

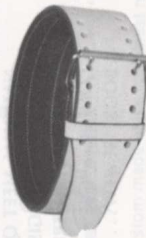
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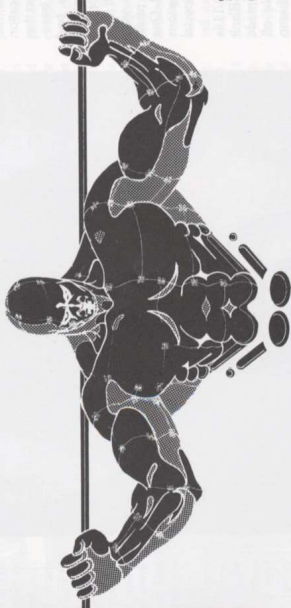
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YMCA Nationals

by PL USA Editor, Mike Lambert



The return of the Garry Benford's YMCA National Championships, after a one year absence, brought its best turnout ever, with deep entries in several classes and world class lifting in most of them as well. As before, this year's meet was a two platform affair, but not enough kilo weights showed up to stock the lighter platform, and after an abortive try to convert pound plates to kilos and proceed, they stuck with the pounds. Another complication on the light platform was the fact that the hydraulic squat racks, transported down the night before, had frozen solid and could not be "defrosted" in time to use for the meet. Garry's dedicated staff and planning for the meet was very capable of dealing with such problems, and they charged ahead. One fellow even judged a few sessions before he had to leave for a special occasion, his wedding!

A surprising number of 1144 showed up for the meet. Steve Blank handled himself very well and made solid lifts in each lift, to hold off Seniors and former Juniors champ Joe Schmidt, who had a pretty good day himself. Joe Catalano had squat depth problems that kept him back from the top two. Jim Caldwell, coached by Larry Pacifico, continued his climb upward to national prominence, and Richard Williams, the young Kentuckian bender, got a taste of big time competition as well. Crisp, Belliveau, and Pacyga did some super lifts, and all of them deadlifted exceptionally well. Belliveau has world championship experience and a great pulling position for the latter lift. She was rather shocked when her final with 385 was turned down.

At 123, Ashley McFarbridge made the cold truck down from Canada for the meet, as he did once before, and lifted in inspired fashion, to the extent of going for a 500 deadlift on his final try. Grim was awesome in 2nd and topped the women lifters on Malone formula. Lots of state records, etc. fell among the female lifters. Owens and Watson performed well also.

Scott Alford was perfect at featherweight and got a fine 1300 total for his efforts. Scott is not "built" for one special lift. He is just lean and mean, and has obviously worked hard to be a success in every lift. Friendly Marlin Ingram knew he was only striving to make weight. He's set big struggle up second place after a going lightweight from here on out.

In the lightweight, there was a light turnout, but some great lifters. Dermo looks good at this bodyweight, and all his lifts are strictly done and powerful. Jesse Jackson came up from Texas with Larry Migric and friends and had one of his finest days. He made his own luck at this meet, after troubles at some previous ones I've seen him at, and was particularly happy with the bench he missed and came back to make on a third. Doug Heath has gone through quite a cycle in his lifting, and now holds 6 YMCA National meet records over 4 different

attempt, and a further world record on his 3rd, crashing the 500 pound barrier in the process, and then went on to get another world record on a 4th attempt. Four world records in one day, in one lift, by a lifter who was already far ahead of the rest of the world. Well, Rick Weil came as close as you can to matching that historic demonstration of power. He had originally thought of going to the meet at 198 and had hit 575 in training, but dropped down for one last shot at the 181 lb. class mark. His lifts were almost identical in their ease: 512, 540, 545, 551, exceeding the all time best in the class on 3 consecutive lifts. I felt he showed the potential for much more in the future, but Rick says he could feel the stress of making weight in his pecs, and now fully intends to hit 198 in the future and take his best shot at the 600 barrier. Personally, he is much different in his approach to the bench than MacDonald. Whereas Mike's intense concentration, before, during, and after the lift is legendary, Rick is incredibly relaxed. Smiling, joking, and enjoying the moment is Rick's thing; before, during, and especially after the lift. Heck, check out the shot of his 551 on the cover. He's got no tight benching shirt, no tight suit, no belt, hardly any shoes. Now, that's almost casual! Despite the differences in style, Rick Weil and Mike MacDonald are definitely two of the greatest bench pressers the world has ever witnessed.

The rest of the class was the scene of some furious competition. Bryant hoisted some giant numbers, but Kanam, Vrabel, Davis, Currence, etc. were all right in their own right. More made attempt here and there.

At 198, John Black was confident, good case could have been made on a roll, in spite of the fact that it was time for him to have won recently. At one time, John felt that anything, including his family and even his own life, but he has recently dedicated his life to Christ, and is doing what he can in Powerlifting, so that others may see Christ through him and his talent in lifting. On November 19th, he was involved in a lifting exhibition and chapel service at Lima State Prison, plus services on Nov. 24th at Chillicothe State Prison. Another exhibition and service was took place on Nov. 25th at Gratton State Prison Farm, where a much needed 300 lb. weight set was donated to the inmate's gym. At the Adirondack Open on Dec. 1st, John went 220 and made lifts of 800 430 738 for a winning 1968 total. Due to heavy winter weather, he had to cancel that following Monday's visit to the Warrensville Workhouse (he rescheduled it for Dec. 30th), but the following weekend he lifted again at (120 lifts), where he again won the 220 lb. class. The following Tuesday he conducted a service, powerlifting clinic, and exhibition at Milan Federal Penitentiary, and 5 days later won the YMCA Nationals at 198 with a 1940 total that tied the world record that Roger Estep set at this meet



Awesome Trophies... meet director Garry Benford presents mid-heavyweight Class winner John Black with his piece of power sculpture.

some years back. Black's Health World also took the team title. By the way, John could not rave enough about how good the Adirondack Open was. Glen and Patti Stevens deserve great appreciation and thanks for their efforts. The awards and special prizes were outstanding, and John let everyone know so.

Pat Person of Michigan saw to that. Nationally an unknown, he got people's attention with his excellent squatting. He's muscularly long and lean, and smoothly folds himself under the weight and unfolds the same way. 804 was not out of the question for an attempt, by the way. Pat and John tied at subtotal, but John has traditionally had a strong deadlift and pulled out the victory. Welcome to the club Pat, you are now a factor, nationally. The rest of the class was like the 181s, a chaos of missed attempts and and jockeying for placings all the way down the line.

In the 220s, the YMCA Nationals audience saw one of the finest lifters in the world today, Bernard Wilson. His numbers tell you he is strong, but the way he finished off all those successful 3rd attempts indicate the true quality of the man's performance. He is massively constructed, top and bottom, and he knows what he is doing on a platform (and in a training gym as well) and obviously takes deep satisfaction in doing it so well. He can and will do more in every lift, and is already world class in every respect. He was the deserving winner of the Best Lifter award in the

Steve Wilson and Matt Dimel are both doing some pro wrestling now, though not in the same organization as Ted Arcid.

The women had a Malone formula and the placings went as follows: Grim, Crisp, Owens, Belliveau, Pacyga, Boshoven, Everett, Watson. The awards for all classes were exceptionally and unique; large, realistically sculptured deadlift figures painted in gold, silver, and bronze.

Scott and Pauline Gerard were present at this meet, running their computerized scoring system, which kept up all the complicated work necessary to show lifters where they stood, not only at the end of the meet, but at the critical intermediate stages as well. Printouts were posted and a television readout was available to keep track of things.

A total of 10 new meet records were set in 9 different weight classes (all except the 160s, where Coan and Well held the marks, and the Supers where Waddington and Flecher have them all), so it was certainly a meet with good lifting balance overall. All the big names weren't there lifting, however. Meet record holders Ed Coan and Doug Furnas were present, handling some of their buddies, while on their way to Dayton to do a training video pro-



Bernard Wilson... put those huge, powerful legs to work on an 832 squat.

hosted giant weights with no visible signs of psyching up. He feels he is simply too tall to be competitive at 242, but has difficulty getting his weight up much more than what it is now. He is apologetic about his relatively low bench, and barely worked up a sweat at the meet in the other two lifts, except for his final deadlift try of 826, which would have tied a John Gamble meet mark. Tim Bentley had a discouraging day, but John Roskos must have been encouraged by how well he did in finishing 3rd, over another pleased lifter, Morrison, who didn't miss a single attempt. Loads of Big Iron was hoisted in the rest of the class. These were some Big Men.

In the Supers, there were more Big Men. Familiar names like Hagans, Waddington, and Hoss took the trophies, but guys like Dorian Wright, Ridgeway (handled the meet by Pacifico), and Larson were also very impressive, barely nudging their ultimate potential. Telford put out a nice total, and Wadd was hard pressed to catch him. Wadd will be ready come the Seniors, he assures, and had not trained extensively for this meet. His hamstring injury from the last Seniors in Chicago looked bad, but (after testing it out at the meet) healed up perfectly. By the by, he reported that

At 242, Mark Weh just cruised to a win, not tapping his considerable power, except in the bench, where he rammed up a new meet record of 556. His competition, head shorn to the pate, Scott Edmiston glared and growled his way through 7 successful trips to the platform for 2nd. Barry Walker was elated with his 749 deadlift success, and Dave Abrahamson got through the meet despite a painful injury. Dave Afterholt was obviously in pain as well, but "stuck it out through the benches."

Scott Warman won the 275s comfortably, almost too comfortably. He was so relaxed before each attempt, listening to something through the earphones on his little cassette player, that it was un-nerving. Weighing extremely light in his class at 248, this Texas strength coach,

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STARTIN' OUT

A special section dedicated to the beginning lifter

Meet Judging and the Novice Lifter

by Stephen P. Ferris, Ph.D.



Top Lifters like Gene Bell, who went a perfect 9 for 9 at the 1985 World Powerlifting Championships, know intuitively what the judges are looking for and perform accordingly. When you are new, it is noted in this article, turning about judging standards will be a secondary concern.

For many powerlifters, the meet judges are often viewed as antagonists rather than the unbiased referees they really are. Through some of this attitude by veteran lifters may result from experiences with poor judging in the past. It does not account for such a disposition by novice lifters. A substantial factor in explaining a novice lifter's uncertain feelings towards meet officials is a perceived ignorance by the lifter about what referees really look for in judging a lift.

In order to address this problem and thereby help novice lifters feel more comfortable with meet officials, I undertook a survey of state USPF championships during March and April of 1985. Questionnaires were sent to 25 state chairmen chosen at random from the directory of names published in the November, 1984 issue of Powerlifting USA. The response rate was nearly 80 percent. The questionnaire consisted of five questions. The first three questions asked for the most common violations that novice lifters make in each of the three power lifts, while the last two questions asked the referees for advice in reducing a lifter's red lights and the relative ease in judging the various lifts. The following discussion will elaborate on the results I obtained.

When responding to my first question about violations in the squat by novice lifters, the referees almost unanimously cited insufficient depth. Other causes for red lights noticed by the respondents included time infractions (i.e., taking too long to squat after the command is given), rolling of the bar on the back during the lift and failure to wait for the referee's signal. Squatting before receiving the referee's command was the second most frequently cited violation in the survey. That novice lifters would commonly make this mistake is not surprising. The squat is the first lift, and the anxiety of the novice is high, but if the lifter's coach is alert and the lifter himself can remain aware of his actions, this type of violation can be avoided.

According to the surveyed referees, the single most common foul by novice lifters in the bench is pressing before receiving the judge's clap. This too may be accounted for by the novice lifter's anxiety. If the new lifter incorporates "pause benches" into his training program a month or so before the meet, the probability of such a violation should decrease significantly. In approximately the same order of importance, the other violations cited for the bench included moving the head or buttocks off the bench, shifting of the feet, feet not flat on the floor, uneven extension of the arms and bumping the uprights with the bar.

As far as the bench press goes, it seems that more attention to form is needed by novice lifters as they train this lift for competition. Unfortunately the bench is the ego lift in most American gyms and the tendency by pressing a few additional pounds by cheating is great, but the message from the referees is quite clear: the lift is not to be won by cheating or the lift

Throughout this article, I have incorporated suggestions which correct technical violations in each of the lifts. But in the eyes of the lifter, I requested from the referees their own recommendations. There was not a single universally offered suggestion, but reading the subbook in all its detail was recommended a number of times. Other recommendations included training a meet prior to lifting in one, training with a veteran lifter who can critique your lifts, opening up with an attempt you can connect to perform for multiple reps, and get by warming up early so you can get all your sets in before opening. There is no substitute for training the lifts strictly each day. That way, correct form becomes second nature and no special mental psyching or coaching is necessary.

The last question I addressed to the referees requested their view on the most difficult lift to judge. Almost without fail, the squat was determined to be the most difficult. The subjective factor necessarily present in evaluating depth accounted for this consensus. An interesting minority opinion held that the bench press was more difficult. These referees argued that squat violations are of a predictable nature and tend to follow each other sequentially. In the bench press, however, the violations are less predictable and may occur any time throughout the movement (e.g., shifting of the feet, moving of buttocks). Thus at any given point in time, the referee is forced to monitor a greater number of variables in the bench than in the squat.

I hope that the results from this limited survey will better inform the new lifters entering the sport about expectations and standards of our referees. A better understanding of the referee's viewpoint can help the novice lifter in proper execution of the lifts in the gym and better tolls in competition through fewer lifts turned down. I would be remiss if I did not publicly thank those state chairmen who responded to my survey. Your response has helped to educate the newest members of our sport. I would especially like to thank Mr. Arthur Fox, my colleague and coach who aided in the construction and tabulation of the questionnaires.

(Editor's Note: this survey and its conclusions were undertaken prior to the institution of various new rules by the USPF and IPF in the latter part of 1985)

Samson Address...the address and phone number of Samson Equipment Company, mentioned in last month's issue and endorsed by Tim McClellan, is 741 W. May, Las Cruces, NM 88005, (toll free) 1-800-45ASAMSON.

To Kathi Burnuel, the wife of popular lifter Manuel Burnuel has made many powerful acquaintances at meets over the years, but unfortunately she was severely injured in a traffic accident recently, and is now in convalescence, recovering from a broken neck and internal injuries. Cards and letters are welcome to help her through her this tough time, and you can contact her at 730 Reading Dr., Anderson, California 96007.

STEEL TIP Preview...the January 1986 issue of Dr. Ken Leistner's STEEL TIP Newsletter contains a comprehensive article on leg development; a very informative piece on how pieces of bone can form in muscle tissue, causing severe pain, an update on some previous training routines using more commonly available training equipment; commentary on various "ergogenic" aids and lifting belts, and an index of all the 1985 articles of the newsletter. For a one year subscription to the STEEL TIP, send \$18.00 for 12 issues (6-34 Fletcher Avenue, Valley Stream, NY 11580 or see the ad in this PL USA.

Ask the Doctor

Dear Mauro: Why do so many officials and doctors state that anabolic steroids do not aid athletic performance? If they don't do the trick, why do so many lifters take them? **Glen R.**

Dear Glen: There has recently been some shift in the attitude that anabolic steroids do not enhance athletic performance. Dr. William Taylor in his new book "Hormonal Manipulation, A New Era of Monstrous Athletes", in dealing with this topic, states that the American College of Sports Medicine has recently altered its view on the efficacy of anabolic steroids. Dr. Taylor goes on to say "Essentially, the effects of large doses of anabolic steroids on muscle mass and muscular strength are easily detected by the human eye...and do not require the aid of a microscope, elaborate blood-testing or precisely calibrated strength-testing equipment." By the way, Dr. Taylor's book makes very interesting reading, and I will be referring to it from time to time in this column...even when phenomenally large doses are used. The commonly held view...even when phenomenally large doses are used. The commonly held view...even when phenomenally large doses are used. The commonly held view...

The predominant attitude in the scientific community nevertheless, is that anabolic steroids do not enhance athletic performance. The influential, newly published (August, 1985) Goodman and Gilman's "The Pharmacological Basis of Therapeutics" states that "the use of these agents (anabolic steroids) does not cause an increase in muscle bulk, strength, or athletic performance...even when phenomenally large doses are used. The commonly held view...even when phenomenally large doses are used. The commonly held view...even when phenomenally large doses are used. The commonly held view...

This conclusion that anabolic steroids do not have any significant ergogenic effects in males, is, in my opinion, premature. Not enough data has been uncovered to make this conclusion. Much of the research done so far is flawed in that inadequate doses and durations of treatment were used. The experimental clinical and laboratory conditions so far have not successfully duplicated the conditions under which anabolic steroid use has been so effective as an ergogenic aid.

Use of steroids by athletes spans several years. No adequate study has been done to determine the cumulative effect of chronic high dose steroid use. No studies have been carried out to determine if steroids are more effective when the psychological drive to win is intense, as it is in competing elite athletes. Do steroids make the difference under these conditions because of the increased recovery time that steroids allow and the increased intensity of workouts that is possible while on high doses of steroids?

This is not to say that athletes may not be overestimating the ergogenic effect of anabolic steroids. A proper study might show that the hormonal status that chronic users go through when cycling on and off steroids gives them an illusory impression as to the effectiveness of anabolic steroids. On discontinuing the use of steroids after a cycle, the athlete's own testosterone is not produced in normal amounts for several weeks, during which time he is in a hormonal lull. What top level athlete can take the resulting decrease in strength and performance? The temptation to resume steroid use before his own testosterone has had a chance to exert its effect is often overwhelming. The steroids are often resumed prematurely and subsequently the athlete's views on the effectiveness (and necessity) of steroid use in order to remain competitive are reinforced. The chronic abuse of anabolic steroids at emotional dependency can be a real problem.

Several athletes, Johnnie being a notable example, have shown that the use of steroids may not be as great a factor in athletic performance as they believe. Many other athletes, if they give themselves a challenge, might find that the steroid factor is minimal. Top level performance is as they might say a different ball game held by athletes and trainers that steroids do make a difference. I believe that the real issue is not whether steroids enhance performance but how much of an effect steroids have. The efficacy of anabolic steroids will undoubtedly be found to vary with the individual and likely be dependent on individual genetic characteristics such as receptor response and affinity, and on environmental factors such as diet, training and content of other hormones and drugs.

In this issue, as in many others, when the laboratory and the real world are at odds it behooves everyone concerned, whether athlete, administrator or scientist, to maintain an open and receptive mind. There is not enough yet known to account for the present, fixed and polarized views on the efficacy of anabolic steroids. **M.G.D.**

Dear Mauro: Where does the growth hormone used by most athletes come from? And is it safe to use? Some of the bottles I've seen don't look right. Also, how does anyone know really what's in those vials? **Randy K.**

Dear Randy: The old adage "you pay your money and take your chances" seems appropriate when purchasing black market growth hormone. Human growth hormone used clinically comes from pituitaries harvested at autopsy. The synthetic form of growth hormone is undergoing clinical evaluation.

Drug Use and Detection in Amateur Sports

by Dr. Mauro G. Di Pasquale, B.Sc., M.D.

A comprehensive factual analysis of the drugs used by athletes. Discussed are anabolic steroids, testosterone, amphetamines, stimulants, narcotic analgesics, growth hormone, HCG or human chorionic gonadotropin, diuretics, inosine, carnitine, creatine, cortisone, DMSO, vitamin B₁₂, muscle relaxants, anti-inflammatory agents, nicotine, caffeine, and many others. There is also an explanation and discussion of the available analytical detection techniques for these drugs.

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tion and is not at present widely available. Both of these forms of growth hormone are turning into problems and neither is available for medical use. Since mid 1985 distribution of all products derived from human pituitaries has been stopped because of the potential of developing a fatal neurological disease. The infecting agent is a virus which contaminates the pituitary extract. The synthetic form of growth hormone may have limited usefulness because many patients have developed antibody formation to this form. At present the black market hormone may contain one of three classes of compounds; growth hormone derived from human pituitaries, in which case the user risks developing the fatal degenerative neurological disease; growth hormone derived from other mammals, in which case the product will likely be both impure and ineffective; or some other compound such as Deca-Durabolin, testosterone or other anabolic agent or agents, in which case the product is overpriced and will give a positive doping test.

My advice is to keep away from any form of growth hormone until more research and clinical trials have been carried out. The risks aren't worth the dubious advantages. Much more information on growth hormone's anabolic effects, endogenous stimulation and possible risks can be found in my book "Drug Use & Detection in Amateur Sports" and in Dr. Taylor's book, "M.G.D."



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Correction...Gary Drigo's 535 bench at 220 done at the Southern States meet would have moved his TOP 100 ranking up to Number 6 on the list.

Question & Answer

Your training Questions answered by Roger Estep, 1979 Senior National Powerlifting Champion, and World Record breaker as a Midheavyweight.

DEAR ROGER: I am having trouble with my benches. I have tried using pyramiding, sets of five reps, and am now doing single reps working up to a max single each workout, benching only when fully recovered. Nothing seems to work, and my progress in the bench the last four months has been zero. My assistance exercises include barbell curls, close grips, lying triceps extensions and pushdowns for sets of 8. Would I gain more size (if definition) and bulk using sets of 8, or pyramiding poundages for all assistance work? Also, would I gain more in the way of bulk and strength in my bench using pyramids or sets of five? I am getting confused, since some powerlifters say pushing a set to the limit with heavy weight does more for strength than pyramiding or single reps. One last problem I have is with my shoulders. I have difficulty doing military presses and side raises, yet not from trauma. I feel I may have damaged my rotator cuff. What can I do to solve this problem and how can I strengthen my shoulder joints. Any help would be much appreciated. Sincerely, **Mark Montag**

DEAR MARK: First of all, I would not do any military presses if they cause pain to the shoulder. If you are doing presses with pain this could be the cause for your bench press trouble. Standing side laterals are a good exercise and can be done with light weight for 3 or 4 sets of 8 to 12 reps. Keep the weights light, so you don't put too much stress on the joint, because the shoulder joint gets enough strain doing benches. I wouldn't recommend to anyone that does a lot of benching that they should do front laterals. It can cause the anterior deltoid muscle to become overtrained, thus shutting down some of your bench press power and endurance. The bench press itself will give the anterior deltoid all the work it needs.

Basically, your question is, "Would you give me a bench press routine?" I hate to keep repeating myself in these answers, but if that's what it takes to get results, then I'll say it once again. The vast majority of world class powerlifters train their bench press two days a week. One day is used for heavy work on singles, doubles, trips or even sets of five. Three or four sets are used during heavy day. The other bench press day is used for lighter work, let's say 2-3 sets of 10 reps with a light weight. The object of the light day is to get some work, but not to fatigue the muscle to the extent that it won't be recovered for the next heavy workout. Assistance work for the bench press should be done both days and include two to three sets of your favorite exercises for the biceps, triceps, and low back. When choosing the number of reps to be done on your heavy day, use your own feeling. If it is itching for you to do sets of 5 reps, then by all means, do sets of 5. I would not recommend going up to sets of 15 for building maximum strength for military press, both physical and mental, and beyond the scope of this answer. The bases of heavy weight, low reps is still the law in strength development. **Roger Estep.**

DEAR ROGER: I am 15 years old. I would like to know how I would start in Powerlifting. **Alex Pruitt**

DEAR ALEX: There are several great lifters in your area and I'm sure that there are several nearby meets each year. What you should do is try to attend as many meets as possible. Dixie is known for its hospitality, and I'm sure that the people at the meets can help you get started. Keep reading **POWERLIFTING USA** for the best and latest progress. **Roger Estep.**

APF Voting Results: Bill Seno reports that the first 23 items for APF member consideration have been decided: There will be a formal equipment check. The lifter will lose the lift only if found with unacceptable attire on the platform. The lifter can wear any kind of suit. Suits are to be measured on the lifter in determining the 15 cm. rule. T-shirts will not have to be sleeves. Any colors are appropriate on platform. Brief or jock only as an undergarment. Any shoes, heels, etc. acceptable. Approved bandages for injured parties. Nonacceptance of elbow wraps. Nonacceptance of elbow wraps for masters. No secret weigh-ins. No disqualification for movement of hands during lift. No disqualification for shifting feet in the squat. No disqualification for shifting feet in the deadlift. 95 percent voted to have their own spotters in the bench. Movement of the feet in the bench is allowed (no upward support). Head lifting in the bench press is allowable. Referee's discretion only on uneven extension of the bench press. It is allowed for the bar to stop on all three lifts (squat existing rule). The vote was exactly split to allow 4th attempts to count in the total, so the rule remains. It was voted to have something other than a written test for referees. Lifts will be disqualified for improper equipment (same as item 2). Bill Seno says these rules will be incorporated in their new rule book. Additionally, APF referees will meet a requirement before taking a written exam: either three lifting years (competitive) with a master level or five lifting years with a class 1.

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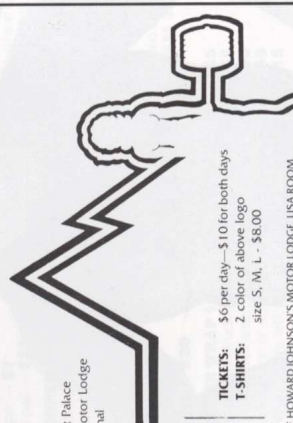
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A COACH'S REPORT:

Lifting Effectiveness of the USA World Team to Helsinki
by **Fred Hatfield PhD and Dave Keaggy**

In the January 1986 issue of **POWERLIFTING USA**, we reported on the Soviet technique of determining lifter readiness levels for competition lifts. The formulas were based on weight loss and past history through effectiveness coefficients. The Best Lift in Training times the ratio of the Coefficient for Training Bodyweight divided by the Coefficient for Contest Bodyweight equals Readiness. Readiness times the Coefficient of Effectiveness (comparing contest versus training history) equals the predicted contest lift.

Because we were not certain of the degree of accuracy or thoroughness of the information given to us by the USA Team members for the 1985 World Championships about their training over the 2 or 3 months prior to the meet, we were obliged to use a "fudge factor" in making computations of each lifter's predicted contest lifts. This fudge factor was simply the

believe, came from less than perfectly accurate information provided to us by the lifters, who may have over-estimated their training lifts, particularly if high squats, touch and go benches or incomplete or bounced deadlifts were involved. Also, some inaccuracy may have resulted from improper interpolation of multiple training reps to singles capabilities. For example, a triple with 500 pounds equals what -- 520? 500?

We were forced in these instances to guess. We believe that if future coaches maintain a strong, ongoing liaison with each lifter in the months preceding championship contests, that these inaccuracies will be avoided in large part, and even greater accuracy will be exercised in predicting effectiveness overall. As it stands, our accuracy in predicting each lifter's effectiveness averaged 97 percent.

LIFTER/LIFT	Predicted		Variance		Percent Error
	Maximum	Actual	from SRs	Maximum	
HANSOR					
Squat	490-523	473			3.5
Bench	304-352	341			0.0
Deadlift	526-553	551			0.0
Total	1320-1448	1366		-5.04%	0.0
BELL					
Squat	615-655	644			0.0
Bench	376-410	402			0.0
Deadlift	566-602	639			5.8
Total	1557-1667	1685		-5.93%	1.1
TAKALA					
Squat	578-629	589			0.0
Bench	368-400	413			3.2
Deadlift	624	589			5.6
Total	1570-1653	1592		-13.99%	0.0
GAY					
Squat	660-705	589			10.8
Bench	412-416	391			5.1
Deadlift	660-690	661			0.0
Total	1742-1811	1642		-11.29%	5.7
COAN					
Squat	812-832	771			5.1
Bench	455-470	446			2.0
Deadlift	820	744			9.3
Total	2087-2122	1962		-10.98%	6.0
PHARR					
Squat	710-747	749			0.3
Bench	525-540	523			0.4
Deadlift	722-736	771			4.5
Total	1957-2023	2044		+ .08%	1.1
JACOBY					
Squat	780	777			0.4
Bench	475	468			1.5
Deadlift	783	755			3.6
Total	2038	2000		-7.66%	1.9
HENDERSON					
Squat	860-870	788			8.4
Bench	507-515	501			1.2
Deadlift	800-832	771			3.6
Total	2167-2217	2060		-6.36%	4.0
HECHTER					
Squat	875-903	832			4.0
Bench	518-540	512			1.2
Deadlift	792-805	744			6.1
Total	2185-2248	2088		-9.15%	4.5



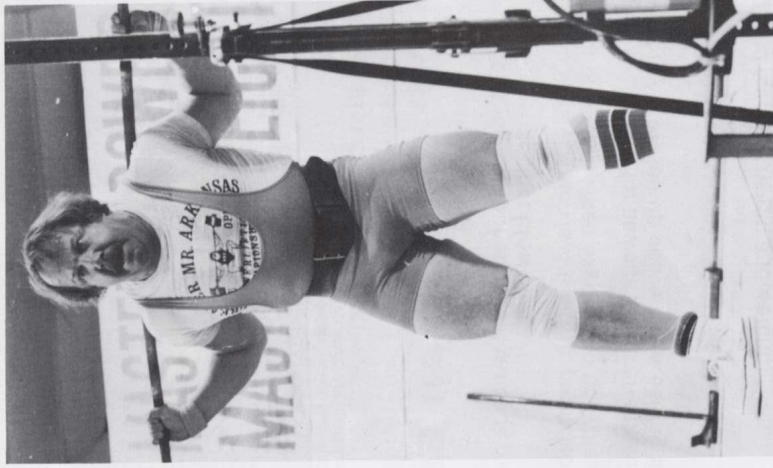
Fred Hatfield, working with **George Hechter** at the 1985 Worlds, where he checked out the accuracy of his means for predicting contest success.

Predictive Effectiveness of the Soviet Formula: Overall Average Error - 97%; Average Error for the Squat - 96.4%; Average Error for the Bench - 97%; Average Error for the Deadlift - 96.2%; Average Error for the Total - 97.3%; Average Variance from Seniors Total - 7.83%.

WORKOUT of the Month

Lifting for Competition After You've Passed 40

by Hal Hudson, 1980 World Masters Champ



Hal Hudson...one of the most colorful masters competitors (whose psychic antics have made more than one 'sports blooper' television show), took a World/National Masters title in 1980 when the meet was held in California.

intensity increases in the training cycle. It is recommended that one should lift continuously, but know the difference when one is training for a meet or just training to maintain. Also, three times a week is sufficient (I've been doing it for 27 years). One should remember that most of the lengthy training cycles that you see written up are by younger authors.

Saturday: Bench: 135x4, 225x4, 275x4, 320x3, 320x3, 320x3. Squat: 135x6, 245x4, 335x3, 405x3, 460x5, 460x5. (Left leg is apparently healing.) 135x6, 225x4, 275x4, 300x5, 300x5, 310x5, 310x5.

Your attorney is 48, and an attorney by trade. I started lifting in 1958, during my first year in law school at the University of Texas and weighed 160 pounds. I have been in the 275 pound class since 1980, and generally weigh around 264. (I am probably a fat 242 as opposed to a slim 275). I have been competing since 1965 and competing exclusively in powerlifting since 1969.

The purpose of this article is to share with those of us over 40 a training schedule that I used for seven weeks. The cycle was for seven weeks. I repeat, seven weeks. It could be stretched to eight weeks, but I do not recommend it to be longer. The reasons for a 7-8 week cycle as opposed to a 12-16 or even 18 week cycle for the lifter over 40 are the following:

- (1) As in my case, a 48 year old body is not a 38 year old body, and is certainly not a 28 year old body, ego not withstanding.
- (2) The older you get, the longer it takes to recover from injuries, be they major or minor.
- (3) The older body can only withstand so many weeks of intense training and like an old car, it starts to rattle and knock when pushed.
- (4) Physiologically, since one in their forties probably has more responsibilities and business pressures than one in their twenties, you can only stay 'up' and motivated emotionally for so long until you run into a "burn out" stage.

In the following cycle, I felt I was starting out a little behind since 9 days before I started it. I was doing deadlifts on a warmup set and injured my left hamstring. I only had 425 on the bar, but a crowd gathered and instead of a smooth pull, I jerked it at the top, and jerked my hamstring also. So, for the first workout of the cycle, I did not squat, but did leg presses instead.

Basically, the cycle is heavy bench and squat on Saturdays; moderate bench and heavy leg press on Monday, and deadlift on Wednesday. On Tuesday and Thursday, I attempt to play basketball (a short, fat, white Wayne Embry) which draws a lot of comment on the court. I do feel it is important that one gets some form of aerobic exercise on off days.

There is nothing magic about this cycle. You start on sets of 5s, switch to sets of 3s and then to doubles. The whole idea is to peak for the meet, not before or after.

Again, I would like to remind my fellow master lifters that a 40 year old plus body is not a 20 year old plus body, and this is true, steroids or no steroids.

With reference to the leg press, '4 plates' means four 45 pound plates on each side (or 8 plates total), and 5 plates means 5 on a side, etc. After each session, I throw in some assistance exercises. You should do things that you like, and I do lat pull, seated leg curl and leg extension, tricep press on the lat machine and curls. These should not be done until one has finished the basic workout for the day.

This is a training cycle. I lift the year round, but the poundage and

310x5. Leg Press: 4 plates, 5 plates, 6 plates, 7 plates, 7 plates. **Wednesday:** Deadlift: 135x4, 245x4, 335x4, 425x3, 505x5, 505x5. **Saturday:** Bench: 135x6, 225x4, 275x4, 320x3, 320x3, 320x3. Squat: 135x4, 245x4, 335x3, 405x3, 460x5, 460x5. **Monday:** Bench: 135x6, 225x4, 275x4, 315x5, 315x5, 315x5, 315x5. Leg Press: 4 plates, 5 plates, 6 plates, 7 plates, 8 plates. **Wednesday:** Deadlift: 135x4, 245x4, 335x3, 425x3, 505x5, 505x5. **Saturday:** Bench: 135x6, 225x4, 285x4, 335x3, 335x3, 335x3, 335x3. Squat: 135x4, 245x4, 335x3, 405x3, 460x5, 460x5. **Monday:** Bench: 135x4, 225x4, 285x4, 320x5, 320x5, 320x5. Leg Press: 4 plates, 5 plates, 6 plates, 7 plates, 8 plates, 9 plates. **Wednesday:** Deadlift: 135x4, 245x4, 335x3, 425x3, 505x5, 505x5, 505x5. **Saturday:** Bench: 135x6, 225x4, 285x4, 340x3, 340x3, 340x3, 340x3. Squat: 135x4, 245x4, 335x3, 405x3, 505x3, 540x3. **Monday:** Bench: 135x6, 225x4, 285x4, 325x5, 325x5, 325x5, 325x5. Leg Press: 4 plates, 5 plates, 6 plates, 7 plates, 8 plates. **Wednesday:** Deadlift: 135x4, 245x4, 335x4, 425x3, 540x2, 600x2, 600x2. **Saturday:** Bench: 135x6, 225x4, 285x3, 325x2, 350x2, 370x2, 370x2. Squat: 135x4, 245x3, 335x3, 425x2, 500x2, 560x2, 600x1 (hurt right hamstring, bruised leg). **Monday:** Bench: 135x6, 225x4, 285x5, 320x3, 340x3, 340x3. Leg Press: 4 plates, 5 plates, 6 plates, 7 plates, 8 plates, 8 plates. **Wednesday:** Deadlift: (worried about right hamstring) 135x4, 245x4, 335x3, 425x2, 520x2 (would like to have done 580x2 for 2 sets). **Saturday:** Bench: 135x6, 225x4, 285x4, 325x2, 355x2, 385x1, 400 miss. Squat: 135x4, 245x4, 335x3, 425x2, 505x2, 540x2 (would like to have done 540x2 for 2 sets). **Monday:** Bench: 135x4, 225x4, 285x4, 320x1, 355x2 with clap Leg Press: 4 plates, 5 plates, 6 plates, 7 plates, 8 plates. **Wednesday:** Bench: 135x4, 225x4, 275x4, 275x2. Leg Press: 4 plates, 5 plates, 6 plates. **Saturday: MEET DAY! DO IT!** At the contest, Hal made lifts of 529, 589 and 611 in the squat. In the bench, he went 341, 380 and missed 402, and in the deadlift he made lifts of 529 and 600 and passed his final for a total of 1592 and his 3rd National Masters title.

Editor's Note: workouts are unique to the individual, but informative in them may be greater strength. Be sure you are in good physical condition (get a doctor's opinion) before attempting any routine, and always train in a safe manner, with spotters.

Dateline: 1968. Site: Los Angeles, CA. In the United States Senior National Powerlifting Championships. We observe a rather chaotic scene in the men's room adjacent to the lifting area. Three burly, sweating individuals are performing what at first glance looks like first aid to an accident victim. Wrapping his limbs to virtual immobility with two or even three elastic bandages, then covering his entire torso tightly with a double length of headsheet, we soon learn that this is not paramedic treatment of an automobile casualty prior to being taken to an emergency room, but the antics of coaches and handlers of an athlete who is about to try a national record in the squat! Wadding out to the platform, the lifter nearly asphyxiates before setting up. Shouldering the enormous weight, his knees buckle and shake, and his entire being is a study in pain. The signal to squat is given... and wham! He explodes up with a successful lift and 'New Record'!

This Seniors competition was a historic one in that it had a multitude of outstanding lifts, but it also served as the low point in American powerlifting because of the excessive use of highly questionable aids. There were reported instances of lifters wearing double and triple sewn wraps on their knees, heavy canvas Levi's sewn into the bottom of their lifting suits, and the classic example of perverse performance aids, rubber tennis balls placed surreptitiously behind the knees and wrapped so the lifter could bounce (sorry, bad pun) out of the squat! And there were other examples of this type of practice. It has been rumored that one top lifter from California was fond of wearing five, six, and sometimes seven tight T-shirts when bench pressing. (He once told me that he had found a cement like adhesive that, when sprayed on the back, literally stiffened it up, to keep it tight whilst squatting and deadlifting.)

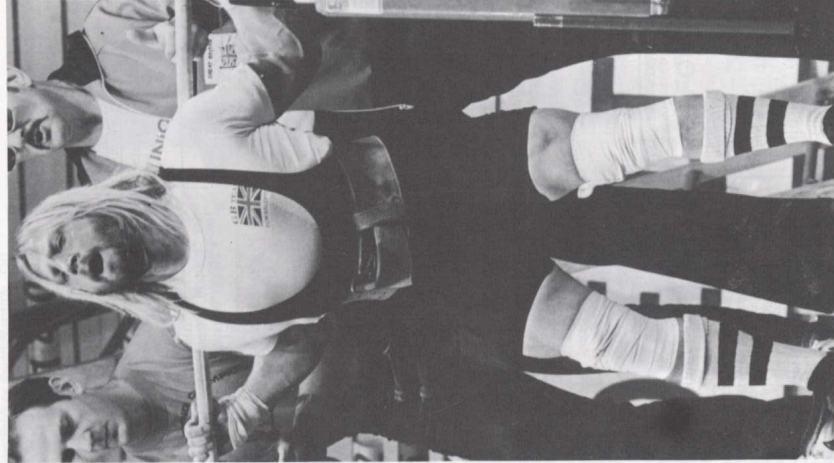
Enforcement...ridiculous! Many chose to look the other way, because they were using as much or more than the next guy. These excesses led to some ultra strict reforms that at one time totally eliminated all wraps from competition. When the IFF was formed a uniform set of rules were laid out regarding the use of wraps and other supportive devices, but wait! That mysterious discipline known as science reared its inquisitive head and in rapid succession developed today's modern supportive devices: squatting suits, 'blast shirts', ultra-heavy belts and even supportive underwear! Are we now facing a case of 'Back to the Future', where we are but an ammonia's breath away from 1968?

These and other philosophical questions are left to all of the armchair coaches and self-appointed pundits who probably couldn't total Ultra Nore without them anyway. The idea here is that as long as the devices are legal, the smart lifter will want to position himself where he can best take advantage of these items. I have, however, taken the trouble to consult with a number of

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Training Without Aids by Ron Fernando, Training Editor



Standard Equipment for the modern powerlifter, like World Champion Eddie Fenech of Great Britain, includes knee wraps, belt, and tight suit.

Yet, with all of the data written about the knee who can (and in extremely strict fashion) squat huge weights with little or no wraps, I remember seeing a shot of David Rigert, the great Russian midheavy, squatting 661 for reps with one knee band (not wraps) and smiling all the way. This was the same Rigert who was able to pull in a 385 Snatch, start to lose it forward, and literally DUCK WALK on about the Full Squat. The Full Squat was, for many years unjustly blamed for patellar and anterior/ex-lterior cruciate ligament injuries. Knee wraps have been held by some to be the panacea to avoid these injuries.

The knee joint is a very delicate instrument of human motion. There have been literally reams of argumentative data written both pro and con about the Full Squat. The Full Squat was, for many years unjustly blamed for patellar and anterior/ex-lterior cruciate ligament injuries. Knee wraps have been held by some to be the panacea to avoid these injuries.

The best example of natural squatting is from international Strongstair Fred Hatfield. Fred has squatted 800x3 with no wraps or belt. His best squat (in competition) is 975. Fred has (some very clinically correct statements about the use of knee wraps:

"It is my firm belief that you can get STRONGER without using wraps for squatting. I have put guys on wrap routines and two things happened. First, the muscles are far sorer due to their increased involvement. Secondly, the incessant pain around the knee joints disappears. The knee wrap, used excessively (note: Fred claims that any weight under 80 percent of projected max should be performed sans wraps) will make the lifter psychologically dependent on them and will retard growth in the lower leg. Using the SAID principle (Specific Adaptation to an Imposed Demand) the muscles will condition themselves accordingly."

My esteemed brother, Dr. Barry Fernando, is a noted surgeon and physician out of Phoenix, Az. Having had athletes and lifters as patients for a number of years, plus going through the personal ordeal of rehabilitating his own knee, Barry has this to say about the use of knee wraps:

"In cases of severe trauma and injury, it is best for the patient to wear a supportive device such as an Ace® wrap or other commercial device while trying to regain ambulatory strength and joint flexibility. While rehabilitating the joint, however, it is best not to totally rely on the wrap unless there is irritation and fluid in the joint which makes walking painful or if the injury is fresh. I have seen a few powerlifting competitors where the athletes wrap the knees to the point of extreme immobility. This, in my opinion, is very harmful as it totally extinguishes the blood supply to the lower leg and effectively acts as a tourniquet. If the wrap is removed immediately (ed. note: as it usually is) then there is no harm. I had a patient of mine who came to me complaining of knee pains and swelling. This subject was a male approximately 36 years of age who had been engaging in heavy exercise, especially heavy full and partial squats for 13 years. The knees were both rather calloused and swollen in approximately 75 percent flexion in the right knee and 80 percent in the left. Both knees were placed on ice therapy and massage and the patient was administered Feldene® (an oral anti-inflammatory). Upon further questioning I found that he was using TWO sets of wraps on each knee in an attempt to reach his personal best in the Full Squat. The second wrap was a special weave of nylon and elastic (ed. note: Dr. Barry is not versed in the science of wraps) which was apparently wound on by a training partner. I immediately told him to discontinue using the wraps and to use instead a rubber heat band around each knee. This would keep the joint warm and flexible, provide adequate support for the ligaments,

(Article continued on page 62)

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Apr/1982...Women's National Championships, Drugs in Powerlifting, The All Time, 2000 Total Club, Larry Pacifico Reminiscences, 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, Pioneers of Power - Pat Casey, TOP 100 242s.

May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Referee Directory, TOP 275s.

Jun/1983...Women's Worlds, Judd Biasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.

Jul/1983...Junior Nationals, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Condy - Pioneer of Powerlifting, TOP 100 114s.

Aug/1983...Worlds Greatest Deadlift, Deadlifting Secrets, 800 lb. Deadlift club, Quad tears, Jim Rouse Bench routine, Top 100 123ers.

Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the Abreviated Training Cycle, Ruthi Shafer's Women's Corner, TOP 100 132s.

Jan/84...the debut issue of the NEW Powerlifting USA, 1983 World Powerlifting Championships, 1983 World's Strongest L.O.C. Banned Drug List, Injury Profiling, Police/Firefighters Nationals, TOP 100 181s.

Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing the Chest and Lats by Dr. Tom McLaughlin, Calcium..How Much Do You Need?, Mental Rehearsal, TOP 100 242s.

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

Jun/1984...Hawaii International, National Collegiate Championships, Fred Hatfield Profile, Joe Ladnier Profile, Joe Ladnier Bench Press Routine, Question and Answer, Roger Ester, Steroid Crackdown, Message from Charwoman, ADFFA Top 20 181s, TOP 100 SHWs.

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

Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted Ardi, Are Anabolics Atherogenic?, The New Masters Formula, ADFFA Collegiate, How to Wrap Your Knees, TOP 100 132s, Shoulder Injuries.

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

Jun/85...National Collegiate, Rick Gaugler Bench Routine, ADFFA Top 20 Midheavyweights, Road to a World Championship by John Kuc, Training Tips from Ted Ardi, Conquering Anxiety, TOP 100 Flyweights.

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

Oct/85...ADFFA Drug Free Nationals, Squatting technique, Training Assistants, Sports Medicine Review, Carlton Siskin deadlift routine, A.R.P. Bench System, Training Alone, Top 100 165s, ADFFA Top 20 SHW

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

Dec/85...Paul Anderson Profile, Bev Francis Profile, Steroid Controver-sy, Intermediate Training Part 2 by John Kuc, Fred Higgins Bench Routine, TOP 100 198s, Russian Peaking Routine, Junior World Championships, Nutrition Primer, ADFFA TOP 20 132s


Jan/86...World Championships Report, Coes DeVogel Profile, Psychology Up, Ed Coan Deadlift Workout, Athletic Accompany by Dr. William Taylor, Predicting Strength Loss by Dr. Fred Hatfield, Bob Road Pro-gram, Nutrition Primer Part 2, TOP 100 220s, ADFFA TOP 20 132s.

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Message From The President

U.S.P.F. membership application forms are available from the Athlete's Registry, PO Box 389, Roy, Utah 84067-0389, telephone - (801) 776-1873, on request. Meet directors and state chairmen should have enough on hand at each meet site. No lifter should be allowed on the scales without a U.S.P.F. card or proof that he has paid and submitted a filled-out membership application. The application where applications are available at the meet. One program may announce where applications are available at the meet. One need not be a lifter to join and become a part of our organization.

A meet can be made so much more enjoyable if the announcer is kept fully informed of the many little contests going on within the big contest. There are few things more satisfying than a personal record. Any Pensacola encouragement will, without fail, have our entire team on its feet shouting encouragement. What a pity that at some meets even state and regional records go unheralded.

Why not share with everyone present that this deadlift will qualify the lifter for his Class II patch? Suddenly, to everyone within earshot it is no longer just another deadlift. Let's let everyone share in the joy of each lifter's progress. We don't need television, with its obsession with faces contorted under strain, to enlist the support of the public. All too often, however, the meet will be boring because the announcer treats most of the lifters as clutter, which must be endured as we wait impatiently for the "stars" to perform. I don't think I ever lifted in a meet where the announcer announced, without his uplifting me and getting the crowd behind me—even when I held no office.

The problem is that all this takes extra work, such as having up-to-date world, regional, and state records available, requesting personal information on the entry blank, having the classification patch qualification totals available, and following each lifter's progress during the meet. A records marshaller, properly equipped and with ready access to the announcer, could do this.

Having thus transformed your hitherto humdrum duty, why not have classification patch applications prominently available? Follow-up further with a professional press release.

Conceivably, we could change the economics of our meets. Perhaps if one's accomplishments are publicly recognized, one would be satisfied with a smaller trophy, or even a medal. One of the least rational aspects of our sport is the extent to which it supports the trophy industry. Even at our National Committee meetings rival bidders seek to gain an advantage by the size and quantity of the trophies they promise.

Some years ago I attended a Southeastern Association meeting at a home in which the trophy case had given way to a trophy house. The lifter, then in his mid-twenties, is still active in the ranks of the Masters. I have wondered on occasion whether the trophy room became a trophy house. I was never able to afford even a trophy case, much less a trophy house. My memories of personal achievement are as vivid and as satisfying as the trophies themselves.

In addition to employing better announcers and records marshals to assist them, the money saved on trophies can be diverted to providing medical and para-medical assistance. Even without sacrificing trophies, Buddy Duke in his recent meet in Adel, Georgia, was able to provide a physician, an athletic trainer, and two paramedics throughout the meet. What Buddy did all regional and state meet directors should do. Believe me, it can make all the difference in the world when things go dead wrong.

Dr. Conrad Cotter, President, U.S.P.F., Box 18485, Pensacola, FL 32523
U.S.P.F. Directory Update: Bryan Crane, 433 Douglas St., Anoka, MN 55303, 612-421-0385 (New Minnesota State Chairman), Brian Beverland, 2012 N 61st St., Omaha, NE 68104, 402-533-0109, 402-551-2228 (Iowa State Chairman), Stan Lass, Rt. 2, Worland, WY 82401, 307-347-3663 (New Wyoming State Chairman).

MESSAGE FROM THE WOMEN'S COMMITTEE
 The Women's National Championship is scheduled for February 1st and 2nd, where the top women athletes in powerlifting will be competing for the National title in their respective weight classes. The meet promoters have assured me that all logistics for the competition are complete. It will be held in the Little Theater of the Salt Palace in Salt Lake City, Utah. This is located just 4 miles from the airport and across the street from the Howard Johnson Hotel. All arrangements are being made with the athletes in mind. Nothing is being overlooked.

The annual meeting for the Women's Subcommittee will be held on Friday, January 31st at 4:00 PM at the Hotel Howard Johnson. Please forward any agenda items to me prior to the meeting. I will also accept resolutions from the floor under New Business. This is an opportunity for the athletes to express their concerns and be part of the new structuring of the committee. It is also important that anyone interested in coaching the Women's World Team forward a resume before the end of the competition.

I am looking forward to seeing you there. If you should have any questions please feel free to call me at my home (503) 371-8272 or at my work (503) 378-8880.

Sincerely, **Ramona Kennedy, 2235 Nebraska St. NE, Salem, OR 97301.**
OHIO U.S.P.F. Lifters...a complete copy of the upcoming meet schedule for Ohio is available by sending John Black, 11934 Lorain Avenue, Cleveland, OH 44111 a self-addressed LEGAL size envelope.

United States Powerlifting Federation Classification Awards Program

MEN'S CLASSIFICATION STANDARDS

CLASS	114	123	132	148	165	181	198	220	242	275	SHW
Elite	1064	1157	1246	1394	1527	1642	1731	1824	1890	1946	2033
Master	981	1064	1146	1279	1400	1505	1593	1675	1756	1867	
Class I	882	953	1025	1132	1257	1350	1422	1495	1554	1598	1670
Class II	777	838	904	1009	1102	1190	1257	1323	1367	1429	1472
Class III	677	733	788	887	965	1036	1097	1153	1196	1259	1278
Class IV	590	639	689	772	838	904	953	1003	1047	1075	1119

TEENAGE MEN'S CLASSIFICATION STANDARDS

CLASS	114	123	132	148	165	181	198	220	242	275	SHW
Elite	1014	1097	1180	1323	1450	1549	1637	1731	1786	1841	1918
Master	910	987	1064	1191	1301	1395	1477	1554	1610	1654	1725
Class I	799	866	932	1042	1147	1224	1295	1367	1411	1455	1510
Class II	678	733	794	882	970	1036	1097	1158	1196	1235	1284
Class III	546	595	640	711	783	838	887	932	965	992	1036
Class IV	408	441	474	529	579	618	656	689	717	733	766

WOMEN'S CLASSIFICATION STANDARDS

CLASS	97	105	114	123	132	148	165	181	198	198+	
Elite	639	683	733	782	827	879	909	981	1053	1130	1190
Master	579	623	667	711	749	827	893	959	1025	1080	
Class I	518	562	601	639	672	744	805	865	920	970	
Class II	463	496	535	568	601	661	716	766	821	865	
Class III	402	435	468	496	524	579	623	672	716	755	
Class IV	347	375	402	424	452	496	535	573	617	650	

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

1. Powerlifting totals must equal or exceed the totals listed in the tables above for the respective body weight classes.

2. All totals must be made in a bonafide, U.S.P.F. Sanctioned Contest.

3. Application must be signed by the State Chairman or the Regional Chairman or the Chief Official of the meet. The Meet Director's signature will not be accepted.

4. Master and Elite award applications require the signature of at least one certified national or international referee present for the judging.

TO APPLY: Send the following form:

- Completed Application form.
- Five dollars (\$5.00) for each patch desired (includes classification tab).
- Any number of patches may be ordered at \$5.00 each.
- All checks must be made payable to: USPF Emblem Account.
- A stamped, self-addressed envelope (4 1/2" x 9 1/2").

Send all the above to:
 Conrad P. Cotter, 2103 Langley Ave., Pensacola, FL 32504.

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

Name of Athlete _____ State _____ Zip _____
 Street Address _____
 City _____ State _____ Zip _____

Bodyweight (kilos) _____ U.S.P.F. # _____
 Met requirement for: _____

<input type="checkbox"/> Men	<input type="checkbox"/> Class IV	Squat	_____ lbs.	_____ kgs.
<input type="checkbox"/> Teenage	<input type="checkbox"/> Class III	Bench	_____ lbs.	_____ kgs.
<input type="checkbox"/> Women	<input type="checkbox"/> Class II	Deadlift	_____ lbs.	_____ kgs.
<input type="checkbox"/> Master	<input type="checkbox"/> Class I	Total	_____ lbs.	_____ kgs.
<input type="checkbox"/> Elite	<input type="checkbox"/> Elite		_____ lbs.	_____ kgs.

*note: use 2.2046 to convert kgs. to lbs.
 list both to the nearest tenth (1).

Date of Meet _____
 USPF Sanction # _____

Name/Location of Meet _____
 Signature of official _____ Mail Ref Infill Ref

This form supersedes all previous versions May 1984 NWPF. This form may be reproduced.

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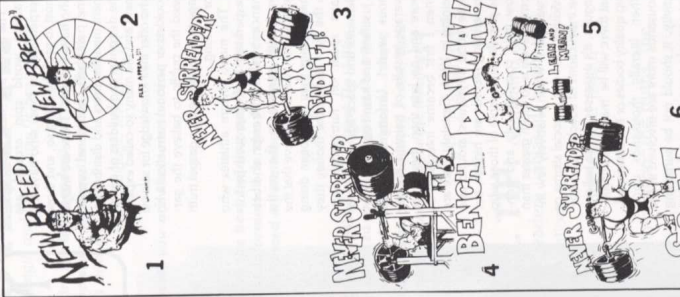
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even though all of the men were strong by anyone's definition. The really large anvil resided in the base-bearing it, and he had to be content to beam up, and wait it across the room four or five times, or until you dropped from exhaustion.

I have no doubt that my grandfather would have been extremely powerful without his little 'training tricks', but lifting kegs of bolts and anvils enhanced his strength and made him much stronger than his coworkers who merely labored by his side all day (and often into the night).

It would be very beneficial for any competitive athlete to obtain an anvil, or a keg that could be filled to various levels with scrap iron, nuts, bolts or anything else you want to fill it with. Lifting it in various positions will greatly add to one's upper and lower body strength. In fact, Mr. Steve Justa, Box 97, Harvard, NE 68944, sells a barrel lifting course for \$6.00 that is absolutely fantastic. It isn't fancy, but it provides the reader with an organized routine for lifting barrels or kegs in way that will build tremendous bodily power. His is the stuff that real strength training is about, the type of truly hard, 'bust butt' regimen that could boost the power of any lifter or athlete. I highly recommend it.

Kim Wood

Kim Wood, the eleven year strength and conditioning coach of the Cincinnati Bengals, is another man who's strength training roots harken back to the 'old days' when one was expected to work all out on a simplified program. As Kim has said, "The original Nautilus concept was developed from the origins of strength training, getting the most out of every repetition, and making every set count toward overall progression in building strength. It was simple, unadorned training with the machines being no more than a thinking man's barbell."

Kim's own initiation to strength training was quite unique. Although neither of us would now recommend that one train as he did, it proves that one can become brutally strong if one is willing to pay the price, and put effort into a few basic, easily learned movements, using the most basic of equipment. Noting knee pain at the beginning of his sophomore year of football practice, a young Kim Wood was told that he had osteochondritis dissecans (see The Steel Tip, Vol 1 No. 6). Being unable to bear any weight on the knee joint, all athletic activity was halted and Kim's movement was limited to crutches and a walker. His disappointment was exceeded only by his desire to succeed as an athlete, so he dusted off a barbell that his father had given to him, and developed a program that almost defies belief!

Kim trained five to seven days per week, doing little more than the weight on the knee joint made it difficult to do any other exercises, although he would occasionally do chin-ups or use a cable set to do various pulling movements. The 'bench press, however, formed the basis of

times. I would do squats, bench presses, deadlifts, and cleans only one, or at most two times per week for each movement, finding that I could not recover adequately otherwise. Of course, I would not recommend the power clean at all (see The Steel Tip, Vol. 1, No. 5) but it was part and parcel of every football player's program of the day.

Joe Don would augment his off-season lifting program with a combination of sprints and distance running and a specialized routine which was done one time per week. He modified a child's snow sled so that it could be loaded safely with barbell plates. He would attach himself to this sled with a long harness and sprint up and down the field at Louisiana State University's Tiger Stadium. This not only gave him increased muscular endurance, but great overall bodily strength.

Although his numerous conflicts which cut short what might have been a brilliant career received as much publicity as his physical prowess, he was one of the strongest athletes ever, and he achieved it the 'old fashioned way' by earning it through arduous and consistent training.

Isadore Leistner

My grandfather was not an athlete, but was no doubt one of the strongest men to ever walk the streets of New York City. At 5'8", 230 pounds, he had no formal education and, thus, no background in organized athletics. He began his working life at nine years of age, pounding railroad spikes for the Canadian Railway and already at his full physical prowess.

Hard days and nights as an iron worker and steel mechanic made him strong and hard, but he used to supplement his work with various feats of strength that added to the power in his arms and shoulders. Into his early seventies, he would take hundred pound wooden kegs of nuts and bolts, pinch grip the lip of the kegs and slowly 'front raise' them until they rested neatly on a shelf approximately three feet from the ground. He took great delight in doing this, as well as 'lateral raises' with the same kegs. He would stand to the side of the keg, pinch grip the lip nearest to his thigh and with straight arms, hoist the load onto the shelves in the shop, or onto the back of a truck.

Anvil lifting was another one of his favorites, and he once told me that I should 'forget about those weightlifting things you play with' and concentrate on lifting 'real strength building things', like the anvil. One of our anvils weighed approximately 170 pounds and was mounted on a wooden base that brought it to a comfortable working height. This would be hoisted from waist height to shoulder level. Reps would first be done to the right shoulder, and then repeated to the left. For building the vial around the top floor of the shop, first on one shoulder, and then on the other. Of course, my grandfather could do this better than anyone else,

Baltimore Colts, Detroit Lions, Washington Redskins, New Orleans Saints) football player, represents a legend, an enigma and a source of night-long stories and tales. He was a physically gifted individual who used barbells and dumbbells to become one of the strongest athletes of his day, having achieved his physical success through sheer determination and sacrifice. He was the athlete who could be found in the gym at midnight, who brought his weights to train between two-a-day sessions; who spent each off-season in the environment that encouraged all out training. He was also the individual who provided me with my first organized training program, and the encouragement to follow it through.

The program, like all the others that have given me success, is simple and unadorned. It was also used by Joe Don to achieve the ability to stand 6'1", 233 pounds with a 9.6 sec hundred to his credit and lifts that in the mid-sixties rivaled that of top lifters, including a deadlift and squat in the 700 range. As SPORTS ILLUSTRATED noted, "his Mr America physique even made the local (California) bodybuilders envious", and his hugely muscled body propelling down the field had to be seen to be appreciated.

Here is the program that was so effective in building size, strength, and as one writer stated, 'inspiring Joe Don's speed muscles with so much recoil'.

UPPER BODY

- Bench Press
- Barbell Row
- Barbell Press
- Power Clean
- Dumbbell Press
- Deadlift
- Barbell Curls (optional)

LOWER BODY

- Squat
- Leg Press
- Leg Curl
- Leg Extension
- Calf Raise

All of the upper body work was done for eight repetitions, the lower body for twenty. When I first asked how many sets of each should be done? I was told to do one, two or three, as many as you think you can benefit from. Having also been instructed to go all out on each set, 'saving nothing for later sets', it quickly became obvious to me that one, or at most, two sets of each exercise I often could not do each and every movement in the program each workout. Joe Don's advice was to do all the upper body work one day and all the lower body work another, not in the manner of the popular, non-productive split routines of the day, but on the 'rotational system'. I would, at times, do upper body on Monday, lower on Wednesday, upper on Friday, rest on the weekend, and resume training with the lower body work on Monday and Friday of the following week, with upper body on that Wednesday only. At other

More From Ken Leistner



Barrel Lifting... is performed by Kevin Tolbert, one of Ken's favorite trainees, to supplement his regular barbell workout and develop overall strength.

the powerlifts or olympic lifts. Strength exists in many forms. Most who have trained for any length of time cannot easily alter perspective and think of a display of strength that does not call upon the use of a barbell or dumbbell, nor can they imagine the use of implements other than 'weightlifting machines', pulleys, barbells and dumbbells which will allow the development of great strength.

I have been fortunate in knowing many very strong men, some of whom trained conventionally, some of whom went their own way in the gym. Some used barbells and dumbbells while others never touched the tools of the lifter's trade. Yet, despite differences in height, weight, bodily configuration, and goals, they all were terribly strong. I hope that some of this very special information will be incorporated into your quest for ever increasing strength.

Joe Don Looney

For those of an earlier generation, Joe Don Looney, collegiate (Texas, TCU, Cameron J.C., Oklahoma) and professional (N.Y., Giants)

The myths that make the strength training world spin around are perpetuated by those who have the most to profit by doing so, and those who have the least. There are magazine publishers, nutritional supplement manufacturers and distributors, the designers and builders of equipment and the many so-called experts who offer their knowledge for sale via booklets or personal instruction who need the public to believe the garbage that has passed for gospel truth for so long.

My sincere athletes, who desperately seek improved performance, increased strength and better health, perpetuate the myths because they want to believe that the many things they have been doing in the gym and all the money they have spent on nutritional supplements and space age equipment is justified, and hasn't been an enormous waste. Unfortunately, the average results of training are no more and no less than they were when I first became interested in training in 1964. Certainly there are more 'good physiques' around and powerlifting records are higher, but the population sample of those who now train competitively and non-competitively is so much greater than it was then. When relatively few individuals train due to social stigma or the instructions of coaches and colleagues, it's unreasonable to believe that there will be 'many' championship quality bodies or lifts developed.

When literally thousands upon thousands more are involved in the activity, it should not be surprising that records increase and the physique that would have placed high in the 1966 Mr. America contest would be hard pressed to win a state title. Thus, while the overall results have improved, the percentage of successful trainees probably remains approximately the same. If one removes the anabolic drug users from the sample, the quality of physique and strength level isn't that different, and the very outstanding individuals have always existed. Doug Hepburn, Paul Anderson, and Bob Peoples all had lifts, drug free and long before the advent of special equipment or supplements, that still compare favorably to the best lifts of today's men. The physiques of Marv Eder, Bill Pearl, Reg Park and Chuck Sipes would still be top competitors today, even without the use of drugs that call upon to build bodybuilders all upon to build 'mass', 'density', 'cuts', and 'sex appeal'.

In 1970 I read a statement by Arthur Jones that the muscle magazines of the 1950's said essentially the same as those of the 1960's and would continue to say the same thing in the 1970's. Here it is, the '80's, and a careful perusal of the magazines dating back thirty years or so indicates the validity of Arthur's statement. There are continuous attempts to 'dress up' or 'modernize' training principles but there hasn't been much in the way of real change. Interestingly, the programs that are a real departure from the tried and true approach of hard work on the basic ex-

the program. Using a picnic table bench to lie on, he would screw the end rollers on lightly, stand the bench to begin the movement. This in itself required the certain degree of strength, but it was a necessary lack of training knowledge.

He began his bench pressing routine by using a specific weight and doing the same number of repetitions as the weight on the bar. He did 135 pounds for 135 reps, and 140 pounds for 140 reps, and continued in this manner until he was doing 250 pounds for 250 repetitions. I asked Kim how long it would take to complete a set. "An hour because I'd break for supper." He would do as many repetitions as possible set with the bar on his chest or neck if off of him, and continue again for as many repetitions as possible until being forced to rest again. The rest periods would usually last a few minutes, but would occasionally stretch out as the workout became a very lengthy affair. "When I was doing 200 or more reps, it would take a while I'd knock off the first fifty or seventy-five and then get it in bunches from there until I completed the required repetitions for the day."

If nothing else, Kim became an exceptionally strong bench presser, doing 400 pounds regularly by his senior year in high school where he was an All State running back and State Heavyweight Wrestling cham-

ion at 210 pounds. Another interesting aspect of Kim's bench pressing program was his technique, as he always bench pressed with a relatively close grip, his index fingers being on the smooth bar of the standard olympic bar. "Without any real knowledge of training, I did it that way because it was the most comfortable to me."

Throughout his entire athletic career, he maintained the same style, despite the advice of others to alter his grip. Later in high school, he added various isometric exercises to the program. He later adopted a more rounded program at the University of Wisconsin, where he reduced his overall amount of bench pressing, doing 275 for one hundred repetitions "only," getting most of those in the first set.

When one considers that Kim Wood could bench press in excess of 400 pounds while still in high school at 5'10", 210 pounds in 1963, the true impact of that lift becomes apparent. Kim continued to improve his bench weight, as he continued to train, not for lifting competition, but as an adjunct to his football and wrestling activities. His unusual approach indicates that one can use a program that is not technically efficient or "scientific," but can achieve great results if one works intensely hard and consistently.

'Butcher' Boy

for years.

No, the Butcher Boy wasn't a professional wrestler but a fellow name-George who was a nineteen year old butcher's apprentice. He was valued at work because of his ability to lift the largest carcasses and anything else. George had placed in the top three in the heavyweight class for two years at the New York State High School Wrestling Championships and never touched a barbell in his life, yet was much stronger than most of the fellows who inhabited the gym in the true bodybuilding/lifting gym in the neighborhood. George did, however, have a regular training program that kept him strong and fit.

George's father had suffered a severe back injury while working as a carpenter, and George decided early in his athletic career that he would build a strong, injury-proof lower back. Beginning in ninth grade, when he was fifteen years of age, he lifted cars. He began with a vehicle he could handle, a Volkswagen Beetle belonging to his sister. He would lift the front end for sets of twenty repetitions, bending down in a modified deadlift stance, and standing as erect as possible. He would then hold the bumper in the fully erect position for a count of three, return the front wheels to the ground, reset himself, and repeat the lift. As his strength grew, he began to use the rear end of the car, which, of course, was considerably heavier. He performed his 'lifting program' every other day, rain or shine, day or night, for years.

(Article continued on Page 40)

When I met him, George was 18, and could lift the front end of panel trucks, Cadillacs, and station wagons for sets of thirty to fifty repetitions. For a short while, both of us provided valet parking at a local night club, and George would entertain the patrons with his lifting skills as a means of earning more tips. One evening he lifted the front end of a 1959 Chevrolet Impala to shoulder height by 'deadlifting' it to his waist level and then working his way under it until he was supporting it at his chest and shoulders. For this, he won a wager in excess of one hundred dollars.

The only other exercises George did were pushups and chin ups, movements encouraged by his wrestling coach. He would do pushups, not for repetitions, but for time, trying to do as many reps as possible within a particular time period. One day he would do as many pushups as possible in one minute, and repeat that three or four times. On another day, he would do as many as he could in seven or eight minutes, trying not to rest between individual repetitions, but keeping a constant and steady pace for the entire bout of exercise. He would not necessarily do chin-ups immediately after the pushups. These were sometimes done later in the day, as the mood hit him, or as part of a complete 'workout' of car lifts, pushups, and chins. The important point is that he was consistent, and other day, rain or shine, day or night.



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ADFFA Top of the World Classic 17 Nov 85 - Fairbanks, AK

Table with columns: WOMEN, SQ, BP, DL, Total. Lists names and scores for various events.

165 lb. class. Thanks to head referees Ron Murray and Vince Belmont...

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for the 165 lb. class.

Best Lifters at the A.D.F.P.A. Christmas Classic in New York

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for the Christmas Classic.

Table with columns: Name, SQ, BP, DL, Total. Lists names and scores for various events.

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Beware the Imitators — Go With the Originators

A.D.F.P.A. TOP 20

67.5 kg.
148

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from November 1, 1984 to November 26, 1985. Please send a copy of all ADFFPA meet results to Jim Gallagher, 301 Pine St., Glenolden, Pa. 19036. We will keep these lists as up to date as possible. Thank you. Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive a complimentary copy of this issue. For more and ordering information see this issue's Top 100 listing.

SQUAT

Rank	Name	SQ	BP	DL	Total
1.	540 G. Hummel 7/20/85	117.5	67.5	135	320
2.	530 B. Wong 2/16/85	92.5	65	92.5	192.5
3.	520 C. Bollitt 9/3/85	87.5	45	95	227.5
4.	530 J. Shaw 10/26/85	87.5	45	95	227.5
5.	502 R. Arrington 5/11/85	87.5	45	95	227.5
6.	500 J. Braca 10/26/85	87.5	45	95	227.5
7.	495 T. V.B.-Smith 4/13/85	87.5	45	95	227.5
8.	485 T. Grady 1/26/85	87.5	45	95	227.5
9.	480 P. Knight 3/23/85	87.5	45	95	227.5
10.	480 P. Knight 3/23/85	87.5	45	95	227.5
11.	480 J. Guzik 4/13/85	87.5	45	95	227.5
12.	474 C. Green 4/13/85	87.5	45	95	227.5
13.	474 C. Green 4/13/85	87.5	45	95	227.5
14.	474 J. Moore 7/20/85	87.5	45	95	227.5
15.	460 R. Adkins 5/24/85	87.5	45	95	227.5
16.	460 J. Gallagher 5/4/85	87.5	45	95	227.5
17.	460 J. Gallagher 5/4/85	87.5	45	95	227.5
18.	455 J. Demaske 4/13/85	87.5	45	95	227.5
19.	455 J. Shaw 10/26/85	87.5	45	95	227.5
20.	452 S. Spader 5/11/85	87.5	45	95	227.5

BENCH PRESS

Rank	Name	SQ	BP	DL	Total
1.	540 G. Hummel 7/20/85	117.5	67.5	135	320
2.	530 B. Wong 2/16/85	92.5	65	92.5	192.5
3.	520 C. Bollitt 9/3/85	87.5	45	95	227.5
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19.	455 J. Shaw 10/26/85	87.5	45	95	227.5
20.	452 S. Spader 5/11/85	87.5	45	95	227.5

DEADLIFT

Rank	Name	SQ	BP	DL	Total
1.	540 G. Hummel 7/20/85	117.5	67.5	135	320
2.	530 B. Wong 2/16/85	92.5	65	92.5	192.5
3.	520 C. Bollitt 9/3/85	87.5	45	95	227.5
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19.	455 J. Shaw 10/26/85	87.5	45	95	227.5
20.	452 S. Spader 5/11/85	87.5	45	95	227.5

TOTAL

Rank	Name	SQ	BP	DL	Total
1.	540 G. Hummel 7/20/85	117.5	67.5	135	320
2.	530 B. Wong 2/16/85	92.5	65	92.5	192.5
3.	520 C. Bollitt 9/3/85	87.5	45	95	227.5
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ADFFPA Longhorn Open/Collegiate

23 Nov 85 - Austin, TX (kilos)

Rank	Name	SQ	BP	DL	Total
1.	Ed Bushing	220	140	235	595
2.	Steve Roberts	190	132.5	170	492.5
3.	Jim Grosvenor	160	117.5	192.5	470
4.	Tom Aquino	150	105	185	440
5.	Rich Lane	140	115	180	435
6.	100kg	230	142.5	262.5	635
7.	Lee Mils	242.5	165	245	652.5
8.	100kg	220	142.5	262.5	625
9.	100kg	220	142.5	262.5	625
10.	100kg	220	142.5	262.5	625
11.	100kg	220	142.5	262.5	625
12.	100kg	220	142.5	262.5	625
13.	100kg	220	142.5	262.5	625
14.	100kg	220	142.5	262.5	625
15.	100kg	220	142.5	262.5	625
16.	100kg	220	142.5	262.5	625
17.	100kg	220	142.5	262.5	625
18.	100kg	220	142.5	262.5	625
19.	100kg	220	142.5	262.5	625
20.	100kg	220	142.5	262.5	625

Georgie AFB Open

Nov 85 - George AFB, CA

Rank	Name	SQ	BP	DL	Total
1.	J. McVeigh	230	125	250	605
2.	Scott Graham	350	245	400	995
3.	148	148	148	148	444
4.	148	148	148	148	444
5.	148	148	148	148	444
6.	148	148	148	148	444
7.	148	148	148	148	444
8.	148	148	148	148	444
9.	148	148	148	148	444
10.	148	148	148	148	444
11.	148	148	148	148	444
12.	148	148	148	148	444
13.	148	148	148	148	444
14.	148	148	148	148	444
15.	148	148	148	148	444
16.	148	148	148	148	444
17.	148	148	148	148	444
18.	148	148	148	148	444
19.	148	148	148	148	444
20.	148	148	148	148	444

WOMEN

Rank	Name	SQ	BP	DL	Total
1.	J. McVeigh	230	125	250	605
2.	Scott Graham	350	245	400	995
3.	148	148	148	148	444
4.	148	148	148	148	444
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15.	148	148	148	148	444
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9.	148	148	148	148	444
10.	148	148	148	148	444
11.	148	148	148	148	444
12.	148	148	148	148	444
13.	148	148	148	148	444
14.	148	148	148	148	444
15.	148	148	148	148	444
16.	148	148	148	148	444
17.	148	148	148	148	444
18.	148	148	148	148	444
19.	148	148	148	148	444
20.	148	148	148	148	444

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6.	148	148	148	148	444
7.	148	148	148	148	444
8.	148	148	148	148	444
9.	148	148	148	148	444
10.	148	148	148	148	444
11.	148	148	148	148	444

New York Open Bench Press

Table with columns: Name, SQ, BP, DL, Total. Lists names like Jim Malady, A. Constantine, etc.

Southern California Class II & below

Table with columns: Name, SQ, BP, DL, Total. Lists names like James Roche, Jim Dore, etc.

Gulf States Championships

Table with columns: Name, SQ, BP, DL, Total. Lists names like Todd Whitton, Pete Hall, etc.

August 1

Table with columns: Name, SQ, BP, DL, Total. Lists names like Bill Bailey, Bryan White, etc.

August 1

Table with columns: Name, SQ, BP, DL, Total. Lists names like Jeff Lyons, Richard Blanc, etc.

August 1

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New York Open Bench Press

Table with columns: Name, SQ, BP, DL, Total. Lists names like Jim Malady, A. Constantine, etc.

Southern California Class II & below

Table with columns: Name, SQ, BP, DL, Total. Lists names like James Roche, Jim Dore, etc.

Gulf States Championships

Table with columns: Name, SQ, BP, DL, Total. Lists names like Todd Whitton, Pete Hall, etc.

August 1

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New York Open Bench Press

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Power Place Inc. advertisement featuring images of belts and straps, pricing information, and contact details.

Power Place Inc. advertisement for BEVERLY INTERNATIONAL THE NO NONSENSE SUPPLEMENTS, featuring images of supplement bottles and a list of products.

Hampton Open
26 Oct 85 - Hampton, VA

WOMEN(MA/ONE)	SQ	BP	DL	Total
Mary Price	117.5	72.5	132.5	322.5
Jean Walker	100	45	125	270
Tracyy Harmon	105	52.5	120	277.5
Joan Stewart	115	45	110	270
Joan Morris	92.5	55	127.5	275
67.5 thru 90kg	142.5	92.5	155	390
DIANE WARRAZZI	122.5	55	155	332.5

TEENAGE DIV

Mike Milligan	247.5	150	240	637.5
Rick Orr	225	147.5	240	612.5
Carly Payne	207.5	145	225	577.5
Billie Currie	180	127.5	210	517.5
Doug Craven	237.5	140	207.5	585
Richard Brooks	182.5	137.5	230	550
TEENAGE DIV	182.5	137.5	230	550

CLASS I & BELOW

Jimmy Simon	160	82.5	127.5	370
67.5kg	160	135	187.5	472.5
David Sullivan	167.5	95	157.5	420
Kevin Garrett	145	95	175	415

Don Byrd

75kg	155	92.5	165	412.5
82.5 thru 90kg	62.5	131.5	82.5	256.5

Tim Walter

55kg	222.5	142.5	212.5	607.5
60kg	250	87.5	245	582.5
67.5 thru 90kg	180	105	207.5	492.5

Ed Harmon

100kg	117.5	117.5	280	607.5
100kg	167.5	102.5	207.5	477.5
100kg	175	117.5	172.5	465
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100kg	167.5	102.5	207.5	477.5
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Shawn Coker

55kg	277.5	190	272.5	740
60kg	227.5	147.5	205	580

MASTER DIV

Rory Ring	275	150	282.5	707.5
John Duffell	185	122.5	182.5	490
John Duffell	197	127.5	187.5	512
Tom Moffet	137.5	115	157.5	410
David Satchell	115	95	130	340

WOMEN(LIGHT)

Kim Beaudin	150	67.5	160	377.5
181kg	237.5	167.5	240	645
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ADPFA Blue-Gray Championship
28 Sept 85 - Montgomery, AL (kilos)

WOMEN(MA/ONE)	SQ	BP	DL	Total
TEENAGE-LIGHT	232.5	137.5	215	585
Arnold Bates	200	125	215	540
HEAVY	177.5	120	180	477.5
177.5 thru 90kg	182.5	107.5	210	500

WOMEN(LIGHT)

181kg	237.5	167.5	240	645
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