1035	980
148	1410	1361	900	1075	1175	1150
165	1625	1455	950	1125	1300	1310
181	1714	1554	1000	1200	1400	1425
198	1813	1675	1030	1275	1470	1475
220	1895	1758	1075	1325	1480	1525
242	1984	1791	1100	1350	1490	1575
275	2061	1901	1125	1365	1500	1625
SHW	2143	1929	1150	1385	1505	1675

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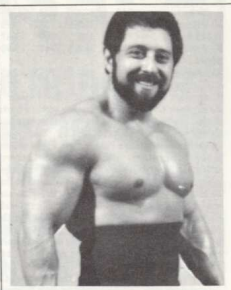
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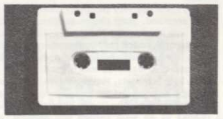


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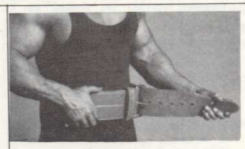
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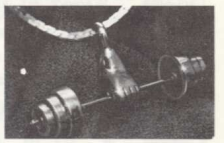
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***Human Crane**...Jerry Szigethy pulls up his 2nd attempt 650 deadlift in the 181 lb. division at the Tri-State Open meet. photo by Jim Micik.*

Tri State Powerlifting
3/5-6/83 Warwick, NY (kilos)

	SQ	BP	DL	T
WOMEN				
52kg				
C. Borzumate	75	40	115	230
56kg				
S. Drach	62.5	50	95	207.5
60kg				
C. Latham	92.5	62.5	107.5	262.5
M. Zuniga	92.5	45	117.5	255
75kg				
S. Alexander	95	57.5	115	267.5
MEN				
56kg				
J. Brant	145	85	170	400
A. Pallas	140	82.5	162.5	385
G. McAllister	105	52.5	122.5	280
60kg				
L. Chernoff	120	125	165	410
J. Gryczewski	157.5	72.5	175	405
M. Kunze	152.5	85	167.5	392.5
F. Wagner	145	82.5	160	387.5
M. Rizzuto	107.5	65	130	302.5
67.5kg				
J. Micik	200	127.5	197.5	525
T. Keppler	160	105	185	450
M. Cosenza	110	100	152.5	362.5
75kg				
B. Clayton	227.5	147.5	242.5	617.5
J. Prendergast	217.5	140	242.5	600
R. Johnson	197.5	132.5	227.5	557.5
B. Marchetti	167.5	122.5	215	505
T. Farrell	175	107.5	212.5	495
M. Carpenter	152.5	97.5	190	440
82.5kg				
F. Palmer	265	175	267.5	707.5
J. Szigethy	257.5	147.5	295	700
M. Teuchert	237.5	155	280	672.5
B. Sullivan	272.5	160	227.5	660
M. Makofsky	227.5	160	245	632.5
R. Holley	227.5	115	250	592.5
D. Guzman	172.5	137.5	227.5	537.5
J. Steele	172.5	117.5	220	510
B. Bahl	192.5			
90kg				
P. Halliwell	255	180	260	695
M. Duffy	240	162.5	265	667.5
C. Nelson	217.5	157.5	252.5	627.5
M. Ferry	210	137.5	247.5	595
B. Alexander	217.5	132.5	205	555
100kg				
C. Neff	280	205	285	770
T. Funaro	260	132.5	255	647.5
F. Massa	220	182.5	227.5	630
D. Neutts	207.5	150	245	602.5
H. Gelchinsky	210	142.5	215	567.5
R. Gabaldon	182.5	107.5	192.5	482.5
110kg				
D. Abramson	285	182.5	292.5	760
H. Sisca	282.5	155	277.5	715
E. Ruquet	265	160	265	690
M. Mack	237.5	155	237.5	630
B. Hogan	195	132.5	210	537.5
125kg				
G. Stevans	380	225	332.5	937.5
D. Spinelli	295	155	250	700
L. Schroeder	240	147.5	242.5	630
L. Radzieski	215	142.5	237.5	595
SHW				
J. Smith	280	212.5	292.5	785
J. Rizzo	240	220	220	680
J. Miller	245	92.5	250	605
B. Owens	240	112.5	210	562.5

Women: best SQ: M. Zuniga, BP: C. Latham, DL: C. Borzumate, total: C. Borzumate; Men: best SQ: B. Sullivan, BP: F. Palmer, DL: J. Szigethy, total: F. Palmer. heavywt: best SQ: G. Stevans, BP: G. Stevans, DL: G. Stevans, total: G. Stevens; Teams: Bellvale Barbarians: 34; World Gym East: 25; Fitness world: 21; Northeast Power: 13. Meet director: Vaughn Maldfeld, announcer: B. Burns, scorekeeper: B. Moffitt, Judges, V. Maldfeld, L. Schroeder, F. Gomes, H. Gelchinsky, J. Szigethy, B. Owens, M. Makofsky, Spotter/loaders: B. Leek, B. Meltzer, J. Prendergast, D. Johnson, M. Henderson; Most improved: Bob Owens; Lou Radzieski set new records in the 125 lb class for 55-59 age group for SQ, DL and total. Glen Stevans set a new state record in the SQ and DL. Thanks to all who assisted to make the meet run smoothly.

Illinois Jr State
2/27/83-Evanston, Il (kilos)

	SQ	BP	DL	T
52kg				
P. Rinaldi	127.5	62.5	160*	350
N. Lira(f)	110	62.5	130	302.5
56kg				
G. Richards	147.5	95	192.5*	445
D. Neyendorf(f)	70	42.5	92.5	205
J. Orlando(f)	70	35	92.5	197.5
60kg				
J. Gabriel	175	140*	197.5	512.5
K. Niemeyer	130	62.5	145	337.5
67.5kg				
E. Bridges	222.5	125	245*	602.5
P. Scholz	210	135	245*	590
B. Mostow	212.5	117.5	220	550
J. Thurm	207.5	122.5	217.5	547.5
M. Frank	172.5	127.5	210	500
M. Grossman	180	112.5	205	497.
N. Joseph	172.5	120	205	497.5
K. Elleson	175	110	197.5	482.5
M. Abrams	170	127.5	182.5	480
D. Radford	165	115	182.5	462.5
C. Poulos	147.5	110	167.5	425
K. Shindler	135	95	152.5	382.5
M. McRae	210	125		
75kg				
I. Mendoza(BL)	240	185*	240	665
M. Forni	232.5	137.5	272.5*	647.5
J. McLeod	200	167.5	237.5	605
L. Onsen	225	137.5	227.5	600
T. Denton	235	130	232.5	597.5
J. Invergo	222.5	125	205	552.5
B. O'Connell	197.5	142.5	205	545
D. Weiss	192.5	125	212.5	530
J. Lingert	190	117.5	210	517.5
J. Petisce	147.5	92.5	192.5	432.5
B. Lopez	172.5	102.5	200	475
M. Larsen	215	122.5		
B. Luebbers	227.5	115		
B. Chetlin(GL)	267.5	145	250	662.5
T. Danerfield(GL)	242.5	137.5	272.5	632.5
82.5kg				
J. Brundige	262.5	150	262.5	675
T. Matichak	265	157.5	250	672.5
J. Henry	220	160	262.5	642.5
C. Spicer	247.5	147.5	240	635
R. Presswood	252.5	132.5	240	625
B. Rich	250	115	237.5	602.5
C. Huskie	205	147.5	242.5	595
T. Manietta	215	140	230	585
C. Smith	212.5	125	217.5	555
F. Fulcon	195	110	245	550
B. Kelly	147.5	120	187.5	455
J. Walker	152.5	120	180	452.5
D. Daugherty	107.5	115	185	407.5
90kg				
J. Bassi(BL)	305*	177.5	285	767.5*
D. Rosenzweig	287.5*	187.5	282.5	757.5*
M. Rappley	280*	170	287.5	727.5*
B. Stevenson	262.5	152.5	262.5	677.5
J. Ranieri	242.5	155	265	662.5
D. Stevens	270	130	260	660
D. Pluister	250	137.5	272.5	660
K. Diana	240	142.5	222.5	605
M. Stevens	215	112.5	257.5	585
R. Rasmussen				
100kg				
J. Prochaska	277.5	207.5	305	790*
S. Hutkowski	272.5	210*	287.5	770
C. Perrine	287.5	177.5	287.5	752.5
J. DeVerbille	295	172.5	282.5	750
S. Chilton	285	175	255	715
J. Crass	245	167.5	250	662.5
T. Luebbers	227.5	125	260	612.5
D. Richardson	200	127.5	212.5	540
T. Lanzante				
110kg				
B. Ferro	305*	185	285	775*
S. Workley	305*	155	297.5	757.5
J. Moulton	267.5	182.5	305*	755
J. Frick	295	172.5	282.5	750
D. Taylor	282.5	170	260	712.5
J. Budde	267.5	157.5	277.5	702.5
J. Hollibaugh	250	160	250	660
B. Hoerton				
125kg				
J. Bruch	312.5	177.5	320*	810*
R. Rupright	280	190	260	730
J. Rich	245	187.5	272.5	705
K. Huegen	262.5	152.5	277.5	692.5
R. Richards	252.5	155	260	667.5
F. Prete	237.5	162.5	240	640
SHW				
M. Perkins	300*	190	295*	785*
C. Calamari	215	140	217.5	572.5

* denotes meet record; best lifter hvywt: J. Bassi, lhwt: I. Mendoza; 1st place team: Frantz, 2nd: Rudy's gym. Thanks to meet director Mark Bergel for meet results. 'Over 80 lifters came to the Northwestern's Patten gym, and the meet was a huge success with over 20 meet records being set. In 114 lb class Paul Rinaldi displayed a fine DL and N. Lira showed that she is one of the top female lifters around. We also saw a top deadlifter in the 123 lb class in Gerald Richard. John Gabriel had a good day in the 132s led by his meet record BP of 140 kilos. Ed Bridges out muscled Pete Scholz at 148 despite both of them deadlifting meet records of 245 kilos. The Bridges name always seems to come out on top in this weight class. The previous DL record here was 240.5 kg held by Bob Bridges. At 165, I. Mendoza looked very strong. He's always had an excellent BP and he again showed it off with a meet record of 185 kg. Bob Chetlin guest lifted and qualified for the Jr Natl championships. The collegiate record holder in the SQ could turn out a great total there if he hits more of his second and third attempts. At 181 John Brundige edged out Tom Matichak for 1st place. John Bassi headed a great trio at 198. Bassi, Dana Rosenzweig, and M. Rappley set meet records in both their squats and totals, but Bassi's 305 kilo squat was too much for either of the other two to overcome. At 220, James Prochaska had a meet record total to win while S. Hufkowski showed off a record setting BP of 210 kg. Bernie Ferro outclassed the field at 242. At 275 J. Bruch led by a meet record DL took first place by an overwhelming 80 kg. Mark Perkins set 3 meet records in winning the SHW class.

The meet ran very smoothly, thank to all the help received. State chairman Dennis Brady's help was invaluable. Thanks also to Larry Lilja the strength coach for Northwestern's football team, for his assistance and cooperation. Rick Hartzell also deserves much gratitude for his help. Lyle Schwartz, Northwestern's PL team's advisor, announced the entire meet and made sure it ran smoothly. We're lucky to have him! Thanks to all who helped out judging, and especially to the Northwestern PL team members, who helped before, during and after the meet. We're sure Carmen's Pizzeria appreciated the team's massive consumption of food following the cleanup as well as their boisterous behaviour! Finally, I thank Bob Chetlin, who aided me step by step in organizing and running the meet. I will proudly watch his imminent rise to the top of our sport.'

Northern Calif. Open Deadlift
3/20/83 - San Francisco, CA

114		181	
G. Hunnicutt	374	G. Whitehead	633
D. Arroy	330	K. Lackey	611
K. Tuite(f)	314	A. Jones	562
N. Belliveau(f)	259	D. Nunes	534
R. Ramos(f)	259	J. Bartlome	518
123		J. Darrell	451
J. Cunha	380	L. Kayser(f)	275
R. Ceraolo	380	J. Cox	
M. Guzman	319	198	
L. Dale(f)	248	J. Dentice	666
132		M. Clason	600
I. Orais	446	R. DeCaro	578
M. Mariano	429	K. Goss	512
J. Carr	424	E. Kovach	501
V. Syas(f)	325	W. Prodger	479
P. Filinick(f)	375	N. Duboit	451
M. Gradley(f)	264	D. Waters	
M. Staninec	226	220	
148		A. Hejnal	644
D. Buckingham	529	M. Musto	606
R. Abbott	479	R. Sanchez	556
J. Williams	474	B. Carpenter	540
D. Tokiwa	474	A. Adreveno	540
C. Thompson	413	J. Hall	440
A. Bell(f)	330	242	
R. Williams(f)	325	G. Kunit	650
A. Barrese(f)	325	E. Foster	611
C. Kling(f)	319	L. Evans	584
C. Woods(f)	242	275	
165		M. Burruel	677
D. Coholan	523	D. Horrigan	639
J. Richmond	485	G. Antonetti	551
P. Mendez	468	D. Jones(f)	402
J. Cheng(F)	341	SHW	
S. Earl(f)	325	S. Simon	529
D. LDelleree(f)			

Best lifters: lt class: Open: D. Buckingham, Women: K. Tuite, Masters: R. Abbott; hvy class: open: G. Whitehead, women's A. Bell, masters: B. Carpenter. Competing teams: 1st: Mission Muscle Factory; 2nd: West Coast Fitness Ctr. Meet director: T. Swartzell, announcers: A. Kirshner and F. Siebert, referees: J. Waters, L. Kirshner, R. Riddleberger and D. Amini, Loaders: S. Yee, C. Newman Jr, J. Lothrop. Scorekeepers: H. Swartzell, M. Bruni and Joan Lester. Thanks to Jim Lem for results.

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Lake Highlands High School Meet
3/19/83 - Dallas, TX

	SQ	BP	DL	T
114				
M. Meneses	240	160	285	685
K. Lee	260	145	265	670
K. Adair	200	160	300	660
K. Levingston	185	135	275	595
123				
W. Edwards	325	200	400	925
D. Fadal	315	125	360	850
G. Collins	280	210	290	780
D. Escobar	270	150	350	770
G. Moore	250	185	330	765
A. Moline	255	170	295	720
C. Williams	250	165	280	695
M. Carlock	200	165	265	630
132				
T. Condiff	405	240	400	1045
P. Manicchia	355	245	400	1000
S. Asher	325	210	380	915
J. Melendez	265	195	385	845
T. Clemmons	280	170	385	835
D. Martinez	300	190	335	825
M. Zmdick	200	180	335	715
M. Sturgin	230	180	290	700
S. Tyree	225	165	265	655
148				
R. Ott	400	230	475	1105
B. Haddad	450	215	435	1100
S. Taylor	410	230	430	1070
M. Nelson	410	270	380	1060
C. McDougal	320	245	400	965
S. Gardner	350	250	360	960
S. Stampford	325	215	400	940
G. Hall	340	225	330	895
J. Chester	290	200	390	880
R. Davis	245	180	350	775
T. Simpson	280	185	300	765
J. Sanders	280	175	300	755
165				
H. Everett	480	310	605	1395
B. Hooks	450	265	440	1155
B. Carter	370	240	475	1085
J. Giddens	400	250	435	1085
J. White	400	255	415	1070
M. Kendricks	330	260	460	1050
A. Petter	390	220	405	1015
J. North	350	260	400	1010
R. Cavosos	340	255	410	1005
J. Adair	375	220	405	1000
D. Hood	375	220	390	985
M. Leds	300	200	415	915
G. Hillard	280	235	360	875
M. Woody	285	210	370	865
J. Crumpley	285	160	345	790
L. Robertson	240	165	375	780
181				
C. DeLaCerola	420	280	515	1215
R. Calvert	450	265	475	1190
D. Clements	435	270	450	1155
B. Stewart	415	280	440	1135
D. Sanders	400	240	450	1090
L. Early	350	240	405	995
J. Vansyckle	300	245	445	990
R. Watson	390	245	345	980
R. Wimberly	300	250	400	950
Y. Beittia	320	220	360	900
T. Ayd	300	200	330	830
198				
E. Whitted	450	320	525	1295
B. Kinder	500	255	490	1245
T. Schell	480	280	480	1240
C. McDavid	425	260	500	1185
K. Marshall	400	265	470	1135
C. Chalkley	380	250	500	1130
D. Roberts	415	260	435	1110
L. Jones	425	265	400	1090
K. Alemein	400	210	425	1035
J. Brown	340	220	430	990
C. Coffee	315	285	380	980
J. Reed	315	225	400	940
J. Selby	290	200	390	880
K. Edgmon	300	205	355	860
J. Garnger	280	215	340	835
220				
M. Markle	555	270	520	1345
D. Harvey	515	295	475	1285
T. Truitt	450	290	475	1215
V. Weldon	420	280	495	1195
R. Perry	350	265	420	1035
J. Brooks	300	260	470	1030
D. McDonald	340	200	450	990
D. Lindley	350	215	400	965
242				
K. Connally	390	235	485	1110
R. Cotton	320	230	450	100
G. Brown	300	300	350	950
SHW				
M. Gregory	430	345	540	1315
A. Rizzotto	505	335	475	1315
R. Sallin	420	330	520	1270
B. Bonner	400	215	440	1055
S. McCracken	280	260	460	1000
D. Moss	300	180	415	895

Best lifters: Upper wts: 181-SHW: R. Calvert, Lake Highland HS. total lift: 1190, lower wts: 114-165: H. Everett; Lake Highland HS, total lift: 1395. team totals: 1st: Lake Highlands: 60; 2nd: Waco Reicher: 24; 3rd: Sweetwater: 23; 4th: DeSoto: 16; 5th: No. Mesquite: 12; 6th: Samuell: 8; 7th: Sulphur Springs: 8; 8th: Weatherford: 5; 9th: Burleson: 3; 10th: Corsicana: 1, 11th: Mesquite: 1. Lake Highlands 'B': 18; Thanks to B. Persinger for results.



***Best in Lake Highlands Meet**...Harry Everett won Best Lifter in the light classes. Photo courtesy Persinger.*

9th annual Keystone Open
(below Class II)
12 Mar 83 - Washington, Pa

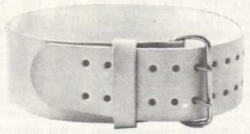
	SQ	BP	DL	T
114				
D. Smith	255	155	310	720
J. Orengia Jr	245	140	315	700
M. Huey	245	130	280	655
J. Frick	210	120	250	580
R. Mattingly	190	90	265	545
123				
D. Cushey	250	180	315	745
A. Metzinger	285	145	310	740
P. S. Glagola	185	115	280	580
C. Bulter	185	110	240	535
132				
M. Spossey	340	195	400	935*
S. Simon	325	245	360	930*
B. Gloth	295	150	360	805
J. Addy	260	145	335	740
S. Dawley	220	200	320	740
T. Cavanaugh	245	165	280	690
R. Anderson	240	165	260	665
148				
R. Gaunt	400	250	440	1090*
A. Zucker	330	275	450	1055*
E. Whelan	400	240	410	1050*
G. Ward	375	210	445	1030*
V. Papurello	350	240	405	995
R. Embaugh	350	235	390	975
H. Erickson	340	215	400	955
J. Rathbun	335	200	380	915
C. Suarz	310	205	360	875
D. Bealer	325	200	245	870
K. Blair	295	155	305	750
M. Mears	290	155	305	750
L. Bucholz	220	125	315	660
S. Roberts	210	100	220	530
165				
G. Hoskins	465	285	440	1190*
J. Jones	450	250	480	1180*
J. Kikel	420	300	450	1170*
M. Sopata	435	275	450	1160*
K. Hartman	400	225	500	1125*
R. Lane	405	240	460	1105*
S. Croft	400	225	475	1100
K. Kopczynski	400	275	425	1100
J. Straka	360	255	475	1090
M. Russak	365	275	425	1065
B. McLaughlin	360	225	470	1055
D. Parker	410	260	380	1050
T. Dawley	380	240	420	1040
C. Eckert	350	240	425	1015
F. Kirk Jr	350	215	440	1005
B. DiCioccio	365	235	400	1000
M. Hughes	315	300	370	985
M. Reger	400	210	375	985
J. Foley	355	210	405	970
J. Morris	325	200	420	945
D. Hartle	315	235	375	925
L. Novelly	220	110	245	575
181				
N. Vlasic	435	355	480	1270*
K. Phillis	470	300	480	1250*
D. Young	425	300	490	1215*
R. Zabrucky	465	285	465	1215*
W. Hopwood	385	340	450	1175
R. Chappo	425	280	460	1165
C. DaGrava	460	255	430	1145
D. Fedorka	405	250	485	1140
H. Agar	325	350	450	1125
L. Aufdemkampe	405	280	435	1120
T. Swales	375	225	500	1100
R. Andrasko	400	275	400	1075
J. Haffey	350	265	425	1040
J. Dziak	360	225	425	1010
G. Dandrea	375	225	360	960
R. McIntyre	310	185	380	875
T. Farmer	270	245	315	830
C. Capelle	325	135	350	810
P. Browning	270	200	330	800
198				
D. Barlock	500	350	550	1400*
J. Matty	480	310	505	1295*
S. Parker	440	285	560	1285*
W. Fiumara	430	355	500	1285*
R. Isreal	480	270	500	1250*
J. Rennie	420	300	475	1195
M. Campbell	420	300	475	1195
R. Aikins	410	265	485	1195
C. Pizzella	420	285	480	1185
G. Henzler	410	235	510	1155
R. Vranick	350	330	475	1155
R. Olinger	430	260	460	1150
P. Stewart	375	260	500	1135
L. Olshinsky	350	290	485	1125
G. Lazo	365	275	470	1110
220				
B. Stanko	530	340	550	1420*
B. Lantz	510	365	510	1385*
M. Terman	425	370	585	1380*
B. Tucker	540	300	540	1380*
S. Horning	470	355	550	1375*
D. Petrie	515	290	550	1355*
T. Brown	420	355	550	1325*
G. Moddie	470	290	530	1290
E. Letanunchagn	435	250	550	1235
J. Lawler	450	300	475	1225
R. Anderson	400	350	475	1225
D. Sublett	430	265	480	1175
G. Kovalick	400	310	460	1170
S. Hanik	385	260	500	1145
A. Gianchinta	365	320	460	1145
242				
G. Benesky	600	390	600	1590*
E. Duko	550	455	580	1585*
C. LaMantia	475	330	550	1355*
M. Meintel	475	345	535	1355*
A. Ginier	460	245	500	1205
G. Hirn	400	280	500	1180
275				
N. Hollinger	650	405	580	1635*
B. Cherep	520	325	630	1475*
B. Wilkins	470	330	550	1350
M. Amears	505	290	540	1335
B. Miller	485	310	460	1255
F. Hnatt	460	340	450	1250
B. Jackson	450	275	525	1250
J. Gray	455	345	530	1230
T. Burkiewicz	400	275	475	1150
B. Krause	425	250	450	1125
SHW				
R. Rood	580	370	570	1520
R. Dillion	525	340	550	1415
C. Ashcraft	570	330	510	1410
C. House	470	275	500	1245
WOMEN				
C. Capelle	325	135	350	810
J. Frick	210	120	250	580
P. S. Glagola	185	115	280	580
R. Mattingly	190	90	265	545
L. Bucholz	220	125	315	660
C. Butler	185	110	240	535
S. Roberts	210	100	220	530
L. Novelly	220	110	245	575

Team trophies: 1st: Presque Isle: 30; 2nd: WBBC: 21; 3rd: Gold's Gym: 19. Best lwt lifter: R. Gaunt, hvy: N. Hollinger. Thanks to Dominic Waters for results.

Hinesville Open Bench Press
3/23/83 - Hinesville, GA

WOMEN		181	
C. Maurer(146)	85	S. Jones	400
S. Lebron(123)	80	J. Sheffield	305
MEN		M. Boyles	300
132		T. Brennan	270
D. Kicklighter	165	198	
148		H. Miller	330
B. Jones	285	D. Triestram	320
N. Scott	245	K. Mehalko	280
M. Hayton	245	220	
165		R. Kicklighter	410
M. Lamb	350	C. Cuthpert	360
E. Cadle	310	UNL	
E. Melton	250	J. Senesac	375
B. Abercombie	250	S. Johnson	375
		T. McMillan	355

Best lifter: Sid Jones, with 50 lbs over twice bodywt. Also impressing the crowd was Mike Lamb (20 lbs over twice bodywt). Dean Kicklighter (winner in 132 class) is only 13 yrs old and his brother Randy Kicklighter lifted 410 lbs at only 18 yrs old. This meet was warmly received by the crowd at the Hinesville Gym and Fitness Center. Thanks to Deke Cox for results.



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Nevada State championships
4/26/83 - Las Vegas, NV

	SQ	BP	DL	T
WOMEN				
C. Chriani(104)	209	110	297*	617*
B. Schmuck(120)	209	143	259	611
S. Stadmire(125)	225	132	253	611
N. Weber(111)	132	83	209	424
D. Hamman(97)	77	77	154	308
MEN				
114				
K. Barnum	281	165	297	699
123				
D. Pickle	369	236*	446*	1052*
R. Jacobson	314	198	358	870
R. Moya	308	209	325	848
F. Ward	181	220	297	699
132				
K. Trujillo	457	215	501	1173
J. Howard	319	275*	385	981
148				
H. Glinski	407	236	473	1118
S. Carter	369	253	451	1074
C. Fernandez	380	231	440	1036
K. Thomas	314	209	385	909
165				
J. Campanella	424	281	479	1195
B. Revell	418	270	473	1162
D. Gress	363	264	391	1019
W. Ward	225	325	385	936
D. McCormack	391	154	363	909
181				
G. Menaker	622	352	606	1581*
K. English	490	347	485	1322
E. Arayaes	512	297	485	1295
198				
J. Dentice	573	374	600	1548
D. Mann	573	314	545	1432
D. Laney	451	225	490	1168
220				
M. Beckerle	644*	413	683	1741
J. Wright	573	391	606	1570
D. Johnson	501	330	529	1361
242				
R. Margison	578	385	628	1592
E. Schmuck	551	380	507	1438
H. Spiegel	479	380	523	1383
SHW				
P. Catha	523	363	600	1488
P. Simone	600	308	501	1410

Outstanding lifter: Div I: 114-165: K. Trujillo; II: 181-SHW: G. Menaker. * new state records; Thanks to Ken Trujillo for results.

Maryland Meets to Make....the Southern Maryland Open, Senior, Ladies, Teens, Masters Divisions...JUNE 25th 1983. Send sase to Chuck Carnobas, Rt. 3, Box 810, Hollywood, MD 20636, 301-373-5360. Also, United States Open Bench Press, June 5th, 1983, Jim Moser, 16 Treeway Ct., 2B, Towson, Maryland 21204.

I would like to hear from anyone who had back surgery and is back into Powerlifting. I need to know the best ways to rehabilitate my back and get back into this sport I love so much. I am hoping there is someone who had an operation like mine on a disc at the L4-L5 level that is back lifting competitively.

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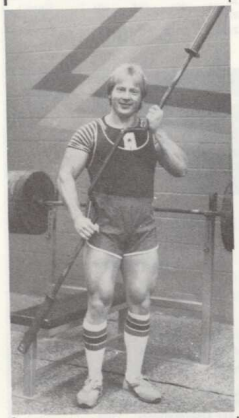
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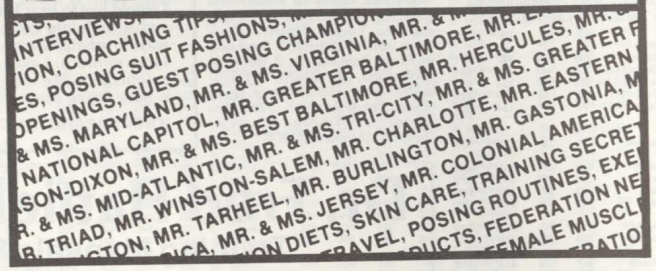
POWERLIFTING QUALIFICATION STANDARDS FOR MEN

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

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2nd annual Dead-Lift-A-Thon
Mar/83 - Muncie, Ind

75lb

M. Maynard	140		
K. Gross	110	J. Macrey	130
D. Manor	100	148	
90lg		G. Jones	350
G. Clark	160	B. Shelton	325
G. Dishmon	110	165	
110		I. Metcalfe	400
S. Lehman	180	D. Scroggins	310
J. Lehman	165	B. Holtzclow	275
J. Knapp	135	181	
120		H. Butler	325
L. Morgan	165	R. Griffin	300
132		over 220	
T. Johnson	225	J. McCain	365

The Boy's Club of Muncie raised over $400 through pledges for their deadlifting efforts. Many thanks to Nick Nottingham, Asst. Director of the Muncie Boy's Club for his many duties including trainer, loader, judge, photographer, meet dir., announcer, and clean up. Also thanks to Mickey Combs and Chuck Moisan, expeditors. The Muncie Boy's Club is soliciting donations to purchase lifting equipment. Contact Muncie Boy's Club, c/o Nick Nottingham, 1710 S. Madison, Muncie, In 47302. Thanks to Nick for results.

Kentucky State Championships
3/7/83 - Lexington, KY

	SQ	BP	DL	T
123				
J. Gibson	125	70	200	395
132				
E. Headley	340*m	260	400	1000*
R. Yates	300	205	360	865
P. Lazrovitch	285	205	330	810
148				
W. Evans(BL)	440	255	480	1175
G. Suddeth	395	300	435	1130
C. Sprinkles	390	300	415	1105
M. Evans	320	285	442	1047
R. Booth	370	205	450	1025
P. Jones	270	215	310	855
M. Strickland				
165				
G. Jones	490*m	310	465	1265
D. Hawkins	425	280	465	1170
J. Harris	390	245	470	1105
G. Shaw	405	235	465	1105
J. Robinson	400	220	430	1050
R. Hale	300	225	365	890
181				
D. Hall(BL)	525	325	640*	1490*
M. Philpot	550*m	310	580	1440
G. Martin	520	310	570	1400
S. Byron	420	330	605	1355
W. Wilson	475	270	550	1295
R. Ballard	410	420*m	450	1280
S. Woods	350	205	475	1030
198				
J. Wilhoit	620*m	360	570	1550*
B. Goodman	470	325	575	1370
T. Elam	490	335	470	1295
E. Bennett	430	290	525	1245
B. Mariner	365	240	420	1025
T. Johnson	350	205	415	970
220				
P. Whatley	560	425*m	635	1620m
M. Fettick	470	280	500	1250
J. Deaton	410	290	500	1200
M. Gibson	315	240	405	960
242				
R. Cornett	680*m	400*m	605	1685*
S. English	585	350	650*m	1585
W. Gordon	530	315	565	1410
P. Stringer	510	380	510	1400
S. Marks	500	350	510	1360
275				
T. Lewis	565	370	565	1500
J. Hurle	565	335	525	1425
Y. Raney	475	300	500	1275
WOMEN				
D. Koukos(122)	230*m	115	325*m	670*
M. Rose(93)	170*m	90*m	200*m	460*m
P. Crisan(120)	180	135*m	225	540
D. Wilson(171)	250m	155*m	275m	680m

* state records; m - meet records, BL: best lifter. '52 state records were set at this years state meet. Many were broken minutes after they were set. Eric Headley shows promise in 132 lb class having made great improvement since his 1st meet last Oct. Wes Evans once again won the 148 lb class. The all natural lifter also won the 114-165 best lifter award for the 2nd straight year. Glenn Jones won the 165 lb class for the 2nd straight year and set the state squat record along the way.

The best class was definitely the 181 lb class. 9 state records were set and any one of the top 6 totals could have won 2 years ago. The top 3 finishers were the same as last year with Donnie Hall replacing Matt Philpott in the no. 1 spot virtue of his outstanding deadlift. The outcome was not decided until the final DL as the top lifters kept letting the bar go up in an attempt to pull the winning DL. Gary Martin's attempt at 650 only went to his knees and left him in 3rd place for the 2nd straight yr. The 198 lb class was easily won by Johnny Wilhoit with a state record squat and total. After Mike Florence tore a groin muscle in training that knocked him out of both the state meet and the collegiate nationals, the 220s were all Pez Whatleys. Whatley broke Florence's state bench record with a 425 3rd attempt. Florence wants it known that he will reclaim this record and more. Rick Cornett had an outstanding day in the 242s despite missing a 715 squat. He set and reset 7 state records and finished with a fine 1685 total. He's made a lot of improvement since Oct. Steve English would have won this class in past years, but had to settle for 2nd place and 2 state DL records.

Dede Koukos, the natural Ms. America, proved she was also a pretty good powerlifter by taking 1st and setting 8 state records along the way. The team title was easily won by the Lexington YMCA Dungeon for the second yr in a row. The Great Escape from Ashland was second with The Sports Center in 3rd and Walt's gym of Louisville in 4th.

The judging was very consistent and good. We have started testing for state judges in KY and a minimum of 2 card holders are required on state records. Meet Dir Gary Martin; spotters: Ben Van Meter, J. Bohmer, B. Fettick; judges: M. Wright (head), D. Reeves and C. Gingerich. Announcers: J. Keller and Carol Waters, Scorers: M. Florence, G. Snyder, P. York, P. Shoemaker, Andy J.' Thanks to Gary Martin for results.

Northern California Open
4/2/83 - Pittsburg, CA

	SQ	BP	DL	T
114				
J. Cunha	523	303	396	1223*N
G. Hunnicutt	374	248	380	1003
K. Tuite	275	126	314	716
123				
M. Mariano	418*s	209	424	1052
M. Shijo	330	165	407	903
R. Ceraolo	281	198	380	859
N. Dixon	176	93	253	523
132				
K. Vonschoech	418	303	446	1168
R. Houlk	325	253	325	903
E. Verdon	308	226	330	865
L. Cline	303	165	347	815
K. Silva	143	121	143	407
148				
S. Zenobi	507	325	474	1306
D. Albert	407	303	485	1196
D. Buckingham	424	259	490	1173
J. Schexnayder	451	253	451	1157
J. Kline	429	253	474	1157
J. Gadayan	424	253	457	1135
165				
A. Rafael	589	424	567	1581
S. Anderson	540	330	600	1471
R. Tsutsui	507	396	463	1366
F. Deisenroth	501	341	490	1333
S. Brunson	501	303	474	1278
P. Magallanez	435	253	545	1234
M. Cites	440	319	424	1185
R. Cirimele	413	270	490	1173
B. Yamada	407	303	457	1168
D. Delleree	264	143	358	766
R. Ciriglinao	132	132		
181				
M. Clason	611	347	600	1559
D. Nunes	573	402	551	1526
B. Taketa	622	352	540	1515
L. Cascio	600	325	540	1466
J. Sullivan	501	369	501	1372
T. Cirigliano	534	292	529	1355
G. Bryant	496	347	501	1344
D. McLaughlin	534	252		
198				
K. LeClere	655*n	385	672*n	1714*n
R. Silva	600	463*n	600	1664
J. Evangelista	589	380	611	1581
R. Gillett	622	391	551	1565
D. Server	567	413	534	1515
K. Wallis	551	402	556	1510
M. Petkovich	567	341	551	1460
D. Siroskey	523	352	551	1427
D. Hudson	451	341	451	1245
W. Prodger	385	286	463	1135
D. Packer	606	385		
220				
R. Caporaso	562	451	683	1697
M. Evans	650	391	650	1692
J. Anderson	622	418	611	1653
R. Marinello	639	380	611	1631
D. Clark	595	374	600	1570
A. Enlow	562	407	562	1532
S. Johnson	501	474	534	1510
S. Vogt	474	418	573	1466
S. Segale	440	358	529	1328
J. Hall	424	275	429	1129
242				
G. Fortin	705	424	716	1846
D. Smith	755*n	424	633	1813
R. Gaines	705	424	600	1730
D. Pettit	661	380	655	1697
E. Carlson	622	474	595	1692
C. Prokop	578	363	617	1559
L. Evans	600	363	595	1559
B. Packer	600	325	562	1488
M. Slansky	143	501	275	920
J. Stanley	275			
K. Smith	405	315	480	1200
M. Burruel	804	440	705	1951
J. Serpa	496	352	468	1317
M. Buljan	374	275	501	1151
L. Greenhagen	650	363		
H. Ulavale	551			
M. Moore				
SHW				
L. Moran	937*s	600*n	705	2243*n
B. Hart	650	407	617	1675
L. Williams	143	143	275	562

*N denotes Natl, state and No. Cal records; *s denotes state and No. Cal records, *n denotes No. Cal record. Best open lifters: J. Cunha and Lee Moran; best woman lifters: 1st: Kathy Tuite, 2nd: D. Delleree, 3rd: N. Dixon and 4th: K. Silva. Competing teams: 1st: Internatl PL club: 37 pts; 2nd: Elite power team: 24 pts; 3rd: Mission Muscle Factory: 24 pts; 4th: Pittsburgh Wrecks: 22 pts. Announcers: Kelvin Yamada, A. Kirshner, and F. Siebert; referees: M. Silva, J. Waters, D. Amini, V. Freece, R. Decaro, R. Morris, D. VanBrocklin, J. Lem, M. Galanter, K. Tuite, B. Hammond, L. Kirshner and K. Silva. Spotters and loaders: Jim Lem, M. Galanter, M. Wildes, F. Siegbert, R Decaro, D. Van Brocklin, Bill McElwain, J. Waters, S. Brunson, S. Zenobi, B. Taketa and G. Matsumoto. Scorekeepers: L. Morris, S. Padgett, K. Burruel, R. Taketa, D. Kirkland, G. Matsumoto, Jim Lem, B. Draper, B Belli. Expeditors: G. Matsumoto, D. Baril, L. Kirshner and R. Zanisher. Thanks to Jim Lem for results.

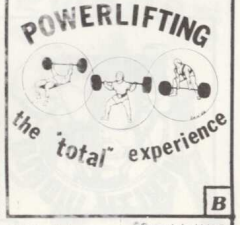
Shenandoah Open-Drug free (ADFPA) - 3/5/83
Middletown, VA

	SQ	BP	DL	T
114				
D. Aldridge(f)	130	90	175	395
123				
J. Chadwick	250	225	425	900
F. Glass	300	150	405	855
L. Kump	200	120	300	620
132				
R. Adkins	280	225	335	840
S. Zerbe	300	220	315	835
148				
B. Kline	420	270	500	1190
J. Sunday	380	270	490	1140
165				
J. Kryswicki(BL)	520	330	525	1375
M. Swann	480	325	540	1345
B. Hildebrand	475	330	535	1340
D. Jamerson	475	250	500	1225
K. Smith	405	315	480	1200
L. Eggleston	440	250	460	1150
T. Shiley	410	285	405	1100
D. Dodson	420	210	400	1030
D. Dyke	380	225	400	1005
181				
A. Turrissini	535	295	600	1430
C. Corbin	510	320	570	1400
B. Kowalyck	515	390	490	1395
M. Janakiev	525	310	465	1300
R. Orr	420	290	520	1230
R. Moyer	490	260	440	1190
R. Brooks	380	270	540	1190
N. Mikitka	365	280	530	1175
W. Johnson	295	235	345	875
J. Young	225	275	330	830
198				
M. Girton(BL)	600*	400	570	1570*
G. Black	550	405*	555	1510
G. Ferstler	590	310	595	1495
M. Rosentrater	525	345	580	1450
D. Roach	505	305	475	1285
L. Jones	440	280	550	1270
R. Shiley	405	280	465	1150
J. Sheetz	355	305	440	1100
220				
G. Hoffman	565	385	555	1505
B. Kaminsky	490	405	580	1475
G. Pyles	535	365	510	1410
M. Pope	430	365	560	1355
T. Hockman	435	315	500	1250
M. Banton	420	250	470	1140
C. Dissinger	390			
242				
B. Gillespie	625*	380	655	1660
M. Diggs	450	325	500	1275
O. Keel	410	405	400	1215
S. Manzy	400	260	520	1180
D. Specht	305	215	425	945
M. Colbert				
275				
T. Giordani	630	415	625	1670
A. Siegel	510	325	565	1400
A. Garritano	650			
SHW				
L. Barret	700	530*	625*	1855*
J. Steward	615	375	550	1540
D. Oyler	580	285	535	1400

* new ADFPA Natl record; Thanks to Tom Giordani for results of this American Drug Free PL Assoc. meet.

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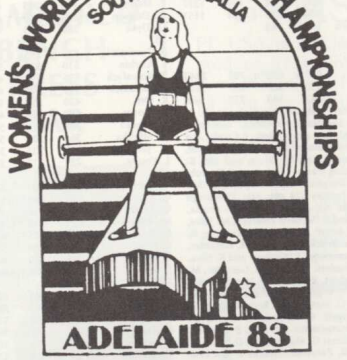


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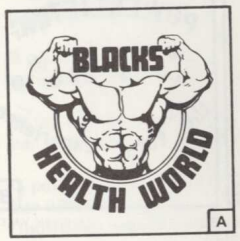
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West Virginia State
3/26/83 - Elkview, WV

	SQ	BP	DL	T
114				
C. Mooney	281	203	429	914
R. Casey	264	187	314	766
S. Schrader	248	203	303	755
R. Cook	209	143	303	655
L. Riffe	93	50	99	243
123				
R. Salser	374	281	374	1030
G. Spencer	341	225	424	992
C. Hall	352	198	435*	986
R. Yates	336	209	407	953
D. Murphy	330	181	374	793
S. Steele	264	198	330	793
132				
D. Palmateer	429	275	479*	1184*
A. Simmons	402	336*	385	1124
A. Williamson	330	203	402	935
E. Canjemi	440	242		
148				
G. Underwood	440	297	507	1245
M. McCoy	518	242	479	1240
M. Sarver	380	270	501	1151
K. Gandee	402	275	462	1140
S. Phillips	429	242	468	1140
S. Carlson	402	236	385	1025
B. Richards	369	231	413	1014
G. Wilson	314	248	385	947
J. Houvouras	341	203	380	925
J. Bayliss(m)	253m*	214m*	347m*	815m*
R. Booth	385			
165				
B. Brown	562	308	622	1493
S. Dixon	501	297	496	1295
M. Matson	451	314	485	1250
M. Davis	435	253	479	1168
B. Watson	325	181	396	903
G. Stover				
R. Anderson				
181				
R. Griffith	622	347	644*	1614
D. Currence	551	330	611	1493
C. Drennan	529	402*	540	1471
A. Strathman	567	347	534	1449
J. Pomposelli	518	314	479	1311
J. Calisto	457	303	518	1278
T. Russell	473	314	462	1251
D. Rollins				
198				
P. Sutphin	677	380	644	1703
B. Whitener	611	391	639	1642
D. Jeffrey	622	407	584	1614
G. Clark	611	391	573	1577
D. Hall	589	352	562	1504
K. McCoy	589	352	562	1477
G. Wilson	529	314	501	1344
D. Manara	490	281	540	1278
R. Hill	457	281	451	1135
J. Calderis	402	281	451	1135
T. Culp	600	374		
220				
B. Russell	705	391	744	1840
E. Snider	606	396	688	1692
B. Coulling	650	358	650	1658
T. McCoy	666	347	562	1577
J. Sharps	573	363	573	1510
E. Nagy	523a	407a	540a	1471a
J. Hairston	551	303	600	1455
242				
R. Scott	694	501*	650	1846
D. Bloxton	622	363	672	1658
M. Modesitt	562	402	540	1504
K. Loy	551	319	540	1399
J. Simon	501	347	512	1361
W. Kirk	479	352	501	1333
D. Snyder	479	314	490	1284
A. Miller	440	270	402	1113
275				
D. Hall	666	352	677	1697
SHW				
J. Cook	644	380	722*	1746
T. McNett	479	418	545	1444
L. Byrd	429	330	501	1262
WOMEN				
R. Motena	203	88	225	518
D. Dye	181	93	192	479
M. Yoakum	159	77	170	418
MASTERS DIV-over 40				
J. Bayliss Over 50	380m*	214m*	347m*	915m*
242				
A. Miller Over 60	440	270	402	1113
220				
E. Nagy	523a	407a	540a	1471a

* - W Va state record; m - master lifter, m*- masters state record; a - American masters record; V - best lifter and champion of champions. 'The 8th annual W VA State PL championship was a tremendous success with 77 lifters particpating. Meet Dir Vince White, W VA PL Chairman, along with the Holley Strength Sys. hosted W VA's most competitive state championship ever. The new facilities at Elkview Jr Hi School provided superior accommodations for the lifters. Free contest T shirts were given to each lifter and awards were given to the top 5 finishers in each weight class. Also there was a Masters div along with a women's div. The competition was tough with each class showing much depth except for the 275s and supers.

In the 114s Chuck Mooney of Charleston competed in his 2nd state championship since 1976, the year that he defeated Chuckie Dunbar. After making only his opening squat at 281 things began looking up on the BP as he made 203. On the DL Chuck showed everyone a perfect pull with a 429 state record which broke his previous record at 425 that he set in 1976 (an American record at that time). This should place Chuck into the number 6 spot in the TOP 100 114s and his total of 914 should crack into the top 20! Rick Casey and Sonny Schrader, two Hi school boys from Princeton, placed 2nd and 3rd respectively. These 2 young men will easily make the top 100 114s.

In the 123s, Roger Salser's superior ability on the BP set the pace for his victory. 5th and 6th places saw some very strong lifting done by a couple of hi school boys....Dorian Murphy from Mann and Scott Steele from Princeton.

Dan Palmateer was nothing but 'red hot' at 132! His squat at 429 was strong as well as his BP of 275. His DL at 479 was a new state record along with his 1184 total which should put him into the top 10! Newcomer Acie Simmons from Bluefield, WV won a very impressive 2nd place. His 'bionic' BP of 336 shattered the previous state record by 51 lbs! This makes him the number 3 man on the list of USA top 100 bench pressers! Only Joe Bradley and Claude Handsor have done more at 132! Ed Cangemi withdrew after the squat and BP.

The 148s was a real battle this year. Hometown resident Gene Underwood returned to the platform for the first time in 5 yrs and won 1st place over a very determined Mark McCoy from Mann, WV who squatted 518 and attempted a 551 which would have been a new 148 lb state record. Both men set PR totals.

With the absence of masters world record holder Don Hundley, Butch Brown had no trouble winning the 165s. All of Butch's lifts were easy and he really looks good for the upcoming Natls in Va. Newcomer Shawn Dixon placed 2nd and Mark Matson of St. Albans finished 3rd. We were all saddened to learn about the serious injury that Don Hundley sustained in his left elbow 5 days before this contest. The injury required immediate surgery to remove a bone spur and repair a tendon. With any luck Don will return to competition within the year.

The 181s produced some fine lifting especially among the top 3 finishers. Bob Griffith of Beckley set a PR squat of 622, benched 347, and broke the state record DL with 644!

The 198s were loaded with 11 lifters. Weighing in at 192, Paul Sutphin, went 9 for 9 with power to spare! His 677 squat, 380 BP and 644 DL comprised a conservative 1703 total that won easily! Paul has never lost a WV state meet and by winning this one, he has become the title holder in 4 different weight classes...148 thru 198! Buster Whitener of Morgantown placed 2nd, with some of his best lifting ever. 3rd place was won by Dave Jeffrey who has made a miraculous comeback from a serious arm operation.

Bret Russell defended his title with ease as he totaled 1840, won best lifter of the evening session and also the champion of champions award. Earl Snider returned after a lengthy layoff for 2nd and newcomer Bob Coulling from Bluefield WV placed 3rd with some good solid lifts!

In the 242s defending champion Randy Scott lifted very well with a state record BP of 501! He's looking for a big total at the Natls in Va. Bloxton, Modesitt, Foy and Jim Simon took 2nd thru 5th respectively. All these lifters are new.....especially Jim Simon who was in his 3rd meet in 3 months.

Don Hall of Charleston defended his title easily as he was all alone in the 275s. All Dan's lifts were PRs

Jeff Cook won the SHW and broke his own state record DL making 722.

In the Masters div there were 3 winners. In the ovedr 40 div John Bayliss was the winner. In the over 50 div Austin Miller of Charleston did 440, 270 and 402 for a 1113 total. Austin's bodywt was 226. In the over 60 div Ernie Nagy of Weirton weighed 216 and proceeded to set 4 American masters records. A 523 squat, 407 BP and 540 DL via 1471 total. VERY IMPRESSIVE! Ernie has been lifting for nearly 30 yrs. Ernie's performance at this contest should be a strong inspiration for each and every lifter.

In the women's div there were 3 lifters competing on the Malone formula. Rose Matena took 1st, Debbie Dye 2nd and Maria Yoakum 3rd.

There were 9 state records set at this contest, 9 state masters records and 4 American masters records. Again Vince White and Holley Strength Sys. deserve the credit for promoting what was perhaps the most competitive state championship ever! Many thanks go out to everyone who participated in this championship and especially to those who contributed their time and effort to make this meet a success. Looking forward to next years contest which will be a 2 day event.' Thanks to Paul Sutphin for results and Vince White for report.

32nd Great Lakes Championships
3/26/83 - Erie, Pa

	SQ	BP	DL	T
114				
P. Gennaro	300	170	385	855
D. Smith	265	150	310	725
J. Orengia Jr	250	145	310	705
L. Hoadwonic	225	110	240	575
J. Frick	210	115	250	575
G. Little	170	80	225	475
S. Welch	140	80	155	375
123				
N. Paterniti	440**	250	430	1120
D. Remaley	355	185	400	940
B. Oster	380	205	355	940
M. Machtay	340	215	385	940
K. Allison	225*	120	250	595
132				
P. DiFrancisco	335	250	380	965
D. Shull	350	225	370	945
W. Morris	330	220	365	915
T. Becht	k275	190	375	840
D. Hoadwonic Jr	260	150	285	695
148				
T. DeMatteo	440	265	460	1165
M. Goodwin	390	260	510	1160
M. DiGangi	375	225	470	1070
J. Siegel	355	210	445	1010
S. Walker	320	225	425	970
B. Williams	360	205	370	935
H. Erickson	325	210	400	935
M. Taylor				
165				
D. Graham	575	310	590	1475
F. Wambsgans	515	340	545	1400
P. Seybert	490	300	560	1350
D. Reed	525	250	525	1300
J. Lentsch	450	280	440	1170
S. Toy	430	295	435	1160
J. Allison	415	270	460	1145
J. Patton	395	230	465	1090
J. Laney	375	240	440	1055
181				
J. Wilson	635	350	590	1575
H. Fleming	600	350	605	1555
D. Waters	630	350	540	1520
F. Yannucci	565	380	560	1505
B. Purvis	490	310	555	1355
J. Hunter	485	290	500	1275
A. Vogt	475	290	500	1265
J. Hoplin				
198				
M. Baird	650	380	655	1685
S. Uhas	700	325	620	1645
R. McCoy	545	350	525	1420
T. Gage	510	325	555	1390
P. Antinopoulis	500	340	530	1370
M. Scott	500	315	530	1345
B. Varda	450	345	500	1295
R. Lantz	455	270	500	1225
J. Sarratori				
P. Richmond				
220				
M. Schmidt	710	430	700	1840
E. Walker	630	385	675	1690
B. Graser	660	245	700	1605
J. Bukalini	545	370	525	1440
R. Douglas	480	355	460	1295
J. Robinson				
242				
J. Moraskik	700	410	725	1835
D. Fallagan	680	450	700	1830
P. Mucci	610	430	650	1690
M. Voit	600	430	605	1635
275				
M. Smith	850s	405	675	1930s
G. Horejsei	730	480	695	1905
A. Siegle	525	310	550	1385
L. Cheney	485	385	475	1345
SHW				
B. Repicky	630	380	650	1660
R. Rood	600	340	530	1470

* Women's State record; ** AMA record; s - state record. Outstanding lifters: M. Wilson and M. Smith; outst. squatters: J. Wilson and M. Smith; benchers: F. Yannucci and G. Horejsei, DLers: D. Graham and J. Moraski. Womens awards: 1. L. Hoadwonic, 2. J. Frick, 3. K. Allison, 4. G. Little, 5. S. Welch. teenage awards: 1. M. Machtay, 2. W. Morris, 3. J. Patton, 4. J. Laney, 5. J. Siegel. team awards: 1. Presque Isle Powermen, 2. Power House, 3. Penn State. Master awards: 1. B. Purvis, 2. M. Scott, 3. R. Rood, 4. A. Siegle. We would like to thank all of the loaders, officials scorekeepers, and all behind the scenes who are helping our sport to grow. A special thanks to the MCs, one of which even had a bad cold and still did a great job, Brenda Siegle. Without these people there could be no contest. Watch for the Erie City Bench press contest in Sept. (open).' Thanks to Joe Orengia for results.

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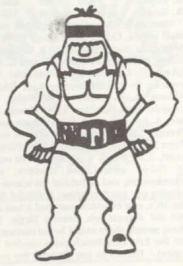
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Ozark Championships
5/6 Mar 83 St. Louis, Mo (kilos)

	SQ	BP	DL	T
WOMEN				
L. Barylske	95	55	102.5	252.5
A. Weindell	82.5	42.5	105	237.5
K. McCarron	72.5	45	100	217.5
52kg				
W. Godat	130.	87.5	170**	387.5
M. Scher	97.5	67.5	107.5	272.5
56kg				
M. Ingram	142.5	92.5	1812.5	440
D. Parr	152.5	92.5	160	405
S. Tanaka	135	97.5	147.5	380
D. Mathis				
S. Harris				
60kg				
J. Privitor	187.5	105	190	482.5
S. Shaw	160	97.5	197.5	455
B. Coffman	150	122.5**	147.5	425
R. Amelunke	160	85	172.5	417.5
J. Parr	125	85	152.5	362.5
S. Lawson	115	80	160	355
S. Snyder	115	80	157.5	352.5
J. Tate	110	65	157.5	332.5
67.5kg				
K. Bolen	230	115	232.5	577.5
T. Donze	175	102.5	200	477.5
D. DelRosso	147.5	112.5	200	460
J. Clayton	140	82.5	180	402.5
G. Guerra				
T. Kendall				
T. Ohmeyer	127.5	102.5	147.5	377.5
75kg				
I. Gudermuth	250*	157.5	252.5	660
D. Glenn	245	152.5	240	637.5
S. Wachter	200	142.5	237.5	580
R. Presswood	195	115	222.5	532.5
G. Genall	162.5	90	182.5	435
T. Kendall	150	95	165	410
W. Almany				
J. VanValkenburg				
C. Thomas				
82.5kg				
J. Clark	240	152.5	282.5	675
N. Wasser	255	160	260	675
M. Miller	230	170	265	665
T. Marino	227.5	155	237.5	620
R. Presswood	240	125	240	605
M. Silvinski	230	117.5	227.5	575
B. Morlock	170	120	195	485
M. Mahn	157.5	107.5	202.5	467.5
T. Reese				
G. Wellman				
R. Peters				
D. Neiner				
90kg				
A. Slivinski	270	190	290	750
C. Rowell	265	172.5	290	727.5
T. Brown	292.5*	155	272.5	720
M. Everly	277.5	157.5	277.5	712.5
G. Rintoul	260	162.5	272.5	695
S. Snook	255	147.5	265	667.5
A. Franklin	232.5	162.5	230	625
M. Paulis	227.5	137.5	237.5	602.5
R. Genail	220	140	222.5	582.5
R. Tucker	180	117.5	202.5	500
D. Zitt				
100kg				
J. Bornhop	307.5*	175	292.5	775
J. Moore	262.5	167.5	250	680
D. Sutton	227.5	165	277.5	670
D. Walton	227.5	152.5	275	655
R. McReynolds	232.5	162.5	257.5	652.5
S. Venable	232.5	150	245	627.5
B. Healy	192.5	145	240	577.5
J. Lott	192.5	120	215	527.5
B. Huber				
W. Sallade				
T. Lanzante				
110kg				
B. Davis	365*	220*	342.5*	927.5*
B. Uren	260	180	295	735
T. Sumner	260	185	265	710
B. Brady	237.5	160	312.5	710
T. Smith	187.5	127.5	222.5	537.5
J. Kruszynski				
125kg				
J. Petroff	340*	180	315	835
L. Houston	305	182.5	320	808.5
R. Harris	272.5	167.5	272.5	712.5
J. Volland	262.5	182.5	262.5	707.5
J. Angelo	240	197.5	265	702.5
J. Manula	245	155	242.6	642.5
J. Brown	240	122.5	240	602.5
J. Bell				
SHW				
M. Perkins	305	187.5	320z	812.5
P. Martin	287.5	160	280	727.5
R. Morrison	275	177.5	272.5	725

* denotes Mo. State record; † denotes Ozark and Missouri st record, z denotes Ozark record. Best lifter lt session: D. Glenn, hvy: Bill Davis; team trophies: 1st: Lakeside PL Club, 2nd: Bernie's gym; 3rd: N.W. Co YMCA. Bill Davis, still recovering from his Sr. Natl injury, set new MO state and Ozark records with all of his lifts while totaling 2044 and qualifying for this years Seniors. I would like to thank all of the judges and the ladies and men who helped with the loading, spotting, scoring, etc.;a special thanks to Kim and Rickey Dale Crain who helped with the judging and sold their lifting equipment. Rickey was also kind enough to do a BP and DL exhibition.' Thanks to Michael Cissell, DDS for results.

Colorado Meet
Mar/83 - Littleton,Co

	SQ	BP	DL	T
123				
R. Cuccia	315	210	400	925
J. Wright	305	150	340	795
132				
M. Capillupo	420	285	420	1125
D. Gutierrez	385	225	450	1060
R. Ambriz	325	260	275	860
148				
S. Lower	435	360	505	1300
T. Kovaleskie	465	325	505	1295
R. Martinez	425	225	515	1165
165				
E. Montoya	515	340	615	1470
R. Poindexter	570*	345	550	1465
B. Maecker	535	385	535	1455
181				
J. Vitale	535	320	560	1415
D. Boies	520	340	550	1410
198				
D. Wright	730*	475*	640	1845*
K. Steele	560	330	660	1550
J. Ponzi	540	380	625	1545
220				
K. Koplitz	660	450	670	1640
M. Carter	530	440	670	1640
K. Wold	610	355	650	1615
242				
P. Holmes	630	425	640	1695
P. Brady	615	350	635	1600
R. Owen	460	370	525	1355
275				
P. Sumner	600	420	600	1620
D. Dubrovin	470	320	610	1400
MASTERS				
P. Brady(49)	615**	350	635**	1600**
J. Gonzales	430	290	525	
B. Pearce	430	215	500	1145
WOMEN				
M. Castro	315	160	315	790
J. Trujillo	320	165	385	870
B. Lough	275	140	325*	740*
C. Brady	240	120	295	655
A. Gaumond	215	140	275	630
P. Wervel	150	140	235	525
B. Cheney	195	110	305	610
J. Adams	160	100	250	510
C. Ha	245	155	315	715

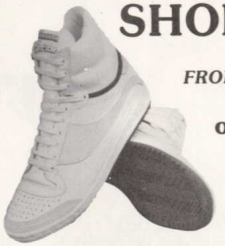
* - state records; ** state masters records. best lifter 198 and up: D. Wright; 181 and under: R. Poindexter. Thanks to Phil Brady for results.

UK Open Powerlift
RAF Chicksand, England - 5/3/83

	SQ	BP	DL	T
WOMEN				
A. Gudson(114)	180	110	220	510
J. Smith(148)	195	95	245	535
Bandanza(148)	125	75	145	345
G. Doyle(165)	270	120	280	670
MEN				
132				
R. Wilson	305	240	375	920
4th	325			
Killenbeck	135	160	290	590
148				
T. Parker	370	230	480	1080
		4th	500	
Wells	370	280	430	1080
J. Arnold	245	190	315	750
165				
R. Duvall	445	300	430	1175
N. Greeer	375	290	275	940
Pecoraro	250	255	370	875
G. Crusoe	275	255	375	905
181				
S. Coscarino	500	275	590	1365
K. Smith	395	275	540	1210
B. Cox	375	280	525	1080
Beauchamp	370	240	400	1010
Hickey	280	260	425	965
Harr	330	250	380	960
198				
J. Doyle	485	295	490	1270
K. Brock	400	335	465	1200
Connors	370	265	485	1120
D. Lindvig	405	235	425	1060
Ballanger	300	245	455	1000
220				
L. Vaughan	450	290	520	1260
P. Bandanza	410	300	500	1210
S. White	405	290	485	1180

Team scoring: Upper Heyford: 41 pts, Wethersfield: 31; Lakenheath: 31, Chicksands, 11; Bentwaters:11; Mildenhall: 7. Best female sq: G. Doyle, BP: A. Gudson, DL: A. Gudson, overall: A. Gudson; best men's ltwt sq: B. Duvall, BP: Wells, DL: T. Parker, overall: T. Parker; best men's hvy sq: S. Boscarino, BP: K. Brock, DL: S. Boscarino, overall: S. Boscarino. Thanks to Lee Vaughn for results.

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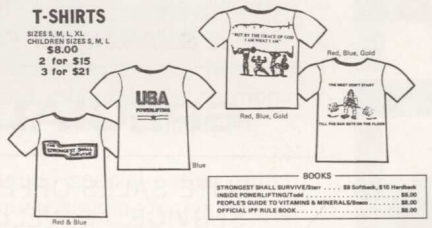
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1982 National Cup Invitational
1983 Texas Cup Championships

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Rickey Dale Crain

(Patent Applied For)

ELITE

Tokyo Championships
3/27/83- Kodaira, Tokyo, Japan (only top 3) (kilos)

	SQ	BP	DL	T
WOMEN				
44kg				
M. Saito	100	40	132.5&	272.5
N. Aso	90	47.5	110	247.5
48kg				
M. Watanabe	100	55	100	255
N. Koyama	82.5	40	102.5	225
52kg				
Y. Miyazawa	80	52.5	110	242.5
M. Suzuki	85	40	102.5	227.5
MEN				
56kg				
H. Inaba*	225	117.5	225	567.5
H. Saikachi	180	102.5	202.5	485
H. Haneda	190	110	165	465
60kg				
H. Torisawa*	230	105	215	550
T. Sakota	190	105	200	495
T. Yoshimoto	190	105	147.5	442.5
67.5kg				
K. Kohologi*	240	105	240	585
I. Suzuki	200	130	207.5	537.5
I. Imamura	210	112.5	205	527.5
75kg				
S. Suzuki	210	137.5	240	587.5
K. Yoshioka	200	130*	220	550
K. Takei	195	120	215	530
82.5kg				
T. Aso	240	167.5	235	642.5
over 82.5kg				
S. Yoshida*	280	185	272.5	737.5
M. Inoue*	300	165	270	735
A. Takeuchi*	265	160	245	670

& Japanese women's record. ¹ - Jr record; * - lifters who qualify for Men's Natls. The numbers of powerlifters has increased yr by yr and at last we have set the men's Natl qualifying totals. I think this shows the progress of powerlifting in Japan. 6 lifters can lift from the Tokyo area. Our men's Japanese Natls will be held on June 5.' Thanks to Susumu Yoshida for results.

Greenfield Police Championships
3/26/83 - Greenfield, IN

	SQ	BP	DL	T
148 open				
D. Hawkins	335	275	350	960
165				
F. Navarre*	475	335	480	1290
L. Stough	300	240	385	925
181				
R. Chabali	375	275	475	1150
F. Rodgers	300	290	425	1015
B. Neely	275	260	400	935
198				
R. Hoy	450	250	500	1200
D. Martin	400	235	440	1075
220				
T. Brown	425	360	540	1325
L. Tincher	325	175		
242				
R. Johnson	410	300	490	1200
275				
J. Etter	465	330	515	1310
SHW				
M. Libby	525	400	600	1525
Senior				
165				
T. Carr	315	205	405	925
198				
T. Davis	540	275	535	1350
D. Taylor	385	265	450	1100
220				
B. Young*	600	310	475	1410
242				
B. Shubert	540	395	475	1410
D. Brown	325	175	400	900
SHW				
J. Brown	360	330	380	1070

* best lifter. 'The meet was a very successful meet even tho only 19 lifters attended. In the 148s D. Hawkins went 9 for 9 for his personal record best. F. Navarre swept the 165s also taking the best lifter as well. In the 181s R. Chabali lifted past F. Rodgers for the win even tho he escaped injury twice knocking one end of the bar off of the squat stands, luckily coming out of it with just knurling burn marks on the back of his neck. In the 198s R. Hoy jumped up a class from the 181s defeating D. Martin. T. Brown took the 220s while suffering from a very sore back; most of Tom's day was spent with an ice pack on his lower back. R. Johnson won the lone 242s lifting his best ever. M. Libby lifted as our guest lifter in his first meet since he won the teenage state 2 yrs ago. In the Sr 165s Tom Carr lifted his best ever outdoing his last years total 150 lbs. The 198s was taken by Tom Davis who came over from Findlay, OH going 7 for 9 out totaling D. Taylor. In the 220s B. Young had his best day ever with a PR 600 squat, and also won the best lifter as well. B. Shubert blew by D. Brown in the 242s just missing a 405 BP. J. Etter took the 275s with his best ever total of 1310. J. Brown SHW who managed only to get 3 squat workouts in before the meet won the SHW. A special thanks to D. Hawkins and D. Martin for pre meet preparatoin.' Submitted by Cpl. Robert Young.

Tupper Lake Open
3/26/83 - Tupper Lake, NY

	SQ	BP	DL	T
114				
N. Charron	225	190	315	730
C. Botto	210	155	250	615
123				
G. Kucipak	425	300	435	1160
R. Zher	250	190	345	785
P. Ciola	230	130	270	630
M. Bayle	150	110	215	485
J. Ashe	140	80	200	420
K. Cleveland	105	70	200	375
J. Stenson				
132				
S. Forsythe	285	250	410	945
J. Woods	325	200	370	895
T. Farney	235	190	385	810
J. Lascelles	265	165	315	745
E. Gale	245	150	280	675
J. Baker	200	160	270	630
C. Baxter	200	145	225	570
148				
D. Laplant	475	295	475	1245
G. Fosmire	430	260	550	1240
F. Kenyon	450	250	500	1200
J. Misiaczek	430	295	430	1155
M. Gabak	410	225	465	1100
J. Halprin	415	245	440	1100
D. Maier	375	225	450	1050
D. Lyndaker	300	255	455	1010
D. Desrocher	330	260	415	1005
J. Tessier	340	205	400	945
C. Winchell	325	180	375	880
W. Acevedo	225	245	400	870
E. Fleming	300	150	370	820
A. Imes	275	170	360	805
H. Lombardo	240	115	290	645
S. Appelbaum				
165				
M. Strain	460	280	485	1225
K. Reome	420	250	535	1205
L. Harlowe	400	280	520	1200
F. Tangorra	420	265	465	1150
J. Fletcher	425	275	450	1150
C. Giardino	365	285	480	1130
S. Carpenter	405	260	460	1125
R. Ferro	370	300	450	1120
R. Bigrow	380	240	425	1045
J. Plumley	375	225	415	1015
C. Botto	380	220	400	1000
T. Malone	320	250	370	940
J. Anderson	275	195	460	930
D. Chew	270	220	435	925
G. Loop	315	190	360	865
P. Harrington	280	185	360	825
N. Warren	295	180	325	800
B. Wemple	300			
M. Wilkinson	250			
H. Logan				
D. Harrington				
181				
R. Drake	430	350	500	1280
J. Dropper	450	290	520	1260
J. McCain	475	315	450	1240
W. Mink	400	300	505	1205
E. Kelly	410	285	500	1195
J. Smith	350	290	525	1165
M. Cleveland	425	230	500	1155
C. Polakowski	355	250	510	1115
F. Mink	430	245	430	1105
R. Creedon	440	255	400	1095
R. Jones	340	290	455	1080
K. Jarvis	390	230	460	1080
T. Blessis	340	260	450	1080
W. Colwell	360	270	450	1080
R. Armstrong	340	290	450	1080
K. Bedore	390	240	410	1040
R. Patterson	330	185	425	940
W. Smith	320	210	370	900
W. Callaghan	315	190	380	885
J. Coutu	275	215	335	825
T. O'Connor	225	160	300	685
J. Sciancalepore	195			
F. Tonkin				
198				
A. Coratti	630	350	620	1600
E. Boyea	575	325	560	1460
N. Confasorie	575	325	560	1460
B. Clute	530	320	560	1410
R. Avery	500	335	515	1350
J. Lalonde	470	340	465	1275
N. Shovan	465	300	500	1265
W. Drummond	480	270	500	1250
D. Bernard	450	300	500	1250
W. Shepard	460	310	460	1230
J. Vanderkarr	390	340	475	1205
B. Chew	405	290	510	1205
R. Linehan	420	260	520	1200
S. Dunn	415	320	465	1200
D. Drapalski	415	280	500	1195
J. Niedzwick	430	280	400	1110
J. Howard	325	315	450	1050
D. Tower	375	315	305	1040
J. Maloney	380	240	410	1030
E. Fuss	320	285	415	1020
T. Sanford	350	225	440	1015
J. Magee	300	215	400	915
D. Klossner	475			
E. Naegele	440			
L. Lombardo				
D. Fuller				
220				
T. Palmer	600	375	600	1575
T. Ciola	530	355	580	1465
J. Bowman	550	320	580	1450
D. Mantella	475	300	575	1350
J. Buckley	500	300	500	1300
J. Novine	435	280	500	1215
R. Robichaurd	340	220	485	1045
J. Prevost	350	225	400	975
242				
D. Giamichael	630	400	600	1630
K. Potter	590	380	565	1535
A. Heins	500	330	535	1365
G. Bunce	430	405	500	1335
G. Baldeck	380	280	450	1110
M. Trombley	360	225	440	1025
T. Barber	380	190	400	970
D. Collier	420			
F. Kresa	350			
275				
J. Greco	600	470	630	1700
K. Albern	515	390	560	1465
J. Stoy	510	260	530	1300

Outstanding ltwt lifter: G. Kucipak, hvy: J. Greco. Meet dir: R. Roberts, asst: C. Hoffer. Thanks to Rick Roberts for results.

POWERLIFTING NEEDS REGIONAL PUBLICITY CHAIRMEN!!

The Publicity Committee of the United States Powerlifting Federation exists to provide publicity through various media for notable achievements of Powerlifters in the United States. This means getting Powerlifters (women, teenage, Masters, recordbreakers, collegians, anybody and everybody who's done something notable or interesting in the sport) covered in newspapers, magazines, television, radio, any means by which the general public can be reached, including school assemblies, shopping mall exhibitions, etc. The USPF Publicity Committee needs volunteer members from every lifting region of the nation. There's lots of work to be done, taking photos at meets, calling newspapers with results, writing press releases or articles for magazines, arranging lifting demonstrations and talks, etc. PL USA will maintain reference material, which can be used to find a lifters local newspaper, TV station, etc. and may have photographs on file of top lifters for use in press releases. Volunteers for work on this committee should contact PL USA with a resume of any related experience (experience is nice, but not absolutely necessary, a committed attitude,to the effort is what's important). Send to PL USA, Publicity Committee, Box 467, Camarillo, CA 93011.

SURVEY...is being undertaken by the USPF Women's Committee, part of which concerns autonomy for women's powerlifting. Contact Kathy Sansocie, USPFWC Secretary, Apt. 121, 420 N. Dean Rd., Auburn, Alabama 36830 for survey forms. They'd like each registered woman powerlifter in the nation to participate in the survey.

Correction...actual record holder of the Natural American deadlift record in the 181 pound class is Jeff Driskill with a 573, not John Mazequie's 556.

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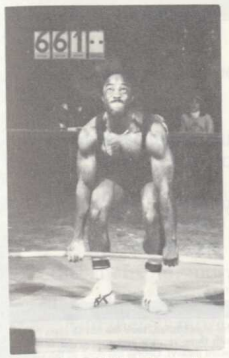
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GANT the GREAT...after making a 653 World Record, Lamar tried a face value 661 (which could have weighed as much as 670) and actually moved it. Photo by Brad Shaw.

North American Open
3/20/83 - Lewiston, Maine

	SP	BP	DL	T
WOMEN				
114				
J. Bellavance	203	126w	253	584
132				
V. Rundstrom	220	99	303	595
MEN				
114				
B. Sanders	413			
123				
J. Shea	347t	248m	435	1030m
132				
L. Gant	501	297	653*	1444
N. Sleno	435	286	440	1162
J. Magee	198	137	292	628
	148			
A. Alexander	529g	303	518	1372
P. Cyr	518m	358m	479	1355
K. Dube	468	259	551	1278
165				
J. Varrone	567	308	578	1495
S. Brown	534	303	573	1410
D. Bergeron	176	154	303	633
181				
S. Gerke	584	325	573	1482
R. Saddler	523	292	584	1399
J. O'Clair	501	286	595	1383
J. Low				
198				
B. Davignon	655	369	617	1642
K. Donnelly	600	385	600	1587
R. Costa	468	352	578	1432
R. Grenier	529	286	573	1388
R. Pauley	501	319	540	1361
220				
N. Carola	744	407	716	1868
D. Jackson	705	418	699	1824
J. Davis	501	336	600	1438
242				
C. Snitkin	815	501	810	2127
E. Arnold	677	451	705	1835
J. Morin	639	429	683*m	1752
M. Israelson	633	358	551	1543
J. Findlay	639	308	240	1477
275				
B. Dempsey	854	512	733	2099
J. Baker	600	341	639	1581
SHW				
S. Sanderson	832	512	677	2022
S. Harris	804	435	661	1901

Director: Rich and Pam Labbe, w - women's Maine st record; t- teenage maine st record; m - men's Maine st record; g - Men's Ga. state record; * world record. Referees: E. Jubinville, Bob Kennedy, W. Nedeau, P. Labbe. Gant did the 644 DL easy enough and started 661. The 644 weighed out to 653 as the plates were heavy. Sanders flew from Alaska to try a WR DL but bombed on the BP. Emcee: Denis Reno. A vocal audience of over 2000 spectators were on hand. This was a well run contest, no delays, etc. Best lifter: L. Gant. Gant's world record DL of 653 lbs. Pound for pound Lamar is the world's strongest man in the DL. Can you imagine the grip power he possesses. This record may stay on the books forever. $1,000 for testing - can sponsors afford this? Because of unforeseen delays, Mr. Jamison of Canada came in an hour after the contest was over. Meanwhile, Lamar had to stay around until he was ready for urine sample. Unless something is done about this I'm sure 99% of the lifters will be satisfied with American records. Results will be known in 3 weeks. The IPF should have thought about this before the rule was put into effect. Being so vast the USA must have at least 5 hospitals to do this testing. As usual Joe Zarella was on hand helping wherever he was needed - truly a man behind the scene.' Thanks to Brad Shaw and Ed Jubinville for results and report.

Cystic Fibrosis Bench Press
4/83 - Weirton, WV

UP TO 150 lb

Szymanski(143)	345	Fiumara(193)	355
Schachte(148)	340	Carliao(176)	320
Randolph(125)	250	Purvis(179)	300
Kimbell(145)	255	Evans(188)	300
Marrone(123)	205	Andrasko(177)	280
150-175		Leslie(184)	280
Bradley(163)	365	Shaffer(191)	265
N. Carter(162)	340	200 & up	
Zecchini(164)	330	Bentley(267)	520
M. Hromi(156)	315	Fallagan(228)	450
Oliver(164)	310	Murawski(220)	435
175-100		Tinsley(211)	420
Popovich(180)	355	Nagy(216)	400
Edwards(193)	375	Frye(202)	325

Thanks to Ernie Nagy for results.

Bob Moon Championships
3/5/83 Findlay, OH (kilos)

	SQ	BP	DL	T
52kg				
W. Burr	125m	60	160m	345m
D. Wymer	90	47.5	142.5	280
K. Haynes	92.5	72.5t	105	270
S. Hossler	77.5	47.5	105	230
K. Wilson	97.5	55	115	267.5
56kg				
T. Deluna	137.5	95	165	397.5
M. Wargo	115	67.5	140	322.5
C. Papalios	115	62.5	137.5	315
R. McKay	97.5	50	115	262.5
M. Roberts	70	40	90	200
60kg				
G. Huth	200	107.5	180	487.5
M. Freecorn	137.5	87.5	197.5	422.5
R. Sappenfield	155	105	162.5	422.5
P. Billerman	142.5	65	155	362.5
67.5kg				
B. McDonnell	185	130	205	520
R. Graham	167.5	127.5	200	495
P. Sengos	157.5	87.5	177.5	422.5
J. Floren	147.5	75	160	382.5
S. Delong	122.5	50	140	312.5
75kg				
S. Stamper(BL)	265	160	257.5	682.5
S. Lamont	245	142.5	240	627.5
J. Smoker	247.5	135	235	617.5
M. Rigsby	250	125	227.5	602.5
D. Sheffield	227.5	122.5	232.5	582.5
M. Oleszczak	215	125	230	570
J. Hale	185	160	187.5	532.5
H. Krell	155	95	210	460
82.5kg				
W. Stamper	227.5	177.5	242.5	647.5
T. Hardesty	227.5	160	227.5	615
R. Wohlgamuth	197.5	137.5	245	580
M. Greer	162.5	62.5	155	380
M. Trevithick	145	47.5	135	327.5
90kg				
D. Hummer	272.5	185	282.5	740
R. Brown	272.5	192.5	262.5	727.5
W. Kyle	275	182.5	260	717.5
J. Conner	272.5	155	267.5	695
J. Wolf	290	142.5	260	692.5
R. Grinold	250	170	250	670
J. Liffick	240	167.5	242.5	650
T. Shrider	227.5	125	255	607
R. Davis	212.5	127.5	262.5	602.5
100kg				
J. Ladnier	345t	217.5t	320	882.5t
J. Drzewiecki	320	227.5	287.5	835
T. Monroe	327.5	187.5	302.5	817.5
W. Douglas	282.5	200	305	787.5
M. Rigsby	285	177.5	287.5	745
V. Davis	262.5	192.5	275	730
M. Stephenson	265	155	305	725
110kg				
M Chaillet(BL)	355	205	350	910
G. Burch	330	190	290	810
C. Seebon	272.5	140	250	662.5
125kg				
J. Burch	312.5	192.5	315	820
C. Cunningham	322.5	192.5	305	820
R. Davis	255	177.5	307.5	740
F. Drake	272.5	175	290	737.5
SHW				
B. Jeffery	387.5	205	295	887.5
S. Lindway	287.5	157.5	277.5	722.5

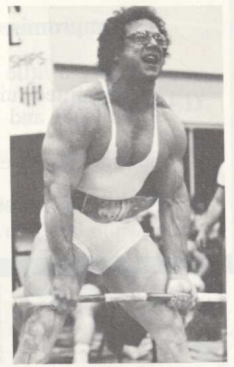
'The 13th annual Bob Moon Memorial PL championships were held at the Findlay Hi school gym and was once again a big success. Findlay City Mayor Bentley Burr proclaimed Sat Mar 5 1983 (the day of the meet) as John T. Black Jr Day in Findlay. John and his wife Denise were on hand for the official proclamation and John was presented with the proclamation before the meet started. John and Denise had come to Findlay the day before and were the guests of the Findlay BBC, for dinner and a reception in the home of Dr. Mark Loesser of Findlay. We found John to be a super person as well as his delightful and charming wife Denise. We in PL are very lucky to have such a dedicated couple as John and Denise working for us. This was the first year that the Moon meet has been dual platform and it worked out great. Much of the credit must go to Jim Sutherland of Hastings BB Co in Hastings, Mi. His electric squat racks and super power bars were fantastic. Jim is a Natl level ref and took a chair judging all day long. The 75kg class gave us our best lifter in the ltwt in Steve Stamper who totaled 1504. Steve looked good in the SQ where he blew the competition out with a strong 584 lbs. Steve also broke 2 meet records with his BP and total leaving George Crawford with only the SQ record at the Moon. We hope Geo. comes back to the Moon next yr so set some more meet records like he did in 1980. The 100kg class looked like the shoot out of the day with teenage Joe Ladnier of Power Elite and the big bencher from Warren's gym in Toledo, Jay Drzewiecki. Then there was Todd Monroe to contend with and we didn't know what to expect from Voris Davis - from Auburn, Ala who had come all the way from the deep south with his coach Bill Kazmaier. Ladnier got the bet SQ of the class with 760 which was a teenage record and a meet record. Voris had trouble with the judges and had to do his opener 3 times before it was passed. Then came the BP. Ladnier set another teenage record here with a 479 and Drzewiecki made up some ground with the best BP of the day - 501 and just missed 529. Ladnier put a cap on things with his 705 DL and not only won the class but set a teenage total record with 1945.

The 110kg class saw Mark Chaillet having a tough day - but he still won big with his 2006 total and got best lifter of the hvwts. The 125 kg class was a knock down drag out affair between Jeff Burch and Corey Cunningham. They both totaled 1807 but Burch was the lighter man and won. Jeff's bro Gary took second in the 110kg class. These two guys are impressive looking and class lifters all the way.

The super class was shaping up to be interesting with 1983 275 lb YMCA Natl champ Tim Martin going up in bodywt and lifting super. Unfortunately he bombed in the SQ. His coach Larry Pacifico protested that the 45kg plates were heavy so action was stopped while Internatl refs checked the plates. They found the plates very close and the weight loaded was actually about 5 lbs over what was called for which was over 800 lbs. Not enough to make a big difference they said so the meet continued. Bob Jeffrey of Findlay won the class for the 2nd yhr in a row. Big Bob squatted with 854 and just missed 903. Steve Lindway who had bombed the year before came back in style and took 2nd place.

We had a women's class on the Malone form. and they also lifted in the men's classes. On the formula Pam Billerman of Findlay, won with an impressive 799 lb total weighing 132. Terese Floren got 2nd and M. Wargo 3rd on the formula. Teenager Christina Papalios had a rough day and was not 100% coming in. She took 4th on the formula and placed 3rd in the 56kg class. The Power Elite team of Dayton, OH won 1st place in team competition with the Buckeye Iron Masters of Findlay taking 2nd.

The fans got an added attraction when World champ Jim Cash did a DLing exhibition at the Moon meet. Cash did 5 singles with 755 lbs. Jim looks as impressive as ever and took time to talk with and encourage many of the lifters thru the day. It was a good meet and fans had as much to look at walking around as on the platform with the likes of Bill Kazmaier, Jim Cash, John Black and Larry Pacifico on hand to name a few. After the meet YMCA Dir John Faas announced that the 1983 Meet Dir will be Tom Davis as the YMCA has given the Bob Moon name and meet to the Findlay BBC. For the past 13 yrs the Findlay YMCA has completely sponsored the Bob Moon Memorial PL championships. They have done a fantastic job in building this contest into one of the best in the country. When meet records are held by guys Ike Reinhoudt, Waddington, Wohleber, Bridges, Pacifico, Crawford to name a few - you know it has to be a class meet. The YMCA will continue to assist in the Moon meet and work with the Findlay BBC in keeping the quality of the Moon meet top notch. We would like to thank our announcer R. Scott Siewert of Toledo for another good job this year. Thanks go out to Findlay HS coach Gary Bedloin for getting the spotters lined up. Thanks to Larry Pacifico for helping with the announcing. Special thanks to Jim Sutherland of Hastings BB Co, Findlay YMCA, Findlay BBC, Findlay City schools, YMCA Men's club, and the many spotters, expeditors, scorekeepers and other people who are necessary to run a good meet. The 1984 Bob Moon meet will again be at the same site and hopefully again in March.' Thanks to Tom Davis for results. Editor's note: Larry Pacifico said he felt the plates were overweight, adding as much as 30 lbs to face value weights over 800 lbs.



At the Bob Moon...Jay Drzewiecki tried a 694 deadlift, but it wasn't passed by the refs. Tom Davis photo.

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Georgia State Championships
3/26/83 - Chamblee, GA

	SQ	BP	DL	T
114				
D. Spaeth	215	120	275	610
P. Wazni	235	90	285	610
B. Thompson	215	105	255	575
123				
C. Dunbar	520	315	415	1250
D. Vaughn	260	155	320	735
J. Williamson	210	140	280	630
132				
R. Kea	490	315	475	1280
M. Simmons	415	280	495	1190
K. Goodman	385	215	300	900
D. Cato	285	135	390	810
148				
R. Mills	535	290	485	1310
E. Head	475	265	485	1225
E. Turner	400	275	450	1125
R. Gattone	380	285	430	1095
A. Motter	220	100	275	595
165				
D. Thompson	555	340	530	1425
E. Byrd	470	345	565	1380
M. Berkowitz	430	315	490	1235
A. Morrison	460	325	450	1235
J. Amos	470	260	500	1230
N. Edwards	210	120	290	620
J. Lazarus				
181				
G. Herring	700	405	635	1740
C. Leslie	550	350	570	1470
R. Heller	535	315	530	1380
G. Hatfield	535	345	480	1360
J. Whitfield	480	295	500	1275
A. Walters	425	325	500	1250
M. Wright	475	240	505	1220
R. Stephens				
J. Nankevel				
198				
M. Jones	680	435	650	1765
L. Pinnell	570	425	580	1575
S. Zimmerman	575	315	575	1465
S. Williams	530	340	570	1440
W. Hibberts	475	325	565	1365
H. DeFrino	540	285	525	1350
K. Moates	500	345	500	1345
P. Mears	490	260	510	1260
M. Downey	470	275	505	1250
J. Sanders	440	240	530	1210
220				
D. Moraetes	690	410	720	1820
R. Potts	700	440	625	1765
D. Ferrence	630	390	600	1620
A. Wentworth	600	360	560	1520
B. Farmer	525	325	580	1430
R. Anderton	470	290	490	1250
J. Hubbard	450	320	475	1245
R. Partain	400	270	565	1235
F. Rizzo	430	280	505	1215
B. Parker	405	220	500	1125
D. Duncan	145	550	145	840
242				
D. McCoy	650	550	610	1810
D. Decker	700	440	650	1790
D. Daniel	630	445	715	1790
D. Hammonds	585	465	630	1680
M. Overstreet	550	460	590	1600
D. Younginer	580	405	560	1545
M. Dodson	540	385	610	1535
S. Stathopoulos	555	345	605	1505
J. McClure	560	325	575	1460
T. King				
Z. Carnes				
275				
H. Slack	660	415	635	1710
J. Sculze	605	430	575	1610
R. English	600	380	550	1530
R. Layton	535	385	510	1430
T. Pruitt	500	390	500	1390
B. Padgett	500	340	505	1345
SHW				
J. Smith	710	490	650	1850
G. Crowe	630	405	575	1610
MASTERS				
Zimmerman(198)	575	315	575	1465
R. Layton(250)	535	385	510	1430
J. Sanders(183)	440	240	530	1210
L. Baker(168)	430	275	430	1135
B. Padgett(243)	500	340	505	1345
F. Rizzo(215)	430	280	505	1215
B. Parker(210)	405	220	500	1125
J. Williams(241)	440	245	450	1135
N. Bailey(225)	250	340	425	1015
WOMEN				
D. Cato(131)	285	135	390	810
D. Vaughn(119)	260	155	320	735
D. Spaeth(105)	215	120	275	610
B.Thompson(103)	215	105	255	575
P. Wazni(114)	235	90	285	610
J. Williams(123)	210	140	280	630
T. Hatfield(97)	215	85	215	515
B. Ledford(95)	165	105	225	495
A. Motter(139)	220	100	275	595
B. Dial(105)	165	956	210	470
N. Edwards(152)	210	120	290	620
Niederman(134)	145	120	220	485
A. Rizzo(147)	165	75	255	495

Best lifter It div: C. Dunbar, hvy: G. Herring, team trophy: Elite Gym of Augusta; Charlie Thompson of Cagle's gym wishes to thank Pepsi Cola of Atlanta for their sponsorship of the meet. 'Anticipation was high this year after the success of the 1982 Ga. Champs and no one went home disappointed by the spirit and camaraderie of the 1983 Georgia closed PL championship. By restricting the meet to Ga. residents with at least a class II rating, we were able to eliminate any possible boredom. Dr. Judson Biasiotto, as chief judge, kept the lifting quality high and meet dir. Charlie Thompson's preparations made things move smoothly. At least 35 state records fell with the womens and master divs coming into their own. In the 114 lb class Debbie Spaeth nosed out Priscilla Wazni by a lighter bodywt. Priscilla, however, tied the state women's 114 lb class squat record 235 and exceeded the records in the DL (285) and total (610) and is chomping at the bit for her next meet in Rome, Ga in May. Chuck Dunbar dominated the 123s as he continues to miraculously improve each year. Darline Vaughn took second in the women's and 123 lb class with very impressive lifts including a fine 155 BP which was the overall highest in the women's competition, this despite her diminuative 119 lb body wt. The 132 lb winner Randall Kea who set 3 new records is also an active judge in all of our meets (he is the sharpest judge that I have ever seen in any competition anywhere...an outstanding citizen and lifter). Darline Cato may havea come in last in this class but her fine 810 total won the women's div by Malone formula and she will compete in the Nationals next outing.

The 148 lb class was won by Rick Mills with his record 535 squat. Danny Thompson was back from a depleting eye operation to show us this former lifter of the year and record holder is still a force to be reckoned with . His win with a 1425 total in the 165 lb class surprised no one.

George Herring who will have been named the 1983 Ga. powerlifter of the year by the time this is published, took the 181 lb class honors with three records and a deserved best lifter award (heavy). George has done all this without the dubious aid of steroids and spends a great deal of his time coaching others. A sterling example to us all.

Mike Jones has only been with us a couple of years in competition but has put his name all over Ga's record lift. His first place record total of 1765 included a record squat of 680. The 198 lb class also included the fine performance of our masters champion Steve Zimmerman who set all four masters records in this class with lifts of 575, 315, 575, 1465. Steve should exceed 1500 in his next outing. Danny Moraetes, 220 lb class winner, was Georgia's first lifter of the year and since then has sustained horrible injuries to his pecs and quads so it was a pleasant surprise to see him to make a comeback and make a new DI record (720). Richard Potts, the second place winner, tells me that Danny had better enjoy it while he can, however, since Richard is breathing down his neck. Dennis Duncan bench pressed a record 550 with ease and has done 570 in the gym. Tragedy struck in the 242 lb class as Tom King, the outstanding promoter collapsed with a 740 squat after succeeding with a record 720. Tom's quads and attachments separated as he was descending. His fans will be happy to know that he is recovering satisfactorily and will resume training as soon as he can hobble to the Augusta Body Shop. David McCoy, a herculean bodybuilder reminiscent of a young Grimek was the surprise winner with a total of 1810 and a new state bench record (550). Hank Slack and Jim Shulze of Coffee's gym took 1st and second in the 275s while Julian Smith broke his old superheavy squat record with a lift of 710 for first place. Sixteen year old Greg Crowe came in second with a fine 1610.

We hope to see these athletes compete in the Region III champs May 6,7,8 in Augusta, Ga. I will conduct a clinic and a national judges exam the eve of the 7th.' Thanks to Richard Reno for results and report.

NEW GYM...Michelle Greenspan and Sue Elwyn will be opening a new all-women gym in April and are looking to hire an experienced female lifter (PL, Olympic, or bodybuilder)..if interested contact Sue at 46 Waltham St., Boston, Massachusetts 02118 (617-451-3514).

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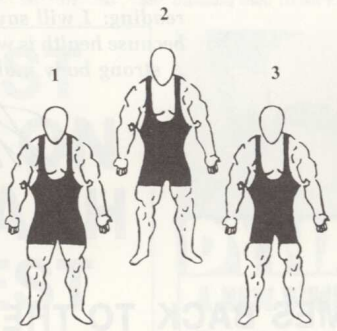
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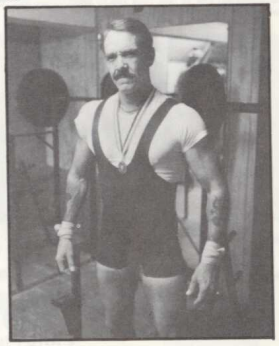
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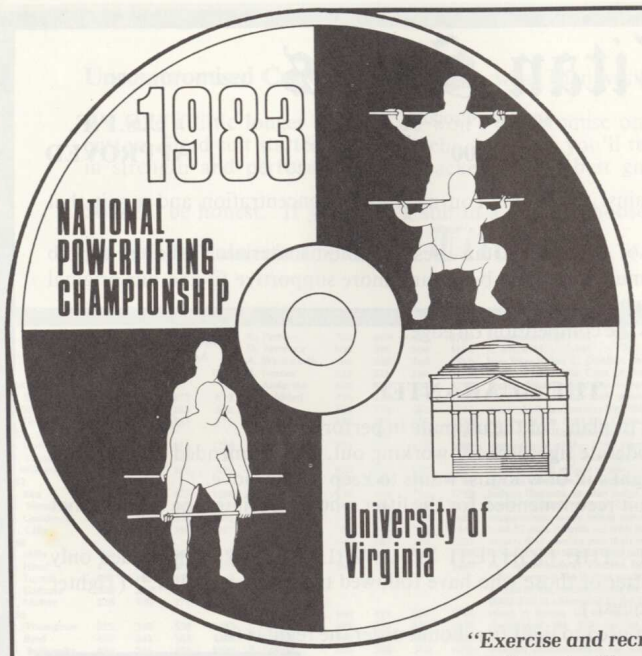
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1983 Desoto Hi School PL meet
2/12/83-Desoto, Tx

	SQ	BP	DL	T
114				
B. Walton	250	125	260	625
J. Scott	220	100	250	570
H. Garcia	165	130	230	525
K. Jones	170	105	170	445
K. Leverette	100	105	165	370
123				
P. Hurst	390	200	390	980
D. More	320	180	345	845
D. Martinez	285	185	300	770
D. Glenn	300	165	295	760
G. Collins	265	205	290	760
M. Fitzhugh	260	165	320	745
C. Lankford	240	165	300	705
C. Williams	230	165	280	675
M. Spurgin	210	175	285	670
G. Gonzales	220	140	295	655
J. Richards	205	150	260	615
J. Gonzales	195	165	225	585
132				
T. Condiff	400	220	400	1020
D. Fadel	345	180	400	925
S. Asher	310	210	350	870
K. Zellmer	350	155	355	860
T. Graves	330	175	355	860
T. Simpson	280	160	335	860
C. Cowan	305	150	310	765
C. Czaranecki	240	155	300	695
M. Zmalik	200	185	305	690
148				
B. Haddad	430	205	425	1060
R. Poindexter	395	265	390	1050
B. Bollinger	350	265	385	1000
R. Cowan	385	190	410	985
B. Bennett	330	230	410	970
S. Gardner	330	250	340	920
M. Nelson	310	250	350	910
V. Massey	320	230	350	900
M. Webb	320	180	400	900
B. Schronk	315	180	390	885
S. Stanford	300	210	375	885
S. Sanders	300	190	380	870
B. Berrera	340	160	365	865
T. Brugfield	300	170	390	860
G. Hall	310	205	330	845
J. Durrand	275	230	330	835
D. Allen	270	205	350	825
K. Velasquez	275	185	345	815
J. Bridges	240	200	320	760
S. Lindsay	280	160	320	760
G. Garrett	185	170	380	735
S. Dolive	240	150	340	730
B. Brook	250	180	300	720
K. Tatum	240	160	325	725
P. Elrod	220	190	300	710
R. Weishner	225	200	285	710
R. Davis	225	180	280	685
P. Tallant	200	150	250	600
165				
R. Calvert	450	255	475	1180
B. Hooks	425	240	420	1085
J. Adair	345	220	480	1045
M. Kindricks	340	250	450	1040
M. Hutyra	410	210	400	1020
W. Moore	350	255	400	1005
M. Shepard	310	220	460	990
M. Williams	350	215	415	980
K. Tatum	320	205	435	960
O. Daniel	330	230	400	960
D. Williams	370	175	400	945
C. Bajer	360	190	390	940
J. North	330	245	360	935
M. Elos	300	190	405	895
E. Gonzales	310	220	355	885
E. Matlock	300	230	335	865
J. Mendez	295	225	320	840
G. Tittle	280	185	360	825
D. Clark	255	180	365	800
M. Thatcher	235	20	325	760
L. Robertson	200	165	360	725
J. Gore	160	150	275	585
181				
H. Everett	470	305	600	1375
R. Kettler	510	250	500	1260
D. Clements	430	260	430	1120
K. Marshall	400	250	470	1120
D. Sanders	400	225	450	1075
V. Keaton	340	240	455	1035
B. Christian	365	255	415	1035
J. Hayes	350	210	450	1010
F. Rodriguez	405	170	430	1005
T. Kennard	315	260	400	975
M. Ryan	340	215	420	975
D. Robbins	325	200	430	955
R. Ellis	320	190	430	940
R. Kennon	285	230	410	925
C. Wohleb	280	245	400	925
J. Davis	360	180	380	920
Y. Beitia	320	220	360	900
M. Garvin	300	180	400	880
R. Cruz	275	210	385	870
C. Grisham	290	190	350	830
D. Chalaile	300	180	340	820
J. Lester	285	170	385	805
C. Caviness	280	200	310	790
F. Trevino	190	170	300	660
P. Nix	125	160	230	515
198				
E. Whitted	450	310	500	1260
T. Schell	465	285	480	1230
B. Kinder	480	265	460	1205
J. Erwin	500	220	440	1160
D. Picha	420	255	450	1125
L. Jones	400	265	400	1065
R. Spencer	430	200	430	1060
D. Roberts	325	255	400	980
T. Byler	355	225	380	960
J. Przybylski	285	220	360	865
W. Shelton	260	190	410	860
P. Garrett	295	225	335	855
P. Hendren	245	200	350	795
L. Cannon	300	135	320	755
B. Phipp	230	175	315	720
P. Combest	225	210	275	710
220				
M. Markle	530	290	510	1330
D. Harvey	510	300	475	1285
J. Mitchell	510	200	400	1110
J. Brooks	330	260	450	1040
R. Perry	350	260	420	1030
K. Connolly	330	220	460	1010
D. McDonald	365	200	430	995
S. Peyton	320	220	420	960
J. Richardson	315	225	410	950
D. Hughes	225	225	325	775
G. Frank	265	160	265	680
242				
R. Miller	550	305	550	1405
M. Gregory	435	335	525	1295
C. Herring	400	215	405	1020
D. Royal	320	220	460	1000
M. Hall	320	210	400	930
SHW				
C. Wilson	480	275	510	1265
J. Palmer	435	315	500	1250
J. Davis	550	240	460	1250
C. Allen	480	210	400	1090
B. Bonner	370	210	410	890
S. McCracken	300	240	400	940
D. Moss	300	180	400	880
M. Miracle	240	185	340	765
R. Featherston	300	180	350	730

Meet director: Mickey Riggs, AD, Bob Heard, Coach. The 6th annual Desoto HS PL championships registered 199 lifters from 15 hi schools. There were 30 no shows for a total of 169 lifters. One school was not able to attend. Outstanding lifters: 114-165: P. Hurst(123), 181-SHW: H. Everett (166), Lake Highlands. Places: 1. Lake Highlands: 52 pts; 2. West: 38 pts; 3. Hillsboro: 17 pts; 4. Grand Prairie: 16 pts; 5. Reicher: 15 pts; 6. Desoto: 15 pts; 7. Temple: 10 pts; 8. Mesquite: 6 pts; 9. Everman: 5 pts; 10. Sulphur Springs: 4 pts; 11. Corsicana: 2 pts; 12. 13. 15 and 15: No points. Thanks to John Pettitt for results.

Mid South Open Bench Press
3/12/83 - Memphis,Tn

(SCHWARTZ FORM)	Mid South Open DL	
J. Merril(253)	500	T. Gipson(198) 660
J. Ronza(153)	355	S. Baldwin(189) 600
S. Baldwin(189)	410	Beckham(209) 610
R. Erbi(191)	390	J. Ronza(153) 480
E. Jones(193)	390	Edwards(186) 550
S. Johnson(199)	370	Swannigan(199) 565
J. Nichols(143	280	T. Miller(148) 450
J. May(205)	365	S. Talarico(145) 425
G. Powers(221)	365	J. Manley(192) 525
Tenpenny(197)	340	G. Powers(221) 535

Best lifter combined: Steve Baldwin, 189 lbs, 410 lb BP, 600 lb DL.

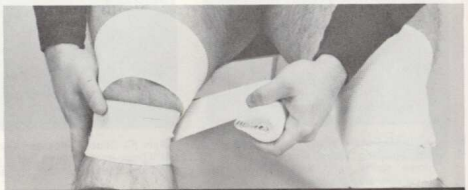
WOMEN-BP		WOMEN-DL	
Provience(136)	150	M. Deering(116)	200
M. Deering(116)	95	Sudderth(114)	185
Sudderth(114)	80		

'Our Mid South Open BP and DL contests held in Memphis at Gold's gym on Sat. Mar 12 came off without a hitch. The purpose of these contests was to give the local lifters who peaked for our state meet and El Dorado a chance for a heavy workout and to introduce the novice lifters to strict rules. This area, like any other, has several football players and bodybuilders who claim 500 lb. benches. Well, wouldn't you know it, none of these fellows showed up. It seems that they want to make their big lifts in a closet and then stick their heads out every now and then and tell the world how great they are. With the success of these contests, we are considering trying a big meet in Memphis again. I would like to thank Janet Baldwin, Jeff and Edie Williwofrd, Sherry Christianson, Joanna Johnson, Dean Lotz, Eric Cooper, Robert Santi, Barry Shultz and everyone else who helped out; I would especially like to thank Dan Irwin, owner of Gold's gym for use of equipment and meet site. Joe Merril became the 4th or 5th Tennessean to BP 500 and it was extremely easy. He had a close try with 525. This was his first meet of any kind and he has the potential to go 600 plus. Thanks to Steve Brown for results.

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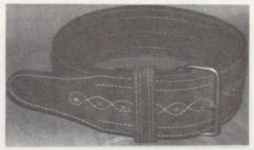
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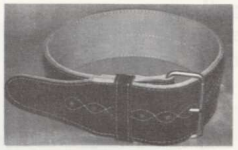
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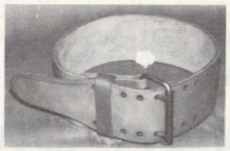
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BELTS: Indicate waist measurement, style and color preference.

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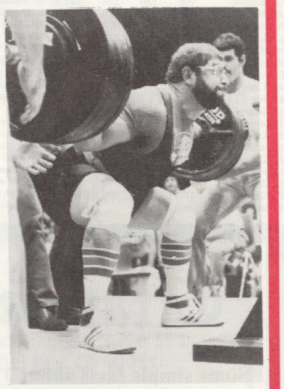
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  during the Squat and other lifts you'll feel the total body support — "it's like a second skin that will add pounds to your total."
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  For the powerlifter — wide shoulder straps, higher side panels, total hip support.
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California Jr. State Meet
3/26-27/83
Victorville, CA (kilos)

	SQ	BP	DL	T
WOMEN				
48kg				
L. Sherman	bmb			
52kg				
I. Ramos	112.5	47.5	112.5	272.5
56kg				
C. Charles	75	47.5	117	239.5
60kg				
J. Ireland	92.5	52.5	117	262
MEN				
	56kg			
J. Bonner	bmb			
K. Meskew(gst)	140	100	177.5	450
60kg				
J. Muhammadi	172.5	100	177.5	450
67.5kg				
E. Viola	170	117.5	212.5	520
B. Thompson	155	160	170	482.5
N. Johnson	170	115	175	460
D. Montano	137.5	122.5	182.5	442.5
R. Scott	155	82.5	192.5	420
A. Hale	105	100	157.5	342.5
F. Fleet	bmb			
M. Lawrence(gst)	bmb			
75kg				
C. Jeong	200	145	230	567.5
R. Bettencourt	195	147.5	217.5	560
C. Powers	192.5	137.5	225	555
T. Sandgren	202.5	137.5	225	555
M. Boessenecker	197.5	110	252.5	547.5
J. Pink	175	145	220	540
M. Cougler	205	140	197.5	532.5
G. Ratcliff	185	120	225	522.5
R. Heeley	200	92.5	220	512.5
B. Blackly	175	142.5	202.5	512.5
J. Richmond	160	130	210	500
M Villeneuve	155	112.5	180	447.5
R. Spates	137.5	122.5	182.5	442.5
J. Vogel	bmb			
M. Cites	bmb			
82.5kg				
G. Geary	225	180	247.5	652.5
T. Lewelling	205	190	245	640
B. Kraemer	205	142.5	200	607.5
K. Schindler	212.5	160	252.5	605
P. Klagstad	227.5	120	237.5	585
J. Wright	182.5	122.5	255	550
L. Dice	192.5	130	192.5	515
E. Gage	172.5	120	192.5	485
R. Becker	bmb			
90kg				
L. Neves	235	155	260	650
W. Bostard	217.5	155	275	647.5
F. Arena	227.5	160	252.5	640
T. Delong	240	155	235	630
C. Price	192.5	160	272.5	625
J. Dumont	227.5	135	250	612.5
H. Coughlin	230	132.5	250	612.5
M. Willis	197.5	177.5	230	605
W. Weaver	185	155	227.5	567.5
W. Prennon	180	125	205	510
M. Cormier	182.5	130	192.5	495
G. Bechtold	225	145	bmb	
F. Restrepo	220	127.5	bmb	
K. Havenstrite	bmb			
B. Bender	bmb			
M. Petkovich	bmb			
K. Graf	bmb			
R. McCurd(gst)	210	170	282.5	662.5
100kg				
D. Forsman	240	182.5	285	707.5
V. Ruitorman	235	170	282.5	687.5
D. Feverhahn	257.5	160	270	687.5
G. Kohler	255	177.5	252.5	685
J. Grees	227.5	147.5	282.5	657.5
J. Nelson	230	145	262.5	637.5
T. Harris	235	145	250	630
J. Mazmanian	212.5	160	237.5	610
E. Wainer	205	137.5	232.5	575
M. Bryant	152.5	125	200	477.5
J. MacFarlane	bmb			
J. Moriega	bmb			
110kg				
V. Freese	265	187.5	265	717.5
B. Roberts	272.5	142.5	292.5	707.5
G. Kunit	247.5	165	290	702.5
R. Mederios	250	170	272.5	692.5
D. Dallmeyer	247.5	157.5	277.5	682.5
L. Castello	200	172.5	275	647.5
R. Twist	205	165	215	585
125kg				
M. Reza	270	192.5	300	762.5
J. Williams	237.5	210	262.5	710
P. Galle	250	142.5	240	632.5
R. Mosher	195	137.5	252.5	585
J. McNeil	200	165	215	580
SHW				
J. Duckweiler	282.5	182.5	295	760
G. Gipson	247.5	197.5	285	730
M. Jones	bmb			

The 1983 Calif. state Jr PL championships held at the new 8,000 sq. ft Dungeon Health Spa and drew 91 excited and willing powerlifters. Several hundred fans each day saw some very exciting lifting plus 14 bombouts. The star lifters were Brandon Roberts who squatted with 600 lbs in the 242 lb class and was awarded the best squatter trophy; Tony Lewelling who bench pressed 4129 lbs lifting in the 181 lb class and was awarded the best bench presser trophy; Barry Kraemer who deadlifted 573 lbs lifting in the 181 lb class and was awarded the best deadlifter trophy; Greg Geary who won the 181 lb state championship - totaling 1438½ lbs won the best powerlifter award. The 181 lb class provided the best lifting of the meet.

Miguel Reza, winner of the 275 lb class had the highest total of the meet: 1681 lbs. edging out the SHW winner Jeff Dockweiler, a very imposing figure of a man who totaled 1675 lbs with only eight weeks of power training. Only four women showed up for these championships with Irene Ramos the far and away best lifter as she totaled 601 lbs in winning the 114 lb crown. She won best bencher, squatter and deadlifter trophies as well as winning the best powerlifter in the ladies div. Many thanks to Bud Mucci, Don Haley, Bob Packer who spent the entire two days judging and announcing the meet. Special thanks to Tom Eldridge and Bill Ennis who helped officiate on Sunday. Our loaders were excellent as they prevented several near accidents in the squat by being alert at all times. Mark Villeneuve, Russ Spates, C. Southern, D. Murray, R. Ellis, B. Gatson all put many long and hard hours of spotting and loading. Julie Haro worked both days and did a magnificent job on the score table, keeping the correct totals on all the lifters as they lifted. Rosie McVeagh did a very fine job helping everyone. She sold clothes and furnished coffee and food to the hungry ones, in general with Bonnie's and Naomi's help set up the food tables, seated people, baby sitted kids, etc. The whole meet ran very smoothly. Thanks to all who helped.' Thanks to Jay McVeagh, meet director, for results.

Caseville Open
3/19/83 - Caseville, Mi

	SQ	BP	DL	T
WOMEN				
114				
V. Mitchell	240	120	290	650
K. Wilson	225	125	265	615
Y. D'Aoust	155	115	225	495
G. Cortez	150	110	200	460
123				
M. Insley	270	110	300	680
B. McKay	230	110	230	570
K. Moore	190	105	225	520
148				
G. Washington	250	135	260	645
L. Creamer	240	105	260	605
R. Haag	200	95	245	540
M. Mitchell	260			
UNL				
C. Kaufmann	230	135	245	610
M. Alaxander	115	90	205	410
T. Bates				
MEN				
114				
K. Hughes	295	170	335	800
V. Mitchell	240	120	290	650f
C. Fritz	190	95	250	535
123				
W. Burr	285	150	350	785
D. Mungall	220	165	340	725
M. Insley	270	110	300	680f
132				
F. Toins	470	240	565	1275
C. Crowel	405	260	450	1115
S. Andrews	390	255	400	1045
C. Atkins	335	220	420	975
K. Mitchell	310	160	330	800g
148				
C. Handsor	530	350	530	1410
S. Marta	490	240	550	1280
J. Hale	425	370	480	1275
V. Lixey	450	290	480	1220
M. Grab	420	275	520	1215
S. Frey	420	270	430	1120
G. Heinricks	440	275	400	1115
R. Chambers	365	270	445	1080
R. Bancroft	355	285	440	1080
T. Thue	360	235	440	1035
K. Rhodes	380	230	390	1000
R. Boogaard	385	210	400	995
T. Ciesziak	320	205	425	950
L. Bertram	330	190	415	935
J. Shannon	325			
165				
W. Stamper	550	415	555	1520
J. Smoker	600	305	570	1475
J. Hallada	525	380	495	1400
K. Richardson	475	350	540	1365
J. Bourgonnais	445	315	580	1340
A. Huegel	450	300	525	1275
L. Woodard	425	260	475	1160
F. Goodrich	395	300	475	1125
R. Stradtman	350	300	475	1125
D. Wolan	365	280	455	1100
J. Hundt	380	230	475	1085
J. Ellisworth	370	235	450	1055
J. Wassin	350	245	375	970
W. Russell	310	190	395	895
R. Calkins	305	165	415	885
181				
P. Person	675	365	610	1650
C. Crawford	705	370	550	1625
P. Haley	560	365	550	1475
P. Urchick	545	315	545	1405
B. Buehrer	525	310	475	1310
L. Zurzycki	435	325	525	1285
G. Daig	450	300	505	1255
D. Wells	405	320	520	1245
J. Jeurink	420	260	550	1230
D. Nied	460	315	450	1225
B. Seeber	450	275	500	1225
C. Kiser	420	330	450	1200
N. Bulmach	390	265	535	1190
B. Niemiec	415	270	500	1185
L. Humphrey	435	255	485	1175
W. Miller	450	210	510	1170
M. Mellinger	420	280	450	1150
J. Mueller	305	260	470	1035
W. Plemows	290	225	400	915
198				
F. Givens	545	400	700	1645
I. Love	600	415	620	1635
G. McMillan	575	340	615	1530
A. Krupinski	600	360	560	1520
H. Lussier	550	320	620	1490
G. Parry	520	345	555	1420
M. Knight	525	430	450	1405
C. Reder	540	270	570	1380
T. Davis	555	275	550	1380
D. Gorney	430	380	510	1320
T. Hundt	450	320	530	1300
D. Khu	455	300	490	1245
V. Dibani	440	310	470	1220
S. Loewen	365	280	430	1075
T. Lenhard	350	265	375	990
M. Byam	290	245	400	935
N. Mullis	180	385	145	710
L. Steinman				
220				
R. Moran	730	470	700	1900
T. Niemiec	650	485	650	1785
D. Harrison	735	425	600	1760
D. Billock	600	400	650	1650
D. Keene	675	355	605	1635
J. Adams	605	390	550	1575
D. Yezbick	605	390	535	1530
D. Arbic	450	305	505	1280
L. Hasler	375	340	510	1225
J. Sobocinski	400	360	460	1220
C. Bondy	410	315	460	1185
D. Bailey	435	275	425	1175
J. Rotters	360	240	420	1020
K. Todd	375	225	405	1005
N. Smith	420			
242				
M. Notario	760	440	720	1920
M. Mitchell	730	440	690	1860
J. Green	700	375	680	1755
A. Berecky	580	460	640	1680
T. Bushey	610	375	610	1595
A. Frank	605	345	625	1515
C. Wagner	555	390	620	1565
M. Franklin	605	315	550	1470
D. Scott	575	330	550	1455
D. Cammon	490	390	500	1380
275				
R. Tuller	800	405	725	1930
F. Drake	660	390	650	1700
D. Frankhouse	655	430	575	1660
M. Clark	570	400	630	1600
W. Hoop	605	370	550	1525
A. Rose	505	315	560	1380
T. Gomez	455	260	485	1200
SHW				
J. Fowler	650	430	600	1680
J. Patterson	620	430	600	1650
C. Coplano	640	365	580	1585
G. Brayman	565	375	600	1540
P. Dabbs	550	225	570	1345

Teams: Budweiser: 45 pts; Monroe Fitness: 43; Power Pit: 23; Golds gym: 20; Flint YMCA: 0.

Masters div: M. Mitchell: 1011, D. Yezbick: 848; G. Daig: 779; V. Dibari: 725; W. Burr: 717; J. Wasson: 682; W. Russell: 633; K. Todd: 579; N. Mullis: 416; M Alexander:282. 'It was another great meet in the little town of Caseville. Super competition and very high totals. Our state chairman Geo. Zender did his usual fine announcing job and Hastings BB Co supplied the outstanding equipmt. 449 paid spectators supplied lots of encouragement to the 129 lifters. Olympic Trophy of Chicago supplied the trophies which were very nice and delivered as ordered.' Thanks to John Parr for results.

JOHN KUC...Bob Gaynor informs us that John's comeback will start at the American Drug Free Powerlifting Association National Championships, late in July. Bob relates that John will probably not be capable of a World Record at that time, but hopes to total more than the winning total at the last World Championships in Munich, as he has a slight back problem now.

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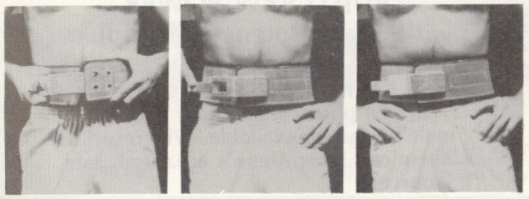
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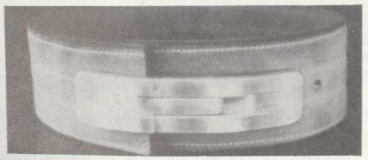
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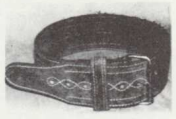
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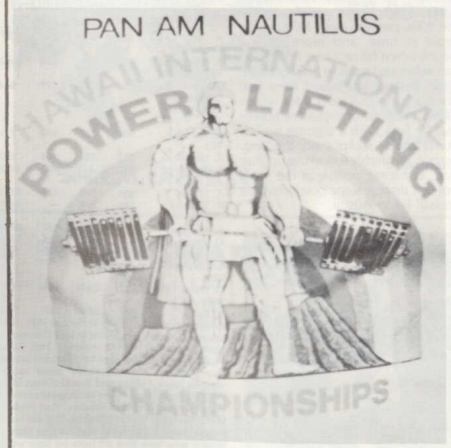
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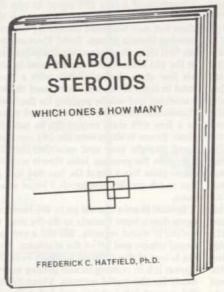
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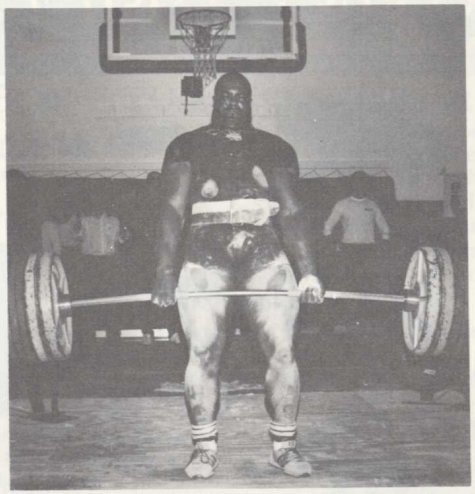
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North Carolina Championships
5/6 Mar 83-Greensboro, NC

	SQ	BP	DL	T
114				
T. Bumgardner	264	192	303	760
S. Baker	270	143	325	738
B. Harrell	259	132	281	672
D. Howie	225	115	259	600
C. Gallmon	170	88	242	502
123				
T. Rhoads	319	165	424	914
V. Gironda	297	209	396	903
S. Pugh	248	121	325	694
P. White	231	82	242	556
132				
C. Lawson	451	236	512	1200
A. Covington	402	314	479	1195
B. Sims	385	203	462	1053
T. Woodell	391	236	407	1036
B. Costa	303	264	435	1003
148				
K. Kaga	501	236	451	1190
S. Reason	424	259	446	1129
D. Blakeley	374	259	485	1118
D. Wilson	391	248	473	1112
L. Fox	363	203	374	942
165				
P. Brunson	551	325	589	1465
D. Jessup	512	352	540	1405
M. Branscom	501	325	501	1328
E. Mask	435	330	529	1294
J. Lawson	479	259	551	1289
181				
T. Thones	600	369	556	1525
A. Schmidt	573	352	578	1504
A. Campos	551	303	556	1410
B. Nusbaum	556	330	540	1427
C. Weathers	507	330	529	1366
198				
A. Greyard	639	418	639	1697
D. Plyler	578	407	617	1603
J. Haithcox	573	424	600	1597
R. Depencier	573	413	573	1559
J. Denton	584	363	600	1548
220				
M. Montgomery	606	402	699	1708
V. Harrelson	661	374	666	1702
D. Morris	677	385	617	1680
S. Barbour	589	347	650	1586
R. Harrell	600	380	595	1575
242				
B. Walter	705	418	683	1806
R. Pridson	655	424	644	1724
M. Dent	644	385	655	1686
P. Bodenheimer	600	407	584	1592
D. Robertson	562	352	617	1531
275				
J. Howie	600	440	666	1708
D. Robertson	688	385	617	1691
W. Edgerston	567	341	639	1548
C. Johnson	402	303	402	1107
SHW				
T.Long	837	501	865	2203
B. Collie	688	451	617	1757
M. Corum	722	391	600	1713
K. Chriscoe	512	253	457	1223

New Super totals 2204 in 1st meet!



Above...in a photo by Larry Crump, we see Terry Long's amazing 865 deadlift at the North Carolina State meet. Terry is a footballer at East Carolina University, and hopes for a pro career in that field, but the Strongest Football Player in America also has a decent shot at the Senior Nationals in Powerlifting, which (timewise) would not interfere with his football training. He has been weight training for a while, just for football, but got the urge to see what he could do in an official meet. Below, in a photo by Al Hall, we see Terry in gridiron action against West Virginia last season. The 6 ft., 299 pounder, seems good, according to witnesses, for squats and deadlifts in the 900s, perhaps even 1,000 in the squat in time, and more on the bench when he recovers from football aches and pains in his shoulders. Dean Best said he heard Terry had done a hang pull with 440, which shows the kind of explosive power that he has. With a bigtime professional sports jackpot on the line, Terry is justifiably following up that lead, but some people at the meet feel that there is some possibility that he will lift in Austin.

'The 1983 NC PL championships were by far the best ever. 129 lifters showed up to do battle for the 11 titles. The meet started off Sat AM with a bang with Todd Rhoads and Benny Sims being the first Americans to set Jr world records. Todd Rhoads once again performed like the great champion he is and in the process won his third straight 123 lb title and set 7 Jr world records. He had two fine squats of 308 and 319. Todd benched 165 lbs and had two close tries at 176 lbs. In four of Todd's 6 PL meets he has had to rely on clutch DLs to win. This year was no exception with 424 being the weight. With Todd's dad leading the cheers, Todd pulled his way to another state championship. Benny Sims also came in to the meet with world records in mind. His fine 385 squat and 203 BP were for Jr world records. Benny is a great DLer holding the NC record at 501 lbs in the 132 lb class. He got his opener with 462 strongly but could not quite lockout 501. Look for big DLs out of Benny in the future.

There had been talk of a lifter coming to the meet who was going to total over 2000 in his first contest. Well, who's ever heard of this happening! Sunday AM when 6 foot 299 lb Terry Long walked into the gym to check in, I thought to myself that he looks like he can total two grand. Terry Long is a Jr offensive guard at East Carolina Univ in Greenville, NC. He is 22 years old and has been lifting for several years but has never competed in a PL contest. Terry decided to take 782 lbs as an opener on the squat. As he backed out with the weight I think 99 percent of the people at the meet thought he would get buried. Well, he sat into his squat very slowly and then started up. I think it took from 3 to 5 seconds for most people to believe what they had just seen. The weight shot up like it was fired out of a cannon. Terry then jumped to 837. With the crowd screaming their heads off, he blasted it up with ease. Terry then called for 881. It was close but I think Terry lost his concentration when he forgot to put his mouthpiece in and then did put it in after he was under the bar. Terry mauled all three benches ending up with 501. Terry opened his DL with 782 which looked like power clean weight, followed by a very easy 837. He came into the meet hoping to total over 2200. A 865 DL would give him a 2203 total so that was what was loaded. Terry ripped the big weight off of the floor and then held on for the lockout. It was a great ending for an unbelievable debut for this new 'monster.' Terry is a great football player and has a big future in pro ball. He says this could be his first and last PL meet. PL will definitely be missing out if this is indeed his last meet. Let us all hope he returns to the platform.

Other class winners included Tony Bumgardner who put together some fine lifts to win his first state championship. Charles Lawson took the 132 class with a 1200 total. Kevin Kaga took advantage of a fine 501 squat to win the 148 class. Pokie Brunson once again won the 165 class but was followed closely by the ever improving Dennis Jessup. Todd Thomas captured his first state championship in his second meet in the 181 class. Alex Greyard came in and won his first state championship with a fine 1697 total in the 198 lb class. Alex used the meet as a workout and will be peaking for the Nationals. Handsome Monk Montgomery took advantage of a fine 699 state record DL to win the 220 class. Byron Walters won the 242 class for a second straight year and qualified for the Nationals in the process. John Howie won the 275 class. John has a great DL but 804 was a little too much on this weekend. I hope you get it soon.

Special thanks should go to Bill Jamison who came down from Canada to do the drug testing for the Jr world records. Bill did a very professional job on and off of the platform. Ted Hering is one of the greatest workers ever. He did a great job in coming in and getting everything ready for the world records. Vince White also did a great job judging and helping out. Eric Wood stayed in the MC chair for over 20 hours. In my opinion he is one of the best PL MC's in the country. I would personally like to thank Lowell Hoisington for all his help and my wife Kay for running the meet while I was down recovering from knee surgery.' Thanks to Dean Best for results and report.

Editor's note: Dean Best, promoter of the North Carolina state meet, reinjured one of his legs, as he did both of them at the 1981 YMCA Nationals, but this time while trying a 782 squat in training. Our best wishes for a speedy recovery go to Dean (you may contact him at 12 K Wendy Ct., Greensboro, NC 27409). His attitude is very good and if he can't squat heavy any more, he's going to bench and deadlift the heck out of the bar. (PS...there was another lifter in the meet, who could have set several Jr. World Records, but apparently could not afford to pay for the testing. Within the present IPF rule structure on drug testing for World Records, this may happen very often in the future, particularly with Junior World marks.)



Bench-Deadlift Meet
3/20/83 - Allentown, Pa

	SQ	BP	DL	T
WOMEN				
L. Kolodich	---	115	230	345
L. Palmieri	---	115	215	330
L. Moore	---	80	210	290
114				
D. Kish	---	130	240	370
123				
J. Chadvick	---	210	375	585
T. Brown	---	175	320	495
L. Palmieri	---	115	215	330
132				
C. Marino	---	240	400	640
J. Hann	---	180	350	530
L. Patrisso	---	150	330	480
C. Garcia	---	120	325	445
148				
K. Woddell	---	275	415	690
D. Ramella	---	280	390	670
N. Moyer	---	235	425	660
G. Strubinger	---	210	425	685
D. Bender	---	210	420	630
P. Fenimore	---	175	320	495
165				
M. MacLaughlin	---	335	470	825
R. Drey	---	290	510	800
T. Grebs	---	320	475	795
R. Jackson	---	265	470	735
M. Dalessandro	---	265	420	685
D. Glass	---	220	450	670
B. Slosarick	---	255	350	605
181				
E. Bachort	---	335	490	825
M. Litak	---	305	515	820
T. Petrino	---	360	455	815
B. Mason	---	305	450	755
P. Felix	---	275	480	755
B. Hopwood	---	340	405	745
M. Miller	---	245	500	745
F. Scholfar	---	315	420	735
M. Cunningham	---	275	350	625
198				
H. Rabiega	---	300	570	870
E. DeHaven	---	310	550	860
D. Zabolotskyk	---	325	525	850
T. Garcia	---	300	500	800
220				
G. Carlos	---	290	520	810
M Snyder	---	285	500	785
R. Gardner	---	280	475	755
242				
J. Krusinski	---	440	610	1050
B. Pizzo	---	350	550	900
C. Kercher	---	345	525	870
275				
F. Collachino	---	415	525	940
J. Emerich	---	350	500	850
W. Rollisow	---	240	450	690
SHW				
J. Munleyh	---	380	520	900

Thanks to Fred Glass for results.

Spain Regionals (US Military)
Torrejon AB, Spain 3/26/83

	SQ	BP	DL	T
WOMEN				
A. Shirley(165)	157	---	258	bmb
TEENAGE				
J. West(148)	253t	132t	299t	684t
J. Sentena				
MEN-OPEN				
148				
R. Zury	288	228	400	916
165				
R. Deschene	273	283	384	940
E. Turner	359	---	400	bmb
181				
A. Harris	384	315	427	1126
R. Hilliard	349	304	---	bmb
198				
F. Albritton	411	335s	457	1203s
D. Payne	421s	325	354	1100
K. Hamlin	263	238	349	850
E. Carpenter				
220				
G. Davis	354s	330s	483s	1167s
242				
R. Ruble	320	253	137	710

t - teenage; s - US Military in Europe (AF). 'The lifters at Torrejon would like to take this opportunity to thank USAFE referee, Tsgt Ernie Phillips and Civil engineer for construction the fine platform and adjustable squat racks, referees Angie Phillips and Ben Hoffman for a job well done. Also, not to be forgotten are the important spotters and loaders, Ken Welch, Willie, Earl, Ed, Dan and Arnold. We also want to give special thanks to bodybuilder Danny Walker who took time off from his busy work schedule to maintain our score sheets in good order. Hopefully, we will continue to recruit new lifters and develop the strength, skill and team camaraderie to challenge perennial MSC powerhouse, Aviano AB, Italy. Look out, Dusty!' Thanks to Sgt. G. M. Naparan, USAF, for results.

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2/12/83-Roy,Ut (kilos)

	SQ	BP	DL	T
WOMEN				
L. Chicado(55)	142.5*	85*	142.5	370*
M. Hetzel(62.5)	137.5*	72.5*	157.5*	367.5*
K. Wurster(44)	80*	52.5*		
MEN				
56kg				
H. Kim	162.5	90	185	437.5
R. Borchardt	120	90	147.5	357.5
60kg				
D. Edmundson	200*	115	205	520*
M. Stelmach	170	117.5	205	492.5
P. Poll	127.5	90	182.5	400
67.5kg				
J. Searle	205	132.5	225	562.5
M. Hansen	182.5	112.5	192.5	487.5
M. Debelis	182.5	97.5	207.5	487.5
A. Murray	140	85	190	415
75kg				
M. Clem	197.5	165*	235	597.5*
J. Latorre	190	145	237.5*	572.5
S. Passelli	197.5	142.5	205	545
P. Mower	182.5	130	215	527.5
S. Stewart(t)	182.5	105	200	487.5
G. Halladay	185	85	210	480
M. Kimball	125	115	160	400
J. Limb(t)	115	67.5		
82.5kg				
S. Rands	232.5	147.5	275*	655
T. Schiller	222.5	152.5	240	615
D. Riet	220	142.5	250	612.5
D. Astin	205	130	220	555
B. Martin(t)	190	130	220	540
J. Frazier	187.5			
B. Edmund	182.5	130		
90kg				
P. Markle	275	182.5	282.5	740*
J. Shendow(m)	292.5*	165	272.5	730
K. Rasmussen	272.5	185	265	722.5
D. Cooper(t)	192.5	145	235	572.5
K. Hawks	210	137.5	200	547.5
C. Hennefer	190	112.5	210	512.5
100kg				
C. Drecksel	292.5	182.5	297.5	772.5*
D. Madsen	292.5	195	285	772.5
D. Shock	235	165	235	635
M. Robinson	235	142.5	235	612.5
R. Garner	2092.5	130	242.5	575
T. Small	192.5	147.5	207.5	547.5
110kg				
E. Sheranian	267.5	177.5	320	777.5
L. Brumley	260	182.5	290	732.5
R. Haugen	300	160	272.5	732.5
B. Brigham(t)	227.5	192.5	232.5	652.5
B. Querubin	230	125	200	555
J. Cummingham	220	145		
125kg				
J. Clifford	365*	210	367.5*	942.5*
G. Grundvig	215	152.5	272.5	640
B. Chapman	225	150	232.5	607.5
SHW				
T. Romney	325	227.5	275	827.5*
C. Henderson	337.5*	182.5		

Best teenager: B. Brigham, best master: J. Shendow; lifter: J. Clifford; * state records, (t) teenager, (m) master. Best SQ: J. Clifford, BP: T. Romney, DL: J. Clifford, Best team: Spa Fitness. 'This is the 1st year that we made the state meet closed to Utah residents only and we were surprised to find that the vast majority of state lifters came out to the meet. The dynamics of the sport were in evidence as only 3 class winners were successful in defending their 1982 titles. Multitudes of thanx to our announcer, Doug Butler, scorekeeprs Sharon Chicado and Lois Hennefer, our judges: Rob Caudill, Mike Sekulich and John Trumbo; and the seemingly endless list of those who helped load and spot.

Women's div: Lynda Chicado-Shendow lifted at 56kg to challenge the records held by Mary Hetzel. Mary, in turn, came in just over the 60kg limit to establish some new records in the 67.5kg class.

56kg: In only his second meet, Hakyong Kim established himself as the favorite in this class.

60kg: Dave Edmundson's first master classification total was more than enough to preserve his state title. Manny Stelmach was the winner in the last contest with Dave but he was only able to get openers in this meet.

67.5kg: Lifting for Spa Fitness, Jeff Searle was knocking on the door of each state record but couldn't quite pull one out.

75kg: Another good battle developed in this class between Utah State Univ's Mike Clem and Jose Latorre (USMC) who's attending the Univ of Utah. Mike went 8 for 9 with his state record 165kg BP being ridiculously easy. Meanwhile, Jose only got his opening SQ leaving him too much to make up with his DL.

82.5kg: Steve Ramos accentuated his domination of this div with a new state record DL. His teammate from BYU, Tom Schiller, is showing steady improvement and soon we'll be seeing some much closer battles between these two. David Riet may not have analyzed the situation; he was lighter than Schiller and would have bumped him down to third with 2½ kg more on his final DL.

90kg: Pretty much the same battle as last year developed in this class with the compounding factor of a third party to contend with. The top 3 finishers were dead even going in to the DL. BYU's Parry Markle set the mark for RMAC's Jan Shendow and Kip Rasmussen to beat and neither could catch him.

100kg: Chad Drecksel and Dennis Madsen had a nip and tuck confrontation vying for the first place award in this div. Chad got in the final word on DLs and won on bodywt.

110kg: Twenty yr old Eric Sheranian came out of the woodwork to capture the gold. Loran Brumley and Richard Haugen knew going in that they'd need to keep close tabs on each other, but Eric was an unknown who they really hadn't figured into the equation. Teenager Brad Brigham took the best TA trophy with some excellent lifting which included a 424 lb BP.

125kg: Joe Clifford, as in most of his performances, rewrote the record book. His 2078 lb total reflects a steady improvement in each of his lifts.

SHW: Tye Romney utilized his big BP to set the mark for Charles Henderson. Charles had a good deal of confidence in his DL but was called for a stop on his opener. He moved his second attempt up to go for all the marbles; a first place finish, state record total and state record DL but it just wouldn't go.' Thanks to Jan Shendow for results and report.

2nd annual Athletic Supply-Spartan meet-2/25/83-Dallas, Tx

	SQ	BP	DL	T
150				
P. Manicchia	340	235	385	960
M. Brooks	330	200	400	930
M. Firra	320	180	385	885
L. Schwartz	320	245	290	855
M. Woody	300	200	350	850
M. McDaniel	240	200	345	785
M. Whittaker	265	180	330	775
M. Davis	255	160	330	745
C. Tueng	220	200	320	740
G. King	240	200	300	740
C. Darwin	230	145	235	610
B. Winston	190	175	220	585
R. Thorton	250			
P. Villareal	200			
165				
V. Pegram	380	270	400	1050
M. Williams	375	225	435	1035
J. VanSyckle	340	245	450	1035
J. Giddens	375	245	415	1035
K. Carnes	385	240	375	1000
J. Meza	340	210	420	970
R. Isbell	310	250	400	960
V. McDaniel	320	270	370	960
P. Mays	325	200	410	935
T. Hoogland	290	210	400	900
R. Boone	300	190	315	805
F. Stromile	235	215	350	800
J. Payton	270	200	310	780
G. Williams	310	165	300	775
L. Hill	250	190	310	750
E. Flom	210	170	330	710
F. Perkins	220	130	315	665
R. Lacy	340			
E. Richards	290			
K. Rhodes	260			
180				
R. Watson	395	235	370	1000
F. Meneghetti	320	195	440	955
G. Singleton	300	205	365	870
A. Johnson	300	230	340	870
G. Larkin	290	200	315	805
B. Lemons	245	205	350	800
195				
C. Chalkley	380	240	480	1100
S. Ford	300	255	475	1030
T. Morton	350	220	400	970
D. Hall	320	205	380	905
J. Selby	275	225	400	900
G. Hasty	290	210	400	900
J. Reed	325	225	350	900
J. Maples	310	220	350	880
L. Mitchell	290	225	360	875
K. Edgmon	320	215	335	870
J. Snow	265	200	340	805
M. Glover	275	195	300	770
D. Leflore	225	145	375	745
210				
V. Weldon	450	290	500	1240
J. Brown	320	250	430	1000
C. McClean	360	225	365	950
K. Hill	300	220	330	850
B. Lyons	240	180	420	840
B. Hiney	350			
over 210				
A. Rizzoho	475	340	440	1255
R. Fallin	400	325	500	1225
M. Wallace	400	280	480	1160
C. King	380	225	450	1055
R. Stephens	325	250	475	1050
G. Brown	300	320	400	1020
S. Thomas	300	270	400	970
S. Barker	340	245	370	955

point totals: 1. No. Mesquite 32 (3 first places), 2. Samuell 32 (2 first places), 3. Lake Highland: 22, 4. Hillcrest: 11; 5. Spruce: 7; 6. Thomas Jefferson: 4. Outstanding lifters Platform 1: P. Manicchia, 2. Vince Weldon. Thanks to Athletic Supply for results.

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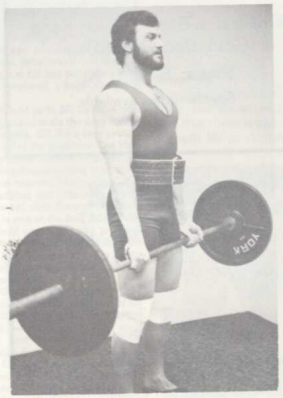
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York Open...one of the Best Lifters of all time, John Kuc, presented the Best Lifter award at the York Open to Dale Wolf. Pope photograph.

York Open Championships
3/12/83 - York,Pa (kilos)

	SQ	BP	DL	T
52kg				
W. Snyder	117.5	55	142.5	315
K. Bingaman	97.5	47.5	117.5	262.5
56kg				
G. Snyder	170	107.5	197.5	475
G. Murphy	142.5	82.5	150	375
60kg				
P. Dorney	185	80	220	485
M. Solano	182.5	105	182.5	470
W. Walkup	150	77.5	190	417.5
67.5kg				
M. Zorbaugh	210	135	215	560
E. Jewell	217.5	105	207.5	530
D. Palmer	170	117.5	210	497.5
M. White	155	105	165	425
F. O'Brian	90	75	137.5	302.5
75kg				
D. Wolf	247.5	130	257.5	635
R. Walsh	252.5	137.5	242.5	632.5
J. Gallagher	235	132.5	240	607.5
D. Ali	215	125	242.5	582.5
E. Patten	227.5	125	210	562.5
D. Finn	215	122.5	222.5	560
W. Lippy	205	130	217.5	552.5
82.5kg				
R. Dell	255	155	275	685
D. Slates	227.5	150	235	612.5
R. Pamulo	245	130	235	610
C. Woodward	207.5	115	237.5	560
C. Tyler	172.5	112.5	182.5	467.5
M. O'Brien	137.5	105	172.5	415
90kg				
S. Barry	275	167.5	320	762.5
J. Giandalia	295	165	262.5	735
T. Weidman	282.5	157.5	295	735
A. Lentz	295	157.5	272.5-725	
S. Fielder Jr	260	162.5	262.5	685
G. Ferster	272.5	140	262.5	675
K. Linton	257.5	152.5	257.5	667.5
J. Cali	237.5	147.5	260	645
T. Underwood	240	142.5	255	637.5
R. Lauivara	222.5	167.5	242.5	632.5
T. Strouse	232.5	160	227.5	620
P. Kelly	217.5	155	245	617.5
J. Alicea	220	160	230	610
T. Ludwig	220	130	227.5	577.5
R. Mackrell	212.5	115	217.5	545
100kg				
P. D'Arcangelo	297.5	180	287.5	765
M. Flurie	300	177.5	285	762.5
D. Jones	262.5	195	275	740
R. Stewart	262.5	182.5	280	725
E. Schock	272.5	150	295	717.5
M. Lichtenstein	282.5	150	295	695
W. Schnepf	250	145	265	660
B. Romanoski	245	155	260	660
110kg				
M. Dimiduk	360	195	322.5	877.5
G. Grosso	322.5	227.5	320	870
K. Caulfield	340	215	292.5	847.5
E. Sicheri	332.5	205	285	822.5
J. Boblooch	300	205	295	800
R. Addy	262.5	172.5	282.5	717.5
J. Billman	252.5	175	260	700
C. Richter	250	150	295	695
B. Gable	287.5	170	227.5	685
M. dePrimo	250	147.5	255	652.5
125kg				
D. Barbee	337.5	235	305	895
J Arena	335	165	290	790
B. Lippy	305	182.5	287.5	775
L. Garro	290	162.5	275	727.5
C. Kercher	227.5	157.5	240	625
A. Siegel	232.5	142.5	250	625
T. Harrity	222.5	152.5	210	585
R. Morgan	202.5	147.5	217.5	567.5
SHW				
T. Hagans	362.5	237.5	317.5	917.5
G. Hechter	347.5	225	307.5	880
M. Eberly	277.5	137.5	272.5	687.5

Best lifters: D. Wolf & M. Dimiduk

NOVICE DIV

67.5kg				
M. White	155	105	165	425
I. Csikany	155	82.5	182.5	420
E. Butterworth	150	72.5	180	402.5
75kg				
D. Finn	215	122.5	222.5	560
W. Lippy	205	130	217.5	552.5
B. Jackson	175	117.5	215	507.5
82.5kg				
D. Slates	227.5	150	235	612.5
J. Schmuck	265	125	222.5	612.5
D. O'Connor	192.5	112.5	205	510
90kg				
K. Linton	257.5	152.5	257.5	667.5
J. Cali	237.5	147.5	260	645
R. Lauivara	222.5	167.5	242.5	632.5
100kg				
M. Flurie	300	177.5	287.5	762.5
D. Jones	262.5	202.5	275	740
W. Schnepf	250	145	265	660
110kg				
J. Boblooch	300	205	295	800
B. Gable	287.5	170	227.5	685
M. dePrimo	242.5	147.5	227.5	617.5
125kg				
L. Garro	290	162.5	275	727.5
A. Barclay	232.5	160	245	627.5
C. Kercher	227.5	157.5	240	625

MASTERS DIV-a.m.

L. Mintz	240	127.5	240	607.5
R. Beyer	185	110	182.5	477.5
D. Hess	147.5	110	182.5	440

p.m. session

M. Lichtenstein	282.5	175	237.5	695
R. Pamulo	245	130	235	610
E. Petersen	245	145	255	645

Thanks to Jan Dellinger for results and congratulations to the York Barbell organization for their efforts. 'Ted Kurlowicz sings the praises of Dave Barbee with good reason. Dave would have gone over 2000 had he made his final DL which he got badly out of position with but almost stiff legged anyway. I believe he was hoping for a little more on the BP too. Somerset, Pa's Telford Hagans went over 2000- 2022 to be exact. Another guy to watch is Garry Grosso in the 242s. He's impressive from a physique standpoint and on the platform. Of course, Mark Dimiduk added quite a bit to the proceedings. He couldn't quite qualify for the Srs by virtue of missing his final DL but on the bright side his BP seems to be coming back.

John Kuc graciously consented to present the awards for the lighter classes. I was lucky also to get another famous name in the Iron game to present the trophies -- at 12:15 in the a.m. - to the heavier class winners. Mike, I would imagine you know the name of Marvin Eder...1950s bodybuilder-strength athlete-- 490 bench press, 355 military press at 180-190 lbs. He was nice enough to give the awards at that ungodly hour.

We also had team competition which York won...followed by Dimiduk's power team and the Keystone Iron men.' Thanks to Jan Dellinger for report.



WARNER GARDNER MEMORIAL POWERLIFTING CHAMPIONSHIPS

HOST: U.S. Marine Corps Recruit Depot

DATES: May 21 and 22, 1983, 0700
Weighin each day

PLACE: Marine Corps Recruit Depot, Bldg. 13, Depot Gym, San Diego, CA 92140

START: Meet begins each day at 0900, one platform

CLASSES: 44 kg. through 82.5 kg. on Saturday, 22 May, 1982
90 kg. through over 125 kg. on Sunday, 23 May, 1982

AWARDS: All contestants will receive a free meet t-shirt (compliments of Weightlifters Warehouse). Medals for 1st five places, Best Lifter Trophy for each day; Team trophies: 1st, 2nd, and 3rd; Masters 1st, 2nd and 3rd by formula, and Women's 1st, 2nd, and 3rd by formula.

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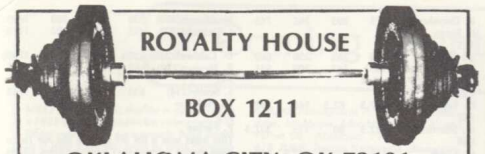
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114 SQ		305 R. Nichols	350 M. Castro	400 M. Ellis	374 E. Milian	300 J. Catalfamo	308 A. Clark	265 D. Meyer	242.5 J. Cunha
BP		150 R. Nichols	225 M. Castro	220 M. Ellis	275 M. Ferrera	220 C. Reynolds	231 A. Clark	165 D. Henrichsen	146.5 J. Cunha
DL		380 R. Nichols	470 M. Castro	429 M. Ellis	424 E. Milian	375 J. Catalfamo	360 C. Blocker	340 D. Henrichsen	232.5 H. Watanabe
T		835 R. Nichols	1008 M. Castro	1040 M. Ellis	1024 E. Milian	850 J. Catalfamo	892 A. Clark	740 D. Meyer	567.5 H. Inaba
123 SQ		250 D. Polokonis	455 J. Bradley	385 M. Morishige	446 E. Milian	355 J. Steinfeld	390 O. Rodriguez	418 M. Mason	237.5 H. Inaba
BP		220 D. Polokonis	315 J. Bradley	253 M. Morishige	308 V. Tolisano	245 J. Steinfeld	259 J. Robinson	264 M. Mason	147.5 H. Isagawa
DL		305 D. Polokonis	525 J. Bradley	468 M. Morishige	524 E. Milian	430 F. Glass	440 J. Robinson	451 M. Mason	289.5 L. Gant
T		770 D. Polokonis	1295 J. Bradley	1095 M. Morishige	1234 E. Milian	985 J. Steinfeld	1041 J. Robinson	1107 M. Mason	625.0 L. Gant
132 SQ			573 J. Bradley	420 G. Young	514 E. Milian	512 J. Biasiotto	430 O. Rodriguez	451 D. Piro	295.0 J. Bradley
BP			363 J. Bradley	280 J. Mann	330 W. Wilson	292 J. Biasiotto	290 J. Robinson	308 D. Piro	180.0 J. Bradley
DL			600 J. Bradley	500 G. Carlson	560 E. Milian	529 J. Biasiotto	511 R. Jonassaint	446 T. Upton	296.2 L. Gant
T			1466 J. Bradley	1135 G. Carlson	1319 E. Milian	1333 J. Biasiotto	1179 B. Naparan	1179 D. Piro	707.5 J. Bradley
148 SQ			573 J. Bradley	560 P. Cargni	555 C. Okonkwo	551 D. Davis	505 S. Harrison	590 R. Crain	296.5 R. Wahl
BP			386 L. Alicea	325 J. Yoshida	405 C. Okonkwo	350 G. Hummel	341 A. Simmons	335 D. Piro	194.0 K. Hulecki
DL			630 R. Luckman	578 B. Wright	630 M. Facteau	551 D. Davis	525 S. Harrison	630 R. Crain	312.5 R. Valineva
T			1437 L. Alicea	1430 P. Cargni	1520 A. Conyers	1427 D. Davis	1265 S. Harrison	1543 R. Crain	732.5 J. Bradley
165 SQ			661 D. Volpe	590 R. Sandvold	635 M. Facteau	683 G. Herring	500 J. Guido	666 R. Crain	327.5 M. Bridges
BP			407 T. Close	405 R. Sandvold	455 R. Weil	418 G. Herring	365 L. Pickney	380 S. Engelhart	217.5 J. Rouse
DL			660 C. Williams	617 R. Sandvold	665 M. Facteau	650 G. Herring	590 J. Guido	666 R. Crain	325.0 R. Valineva
T			1675 D. Volpe	1592 R. Sandvold	1675 M. Facteau	1752 G. Herring	1355 J. Guido	1675 R. Crain	850.0 R. Gaugler
181 SQ		622 B. Sullivan	722 F. Hatfield	722 S. Knight	655 B. Pereda	628 V. Keyhea	580 S. Martin	534 L. Robinson	379.5 M. Bridges
BP		385 B. Sullivan	435 S. Saluzzi	457 P. Pointer	420 M. Brown	402 G. Herring	385 W. Holmes	370 C. Burton	240.0 M. Bridges
DL		650 B. Sullivan	700 F. Hatfield	688 P. Pointer	675 B. Ely	705 V. Keyhea	610 M. Lajac	650 L. Robinson	357.5 V. Kumpuniemi
T		1647 B. Sullivan	1834 F. Hatfield	1802 P. Pointer	1645 M. Brown	1719 V. Keyhea	1480 A. Luciaga	1509 L. Robinson	952.5 M. Bridges
198 SQ		567 S. Mcky	667 S. Mcky	730 M. Caplan	720 V. Diaz	585 R. Wenner	605 D. Caldwell	622 P. Mustakas	375.0 F. Hatfield
BP		402 B. Sullivan	457 M. Mattice	480 P. Pointer	455 S. Hill	395 G. Black	410 R. Patterson	391 J. Sandberg	255.0 M. MacDonald
DL		675 B. Sullivan	694 F. Hatfield	720 P. Pointer	735 P. O'Brien	611 B. Balaluca	700 D. Caldwell	661 L. Robinson	372.5 W. Thomas
T		1729 S. Mcky	1752 F. Hatfield	1920 P. Pointer	1825 E. Gillie	1560 R. Wenner	1625 D. Caldwell	1586 L. Robinson	937.5 M. Bridges
220 SQ		750 B. Norman	750 B. Norman	740 B. Keppler	800 B. Chrosniak	705 J. Hood	630 D. Caldwell	633 R. Gullickson	400.0 F. Hatfield
BP		510 B. Kincaid	510 B. Kincaid	480 D. Morton	500 K. Reich	429 P. Elmore	440 R. Patterson	450 P. Ellering	261.5 M. MacDonald
DL		730 B. Carlson	730 B. Carlson	735 B. Keppler	760 P. O'Brien	777 J. Hood	725 D. Caldwell	700 P. Ellering	377.5 J. Cash
T		1810 B. Norman	1810 B. Norman	1885 B. Keppler	1989 B. Chrosniak	1851 J. Hood	1740 D. Caldwell	1750 P. Ellering	952.5 J. Cash
242 SQ		745 B. Carlson	755 J. Stein	725 D. Morton	805 B. Chrosniak	622 L. Shepard	625 D. Caldwell	639 S. Parks	393.5 D. Wohleber
BP		446 B. Carlson	535 J. Stein	500 D. Morton	505 D. Hammock	402 L. Shepard	415 C. Green	429 P. Ellering	270.0 J. Magruder
DL		766 B. Carlson	747 B. Carlson	770 G. Young	770 P. O'Brien	716 L. Shepard	725 D. Caldwell	670 P. Ellering	395.0 J. Kuc
T		1909 B. Carlson	1985 J. Stein	1970 D. Morton	2015 B. Chrosniak	1741 L. Shepard	1735 D. Caldwell	1675 G. Fox	1000. J. Kuc
275 SQ		782 B. Barwick	782 B. Barwick	750 J. Hjorth	810 J. Hernandez	700 J. Bennett	580 L. Long	683 B. Jacobson	412.5 D. Waddington
BP		525 B. Kincaid	525 B. Kincaid	501 B. Groves	510 J. Severino	485 L. Melillo	450 D. Wilkinson	440 G. Fox	278.5 T. Hardman
DL		812 D. Parks	812 D. Parks	740 J. Hjorth	765 C. Robertson	670 J. Bennett	650 D. Wilkinson	672 M. Suoboda	385.0 T. McCormick
T		2044 B. Barwick	2044 B. Barwick	1950 J. Hjorth	1955 L. Jacobs	1805 J. Bennett	1630 D. Wilkinson	1681 G. Fox	1005. E. Hackett
SHW SQ		850 B. Barwick	840 B. Barwick	915 D. Kenady	771 O. Muniz-Zacca	740 J. Henning	630 J. Teague	650 R. Dirksen	445.0 D. Fely
BP		532 B. Barwick	532 B. Barwick	575 D. Kenady	550 C. Pringle	473 R. Crayton	341 J. Teague	405 H. Lewellyn	300.0 B. Kazmaier
DL		812 B. Barwick	812 B. Barwick	870 D. Kenady	695 O. Muniz-Zacca	580 J. Henning	680 D. Coleman	622 R. Dirksen	402.0 B. Kazmaier
T		2146 B. Barwick	2146 B. Barwick	2303 D. Kenady	1841 O. Muniz-Zacca	1740 J. Henning	1545 J. Teague	1647 R. Dirksen	1100. B. Kazmaier



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Augusta Teenage Championship
3/6/83-Augusta, GA

	SQ	BP	DL	T
WOMEN				
W. Hicks	170	110	280	560
114 lb, 14-15 yr				
E. Spofford	170	115	300	585
C. Catoe	220	115	245	580
J. Robinson	185	110	225	520
16-17 yr				
M. Krause	240	135	300	675
K. Furr	175	135	260	570
K. Blackman	175	105	205	485
18-19 yr				
T. Spearman	235	185	280	700
E. Taylor	220	135	300	655
123 lb, 16-17yr				
C. Bunch	325	175	370	870
P. Kenney	260	135	275	670
18-19 yr				
S. Covington	260	220	320	800
132 lb, 14-15 yr				
K. Bishop	265	140	365	770
R. Gipson	290	150	300	740
M. Carson	195	125	220	540
16-17 yr				
G. Campbell	350	250	375	975
D. Burnett	340	210	400	950
L. Lowman	340	220	360	920
H. Brewer	250	205	375	830
D. Twitty	320	165	335	820
R. Lloyd	265	135	325	725
R. Garnes				
18-19 yr				
G. Glover	430	225	440	1095
R. Brannon	405	270	420	1095
T. Rupert	330	175	330	835
148 lb, 14-15 yr				
S. Schneider	380	245	450	1075
D. Henderson	310	235		
16-17 yr				
M. Thompson	400	210	445	1055
T. Lively	400	220	435	1055
M. Ferrel	325	255	410	990
R. Casalino	325	250	375	950
B. Luczaj	325	220	380	925
S. Davis	340	220	360	920
J. Ormand	300	185	400	885
J. Bowman	200	230	360	790
B. Manly	275	180	325	780
T. Knight	245	165	360	770
18-19 yr				
J. Price	390	270	475	1135
T. Duckworth	425	230	415	1070
J. Watkins	350	270	420	1040
L. Mew				
165 lb, 14-15 yr				
S. Flynn	290	205	385	880
G. Ormand	325	165	390	880
16-17 yr				
M. Johnson	350	285	410	1045
K. Melton	285	245	405	935
T. Brown	290	225	420	935
T. Pope	335	215	335	885
C. Garnes	310	175	390	875
R. Kinard	325	170	380	875
18-19 yr				
T. Reeves	470	290	500	1260
M. Collins	360	250	455	1065
K. Wike	295	190	435	920
L. Langston	200	210	285	695
181 lb, 14-15 yr				
J. Cato	220	185	285	690
16-17 yr				
G. Hollinger	455	270	500	1225
K. Roberts	425	280	455	1160
A. Neal	395	265	450	1110
K. Blackman	390	260	415	1065
S. Altman	415	225	410	1050
18-19 yr				
B. Kotti	460	360	515	1335
J. Morris	380	265	460	1105
B. Forbes	405	215	475	1095
198 lb, 14-15yr				
R. Matherly	230	140	230	600
16-17 yr				
S. Kemps	450	340	555	1345
R. Coleman	505	300	455	1260
D. Matherly	500	260	450	1210
D. Youmans	320	195	360	875
18-19 yr				
D. Mims	500	290	570	1360
220 lb, 14-15 yr				
A. Small	250	205	425	880
16-17 yr				
A. Wentworth	540	330	550	1420
J. Ashworth	475	240	510	1225
L. Altman	325	215	300	840
18-19 yr				
S. Holland	580	290	610	1480
T. Holland	480	340	500	1320
M. Massari	365	245	445	1055
242 lb, 18-19 yr				
J. Pardue	530	335	600	1465
T. Corbin	460	270	495	1225
275 lb, 16-17 yr				
T. Springfield	555	335	440	1330
C. Wood	420	225	435	1080
R. Ferguson	405	165	375	945
18-19 yr				
E. Holden	360	225	405	990
SHW, 14-15 yr				
R. Putnam jr	600	330	500	1430

Best lifters: 114-181: 14-15: S. Schneider, 16-17: G. Campbell; 18-19: G. Glover; 198-SHW: 14-15: R. Putnam, 16-17: A. Wentworth; 18-19: S. Holland. The Augusta Teenage championship proved that Tom King and Bubba Granade have a great deal of heart. After their big financial loss at the Jr. Georgia champs where no one showed up (Jan 83) they decided to do it up right once again and they gave the new champs of five years from now a chance to put their months and years of hard training on the line. The results: fantastic. I was particularly impressed by 300 lb 15 yr old Robert Putnam, Jr. Robert, best lifter in the 14-15 heavy div is a true superheavy of the future. Other notable lifters Steve Holland 220 lb class, Steve Kemp 198 lb, Jackie Pardue, 242 lb (from the famous lifting family), Tim Reeves 165 lb, Sonny Schneider 148 lb, Greg Glover and Greg Campbell and Richie Bronner 132 lb, Charles Bunch 123 lb, deserve mention as future champions. Many of these outstanding lifters will appear at the Georgia closed Teenage championships at McEachern Hi School, Powder Springs, GA 14 May 1983.' Thanks to Rich Reno for results.

US Armed Forces in Italy
1/8/83 - Aviano AB,Italy

	SQ	BP	DL	T
WOMEN				
97lb				
D. Krumenacker	45	55	125	225
105				
D. Cardonic	125	85	185	395
123				
M. Caldwell	120	255	115	290
MEN				
123				
D. Barajas	140	120	260	520
J. Guthrie	130	110	230	470
132				
M. Bonefas	280	190	391	860
4th	325			
148				
M. Williams	285	265	375	925
T. Hoyt	325	240	340	905
165				
F. Arrington	445	230	450	1125
C. Lewis	375	210	470	1055
R. Crosby	350	195	395	940
181				
T. Rohde	525	320	570	1415
	4th	325	586	
K. Rosenthal	355	270	460	1085
B. Morelli	325	210	440	975
M. Garcia	300	240	395	935
198				
J. Bowen	530	335	535	1400
M. Fargnoli	460	320	540	1320
220				
J. Soulia	545	400	630	1575
	4th	406		
J. Ross	400	310	520	1230
242				
D. Caldwell	625	385	725	1735
	4th	392		
S. Williamson	590	400	620	1610

Thom Rohde and Jon Ross did a fine job of organizing and directing this, their first meet. Thanks to Dusty Caldwell for results.

3rd annual Boomer Classic
Mar 83 - Norman, OK (kilos)

	SQ	BP	DL	T
WOMEN				
114				
P. Lowery**	92.5	52.5	125	270
123				
D. Bean	70	40	85	195
132				
S. Cranson	95*	52.5	122.5*	270*
148				
J. Jarnigan**	85	50!*	110!*	245*

**-outstanding lifter
* state records
!* state Coll.records

MEN-OPEN				
132				
B. Oliver	152.5	115	170	437.5
148				
C. Wodraska	230	140	217.5	587.5
J. Carter	157.5	100	190	447.5
165				
M. Martin**	282.5	185*	265	732.5
C. Cardin	250	135	235	620
J. Clinton	165	120	205	490
181				
B. Lockhart	182.5	127.5	227.5	537.5
J. Lowery	255	175	272.5	702.5
198				
B. Lockhart	255	175	272.5	702.5
J. Lowery				
220				
M. Davis	272.5	182.5	287.5	742.5
242				
R. Peters**	300	200	290	790
K. Doonkeen	275	205	265	745
P. Jones				
275				
D. Chaffin	205	165	230	600
W. Workman	185	145	205	535
MEN-BELOW CLASS II				
123				
G. Tayor	117.5	82.5	140	340
132				
M. Sherfield	122.5	80	135	337.5
148				
M. Cobb	165	102.5	217.5	485
J. Carter	157.5	100	190	447.5
B. Gregory	172.5	122.5	150	445
165				
D. Larimer**	182.5	137.5	227.5	547.5
J. Clinton	165	120	205	490
R. Driskell	165	135	190	490
B. Lewis	155	120	175	450
M. Carruth	132.5	112.5	182.5	427.5
181				
M. Green	190	142.5	220	552.5
M. Scott	137.5	120	197.5	455
B. Plank	160	92.5	192.5	445
M. Adams	142.5	115	160	417.5
198				
K. Parks**	212.5	160	227.5	600
S. Duren	215	172.5	187.5	575
T. Kreigh	190	125	230	545
S. Kivela	185	130	202.5	517.5
T. Wright	1670	95	205	460
220				
K. Grey	207.5	142.5	207.5	557.5
W. Smith	195	100	205	500
242				
G. Flood	170	117.5	215	502.5
275				
D. Chaffin	205	165	230	600
B. Dobbs	215	132.5	220	567.5

Thanks to Rich Peters for results.

1983 Air Force Championships
1/24/83-Luke AFB, AZ

	SQ	BP	DL	T
114				
B. Reggio(116)	300	230	340	870
M. Caldwell(118)	285e	130	300	715
123				
M. Curtin(125)	330	280	385	995
W. Walkup(125)	325	175	405	905
132				
B. Naparan(134)	390	290	470	1150
4th	400s			
Lawrence(134)	425	270	435	1130
148				
T. Donavan(150)	450	325	450	1225
W. Walker(148)	435	270	500	1225
S. Alli(146)	445	245	505	1195
D. McNelly(148)	380	300	225	905
165				
G. Bell(165)	570	375	620	1565
4th	605			
M. Barber(165)	550	295	600	1445
A. Garcia(162)	300	290	350	940
181				
R. Long(181)	575	340	600	1515
Eichelberger(181)	535	350	590	1475
Macintire(183)	480	340	480	1320
198				
J. Mantos(197)	580	405	530	1515
J. Hogan(194)	530	335	540	1405
Meddaugh(200)	530	350	500	1380
J. Oelrich(187)	425	265	480	1170
220				
D. Caldwell(220)	630a	385	725a	1740e
R. Stewart(220)	605	420	610	1635
242				
S. Scully(234)	635	440	670	1745
D. Pinkston	•			
275				
P. Parker				

This meet was a lift off to pick the Air Force team for the Interservice Championships. Lifters were allowed 4 pounds over class limit in this lift off, for the purpose of holding weight until the big meet, however, lifters actually had to make class limit to set records in that class. Records: a - Air Force, e - US Military in Europe; s - Air Force in Spain. Thanks to Dusty Caldwell for results.

Power Bench-Deadlift meet
3/12/83-Thunder Bay,Ontario Canada

	SQ	BP	DL	T
WOMEN-OPEN				
A. Christiansen	—	148	314	462
A. Nadjuch	—	104	275	380
A. Farell	—	104	253	358
P. Vierra	—	77	225	302
MEN				
132				
W. Lui	—	248	303	551
J. Bruno	—	192	325	517
S. Gregoire	—	137	303	440
148				
R. Paananen	—	275	319	595
D. Morin	—	214	352	567
S. Depaulo	—	209	336	545
E. Stadnik	—	214	325	539
J. Cacamoe	—	181	325	506
165				
U. Feurekes	—	292	418	710
G. Dolaiczuk	—	231	462	694
D. Zahorsky	—	259	424	683
R. Rousell	—	275	407	683
D. Henderson	—	220	440	660
J. Simon	—	—	413	413
T. Tallet				
181				
L. Sebastianis	—	297	501	799
R. Roy	—	281	424	705
B. Mathews	—	292	407	699
R. McDonald	—	242	418	661
198				
J. Petrick	—	352	562	914
P. O'Brien	—	303	490	793
A. McFall	—	292	424	716
J. Elvish	—	248	440	688
K. Watson	—	225	451	677
220				
T. Foley	—	330	529	859
J. Stelnicki	—	319	468	787
OVER 220				
T. Milani	—	181	440	622

Best lifter ltwt: U. Feurekes, hvy: J. Petrick, overall best lifter: J. Petrick. This meet would not have been a success without the help of scorekeepers Cathy Osmar and Karen Kerr, referees Jerry Johnson, Fred Kens and Jeff Chan. Results from meet director Raimo Paananen.

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Coming Events

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

13,14,15 MAY Natinal Strength & Cond. Assoc. Natl Convention, Los Angeles, CA, NSCA, Bx 81410, Lincoln, Neb 68501.

14 MAY Class III Meet & Wisconsin State Women's, Tom Gregor, 102 E. Fritz, Ave., Ladysmith, Wis 54848, 715-532-3218.

14 MAY Vogelweh Air Base, Germany, USAFE Championships, Lee Vaughn, Bx 749, APO NY 09378.

14 MAY Michigan Teenage Championships, Lloyd Coon, 3128 Camelot Dr., Flint, MI 48507, 313-239-9108.

14 MAY Georgia (closed) teenage, McEachern HI School, Powder Springs, GA, c/o Richard Reno, 1648 Oak Hill Dr., NE, Marietta, GA 30061.

14 MAY Schenectady YMCA Open, Peter Gigone, PHys. Dir., Schenectady YMCA, 13 State St., Schenectady, NY 12305, 518-374-9136, ext 22.

15 MAY New Jersey Hi School championships, Ron Miller, 18 Hialeah Ave., Middletown, NJ 07748, 201-495-1494.

20,21,22 MAY Women's National Natural Championships, (USPF & ADF-PA) (IPF Drug testing), Michelle Greenspan/Sue Elwyn, Bx 482, W. Somerville, Ma 02144, 617-451-3514.

20-22 MAY European championships, Mariehamm, Finland

21 MAY Svanko Barbell Challenge Cup (open & high school), Van Grafas, Bodybuilder Enterprises, 40 Prospect St., Summit, NJ 07901, 201-277-3129.

21 MAY Northern Utah Open Novice, Rocky Mt. Ath. Ctr, 1069 W. 6000 So. Roy, Ut 84067.

21 MAY Long Island championships, Ralph Raiola, 235 Rockaway Turnpike, Lawrence, NY 11559.

21 MAY Oklahoma Teenage, Lance Childers, 624 Yukon Ave., Yukon, OK 73099, 405-354-0413/2375.

21 MAY Eastern Masters PL, Harry McCoy, 405 Wilson Ave., Ambridge, Pa 15003.

21 MAY 2nd Pennsylvania Police Olympics PL, Thomas Miller, 312 Virginia Dr., Oakdale, Pa 15071.

21 MAY Findlay BBC Classic, Class II and below and Women's open, Tom Davis, 411 Defiance Ave., Findlay, OH 45840, 419-423-3193.

21/22 MAY Class II PL meet and open BP, Jeff Magruder or Steve Crouse, 15337 NE 92 St., Redmond, Wa 98052, 206-881-2727

21-22 MAY Warner Gardner Memorial Open PL meet, (rules clinic and National Card test on 21st), R. Roberts, Depot Special Serv., Bldg 13, MCRD, San Diego, CA 92140, (714) 225-5313.

28 MAY 193d Combat Support Battalion Open (Panama Canal), James Hart, Bx 2545, APO Miami, Fl 34004.

28 MAY Heart of America, Bob Theiss, Iron Pit Gym, 224 S 8th, St Joseph, MO-233-6565

28 MAY Arizona State teenage, Bob Calvan, 3111 E. Clarendon No. 202, Phoenix, AZ 85016.

28 MAY Parkersburg Oopen, Olympic Health Club, 1519 Camden Ave., Parkersburg, WV 26101, 304-428-7771

29 MAY Venice Beach Open PL meet, Bud Mucci, 17511 Roscoe Bl., Northridge, CA 91325, (213) 343-4821.

29 MAY Class II and below meet, Glenn White, c/o Jim Wall, Rome Health Spa, 28 Central Plaza, Rome, GA 30161, 4404-291-9080

29 MAY Southern Open BP, Johnny Peebles, II Dir., Str and Cond., Birmingham Jewish Comm. Ctr., 3960 Montclair, Birmingham, Al 35213, 205-879-0411.

MAY Region II championships, Reading, Pa

4 JUNE Tennessee Jr State, Masters, Womens, Police Olympics, 2-man DL, Eddie Bodkin, 5517 Ringgold Rd., Chattanooga, Tn 37412, 615-899-7044.

4 JUNE 5th Flint YMCA championships, Dave Cammon, 2212 Seneca St., Flint, MI 48504, 313-233-8096.

4 JUNE Louisiana Police Ath. Assoc Olympics...Powerlifting, LPAA, 600 Bonnabel Blvd., Metairie, La 70005, 504-831-4596

4 JUNE Pennsylvania Hi School championships, Jeff Moyer, Allen Hi School, 17th and Turner Sts., Allentown, Pa 18104

4/5 JUNE Junior Nationals championships, Bill Dunn, John Gamble, Willie Morris, Univ of Virginia, Bx 3785, Charlottesville, VA 22901, 804-924-3278 or 977-8707 or 973-9630

11 JUNE Monterey Bay open and novice BP contest, Ron Morris, 1600 Mansfield St., Santa Cruz, Ca 95062, (408) 475-6019.

11 JUNE Georgia State closed women's championships, John Coffee, Coffee's Gym, 1033 Franklin Rd., Marietta, GA 30067, 404-952-1744

11 JUNE New England States open novice, Greg Kostas, 67 South Ave., Whitman, Ma 02382, 617-447-6714.

11 JUNE Fairlane Village Open, Lisa Dimerling, Rt 61, Pottsville, Pa 17901, 717-429-2449.

11 JUNE Metro Detroit open, Fabian Wambsgans, 20349 Ecorse Rd., Taylor, Mi 48180, 313-388-0411.

11/12 JUNE Region 10 Championships (Open, Masters, Women's, Teenage), Mike Carter, 12646 W. Atlantic Pl., Lakewood, CO 80228, 303-988-7836.

11/12 JUNE 3rd annual Maple City Class I and below, Women's div, over 40 div., Norwalk BBC, 6 East Seminary, Norwalk, OH 44857.

12 JUNE New England Open BP, John Saffron, Tri Community YMCA, 43 Everett St., Southbridge, Ma 01550, 617-765-5466.

12 JUNE Elm City BP championships, Joe Steele, 468 Ft. Hale Rd., New Haven, CT 06512, 203-469-5434.

18 JUNE (new date) Big Island championships, Herbert Ishibashi, Jr, 29 Shipman St., Suite 104, Hilo, Hi 96720.

18 JUNE Fort Myers Beach Open Bench Press, David Green, c/o Body Shop Gym, 2016 Beacon Manor Drive, Ft. Myers, FL 33907.

18 JUNE Almost Nationals, Richard Peters, Bx 1753, Norman, Ok 73070.

18 JUNE Michigan Schedule meeting, rules and judges clinic, George Zender, 945 College NE, Grand Rapids, Mi 49503, 616-458-1497.

18-19 JUNE Western Masters and High Desert Class 2 and womens PL meet, Jay McVeagh, PO Bx 939, Apple Valley, CA 92307, (714) 247-5648.

18-19 JUNE Pennsylvania State, Man (18th and 19th), women (18th), (all wt classes), Al Siegel, 109 Market St., Clearfield, Pa 16830, 814-765-3214/8059.

19 JUNE 1984 Pennsylvania meet schedule meeting, (4:00 pm in conjunction with state meet), All meet directors please come. Jake Boyer, Bx 356, Lehighton, Pa 18235.

25 JUN (new date) Minot AFB Open, Jack Deshields, 122-1 Glacier Dr., Minot AFB, ND 58704, 701-727-4884.

25 JUNE Southshore Open Bench Press, Jim Greco, 2317 Kearney Ave., Racine, WI 53403

25 JUNE (new date) Freedom Festival meet, Dick Conner, The Pit BBC, 400 Edgar St., Evansville, In 47710.

25 JUNE Seaway Oen BP and DL, Tom Corinti, 1996 W. Sherman, Muskegon, Mi 49441, 616-726-4144

25 JUNE Tri State championships, World Class Gym, 2nd and Apple St., Quakertown, Pa 18951, 215-536-6655.

25/26 JUNE Class II championships and women's open (2 platform meet), Charles Beane, Nautilus Fitness Ctr, 446 E. Dixie Dr., Asheboro, NC 27203, 919-629-6329.

25/26 JUNE London Intermed. and Masters (40 and over age group), contact John Sarich, 711 Westmount Hills Dr., London, Ont, Canada N6K 1B3, PH (519) 471-1105 after 7 pm.

26 JUNE New Jersey Open Class II or under, Ron Panissidi, 247 Camden St., Oradell, NJ 07640, 201-265-3474

JUNE United States Assoc for Blind Athletes Natl championships, Harley Lewis, Univ of Montana, Missoula, Mt 59812.

30 JUNE/1 JULY Calif. State Police Olympics PL, Jim Cantalupi and Larry Gozmell, 619-293-3112, (10:30 am-3 pm)

9 JULY Biggest Bench on the Beach contest, Rehobath Beach, Delaware, Bob Edmanson, 14204 Randall Dr., Woodbridge, VA 22191

9 JULY Jacksonville Open, Charlie Thompson, 1041 S. McDuff Ave., Jacksonville, Fl 32205, 904-633-3350

10 JULY Connecticut State women's, masters and high school championships, Joe Steele, 468 Ft. Hale Rd., New Haven, CT 06512, 203-469-5434

16 JULY Can-Am DL championships, (on the beach), Mario Torrez, 1970 N. Harrison Rd., E. Lansing, Mi 48823, 517-332-4642.

23 JULY Southeastern Carolina Open, Kirk Nobles, Bx 944, Fairmont, NC 28340, 919-628-6776.

23,24 JULY Senior Nationals, Chip McCain, MC CAIN PRODUCTIONS, 3100 S. Lamar, Suite 203, Austin, Tx 78704, 512-441-7993.

24 JULY-4 AUG World Games (?), Great Britain

29,30,31 JULY American Drug Free Powerlifting Association National Championships, George Hummell, 939 N. 20th St., Allentown, Pa 18104

29-30 JULY Women's Teenage Nationals, Rickey Dale Crain, Bx 1322, Shawnee, OK 74801. 405-275-3689

31 JUL Don Reinhoudt Powerlifting Seminar and Strength Exhibition, Montana's Gym, Clarion, Pennsylvania 814-226-8742 or Dave at 814-226-7639.

5,6,7, AUG Teenage Nationals, Bob Martens, 15224 No. 21st St., Phoenix, AZ 85022, 1-602-971-5214.

13 AUG Mid Central USA meet, Ken Brown, N. Little Rock Comm. Ctr., 2700 Willow St., N. Little Rock, Ar. 72114

13/14 AUG Class II and below, teenage, and masters (Aug 13), Class I and above and women's meet (Aug 14), James Rummell, 151 E. 2nd, Chillicothe, OH 45601, 614-774-2801

20 AUG So. Jersey Open, novice, teenage, and womens, J. Q. Wade, 105 Market St., Glassboro, NJ 08028, 609-881-5151

3&4 SEPT Men's World Masters PL championships, at Centennial Hall, John Sarich, 711 Westmount Hills Dr., London, Ont., Canada N6K 1B3.

10 SEPT Central Carolina Open, Johnny Howie, Enterprise Productions, 1329 Roosevelt Blvd., Monroe, NC 28110, 704-289-4940

24 SEPT Ambridge VFW Open, Tony Pharr, 1098 Duss Ave., Ambridge, Pa 15003, 412-266-9774 (gym), 412-843-6298(home)

SEPT Oklahoma Grand, Richard Peters, Bx 1753, Norman, OK 73070

SEPT Erie City BP, Joe Crengia, 3639 W. 26 St., Erie, Pa 16506, 814-833-3727

1,2 OCT (tentative) Police and Fireman's Nationals (women's div), Larry Pacifico, Bx 14152, Dayton, OH 45414.

15,16 OCT National Masters championships, Oscar Jensen, Cedarwood Apts, Apt N 223, Cedarwood Blvd., Baldwinsville, NY 13027, 315-635-7312.

16 OCT New Jersey District 'North of Trenton', Ron Panissidi, 247 Camden St., Oradell, NJ 07649

30 OCT London 4th annual open DL championship, men and women, John Sarich, 711 Westmount Hills Dr., London, Ont, Canada N6K 1B3, PH (519) 471-1105 after 7 pm

10-13 NOV World Powerlifting championships, Gothenburg, Sweden

26/27 NOV 3rd annual Potomac Open (seniors, Masters, Women's, under class II div.), Northern VA Power Club, 14204 Randall Dr., Woodbridge, VA 22191, 703-494-1377

NOV Southwest Invitational, Richard Peters, Bx 1753, Norman, OK 73070

3 DEC Region IX Collegiates, Chad DeRouselle, 304 Davis, Sulphur, La 70663, 318-625-8987

3 DEC So. Jersey Open, novice, teenage and womens, J. Q. Wade, 105 Market St., Glassboro, NJ 08028, 609-881-5151

4 DEC New Jersey Open, John Falconio, RD 1, Bx 151, Allentown, NJ 08401, 609-259-2428

28,29 JAN 84 Women's Nationals, Chip McCain, MC CAIN PRODUCTIONS, 3100 S. Lamar, Suite 203, Austin, TX 78704, 512-441-7993

JAN Hudson Mall Open, Ray Penna, 10 Soltes Dr., Carteret, NJ 07008

26 FEB New Jersey State championships, Ron Panissidi, 247 Camden St., Oradell, NJ 07649

PS...when writing a meet director for information always included a stamped, self-addressed envelope (except for Canadian and other foreign meets) and please, if you call him, don't call collect.

Red River Open
1/22-23/83 - Fargo, ND

	SQ	BP	DL	T
114				
C. Tascona	205	90	190	485
P. Cafrvny	95	110	165	370
123				
T. Buege	285	205	350	840
G. Buys	225	125	235	585
P. Frazior	185	85	220	490
M. Kalkirtz	185	90	205	480
132				
M. Mason	440*	275*	420	1135*
S. Schimmel	365	190	400	955
S. McConville	285	210	340	835
B. Mason	300	190	315	805
B. Lusk	195	175	225	545
148				
M. Winquist	530*	310*	520	1360*
M. Jonas	425	230	500	1155
C. Kallberg	375	245	465	1085
D. Frion	390	220	460	1070
R. Greenwald	365	265	425	1055
K. Bowman	355	275	410	1040
D. Nassif	390	250	400	1040
D. Covington	325	245	435	1005
M. Juve	310	245	360	915
J. Weisman	300	165	375	840
165				
J. Rush	625*	350	590*	1565*
S. Knewitz	500	290	580	1370
B. Dinh	475	220	505	1200
S. Miller	415	205	380	1000
K. Freeman	175	110	230	515
B. Smith				
181				
B. Larson	580	300	505	1385
M. Yost	480	330	435	1245
S. Gnerre	430	255	500	1185
M. Edelstein	435	250	445	1130
G. Kavonis	395	205	435	1035
B. Edelstein	305	210	440	95
B. Kneeland	325	180	365	870
198				
D. Gnerre	535	385	635*	1555
T. Landon	580	345	610	1535
A. Christenson	540	360	510	1410
S. Gustafson	490	365	540	1395
F. Haski	505	370	475	1350
C. Turner	460	320	550	1330
R. Olson	450	300	475	1225
220				
D. Sperger	650	405	630	1685
S. Glende	535	270	650	1455
A. Orobko	480	275	490	1245
M. Rognlien	425	300	490	1215
J. Selken	470	260	470	1200
M. Arnold	460	240	440	1140
242				
P. Whitney	770!*	475	680!	1925!
J. Brace	660	500*	620	1780
W. Oberg	575	290	575	1440
275				
J. Brick	640	380	650*	1670
C. Mason	505	280	560	1345
SHW				
R. Stoppelman	465	280	580	1325
D. Hill	425	295	435	1155

* denotes Red River open record; 13 were broken; ! denotes ND state record; 3 were broken. Best ltwt lifter: J. Rush, hvy: P. Whitney. Team champions for the 7th consecutive year: F M Powerlift Club. Meet directors: K. Ellett and P. Whitney. Thanks to all who helped out and participated. Thanks to Paul Whitney for results.

Ontario Senior Men's
3/20/83 - London, Ontario Canada (kilos)

60kg				
D. James	205	117.5	225	547.5
67.5kg				
J. Moir	235	160	245	640
K. Lam	227.5	142.5	245	610
J. Marentette	215	130	217.5	562.5
G. Catterson	205	135	205	545
D. Nicholson	160	117.5	172.5	450
75kg				
M. DiPasquale	262.5	150	297.5	710BL
G. Hansuld	257.5	185	265	707.5
S. Moir	260	155	240	655
82.5kg				
B. Grant	247.5	155	262.5	657.5
D. Haynes	242.5	137.5	245	625
L. Caruso	222.5	137.5	250	610
R. Marion	230	155	225	610
J. Petriek	245			
90kg				
P. Perry	275	170	290	735BL
K. Hult	260	175	252.5	687.5
F. Hieks	275	145	240	660
100kg				
B. Zanatta	282.5	170	262.5	715
A. Dorsey	285	147.5	275	707.5
D. Leers	265	155	260	685
125kg				
B. Lupka	280	187.5	310	777.5

Best lifters: M DiPasquale and P. Perry. Thanks to John Sarich for results.

PIONEERS of POWER

by Pete Vuono

Part 3 Steve Merjanian

In the mid 1960s, a movie was released entitled 'Muscle Beach Party.' It proved to be a very popular 'Beach' film, especially among bodybuilding fans. In one particular scene of the film there was shown a lineup of famous bodybuilding stars. Among these stars was Larry Scott, the first Mr. Olympia. There also was Chet Yorton, former Mr. Universe. As prestigious as this lineup of bodybuilders was, all the athletes were literally dwarfed by a broad shouldered behemoth who sported 20½ inch arms, 18½ inch forearms, 59¾ inch chest, 39 inch waist, 28½ inch thighs, and 19½ inch calves. Pack all this onto a 5 ft 11 inch, 280 lb. frame and you had a man mountain by the name of Steve Merjanian.

Steve was truly a pioneer of strength and his tremenedous proportions and strength feats were known far and wide. Even today, 16 years after his prime, he is still being talked about in various bodybuilding journals.

Steve started his athletic career in 1952. He attended Manual Arts High School in Los Angeles and excelled in wrestling and football. He was chosen as 'All City Lineman' in 1952 and 1953. It was during his high school days that he took up weight training and began by concentrating on bodybuilding. However, as time went on, Steve expanded his routine so that he became a combination bodybuilder and strongman. Steve ultimately trained for size and strength, concentrating his training on his upper body. More specifically, his routine emphasized strengthening his prodigious deltoids. His favorite exercises were the incline press set at 60 degrees, the behind the neck press, seated dumbell presses, lateral raises and dumbell front raises.

Steve's progress in the above mentioned lifts reached a pinnacle that spread fame about him all over the weightlifting world. Even now, those lifts have been matched by so very few strength athletes.

While weighing approximately 280-300 lbs, Steve incline pressed 500 lbs. on a 60 degree angle. Compare this to the 35-45 degree incline presses that most bodybuilders execute. He also pressed behind the neck, seated, 350 lbs. and 315 for 5 reps. Steve would have excelled in today's English Strongbow contest as he dumbell pressed, while seated, 190 lbs for 2 reps. He also executed a one arm dumbell front raise with a 165 lb dumbell!

Steve spent most of his time performing these feats while training with his close friend Chuck Ahrens at Bruce Conner's gym in Westwood, California. One can imagine just how much tonnage was hoisted in one workout when these two mastodons trained together.

Steve is still training and has still maintained incredible size and strength. His strength, physique and his amazing ability to maintain himself has always inspired weightmen everywhere and he will continue to do so for many more years to come.

REFERENCES: Willoughby, David P. The Super Athletes. New York: A. S. Barnes and Co. 1970.

New Jersey State
2/27/83 - Teaneck, NJ

	SQ	BP	DL	T
WOMEN				
Mahon	280	125	350	755
Ciardelli	215*	125*	280*	620*
Menton	215	80	245	540
Gotthold	220	115	225	560
Sisca	160	85	245	490
114				
Catafamo	325	185	350	860
Willem	255	165	320	740
Ciardelli	215	125	270	610
Manton	215	80	245	540
Swetz	55	205	55	315
123				
Harden	325	195	420	940
Sisca	160	85	245	490
132				
Pell	440*	220	450	1110
Miller	415	240	410	1065
Gotthold	220	115	225	560
148				
Eiseman	460	260	600*	1320
Santiago	480	275	545	1300
Galante	505*	335	450	1290
Marchio	455	280	500	1235
Gori	455	240	525	1220
Cameron	400	240	430	1070
Mahon	280	125	350	755
165				
Wagner	590	275	550	1415
McElroy	415	335	480	1230
Finn	465	270	490	1225
Champion	430	225	550	1205
Ahern	460	275	440	1175
Cohen	445	225	450	1120
Jackson	375	265	475	1115
181				
Penna	600	365	580	1545
Krautsach	550	350	550	1450
Scarando	505	300	600	1405
Rupertos	485	310	550	1345
McAuliffe	440	365	500	1305
Dietz	425	335	500	1260
Cusano	440	300	500	1240
Iannelli	430	285	505	1220
McGaughlan	365	305	510	1180
Simon	135	415*	145	695
198				
Chackman	590	355	620	1565
Pette	570	310	615	1495
Rachmiel	610	350	530	1490
Russo	510	415	535	1460
Smith	500	380	525	1405
DeMayo	450	310	500	1260
Barreto	285	255	470	1010
220				
Curry	540	420	630	1590
Szpiech	550	375	600	1525
Ercan	580	310	540	1430
Warfel	505	340	540	1385
Sheridan	500	310	525	1335
Brown	390	335	425	1150
242				
Jones	600	360	570	1530
Pollio	505	370	600	1475
275				
Romaniello	810*	435	710	1955
Garritano	680	445	625	1750
Venezia	680	435	605	1720
Mini	585	400	615	1600
SHW				
Lubau	700	410	680	1790
Scioicco	630	435	655	1720

Team winner: Ocean City; * - state record.

'In the women's div Cynthia Mahon was first, 2nd went to Christine Ciardelli via setting women's state records in the SQ, BP, DL and total.

148s saw Tom Eiseman's great 600 lb state record DL and a 1320 total. Football coach Tony Galante from Ocean city, set a new state record SQ 505. After two very hard attempts in the DL Tony made a successful, unbelievable 3rd attempt to receive a total.

In the 181s it was ex marine Ray Penna with a 600 lb SQ and a 1545 total. Ray is a 165 who did not make weight. New Milford's Don Simon had one thing on his mind - to break the NJ BP 181 lb record. He did with room to spare with a 415.

The best class without a doubt, was the 275s led by Newark's Bill Romaniello with a new state record 810 SQ and a 855 SQ attempt for a 1955 total. Second was Englewood Cliff's former collegiate Natl champ, Andy Garritano. Third was former Rutzer's football player, Frank Venezia. 4th was Vincent Mini, capt of Temple's football team who made the Dean's list 3 consecutive semesters and who may sign a football contract with the NY giants.

SHW class was won by Paramus's 283 lb Rich LuBau, via 700 lb SQ and just missed a 735 DL. 290 lb Dan Scioicco, was second.

The NJ Assoc. would like to thank all of those who helped: Referees (Natl cardholders), Bob Lee, Ron Miller, Bill Clayton, Fred Robins, John Falconio, Bert Marchio, and NJ Chief referee Larry Presby; other referees, loaders, spotters, and helpers Ralph Marente, Pete Grimm, Rich Giacoffone, Tom Policastro, Bill Stanton, Joe Enright, Ronnie Martino and Arno; special thanks to John Falconio and his family who are always willing to help. John is running the 1984 Region II championships. I'm sure he will do an outstanding job. This will be the biggest meet NJ has seen in a long time. On the same weekend that the States were held, the NJ Assoc moved its training facility to FairLawn. The facility was founded by Max Hasse in 1938 and continues to accommodate outstanding athletes in the Metropolitan area. We are truly proud of this facility which is the finest of its type for athletes, weightlifters and powerlifters. Sorry, no bodybuilders!

Some of the upcoming sanctioned meets are the March 19 South Jersey Open, the Garden State teenage open to be held in April (Bert Marchio runs the finest teenage meet anywhere-4 sessions), the NJ HI School championships May 15 (coach Ron Miller is running this and will do a fine job), on June 26 NJ Open Class II or Under at the Fair Lawn Cultural center (for NJ open class II or under information - 247 Camden St., Oradell, NJ), and Aug 20 the So. Jersey Open. (see coming events section for meet directors and where to write or call for information).' Thanks to Ron Panissidi for results and information.

Alabama State
2/26/83-Birmingham, Al

	SQ	BP	DL	T
114				
P. McCullough	290*	110	295	695
123				
B. Spates	350	248*	355	945
148				
L. Dykes	440	285	550	1275
N. Wilson	475	275	520	1270
165				
B. Keel(BL)	565*	370*	630*	1565
S. Hayes	510	300	540	1350
D. Clough	440	280	500	1220
F. Risberg	360	265	435	1060
181				
B. McKee	570	415*	675	1660
J. Cooper	635*	325	625	1610
D. Daniel	500	350	570	1360
H. James	515	300	480	1295
W. Gibson	330	295	555	1180
T. McKee	450	BMB		
198				
M. Farmer	640	340	650	1630
R. Poston	550	390	620	1560
C. Hill	550	360	550	1460
J. Dunham	500	375	550	1425
B. Williams				
B. Duke(gst)	725	465	775	1965
220				
D. Sewell(BL)	650	460*	715	1825*
F. Watts	705*	410		
242				
S. Strength	700	470	650	1820
D. Oswald	600	460	600	1660
C. Wainwright	450	345	500	1295
275				
T. Owen	640	440	575	1655
M. O'Bryan	700	440	505	1645
G. Wilkens	520	290	565	1375
SHW				
G. Reynolds	705	440	800	1945
L. Schroder	625	435	540	1650

*State record. Team winners: Wright PL of Birmingham, Al. This year's Alabama PL championship was held at the Homewood Natl Guard Armory in Birmingham. The turnout was light but there was some quality lifting. The meet started well with Paul McCullough of Dothan setting a state and unofficial teenage American record with a 290 squat. Paul is 14 years of age. Bucky Spates of Jasper who hasn't been training because of his involvement in spring football, still managed a state record in the bench presss. Bucky left a lot on the platform and is just a jr in high school. This kid could be another Lamar Gant. Billy Keel moved up to the 165s and set state records all the way across the board. Billy had a leg injury and his squat was down, Bob McKee repeated as state champ and set a new state record in the BP. John Cooper of Jacksonville set a state record in the squat with a 635. John was good for at least 20 lbs more. Buddy Duke was our guest lifter and as you can well see, Buddy will definnitely be ready for the Srs. David Sewell won best lifter awards in the heavier session. David set 2 state records in the BP and total marks. I only made my opening suat which was a state record. I do not recommend anyone lifting in a meet that they are running. I personally hope to redeem myself for such a poor showing. The team winners were Wright PL of Birmingham, Al. That's it for now and we're looking for a bigger and better meet next year.' Meet directors Bob McKee and Frank Watts. Thanks to Frank Watts for results.

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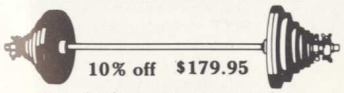


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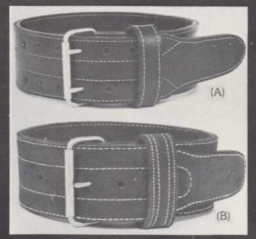


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