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DAVE RICKS - 1741 at 165



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ON THE COVER.....LT. DAVID RICKS USN at the 1991 A.D.F.P.A. National Men's Championships in St. Louis, MO

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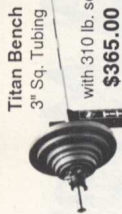
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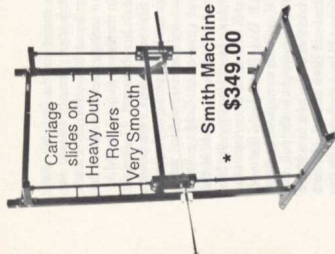
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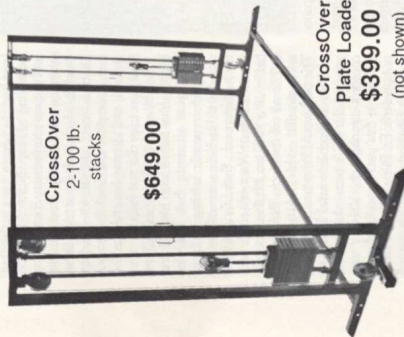
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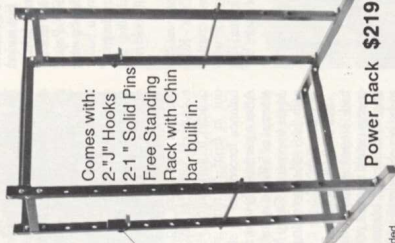


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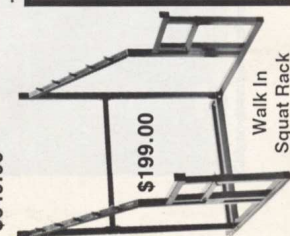


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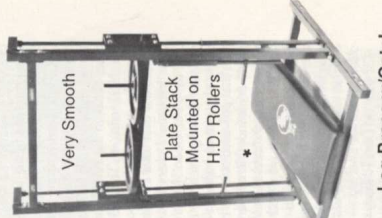
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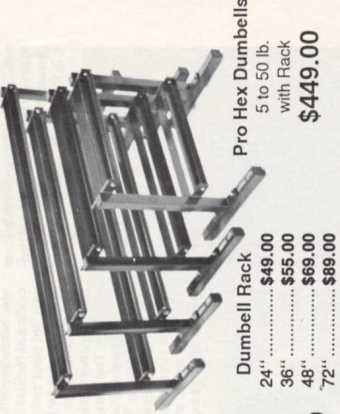
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ADFPA Men's NATIONALS

as seen by PL USA Editor, Mike Lambert



Damian Fronzaglia emerged as the new *lightweight* division champion.

The polite and professional, John Petroff once again hosted an American Drug Free Powerlifting Association National Championship at the deluxe Stouffer's Concorde Hotel in St. Louis, Missouri. The key factors to make the event a proper showcase for top level drug free lifting talent were in place. Though they were sometimes short of spectators and even platform help (the three directors to us... all the people who pro and then don't), John and even ADFPA Executive Committee member Dennis Brady stepped in and took their turns sharing and leading.

This met had a special twist in that the lifters were competing not only amongst themselves, but with the lifters from the World Drug Free Powerlifting Federation (WDFPFF) Worlds from before the traditional date for the Men's Nationals until after the 1990 Worlds and the 1991 edition. The USA team would be comprised of those who posted the best total in their weight class but 2 years ago when we saw sharp as the edge to his 'buzz' haircut, and perked over his normally placid demeanor. Here Garcia's in a deadlift and successful attempts at 424 lb. The squat were both there at 424 lb. Bourque got crunched with 413 and then made a really a new brand of his wraps and then back to his old friend old Dave Ramsey, cramped terribly on his final attempt, but were enough to hold off 39 year old Freddie Higgins (lifts for record and American College for record breaker, deadlift total) Dave Weiss for the ADFPA National Bar-banweight crown for 1991.

In the Featherweights, remarkable

Lifter award for the first day, over Todd Suttles. Beavers missed his opener squat badly, then came back to do it strongly, and then went to the wire in the bench to get a circled at Saul Shocket showed them power-lifting's not just a young guy's game.

The light-heavyweights were another close class. Gregory Jones misfired a couple of rounds in the squat, but then charged into the final lead with a three three day in the as well, with the same three for three and finishing weight in the pull, but Greg had that 5 kilo bulge in subtotal that had not been erased. Howard Kraeger would have challenged for the lead had his squats gone better, but defending champ Norm Hampton had an even tougher day, only hitting openers, and barely that on his deadlift, which took three tries. Brian Skoblak firmed when his 'che and rip' first attempt in the deadlift was not passed, and altering his style on the final two tries did not help.

Rob Wagner (198) successfully hit his hip drive switch with his 749 and 782 squat attempts, but 793 was dumped forward, leaving Rob to wonder if his hide was still on the back of his neck. Steve Scialpi took his own shot at Wagner's scalp with his try at a 777 deadlift that actually did come off the deck. Bob missed a key deadlift on his 3rd try as well. The 688 would have put him ahead of Vinson, Keyhea's shot, but he couldn't manage it. Vinson was not present. Ed Riley squatted nicely, but couldn't come up with the pull he wanted, after a minor injury, and he's now thinking of going to the 220 lb. division. Mack Gipson, stationed

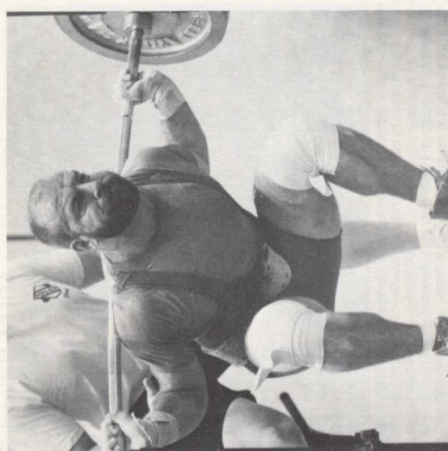


Super Suttles had his way at 132.

in Germany, came to the meet on his own dime(s), showing the lengths to which a drug free athlete will go to find his kind of competition.

As Pete Gisondi urged him to do, Chris 'Greek' Spananides put himself into 'Warp Drive' and obliterated three straight, strong squat attempts, which he followed with three good benches. After his opening deadlift decided the national 220 lb. title, his next attempt would/could decide who went to Australia for the WDFPFF Worlds. Once his weapon of first choice on the power platform, Chris found out that his power now is the first lift, not the last, as he stalled out with two tries at 749. Shawn Cain was there to catch Chris if he fell, but he didn't. In a nice touch, 5th placer Mike Foggia Jr. presented an award to Brother Bennet in memory of his father, who passed away this February. Schumieglow, Graham, and Johnson all had trouble in the squats and bombed. This was particularly devastating to the military team, as they were in a strong position to take the overall team title prior to this class, and both Graham and Johnson were potential point winners. None of the military competitors had high command level funding to the meet, and they came together informally when so many of them showed up independently. With the absence of the points from the 220s, it left the door open for the Tim McClellan coached Samson's team to return to National Champion status. Also prominent on the team from the Missing Link group from New York.

In the 242s, one of the true superstars of drug free athletics, Andrew 'Bull' Stewart, strode onto the platform like a stallion, seemingly bigger, more muscular, stronger and more 'rippid' than ever before. His 799 opener in the squat was completed with utter ease, and 837 looked like a very safe bet, but on the way down, Bull's left leg flinched and he buckled with the weight. He had to be helped from the lifting area, and was seen limping badly thereafter. Even so, he came up for his opening bench, but missed his 2nd try in pain



Robert Wagner was in a very explosive mood when it came to squatting.

squat. Speaking of powerful squats, Sikopu 'Scope' Savatinea was out from the East Coast with some big numbers after his name on previous result sheets. He opened with and handled 749 pounds rather easily, but not to the pleasure of the judges. With lots of Samoan supporters in attendance, things got tense as Scope approached Bomb City and Super-heavyweight Vae Makali got some red lights as well. One ADFPA official made light of the situation by joking, in case 'trouble' broke out, but the worst that happened were some long penetrating stares at various judges and a few verbal asides.

as he found that he couldn't drive the bar with only one leg as a base to lift from. He struggled on a very light opening deadlift as well. Badly injured, he still totaled 1912 and was far and away the leader in the class. Nonetheless, 2nd placer Raoul Donati was impressive. No longer just a bench specialist, he put up solid squat and deadlift numbers to earn his position over the lean and not so lucky (this time) Chris McKinstry. Young Ben Luck used a great 3rd attempt effort in the squat to finish up ahead of Brian Washington. The good-natured Marylander has taken a bit of ribbing about his previous bombings at the national meet, but once past the squats, Brian did some fine lifting, particularly well done in the deadlift. Ernie Surrall is down in weight on doctor's orders in order to control his diabetes condition, but he showed he's still got the power in the

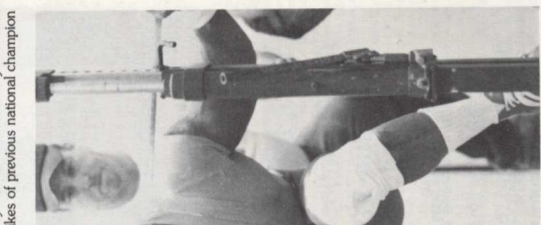


Gregory Jones pulled a win at 181.



'Greek' Pulls for a trip to Aussyl/and

In the 275s, it was an interesting battle as a wily veteran, Eric Arnold, went up against a burgeoning new talent, Bruce Geremo (weighing only 117.1 kilos). Eric always seems to tantalize the judges with the depth he achieves in the squat, but he got a nice 837, while Geremo went ahead and repeated his missed opener. Eric's missed 3rd put Bruce's beautifully made 843 into the driver's seat, and from there it was off to the approach 2000 races, where Geremo's re-tryed 699 forced Eric to miss a gravitous 733. Ken Thompson, 3rd, reminds one of how Mike Hall might have looked when he weighed 257. Bart Shuman did 9 for 9 in 4th. In the Supers, 299 lb. Bob Dempsey had an excellent day over the likes of previous national champion



Just as it Tore! Bull Stewart had to limp through the rest of the contest.

Double Winners the new ADFPA President Al Siegel and Vice President Bob Gaynor (right) tied in the voting for the Brother Bennet award.



Double Winners the new ADFPA President Al Siegel and Vice President Bob Gaynor (right) tied in the voting for the Brother Bennet award.

Dan McCain, down in bodyweight (relatively speaking, at 353 plus) and intensity, Matuli has untapped potential in the squat and deadlift, but struggled with uneven backfoot problems in the bench press. Thomas Kline and Mark Phillips were up from the buster 125 kilo class.

The USA team for the WDFPF Worlds ended up: 114 - Nguyen (file unable to participate), 123 - Dave Pattaway, 132 - Suttles, 148 - Frongaglia, 165 - Ricks, 181 - Jones, 198 - Pegues, 242 - Stewart, 275 - Glemo, 319/SHW - Dempsey. (Two WDFPF observers were on hand from Britain to view these proceedings).

National Meet bids were awarded for 1992: Women's (CA), Collegiate (TX), High School (MO), Teenage (IL), Bench Press (Pennsylvania), Deadlift (NY), Lifestyles (Maryland) and the Men's Nationals, to Emma Felgates in Minnesota, with Pennsylvania getting the nod for 1993.

This was an election year for the ADFPA and all of those on the previous board remained, but for one, with the new face being Charlie Schroeder of New York, however, several seats were switched. There were three candidates for President - Brother Bennet, Dennis Brady, and Al Siegel. Brother B. had some conditions placed on his running again

by his religious order, and when they were not met by the association, he withdrew, and Al Siegel won the nod. Al has prepared to take over the national office functions and those who have questions can reach him at the new number of 814-765-5577. Al respects lifters' opinions and is his own man when it comes to the issues that face the sport and the ADFPA.

Massive Bruce Glemo is as thick as the proverbial brick, bringing to mind the proportions of Luke Lams.

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114 lb. S01 502 403 Sub D11 D12 D13 Total
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 H. Garcia 407 424 424 214 231 236 655 407 424 1080
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 F. Higgins 374 413 424 286 297 308 710 407 424 1118
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 K. Miller 385 407 418 275 303 303 694 374 402 1036
 B. Phillips 407 424 440 214 231 252 694 385 402 1036
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 T. Brady 595 622 632 303 314 307 1009 551 571 1684
 S. Shocket 501 534 551 303 308 314 859 540 578 1438
 K. Dittler 496 534 551 314 319 325 870 501 523 1394
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 D. Holmes 594 594 584 341 352 352 925 600 632 1534
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 N. Phillips 672 740 722 451 468 468 1124 606 644 1769

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 H. Garcia 407 424 424 214 231 236 655 407 424 1080
 K. Bourque 369 413 413 203 214 225 639 385 413 1052
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 D. Ramsey 429 451 462 248 264 275 727 424 435 1168
 F. Higgins 374 413 424 286 297 308 710 407 424 1118
 D. Weiss 352 385 396 248 264 284 650 402 440 1102
 K. Miller 385 407 418 275 303 303 694 374 402 1036
 B. Phillips 407 424 440 214 231 252 694 385 402 1036
 132 lb.
 T. Suttles 457 485 507 314 330 352 837 507 523 1372
 H. Blake 468 490 490 281 297 303 771 490 523 1372
 W. Payne 429 451 485 259 275 286 771 501 523 1245
 J. Benemerito 424 440 457 270 281 281 710 512 534 1245
 A. Pallas 424 462 468 225 248 259 716 424 468 1184
 B. Jones 424 462 468 225 248 248 666 418 435 1102
 M. Mannisto 457 485 485 259 270 275 672 418 435 1080
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 D. Fronzaglia 473 407 429 336 358 369 887 485 523 1410
 R. Kopperstein 396 418 429 336 358 369 832 468 507 1405
 E. Hamner 507 523 545 297 319 330 876 468 507 1377
 T. Saotshige 496 523 540 297 319 330 870 468 507 1372
 L. Weinstein 479 501 523 286 303 308 804 523 556 1328
 J. Audia 451 485 501 314 341 347 826 451 501 1328
 D. Beatty 462 501 512 303 314 325 777 523 562 1322
 J. Reinardy 512 540 540 236 248 253 760 523 562 1311
 V. Jones 468 468 485 270 286 303 771 507 529 1311
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 T. Brady 595 622 632 303 314 307 1009 551 571 1684
 S. Shocket 501 534 551 303 308 314 859 540 578 1438
 K. Dittler 496 534 551 314 319 325 870 501 523 1394
 R. Hollnagel 518 540 545 259 275 281 821 567 611 1388
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 K. Vance 659 659 659
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 R. Dempsey 799 832 832 490 507 518 1350 710 752 1962
 D. McCain 716 749 771 497 507 518 1267 694 740 1962
 V. Matuli 782 822 822 374 391 402 1107 606 622 1749
 T. Matuli 782 822 822 374 391 402 1107 606 622 1749
 N. Phillips 672 740 722 451 468 468 1124 606 644 1769

Bob Dempsey seemed pleased this his three for three day in the bench.

VIDEOTAPES

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IPF Women's Worlds



Cathy Miller of New Zealand had a furious battle in the squat with Laha of host India. She broke the world record in the squat, only to have Laha break it. Then Cathy broke it again on a 4th attempt, and Laha broke that as well, on her 4th attempt, and the Indian crowd was ecstatic. Cathy went on to pop a world record deadlift and total, and Best Lifter.



Japanese Nationals impressions by PL USA's PAUL KELSO



Tokiharu Maeda remains one of Japan's best and most respected lifters.

The 20th Japan Mens Nationals of June 23rd promised to be a good meet and a great show, with world champions Inaba and Isagawa present. Ausby, Alexander lifting in exhibition, and Mr. and Ms. Japan questing. The Far East Network interviewed Ausby's performance and interviewed both of us for distribution throughout the Pacific. Stars and Stripes called for a story.

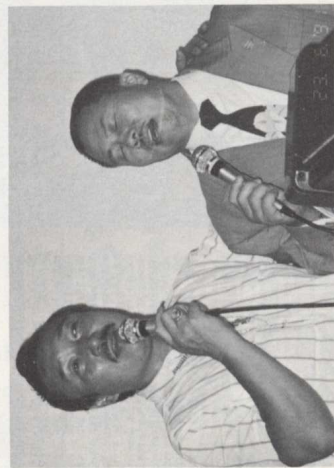
Nonetheless, as the long day wore on, finally ending at 8 PM, my attention was drawn increasingly to Tokiharu Maeda. Maeda holds six Japanese records in the 90 and 100 kg classes, including the two largest totals ever recorded in this country, with a 842.5 best. Now 46 years old, he has lifted on year after year, placing 2nd, 3rd, and 4th in numerous world competitions. Remaining under the shadow of better-known Inaba and Isagawa, at least to Western eyes, many Japanese lifters and officials refer to him as "our best lifter."

While Maeda's presence stood out, another factor I have mentioned before in these dispatches became more apparent. Of the eleven classes contested, six were won by men 40 years or older. No class winner was under 32. Only 16 of the 55 entrants were under 30.

Some officials here have indicated concern about the future. Replacement for Nakao, Inaba, Isagawa, and Maeda are still over the horizon, although all intend to continue on. However, there were seven juniors who qualified for this show. These juniors, Suzuki, Nakamura, and T. Saitoh, son of the Japan Powerlifting Association president, will travel to the Junior Worlds in the Ivory Coast.

That is, Nakamura will go if he survives his continued bloody bashing with his head before squatting. Japan has placed fifth or sixth as a world team in recent years, but they may fade unless the youth movement gains momentum.

Staged at the Tochigi State Concert Hall in my "home town", the contest drew 1000 plus fans and the entire Iron Game establishment. Utsunomiya is a town of 420,000 located 70 miles north of Tokyo. My Western



Performing 'karaoke' are Japanese Nationals meet promoter, 'Al' Sakai (left) and Mr. Saitoh (right). President of the Japanese Powerlifting Association, adding their voices of popular songs to the music of those same pieces.

lifters' hotel and had breakfast with Isagawa. I had a killer *futsukayoi* (hangover) and almost didn't get out the door.

There has been much talk about making powerlifting more of a spectator sport. Mr. Sakai is an experienced bodybuilding promoter and has promoted Mr./Ms. Nippon and PL meets before. The concert hall provided chances for new twists, but caused some problems. Backstage space was ample, but the warmup areas a little cramped.

I was astonished to see spotters during the deadlift who were attempting to help the lifters set the bar down. Apparently, the management was concerned about the hardwood stage flooring. As the platforms were only carpeted plywood sheets, I can understand, especially when the big boys dropped so many attempts from knee height, but what about the rules? Has something changed?

Good effects were produced by special lighting and the five sound system. Viewing was excellent and seating comfortable, but the auditorium grew stuffy as the day lengthened.

Lengthen it did. Application of a bodybuilding format may or may not work in America. Add Japanese traditions and there is a problem for the lifters. First, in order to speed up the show, two platforms were needed. No round sor flights. All weighed in early so they could be in the opening ceremony.

As there was a late start, the opening ceremony was held after the squat, followed by a long lunch break. Ausby had been scheduled at this point; then told he would lift after the bench. Instead the JPA presented awards to luminaries, to each other, and made speeches. The 'OZ' finally got on at 7 PM.

Somehow talked into doing two squats and two deadlifts back to back, he came through with a 295 squat and 287.5 deadlift to more than satisfy the crowd.



Ausby Alexander shows the crowd what American power is all about.

It is hard to understand why a meet with 55 competitors should take 9½ hours. The Japanese, in all things, are big on ceremony, honoring everybody in the pecking order and touching all the bases. I appreciate that huge effort was made to make this show a first class operation and that a great deal of money was spent. The audience was loyal and most stuck out in the entire program. O.K. fine.

The drawback to all this was the effect on the lifters. The number of missed third attempts in the bench and deadlift was remarkable. Ausby noted that at least eight third attempt deadlifts were dropped on the heavy class platform because of the deep, close squat bar knurling on the bar. He overcame this problem at the cost of scraped raw quads. I also thought the press benches were not stable enough, having personally used one of them in a tour of the gym.

The men clearly suffered from warming-up and cooling down between events. They were also going close in the 60, 67.5, 82.5, and 110 classes.

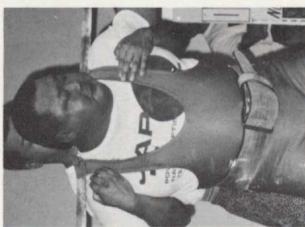
By weight class, here we go. Inaba squatted and pulled 225 for the win at 52 kg., but rejured his shoulder while benching 100. Twenty-six year old Egri was second at 440 in the two-man class. Hiro Isagawa, "the chest that walks," had spoken of bettering his world record bench, but falling with 160 and gave it up. His 587.5 total was way out in front. He has just begun *Power Sport Magazine*, in Japanese, of course. The first 5 places in the 60 kg. were separated by only 20 kg., with Kaneko on top at 530 kg.

My last article told you about Chokugi Itoh, whose goofy posing wrecked a restaurant in Kaohsiung, Taiwan. The totally bold 40 year old destroyed the 67.5 group with a solid 610. Matsuda, also at the Asia Cup, is improving and easily took the 75 kg. win with 635.

Nakao did not lift. He is aiming for the next JPF Worlds. His is aiming for a created a furious scramble in the 82.5 and with six lifters soaring between 645 and 670. Itoh ended on top.

them were the extreme length of the contest, small thin platforms, a questionable deadlift bar, and three men who were nearly pinned by lost squats when the poundage appeared to be more than the combined weight of the spotters. I'm sure my reservations will be known as there are four or five men and women who will read this, and nothing is faster than the local grapevine.

Everyone seemed to be satisfied with the day's events, and the contest sometimes had the atmosphere of a social event. I heard no complaints, saw no hostility, and was struck by how "clear" everybody looked. In the long run, I doubt much head will be given to what a *gajin* thinks anyway. It's their game, and their country, and I'm happy to be allowed to take part.



Itoh - the Big Man plants the bar back in the racks after an attempt.

Editor's Note: as the sport of powerlifting gains in popularity in Japan, lifters and officials from all over the globe continue to look forward to the opportunity to one day journey to that part of the world for a major international powerlifting championship event. With the steady progress made by the sport's administrators, it is probable that the day when they will be able to host a world championship event, would truly be a memorable event, may not be that long in coming.



Hiro Isagawa giving a 235 kilo deadlift ride. Hiro has started a magazine specifically directed to the Japanese Powerlifting community, but it will contain articles and information about Western lifters as well, including some reprints of articles published in PL USA. Good luck to you Hiro!

World Champs All. Ausby Alexander (left), Hiro Isagawa (middle), Hideaki Inaba (right). Ausby does not intend to defend his title this year, as he is taking a well-deserved year off, before hitting the circuit again next year. Below Ausby reacts to his first - and last - swig of *carabai-shu*, the Japanese equivalent of Mexico's tequila, but with a snake sitting on the bottom of the gallon size jug, while Miss Japan looks on with a bit of amusement.



While Asama sported a flame pink suit and electric blue bench slippers, 280 opener, Yoshida cruised with 320-190-290. Aoki trailed at 660. "Cuz" Itoh racked a 340 squat, lifting above in the unlimited, but dropped 265 three time in the pull. I have some concerns with what I saw this day. Ausby concurs. Among

Maeda's 330-170-290 outclassed the 100 kg. group. Antique sword authority Kondo reached 700, while 22 year old G. Yoshida posted Japan Junior records in DL and total for 3rd at 692.5.

With two former 110 champs out of action, we again saw a five man battle. JPA Secretary Susumu Yoshida was in New Delhi with the Women's world team, where wife and former world champ Hisako finished third in the 48's. Watanabe is recovering from abdominal problems. Aota took first with 740. Kuno's 737.5 was next and Michael Abdullah of Australia third with 720 in only his second meet. Last year's winner Chuck Wilson had 715. Chuck is a former Judo champion and Olympic alternate, a TV personality, and helps promote Hammer Strength in Japan, where he has lived over twenty years. Non-Japanese may compete after one year's residence. The 125s saw juniors Suzuki and

Paul Kelso dancing with the current Miss Japan, Takako Kimura, at the welcoming party the night before the contest (photos courtesy Paul)

POWERLIFTING USA MAGAZINE

242 lb./110 kg. **TOP 100**

For USA lifters competing May 1990 to April 1991

	SQUAT	BENCH	DEADLIFT	TOTAL
1	859 Lettice, C., 728/90	690 Wladimir, D., 728/90	804 Bell, W., 718/90	2143 Stewart, A., 2/91
2	859 Lettice, C., 728/90	690 Wladimir, D., 728/90	799 Stewart, A., 2/91	2132 Sorenson, S., 7/28/90
3	832 Stewart, A., 2/91	678 Thompson, G., 7/28/90	777 Sorenson, S., 7/28/90	2127 Lettice, C., 7/28/90
4	832 Stewart, A., 2/91	678 Thompson, G., 7/28/90	777 Sorenson, S., 7/28/90	2127 Lettice, C., 7/28/90
5	815 Jacoby, D., 7/8/90	655 Sorenson, S., 7/28/90	770 Pape, C., 3/2/91	2055 Bell, W., 7/8/90
6	815 Jacoby, D., 7/8/90	655 Sorenson, S., 7/28/90	770 Pape, C., 3/2/91	2055 Bell, W., 7/8/90
7	813 Mitchell, L., 12/29/90	655 Sorenson, S., 7/28/90	750 Bennett, E., 1/26/91	2022 Thompson, C., 5/18/91
8	813 Mitchell, L., 12/29/90	655 Sorenson, S., 7/28/90	750 Bennett, E., 1/26/91	2022 Thompson, C., 5/18/91
9	804 Stewart, A., 2/91	655 Sorenson, S., 7/28/90	733 Borden, D., 7/28/90	1962 Siepler, M., 6/2/90
10	804 Stewart, A., 2/91	655 Sorenson, S., 7/28/90	733 Borden, D., 7/28/90	1962 Siepler, M., 6/2/90
11	775 Dodson, R., 3/9/91	640 Siepler, M., 6/2/90	730 Blank, R., 10/90	1960 Boucher, P., 11/10/90
12	775 Dodson, R., 3/9/91	640 Siepler, M., 6/2/90	727 Stewart, C., 12/29/90	1959 Black, R., 1/9/91
13	775 Dodson, R., 3/9/91	640 Siepler, M., 6/2/90	727 Stewart, C., 12/29/90	1959 Black, R., 1/9/91
14	771 Kammann, J., 8/18/91	635 Patterson, L., 11/30/90	727 Koehnke, R., 3/9/91	1945 Dodson, R., 3/9/91
15	770 Pape, C., 3/2/91	635 Patterson, L., 11/30/90	722 Mills, D., 8/18/90	1925 Knowlton, L., 2/9/90
16	766 Bell, W., 7/8/90	635 Patterson, L., 11/30/90	720 Secker, C., 10/7/90	1918 Kammann, R., 8/18/90
17	766 Bell, W., 7/8/90	635 Patterson, L., 11/30/90	720 Secker, C., 10/7/90	1918 Kammann, R., 8/18/90
18	765 Boucher, P., 11/10/90	635 Patterson, L., 11/30/90	720 Boucher, P., 11/10/90	1918 Kammann, R., 8/18/90
19	765 Boucher, P., 11/10/90	635 Patterson, L., 11/30/90	720 Boucher, P., 11/10/90	1918 Kammann, R., 8/18/90
20	760 Mills, D., 8/18/90	635 Patterson, L., 11/30/90	720 Cannon, F., 2/11/91	1906 Giermo, B., 9/1/90
21	755 Giermo, B., 9/1/90	635 Patterson, L., 11/30/90	715 Glass, S., 5/4/91	1903 Mitchell, L., 12/29/90
22	755 Giermo, B., 9/1/90	635 Patterson, L., 11/30/90	715 Glass, S., 5/4/91	1903 Mitchell, L., 12/29/90
23	755 Giermo, B., 9/1/90	635 Patterson, L., 11/30/90	710 Boyd, P., 8/22/90	1900 Patterson, R., 4/6/91
24	755 Giermo, B., 9/1/90	635 Patterson, L., 11/30/90	710 Boyd, P., 8/22/90	1900 Patterson, R., 4/6/91
25	755 Sorell, L., 4/20/91	635 Patterson, L., 11/30/90	705 Seidler, M., 6/2/90	1884 White, P., 9/15/90
26	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
27	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
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36	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
37	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
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45	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
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47	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
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49	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
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54	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
55	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
56	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
57	750 Black, L., 10/13/90	635 Patterson, L., 11/30/90	705 Porretta, M., 6/27/90	1884 White, P., 9/15/90
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NEXT MONTH...TOP 275

Corrections: Reuben Trujillo's lifts of 2597, 1224, 914 were not included in the ADPPA TOP 20 125 lb. rankings. Jeff Jacques' lifts of 710 squat, 460 bench, and 1755 total should have been reflected on the TOP 100 220 lb. class list. James Trujillo reports that the Power Competition finished 1st rather than 6th at the Texas Open. Bob Rockefeller's lifts of 740 squat, 680 deadlift, and 1825 total should have been reflected on the TOP 100 220 lb. class list. Rex Womahn's lifts of 280 170/340 were not reflected in the results of the USPF National Masters meet. Also at the Masters, we incorrectly identified a photo of Jeanne Burchett as Dana Trigg and Sue Flaminio as Litter at the meet, and she was incorrectly grouped with Jan Lentz in the 148 lb. class, submaster category. Corrections on the USPF Category report include misidentification of Sue Lee Davis as Royce Davis. The winner of the 1235 was Jason Shrader. Ed Bell should have been credited with a 369 deadlift, 1025 total, and 361 in the 1235. Todd Sutcliffe should have been credited with a Collegiate record for his squat, and a 345 deadlift and 1383 total. Marcus Woods' lifts of 429 squat and 270 bench. Calvin Dial should have been credited with a collegiate record on his total. 10th place finisher at 148 was Clayton Reid. Steve Blenkowski should have been credited with a 402 squat only. 8th place at 165 was Kory Bennett. Anthony Esposito of Temple completed at 275 not SHW.

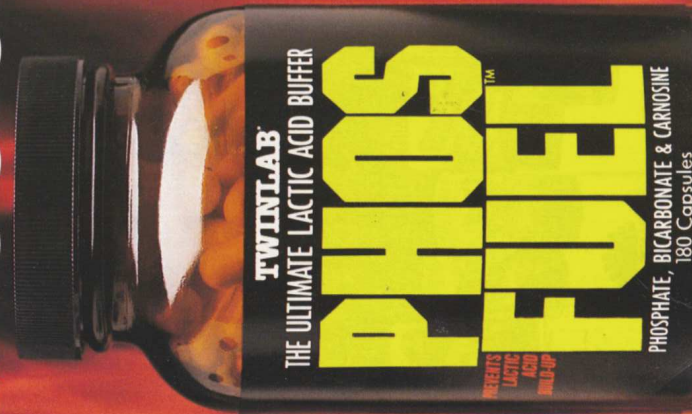
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TRAINING

Video Training by Doug Daniels



Franis Mombert of Belgium videotapes the top competitors at major international meets as a coaching resource for the members of his lifting club.

Many sports use video replays to improve performance, like football, boxing, track and field, etc. Why should powerlifting be any different? It seems that no matter how hard a coach or partner tries to explain a flaw or some other aspect of your lifting, you can't seem to get it. It's not until you actually see some concrete proof. This is where video comes in.

Many of us own VCRs and some own video cameras. It's time to break out and explore another method of realizing continued progress. Few of us have probably seen taped footage of our lifting in competition training. Video tapes can clearly illustrate our execution of the powerlifts and can be invaluable. Many times this can be an eye-opening experience.

On the right it can show head position, the flatness of our backs, any bow depth and of the knees, all important factors in bar placement in the bench. It can show bar path and uneven entry in the deadlift showing your initial set up, pull back and head position throughout the lift, and whether you are using your legs and back efficiently or mine, a top lifter, didn't believe me when I noticed that he touched his chest with the bar during the touch press at a point that was too close to his shoulders. Upon examination of a tape, he clearly saw the flaw. Hopefully, the lifter can then strive to correct what a glitch.

The camera can be set up to get a revealing view of the lift in general

and try to pick out good and bad points of the techniques of the other lifters as well as yourself. Some cameras allow immediate replay of the tape for on-the-spot viewing. This can be of instantaneous reinforcement value. Slow motion or reverse replays can also be revealing.

Another resource are video tapes of big meets like the Santors, Worlds, etc., that are available for sale. On these you can see the lifts and techniques of some of the big names in the sport. Be analytical when observing these videos. Pay attention to such things as descent speed of the bar, stance used, and set up. You should try to watch parts of the tape several times to fully examine the lift.

They can also serve as motivators to get you pumped up. Try watching selected tapes just prior to your workout session. There are also some video instructional tapes for sale. Potentially, they can be a better source of instruction than still photos or articles. They can demonstrate technique and style of execution, and could be worth a try.

I hope I have sparked a little interest in using video to help your progress in lifting. They can be literally invaluable to you whether they be tapes of yourself or of others. Try to sort out and identify the good and bad parts of the tapes. Keep track of your lifts by making up to date tapes and keep some old ones to use as reference to measure and record changes.

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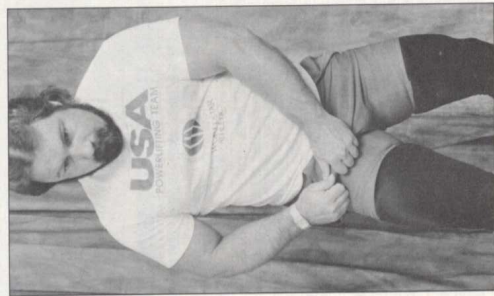
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POWER-RESEARCH

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The Global Anabolic A Systematic Approach to Soviet Strength Training, PART TWO as told by Rick Brunner, ATLETIKA

In part one of this three part series (April 1991) I presented Soviet nutritional and pharmacology from natural products that are used to help maximize anabolic gains. In this article I will introduce contemporary training means as well as some effective restorative techniques used to speed recovery during heavy training loads. All of these practices when used as a complex can greatly improve gains in strength.

For those of you who are intermediate or advanced level powerlifters, it is vital to present you with a "global" approach to training and restoration. There are many key components to optimizing gains in strength, and as a lifter becomes more experienced it becomes increasingly difficult to elicit great improvements in performance. In this regard it is necessary to draw on a diverse "bag of tricks" which come from studies in physiology, biochemistry, endocrinology, psychology, and pharmacology. Just as there is special sport nutrition which can enhance the anabolic effects in recovery, so are their special training methods which can do likewise.

Advanced powerlifters have a very high level of special physical preparedness. In order to raise this level, they must use prolonged heavy load training which is quite specific. The traditional forms of training using progressively increasing loads are not effective for the advanced lifter. As illustrated in Figure 1, large stage training (as in 50-day macro-cycles) are used to optimize the current adaptation reserves (CAR) which then results in a maximum increase in strength. For the beginner lifter, improvements in strength come rather quickly and

evenly as evidence in (B). In contrast, the advanced lifter must introduce a variety of training manipulations which result in a decrease in performance during the heavy load blocks followed by a dramatic increase in strength (supercompensation phenomena) after full recovery, as seen in (A).

Figure 2 outlines an effective 50-day macro-cycle plan that is utilized by Soviet power athletes. These 50-day programs are quite manageable and fit in well with the yearly plan and competitive schedule. Note that each heavy load block of 2-3 weeks is followed by a restorative block which lasts from 3-7 days, depending on previous stress. This block-cycle planning is most effective at improving maximal strength in powerlifters at the advanced level. As training adaptations commonly occur after only 2 weeks, each 2-3 week heavy load block is different than the previous one in its volume, intensity, and/or exercises so to prevent stagnation and slow strength gains.

Adaptation is the result of changes in all systems in which a muscle relates to, including the nervous, hormonal, cardiovascular, energetic, and enzyme systems. In many cases, coaches and athletes underestimate the importance of the hormonal system in optimal training planning. While a novice lifter shows a greater tendency for developing the neuromuscular processes which then result in increased strength gains, the advanced lifter has moved beyond such a simple means of improvement and must use more sophisticated methods to squeeze greater gains from training. This is when hormonal processes play a vital role in maximizing strength gains.

To increase strength it becomes necessary to: 1) cause an improvement in the intramuscular regulatory mechanisms, 2) increase the number of motor units involved in muscle tension, and 3) to increase the motor neuron impulsion frequency and its time of synchronization. The advanced powerlifter must continually use greater training loads (primarily intensity) to accomplish this task. The neuromuscular and hormonal (catabolic and anabolic) self-regulation methods used by Soviet athletes can be of great benefit to increasing strength.

The principal factors resulting in greater increases in strength of the advanced powerlifter include a higher training intensity and the number of training sessions per week. Elite Soviet lifters practice as a rule two and three times each day, and this increase in the number of daily training sessions results in an increased content and intensity of the synthesis of skeletal muscle proteins. In many cases

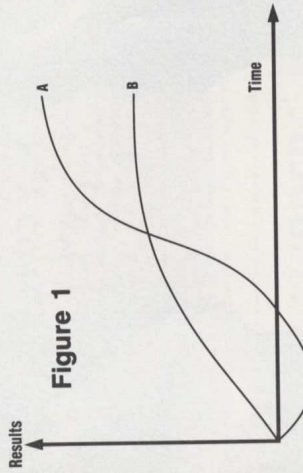


Figure 1

- A - High Stress Loads begin with steady decline, switching to a sharp increase in functional indicators during restoration.**
- B - Smooth increase in functional indicators as seen in traditional forms of training.**

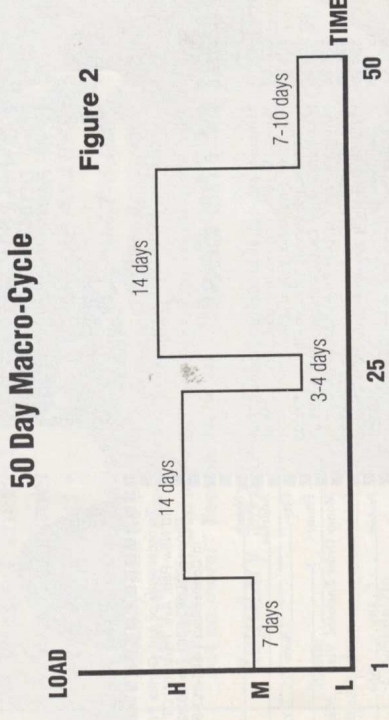


Figure 2

50 Day Macro-Cycle

with proper planning, diet and sport nutrition, these multi-training sessions have been shown to stimulate increases in skeletal muscle mass two fold higher than a single training. Studies by P. Komi (Finland) and V. Rogozkin (USSR) have led the way in clearly establishing the greater effectiveness of multi-trainings per day versus just one. The biochemical mechanisms of the shifts in protein synthesis include an increase of muscle cell energy resources, a rise in free amino acid concentration, and an increase in muscle hypertrophy (cell growth).

A major reason for the success in many power sports including Olympic weightlifting can be attributed to these daily multi-training sessions. The intensities are kept quite high at the advanced level, and the sessions last about one hour. Typically the lifters will perform only 1-3 repetitions per set to build maximal strength. Because the intensity is high, the neuromuscular and hormonal processes are stimulated to a great extent. A common reaction to high intensity short duration trainings of 2-3 daily workouts are a significant increase in both testosterone and growth hormone. This is not as noticeable in single trainings.

It is common practice in the USA for a lifter to train only once daily, but several scientific studies clearly show that the optimal increase in muscle strength occurs through the use of more than one training session at a

high intensity for about one hour each. This allows for proper amplification of the protein reserves as well as restoration of energy resources. By causing a greater stimulation of anabolic processes during training and then through the use of proper restoration and sport nutrition, the ideal stress-recovery "mix" will lead to maximum gains in strength. For a high efficiency of training, the onset of the next session of lifts has to coincide with the switching-off of augmented protein synthesis following the previous training session. The mechanism of training does not exclude the importance of improving neural coordination mechanisms and increased energy reserves in the development of maximal strength. However, it seems to be plausible that both adaptive synthesis of proteins, and so a greater awareness of hormonal and anabolic/anti-catabolic restorative means will play the leading role in improving performance.

Restoration means of mechanical action are oftentimes used in the training and recovery plans of elite Soviet power athletes. At the advanced level it becomes vital to restore the body as quickly as possible to a high functional level after intense training loads. To do this, methods such as massage, sauna, hydrotherapy, and electro muscle stimulation are commonly used after training. In the case of massage, this can either be localized to a particular

muscle group such as the back or legs, or the massage can be full body. Massage is commonly done by experienced therapists for one-half to a full hour daily during heavy load training. Self-massage can also be beneficial.

Dry heat sauna of 200-210 degrees Fahrenheit has an excellent restorative effect and can be used from 1-2 times weekly. The heat from the sauna produces a good physical acclimation on the body by increasing temperature exchange and functions of the central nervous system, improving blood flow, sweat gland activity, and skin porosity. Initially, the lifter should enter the sauna and sit on the lower bench for 2-3 minutes and then move to the higher level for 6-10 minutes. After this first session the warm shower for a few minutes followed by a 10 minute rest. The sequence can be repeated for up to a total of three series. As a sauna is quite relaxing on the body, it should be followed by a rest period. For example, a sauna is taken Wednesday evening with the following Thursday morning off, and on Saturday with all Sunday off. Sauna is not recommended less than one week before competition but can be taken the day after to reduce nervous tension.

Electro muscle stimulation (EMS) is used extensively in the USSR for restoration. It is effective on improving the tonus of stressed muscle when used for 15-20 minutes, pulsed in a 1:4 ratio at .8-1.0 watts/cm and

frequency of 1.0 MHz. Small portable EMS machines can be purchased in the USA for \$200-300 and they may be a good investment for experienced lifters looking for an edge.

In summary, a "global" approach to training and recovery must be taken in order for an advanced powerlifter to maximize their gains in strength. Special training means and multi-workouts daily help to accelerate the body's anabolic hormone (GH and testosterone) production while mechanical restorative means enhance the recovery ability so that high load training can be resumed at an optimal rate. The stress-recovery shuttle will thus maximize gains in strength over the shortest period of time. Part III of this three part series will present the findings of Programs 1 and 11 in a systematic program that is shown to greatly improve strength in advanced lifters. Also discussed will be a new Soviet program for powerlifters using a complex of natural anabolic supplements which include metacell, anabocoid, and amino.

For more information about Soviet training and sport nutrition consult the book *Soviet Training and Recovery Methods* by Rick Brunner and Dr. Ben Tabachnik (\$25). To obtain original sport supplements such as metacell, miumie, anabocoid and others developed and used in the USSR call 1-800-621-2602, or write to Atletika, 1023 Hook Avenue, Pleasant Hill, CA 94523.



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More From Ken Leistner

Years ago, a little known lifter traveled to California so that the could find the source of training "secrets" that had allowed so many West Coast lifters to succeed in the sport of powerlifting. Happenstance alone brought him to the doors of one of the better known gyms in the Los Angeles area, although it was not primarily known for its powerlifters. However, one of the best lifters of all time still trained there and usually held court at the juice bar after his brutally hard sessions. Because this benchmark held sway in the bench press, holding off the woefully deficient challenges brought by others from all over the country, others interested in having a big bench trained here too. It could be said that this gym had in many ways, become a bench press specialist's gym in addition to a fine bodybuilding haven, because of this one man. One of his occasional training partners had won a few local physique titles, but more importantly, had pushed up a 485 inch press and a 450 inch while weighing no more than 190 pounds. Another Mr. California winner dominated the bench press competition in all of the state level powerlifting meets for approximately two years, while continuing to enhance his already outstanding physique. Many college football players flocked to the gym, in an attempt to both emulate this king of bench pressing, and immerse themselves in an excellent training atmosphere.

The little known lifter, however, believed that he had, after a few months learned what he could there and moved on. He heard about another Southern California powerlifting stronghold, and became a regular there. The many track and field athletes that joined the regular powerlifters served as an inspiration, as they put the same dedicated zeal towards their weight work, as they did their field events. Only the basic power movements were done, with innovative twists in each one serving as so called assistance work. The atmosphere was super charged on Saturday mornings, when as possible showed up for their one big session of the week. Even if forced to train elsewhere due to work, time, or family considerations, Saturday was the day that all personal records would be attacked. Many of the pioneers of

the game would show up, still in good shape, still anxious to lift as much weight as possible. Bodybuilding was laughed at and few "pure" bodybuilding type movements were performed, for any purpose.

A bit to the South, lie the one place that held a fascination with almost all of the area lifters. The zany equipment and changed atmosphere gave the gym a "home" distinction, and it's own core of experienced and

successful lifters. Interestingly, some of the members seen at one gym, could be seen at one of the others on another day of the week. It was explained to the little known lifter that the atmosphere might be better for someone at one gym, at least when training a particular lift, than at another gym. For others, location became the watchword with some training being completed more conveniently at one gym than another. It

was only when there was a local or national level contest that lines were drawn, and certain lifters were forced to "take sides" and represent one club instead of another for the purpose of compiling team points. The one constant, however, was a sense of purpose where ever the training was occurring, the belief that few men were as fortunate to have the opportunity to lift heavy weights on a regular basis, that few would even want to.

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laughed at this, but in laughing out loud, in the face of the many bodybuilders, his face was sealed. He could no longer hickhike easily. The many neon-jacketed pumpers passed him by, having been warned of his impending arrival earlier, through the gym grapevine. Even the bodybuilding women would not risk being seen with someone who was an admitted powerlifter and iron junkie. As the weather turned cold and rainy, he could no longer depend upon the kindness of gym managers, many of whom actually practiced the powerlifts secretly when the gym was closed to the public, who before allowed him to sleep on the gym mats. These advertising sites served as added incentive and drove the little known lifter onward. On days when the only food choices were greasy french fries or chocolate milk, he ignored the fast food signs and assuaged his hunger with thoughts of the gym in the woods and the many powerlifting principles he would learn there. That this legendary palace might not exist at all but in the tales of the old timers, was never considered.

Weeks later, though the cold mud, he walked the final miles, he was on certainty of feeling that he was on target. His lack of doubt and sole conviction that powerlifting was the most challenging of personal athletic events served him compass. As the little known lifter approached the massive doors of the gym in the woods, he smiled. From within stepped the master of all lifters and the spirit of others who had passed on perhaps as much as fifteen years before.

Within these hallowed halls, he slept, ate, and learned about powerlifting: the rigors of the rack; the intricacies of the incline; the benefits of the bench press; the perfection of partials; the glory of the glue-ham; deadlift delirium, all of it, all of the principles that would allow a rank beginner to progress. Consistency, hard work on the basic principles, and the opportunity to use hard core, heavy duty equipment made him realize that the gym in the woods would share the type of fame that was hard earned by the great gyms of the past: the Westside Barbell Club of Culver City, the Gym, Zuver's Hall Of Fame, Thorbecke's, York Barbell Club, Suncoast Gym, the Granite City Y, Frantz's Gym, and Sol's Barbell and Powerlifting Emporium. Yes, the gym in the woods held the secrets of powerlifting although few had bothered to search.

The oldest master of all lifters, after months of observing the little known lifter, called him to his feet. "Yes, master lifter, what is your request?" The master of all lifters replied, "After so many years, the elders have decided to let those who wish to benefit, at least those who have no fear of the mountains, the wind, the rain, and the adversity presented in reaching us, do as we shall open our marble gates to all. We have watched your efforts, your dedication, your ability to toll

shamelessly and without ego among the benches and racks. We ask you, can you suggest a name for such a hallowed landmark, a spiritual oasis dedicated to the three competitive lifts?" After a long term of silence, the little known lifter looked to the master, looked to the spirits of powerlifters long deceased and said, "Sure, how about Fudpucker's?"

AUTHOR'S NOTE: The famous Fudpucker's Gym actually existed in the late 1970s and early 1980s. It was a small gym, dedicated to allowing those who wished to become stronger and muscularly larger. The Fudpucker Gym t-shirt, perhaps the first gym shirt to be sold through the mails, quickly became a collector's item, and remained one as the gym faded from public view. However, I do completely did not as it still resides in Fort Dick, California. What is better news is the fact that the humorous and well-known Fudpucker logo is again available on t-shirts that can be purchased from Fudpucker originator Myers Badura. He can be reached at Box 123, Fort Dick, Ca (in the north woods of the state) 95538. Ask him about obtaining one of his famous shirts and a little bit about his gym. He still holds a yearly contest for the local youngsters that usually features one or two former national or world champions who comes up to help out and serve as a positive influence.

EDITOR'S NOTE: The rumors are becoming reality as Dr. Ken is in the midst of negotiating a lease for what should be the best powerlifting gym in the New York Metropolitan area. "Mike, we plan to have what should be termed an athletic training center, not a health club, not a gym as one generally thinks of. We have had great success and learned a lot from the many athletes we have trained through the years. The track and field, football, wrestling, rugby, baseball, and basketball athletes from the high school to professional levels have taught all of us a lot, and we want to provide a training environment that will serve their needs. Because powerlifting is the one sport so close to Kathy and me, and because I see it as a serious sport that requires serious training, the atmosphere will suit the serious lifter very well." Specifically for powerlifting, Dr. Ken and Kathy have already procured the following: Jim Sutherland designed Electric Platform APF and Y National meets; platform with electric squat racks and deadlifting area; dumbbells to 200 pounds; fixed barbell curl bars and thick bars; the heaviest duty squat racks, power rack, benches for all types of press/bench/movement; a complete line of Hammer Strength equipment; as well as an assortment of selectorized and cardiovascular equipment, and Dr. Ken's barrels, beams, hammers, and other assorted strength building implements. The gym will be located in Valley Stream, NY and further details will be made available as plans progress.

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years ago, a little known lifter traveled to California so that the could find the source of training "secrets" that had allowed so many West Coast lifters to succeed in the sport of powerlifting. Happenstance alone brought him to the doors of one of the better known gyms in the Los Angeles area, although it was not primarily known for its powerlifters. However, one of the best lifters of all time still trained there and usually held court at the juice bar after his brutally hard sessions. Because this benchmark held sway in the bench press, holding off the woefully deficient challenges brought by others from all over the country, others interested in having a big bench trained here too. It could be said that this gym had in many ways, become a bench press specialist's gym in addition to a fine bodybuilding haven, because of this one man. One of his occasional training partners had won a few local physique titles, but more importantly, had pushed up a 485 inch press and a 450 inch while weighing no more than 190 pounds. Another Mr. California winner dominated the bench press competition in all of the state level powerlifting meets for approximately two years, while continuing to enhance his already outstanding physique. Many college football players flocked to the gym, in an attempt to both emulate this king of bench pressing, and immerse themselves in an excellent training atmosphere.

The little known lifter, however, believed that he had, after a few months learned what he could there and moved on. He heard about another Southern California powerlifting stronghold, and became a regular there. The many track and field athletes that joined the regular powerlifters served as an inspiration, as they put the same dedicated zeal towards their weight work, as they did their field events. Only the basic power movements were done, with innovative twists in each one serving as so called assistance work. The atmosphere was super charged on Saturday mornings, when as possible showed up for their one big session of the week. Even if forced to train elsewhere due to work, time, or family considerations, Saturday was the day that all personal records would be attacked. Many of the pioneers of

the game would show up, still in good shape, still anxious to lift as much weight as possible. Bodybuilding was laughed at and few "pure" bodybuilding type movements were performed, for any purpose.

A bit to the South, lie the one place that held a fascination with almost all of the area lifters. The zany equipment and changed atmosphere gave the gym a "home" distinction, and it's own core of experienced and

successful lifters. Interestingly, some of the members seen at one gym, could be seen at one of the others on another day of the week. It was explained to the little known lifter that the atmosphere might be better for someone at one gym, at least when training a particular lift, than at another gym. For others, location became the watchword with some training being completed more conveniently at one gym than another. It

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The Legend Continues

from the mythical Otis T. Fudpucker's Barbell Club. In the beginning, there was Peanut's West's "Heresido Barbell Club", Rex Bob Zane's "Hall of Fame", Pat Casey's "Pioneer Health Club", and the mythical "Otis T. Fudpucker's Barbell Club" — the powerlifting fraternity with the logo that shocked the AAU establishment. The "Wild Bunch" from the other side of the L.A. Zoo. The mythical monstrosities of Fudpucker's Barbell Club. Grab a piece of powerlifting history from one of California's 1st Powerlifting Dungeons. Home of the infamous "Torture Cage" that transformed many pencil necked Geeks with lousy physiques into bona fide "Hang Status" monsters. Fudpucker's Barbell Club's logo preceded both Gold's Gym and World Gym logos. Iron Gull Enterprises (a Gull is 10% Gum, 90% Lulu) includes your complete mailing address.

Dear Sir: Several years ago I purchased one of your "Fudpucker Barbell Club" t-shirts from an ad in IRON MAN Magazine. I am writing to you in the hopes that there are any more of these shirts available. I don't know if you have any left, so I can make some arrangements, as to the hiring of bodyguards to safeguard my life. Much thanks - ANTHONY GARRETT, A&J Gyms, Whitesburg, KY (13 July 1980)

I never got to obtain one of the very famous Fudpucker's B&C t-shirts in years past and if any are left I appreciate your informing me. KEN LEISTNER (22 May 1980)

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FUDPUCKER'S LIVES...wearing his Fudpucker's t-shirt, originator Myers Badura chats with Powerlifting legend George Irwin. Back in the 1970s, Myers had some gigantic tongue in cheek battles with the lifting establishment, including the Amateur Athletic Union, and in the meantime he put together a fabulous home gym, filled with powerlifting memorabilia

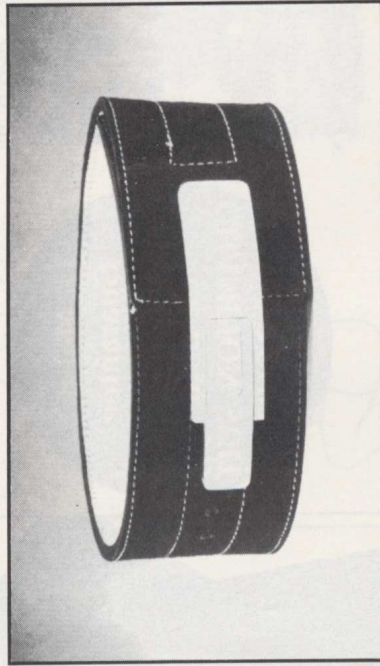
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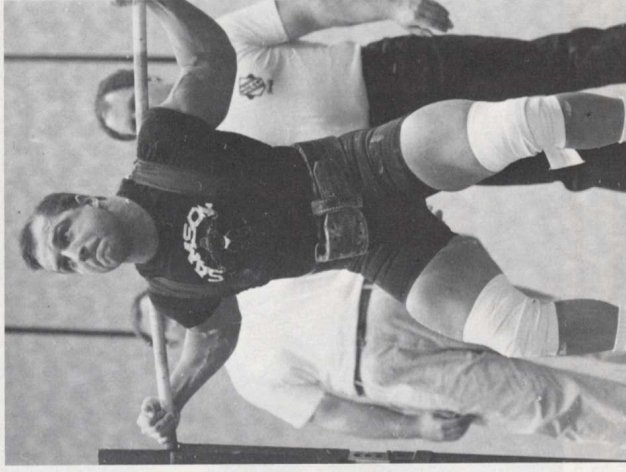
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INTERVIEW

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

NORM HAMPTON as interviewed by BOB GAYNOR



NORM HAMPTON is a tremendous drug free squatter (Lambert photo).

BOB: Norm, could you give us some personal information about yourself?
NORM: At age 18 I joined the military for a four-year period, spending most of my tour in Wiesbaden, Germany. When I returned to the States, I finished my remaining time in Phoenix, Arizona. In 1987 I entered ASU as a full-time student majoring in Finance. I'm originally from Belvedere, Illinois, which is about 70 miles northwest of Chicago.

BOB: How did you get started in weight training?
NORM: At age 13 I would work out about twice a week at the local YMCA on my own. At this time my reason for lifting was primarily for football. In December of my junior year in high school, local powerlifters at the Rockford Health Club talked me into going into a powerlifting meet in Chicago in the 148 lb. class. I have been competing for 10 years. From about 1985 to 1989 I got away from competing because of school and other pursuits. I continued to work out during this period, but only competed once. I started to work for Tim McClellan, Head Strength Coach at ASU. He motivated me to start competing again.

BOB: Norm, could you tell us what your best lifts are?
NORM: My best lifts are as follows:
 Squat: 718 lbs., Bench: 380 lbs.,
 Deadlift: 610 lbs.

BOB: What are your future goals in powerlifting?
NORM: My primary goal is to become a more well rounded lifter by training all my lifts equally.

BOB: Could you share with us your feelings on steroid usage?
NORM: I feel that it is a personal choice, but as for myself I'm against them. I'm thankful for an organization like the ADFPA. It gives a great number of lifters a chance to compete on an equal level.

BOB: What do you feel about current drug testing methods?
NORM: I think that steroid testing is great, but I think that continued efforts for improvement in testing should be made. I would like to see both the detector and urinalysis used at larger meets.

BOB: Give us your views on diet?
NORM: I tend to stay away from meat. My diet consists mostly of high carbohydrates, moderate protein and low fat. For example, ground turkey, chicken, fish, pasta, baked potatoes, fruits, etc. I tend to cheat at times with pizza and a few other things that have high fat content. I use a carb replacement after workouts to help recovery.
BOB: What do you say to lifters who are just starting out?

the major lifts, while tending to keep most of my accessory work at six to 8 reps. Tim McClellan gives me a great deal of advice in cycling my training.

BOB: Could you give us your exact program and poundage for the 1990 Nationals.

NORM: It went something like this:
SQUAT: Week 1: 505x5 regular, 700x5 partials. Week 2: 525x5 regular, 700x5 partial. Week 3: 550x5, 600x1 regular, 715x5 partial. Week 4: 580x5, 620x1 regular, 730x5 partial. Week 5: 620x5 regular, 750x5 partial. Week 6: Off. Week 7: 650x5 regular, 775x5 partial. Week 8: 660x3, 820x5. Week 9: 680x3 regular, 850x5 partial. Week 10: 700x2 regular, 885x5 partial. Week 11: 725x1 regular. Week 12: Contest. 1. No suit or wraps on partials. 2. No suit or wraps on list 2 weeks of regular squats. 3. Wraps used Weeks 3 to 7. 4. Suit & wraps last 4 weeks. **BENCH PRESS:** In the bench press I did 5 sets of 5 reps until 3 weeks before the contest with 350 being my best set. For the last week I did triples. **DEADLIFT:** In the deadlift I do all sets conventional up to the top set which I do sumo. I also use sets of 5 in the deadlift with 5 weeks left. I do strictly sumo and lower the reps. For the last two weeks I do not deadlift.

BOB: Norm, are there any other comments you would like to make at this time?
NORM: I would like to thank you and Mr. Lambert for this opportunity to be featured in Powerlifting USA. I hope the information I'm providing will be informative and interesting. I can be contacted at (602) 965-7633. The best time to call would be around 8 AM. Also, please feel free to contact my coach, Tim McClellan, at (602) 965-3833 for additional information.

NORM: 1. Stay away from steroids because even though it takes longer to get stronger for some athletes, it can be done without them with persistence and hard work. 2. Don't always be in a hurry to lift heavy. Keep an open mind and learn proper strength training techniques.

BOB: Are there any additional comments you would like to make?
NORM: I've made great strides in the past year while training under Tim McClellan and having Richie Wenner, who is already well known through the powerlifting world, in the same gym for inspiration. I would like to thank my two best friends, Clayton Morris and Steve Schler, for being there over the years and supporting me. I would also like to thank Tim, Richie, my parents, my brother, Johnny, and training partners Eon Schmers, Kevin Dittler and Shannon Pratt for their support and help.
BOB: Norm, how about some general information on your training?
NORM: Training Program Mon-

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Nitrogen Balance: Can It Help You Improve FASTER?

by Thomas Fahey, Ed.D., Professor, California State University, Chico, Exercise Physiology Laboratory



Monitoring Nitrogen Balance will make any powerlifter's competition performance better in the long run. Above is German lifter Rudy Kuster

Almost anyone who has lifted weights seriously has taken protein supplements. As a young athlete, I remember buying "Protein of the Sea" in an effort to improve my lifts. At the time, I took it on faith that a product that tasted so bad and was endorsed by leading body builders and weight lifters must be good for me. However, as with anyone who continues in strength sports, I began to critically examine my diet and training program. I read every study I could find and made many detailed observations of strength athletes.

Unfortunately, scientific studies only seemed to confuse things. Some studies suggest that strength athletes need as much as 4 grams of protein per kilogram body weight per day, while other studies have found that athletes need less protein than the average person (0.8 grams/kg/day). A number of factors have contributed to this confusion: laboratory methods, training intensity, caloric intake, carbohydrate content of the diet, quality of protein, training experience, and training status (whether you are in a relative anabolic or catabolic state as measured by the testosterone-cortisol ratio). Scientists assess protein use with a laboratory procedure called nitrogen balance. Nitrogen balance is calculated by determining the difference between nitrogen intake and nitrogen excretion. Nitrogen intake is estimated by measuring the total protein intake in the diet. Measuring nitrogen excretion involves precisely determining the nitrogen content of urine, feces, sweat, skin and hair loss, and menstrual flow. Recently, a home nitrogen balance test kit (SSRG, Walnut Creek, CA) was developed for athletes that measures the nitrogen content in urine and estimates nitrogen losses from other sources.

Nitrogen balance studies have become extremely sophisticated and well-controlled. They monitor how much the athlete eat, the composition of the diet (i.e., the amount of carbohydrates, fats and proteins), and training intensity. What the best controlled studies show is that strength athletes need more protein than the average person, but protein requirements are much less than the amount of protein most athletes eat. The studies also suggest that if the training is extremely intense, the training program is changed, the athlete doesn't eat enough calories or takes in an inadequate amount of carbohydrates, then protein requirements go up. Serious athletes are faced with the problem of not knowing if they are getting enough protein. Usually, they consume more than enough protein, but sometimes

protein absorption decreases as the protein content of the diet increases. This can be a problem in the intense program. The average person absorbs over 90 percent of the dietary protein. However, an athlete consuming a greater amount of high quality protein may absorb only 65-70 percent. Again, a balanced peptide formula may improve the overall amino acid absorption capacity of intensely training athletes who have a higher protein requirement than normal.

Many intensely training athletes have difficulty making progress because they don't eat enough. The body goes into negative nitrogen balance when there are insufficient calories in the diet. One of the body's first priorities is to supply energy needs. All of the food supplements in the world will do no good if you aren't taking in enough calories.

An amino acid imbalance can induce a negative nitrogen balance. If one amino acid is found in overabundance, utilization of other amino acids is impaired. This is a consideration in athletes who take single supplements of amino acids, such as arginine or creatine. Athletes use some amino acids at increased rates during intense exercise. These amino acids must be provided to insure optimal protein

metabolism. It is important that athletes consume adequate amounts of protein that contain the proper balance of amino acids. In addition, they must consider factors that affect protein metabolism, such as intestinal absorption and the total caloric content of the diet.

New technology is allowing the weight lifter the opportunity to estimate the results of sophisticated labor-

atory tests. The new home nitrogen test kit, that was recently released on the market, makes it possible to monitor trends in nitrogen balance. The method involves collecting urine samples in a beaker and measuring urine urea nitrogen levels with sticks that change color in proportion to the nitrogen content of the urine. The procedure is very similar to the home pregnancy tests that have become so popular. Measuring urine urea nitrogen at home is not as accurate as laboratory methods that carefully measure all sources of nitrogen loss. However, it can provide valuable insight about trends in your training program. Almost 90 percent of test nitrogen appears in the urine. By monitoring urinary urea nitrogen levels, you get valuable information about your body's protein metabolism. You will be able to cut down on your protein intake if it is too high (saving you money on supplements and food bills). If you find you are in negative nitrogen balance, you can alter your diet (by increasing the protein or caloric content) or adjust your training program. A key to success in sports is to become more systematic in your training program and diet. Following sound principles of nutrition and using new technology that helps you improve your training program will make you a better athlete who makes gains more quickly.

Dr. Thomas Fahey

Table I

Essential and Non-Essential Amino Acids

(Cannot be synthesized at all or in sufficient quantity needed by the body)

Arginine Histidine Isoleucine Leucine
Lysine Methionine Phenylalanine
Threonine Tryptophan Valine

Amino Acids Synthesized in the Body

Glycine Alanine Serine Cysteine
Aspartic Acid Glutamic Acid
Asparagine Glutamine Tyrosine Proline

for muscular work when muscle and liver glycogen stores are depleted. It is essential that athletes consume adequate amounts of carbohydrates in the daily diet, during exercise (carbohydrate drinks), and during recovery to prevent the breakdown of body protein. Athletes use some amino acids at increased rates during intense exercise. These amino acids must be provided to insure optimal protein

metabolism. It is important that athletes consume adequate amounts of protein that contain the proper balance of amino acids. In addition, they must consider factors that affect protein metabolism, such as intestinal absorption and the total caloric content of the diet.

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Can You Compete Without Steroids?

as told to PL USA by JOE LADNIER

More and more lifters are making the decision to lift drug-free, but not everyone understands the degree to which, when you take away the "magic potion", the contest results go with them. A majority of champions that use steroids would still be champions without them and without all the hassles. I'm not sure if everyone realizes this or not, but the Federal Government has made possession of the smallest amount of steroids into a felony, without a prescription.

From my own experience, I can honestly say "Yes, steroids do really work. But in my opinion, it's just not worth it." Several years ago, I let greed and peer pressure get the best of me. I can still hear my trainer saying "look how strong you are now drug-free. Just think what you'd be lifting on steroids." Well, with that ringing in my ear for 6 months, I decided to try them. Little did I know that 3 years later, I'd lose most of my hair and have to undergo reconstructive knee surgery. I cycled for 8 different contests during this time period. My bodyweight went from 220 lbs. to 258 lbs. My squat went from 760 lbs. to 960 lbs. on steroids, my bench from 485 lbs. to 601 lbs. and my deadlift from 705 lbs. to 832 lbs. Everything increased, including my strength, blood pressure, cholesterol level, liver and kidney functions, aggressiveness (both physically and sexually). When I was on the juice, I experienced extreme mood swings, including paranoia and depression. During the time frame between cycles, the paranoia and depression would be the worst I'd ever experienced in my whole life.

It was during these 3 years that several different events occurred in my life that made me see the light. A friend of mine in Florida had a stroke in the gym, while training for a bodybuilding contest. He was in his early 30s and was using a very mild cycle of steroids. To this day, he is still partially paralyzed on one side. My father was also diagnosed as having bone cancer and he later passed away in 1986. My doctor told me that he did not know if my father's cancer would be hereditary in my case or not, but that if it was, steroids would speed up the process. But when you're on steroids, you always won't happen to me, especially when your strength is going up and you're getting bigger and harder than you've ever been. Then, all you can think about is being the very best. And then, last but not least, what made me decide to go drug free was reconstructive knee surgery. One night when I was training heavy for the Hawaii Invitational, I detached my knee cap from my quad. I was nearly crushed with 900 lbs. Before this incident I never experienced any



Joe Lадnier demonstrated how far you can come back without steroids when he won the 1988 ADFPA Nationals and the 1989 WDFPF World Championships at 220 lbs.

type of knee problems. The following is a description of my recovery and some of the problems I encountered while making my transition to being drug-free. If you've ever used steroids for any length of time and are a serious lifter, this may be more difficult than it sounds.

First of all, when the accident occurred, I was at the peak of my steroid cycle. 5 days after the accident I had surgery, and did not cycle down. I just stopped drug usage after surgery, my bodyweight went from 258 lbs. to 205 lbs. I was severely depressed and could not work out due to the pain in my knee. 6 months after the accident, I started squatting with the bar and in 4

three years. To set myself in the right state of mind, I stored away everything that reminded me of my past accomplishments - all trophies, pictures, videos - anything that reminded me of how strong I was on steroids.

From this point on, every time I increased my weight, I considered it a personal record. As time went on and weights increased, so did my confidence. All in all, it took me about two years to recover from a very serious knee injury and adjust to training drug-free. Now, I look upon my past as a learning experience. I have a large scar on my knee to remind me of the injury, but I have the awards for confidence and the videos and pictures to use as training aids to guide me in my drug-free career.

The benefits I've gained by going drug-free outweigh the risks of when I used steroids tremendously. My health is excellent (I have a complete physical every six months) and no more paying those ridiculous black market prices for steroids and then worrying about whether or not I just bought is real. **THINK ABOUT IT!!!**

Everyone's body reacts differently, but through trial and error I found a well balanced diet and vitamin program that helps me experience that same tightness and pumped feeling as when I was on steroids. With my personalized training programs, I travel a lot and train in different gyms all over the country. It's been almost 5 years since I've used steroids, but because of the results that I've gained from the programs I've used, lifters still ask me what type of drugs I'm using.

Be realistic with yourself and picture a goal. With this in mind, I can help you plan your strategy for excellence!!!

For more information on THE LAD's Personalized Training Programs, contact Joe Lадnier, Post Office Box 891, Hattiesburg, Mississippi 39403, 601-582-7118. Programs include a complete exercise example chart, food and diet chart, vitamins supplement chart and full training cycle. Powerlifting, contest or off season cycle, Bodybuilding, or Total Fitness. Please send \$25.00 check or money order with request.

(EDITOR'S NOTE: Joe's ultimate goal is to have his own fitness center, along with a mail order business. His current rotating shift schedule at work, precludes consecutive outings. I really feel that I'll could get a break and get back into the health and fitness field that I could help many beautiful daughters and states "We are willing to relocate anywhere that would benefit my career.")

PROMOTING POWER

How to Get Better Press Coverage by Ray Hollnagel



Top Level Powerlifters deserve local newspaper coverage and can get it with the right approach.

You probably don't read much about powerlifting in your local newspaper. As a matter of fact, you probably have read NOTHING on the sport in your local press lately. That can change. As a lifter or meet director, you owe it to the sport to squeeze as much ink as you can from the hometown rag.

In general, sports editors have little interest in powerlifting unless they're lifters themselves. They emphasize football, basketball, golf and tennis while virtually ignoring the iron game. A sports editor will argue that his readers aren't interested in weights. Just warn him that if he ever went to a power meet, he might just get hooked on the sport.

What makes me an expert? I've been a newspaper copy editor and reporter for 11 years - a good chunk of that time in the sports department. I've seen publicity seekers come and go - some were sincere while others faked me off. So, how can you convince the sports editor to give powerlifting the coverage it deserves? You have to learn to play the game, tact and diplomacy.

If you complain to a newspaper editor about how poor his coverage of your sport is, he might just move you to contest. Building won't help. It just do diddle-squat for lifting coverage. It is likely to offend him. A better approach would be to discuss how you can help him improve his paper's coverage.

When it comes to feature stories, bragging about yourself is ineffective. Personally, I don't like to tout my own horn. That's why there have been no feature stories written about me. On the other hand, looking someone else's horn - especially a lifter who doesn't see some ink - is fine. If you can get a few others in the gym to join the bandwagon and call the editor, the better your chances of getting a feature on your area's best lifters.

The biggest area that needs to be addressed here is meet coverage, especially if the meet is in town. Here are some simple tips to ensure better coverage of your meet:

1. Let the sports editor know of your meet in advance so he can plan his coverage. Let him know when and where it will be and ask him if his staff

2. Arrange in advance to supply meet results to the sports department. If the paper won't be covering it in person. If the editor expects the results, he will most likely reserve space for them. Also, touch base with the editor on what he wants in terms of results and negotiate the specifics, for example, the number of place winners that will be printed or whether to phone in the results or bring them on a typed sheet. Knowing in advance what an editor will print will save a lot of time when you're compiling results.

3. Complete the results in a legible and organized manner. Be complete by making sure you supply the lifter's name, hometown, place, weight class, three lifts and total. Don't forget to mention records, if any are broken. Be sure to provide when and where the meet was, what it is called and how many lifters competed. If it was an ADFPA or USPF meet, for example, be sure to tell the editor what the initials stand for.

4. Be accurate. Misspelled names and botched numbers do not sit well in the newspaper industry. Do not wait until after you've had supper or have driven home from the meet. Be aware of the paper's deadlines. Papers will not publish your results if they come in too late.

5. Provide results soon after the meet is over. Do not wait until after you've had supper or have driven home from the meet. Be aware of the paper's deadlines. Papers will not publish your results if they come in too late.

6. Make the sports editor's job easier will ensure newspapers are short on space and manpower. They do not intend to neglect powerlifting, they just don't make it a priority.

7. Good luck and good lifting.

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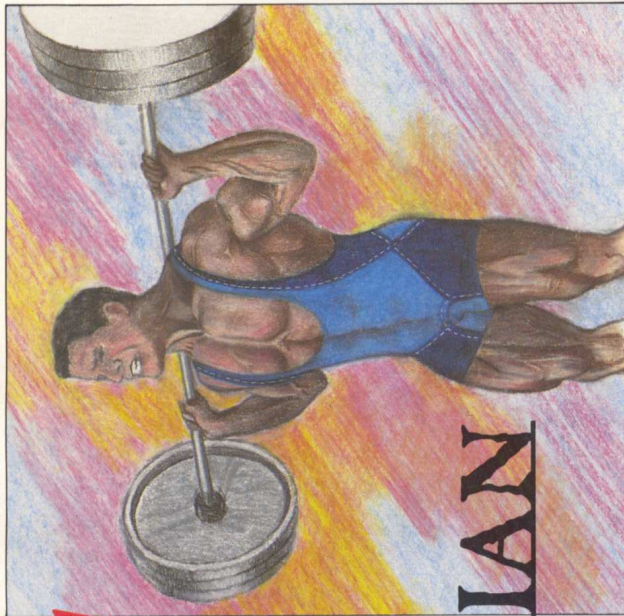
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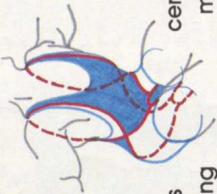
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the bottom position of the squat...the most critical. Why "evolutionary"?

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WORKOUT of the Month

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Larry Miller's **DRUG FREE** Bench Press



Dr. Larry Miller has benched 410 pounds, as a lifetime drug free 148 pound class competitor.

This workout assumes a maximum bench press of 350 lbs. In order for you to follow my workout, you must first translate the 350 lb. maximum into a maximum weight you can barely lift for 8 repetitions, which I term your Maximum Repetition Weight (MRW).
I work my chest on Wednesdays, my back on Fridays and my legs and arms on Sundays. I get plenty of shoulder work without working the area directly.
I do three sets of each exercise (excluding stretching and warmups). In order to reach your goals with my routine, you must have a positive mental approach. I keep records of the most weight I have lifted for 8 reps, 7 reps, 6 reps, etc. Every time I lift, I attempt a new Personal Record for reps at a specific weight and I do so for my first, second, and third set. After warmups and stretching, my first set of eight reps is my heaviest and I drop weight on my second and third, because I am not as strong on those sets.
Since I have had shoulder problems, I normally wear a Frantz denim bench press shirt when I do my heavy reps, although I don't use a shirt for five weeks before a contest.
This routine is based on a 12 week cycle. At Week Eight, for my first Maximum Repetition Weight (MRW), I will do a maximum of 6 reps on my first set and then do my 85 on my second and third set. Week Nine, I will do 5 reps on my first set of my MRW and so on. I usually do a double at Week Twelve on my first set and again do 8 on my second and third set.
Although I show the liter dropping 10 lbs. from

your first MRW set to your second and from your second to your third, this will vary from person to person. If your intensity is high you should not be able to lift as much weight for 8 reps on your second set as you can on your first. Your goal is to lift as much weight as you can for 8 reps on all 3 sets. Once you lift the weight for 8 reps on any particular set, you should add 5 lbs. the following week for that set. If you get 8 reps on all 3 sets, then you should go up 5 lbs. on all three sets.
Week One: Stretching - Flat Bench Warmups (135x8; 150x8; 180x8; 225x8; 275x5) Maximum Repetition Weight (MRW) by 8 reps, MRW - 10 lbs. x 8 reps, MRW - 20 lbs. x 8 reps. Decline bench press: MRW x 8 reps, MRW - 10 lbs. x 8 reps, MRW - 20 lbs. x 8 reps. Dumbbell Pullovers - 3 sets of eight reps.

Week Two - Week Seven: Every time you get 8 reps at a particular weight and set, add 5 lbs. to that set the following week.
Week Eight - Week Twelve: Instead of eight reps on your first set of MRW, attempt a weight you can do for 6 reps. Your second and third set should be for sets of 8 reps. For Week Nine, your first set of MRW should be for 5 reps. Week Ten should be 4 reps for your first set of MRW. Week Eleven should be for 3 reps for your first set of MRW and Week Twelve should be for 2 reps of your MRW.
Whatever weight you can do for 3 reps should be your opening attempt at the meet.
For further information about this routine, please contact Dr. Larry Miller at 5864 North Oval in Solon, Ohio 44139.

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USPF West Virginia Championships
24 Mar 91 - Morgantown, WV

Senior	91	BP	DL	Total
148 Jackson	402	319	490	1212
A. Smith OL	540	352	490	1383
D. Hundley OL	529	248	540	1317
16 Bryant	418	281	501	1201
E. Green	518	380	501	1399
J. Smith	429	363	501	1295
18 J. Das	540	391	562	1493
D. Currance	551	358	584	1493
J. Lambert	578	325	518	1421
M. Trupo	501	336	507	1344
B. Taylor	501	451	644	1598
J. Mayhew	589	429	545	1563
J. Chambers	501	385	551	1438
R. Roach	55	380	55	490
242 J. Messenger	639	220	620	1579
M. Hiko	630	374	611	1517
B. Russell	55	55	710	820
SW Williams	749	512	661	1923
114 D. Don Hall	236	148	383*	668
C. Harvey	225	148*	281	655
D. Burchett	270*	225*	352*	848*
J. Vukovich	248	225*	363*	837*
J. Turner	407	242	468*	1118
E. Walsh	402	286	424	1113
D. Pratt	336	242	407	986
165 J. Bailey	225	203	358	788
G. Vance	407	292	385	1085
S. Phillips	402	253	424	1080
D. Turner OL	507	264	531	1322
D. Schlab	424	303	501	1229
J. Donahue	440	264	501	1207
B. B. Rose	385	253	457	1096
198 R. Busey	385	253	457	1096
R. Graham	501	352	534	1388
C. Romer	462	319	418	1201
C. B. Romer	462	319	418	1201
D. Harden	380	253	391	953
220 K. Harbert OL	507	457*	529	1493
R. Pentry	562	363	523	1449
B. Sempson	534	286	628*	1449
225 J. Berry	529	440*	525	892
J. McCormick	529	440*	525	892
275 J. Herod	534	402	540	1516
C. Herod	518	402	540	1500
M. Powers	462	297	540	1300
K. Craley	352	264	485	1102
148 D. D. Pratt	336	242*	407	986
198 J. Hill	418	264	518	1201
22 Hill	551	319	523	1394
D. Hall OL	203	115	253	573
14 Campbell	248	126	264	639
C. Dixon	247	181	374	903
132 J. Hoffman OL	248	181	303	749
D. Lass	225	125	231	584
148 R. L. Dutton	396	192	308	810
L. Dutton	264	137	330	733
J. McDaniel	259	143	275	677
B. Kelley	192	115	231	584
J. Williams	192	110	209	512
198 M. Smith	292	192*	336	821
Women Masters	292	192*	336	821
M. Smith	242	170	275	688
23 Grandstaff	374	225	374	975
C. Grandstaff	314	236	413	964
C. Craig	385	253	424	1063
B. Lewis	407	268	473	1256
198 H. Carter	473	303	473	1256
M. Tallman	407	268	473	1256



Holley Strength Team of Charleston, WV (left to right) back-Paul Sutphin, Doug Currance, (middle row) John Messenger, Dan Hall, Kevin Craley, Don Hall, (front) Allen Smith. This team has won the West Virginia Senior State Championship 6 years in a row. (photo courtesy of Paul Sutphin).

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complicated one thing, break the 275 lb. class deadlift record. Bret had the 744 lbs. pulled just above his knees, but couldn't get it out. While Williams of Huntington wanted to go over 2000, I feel confident that he will achieve this goal next time out. For the 6th consecutive year, the runner circulates that Vince White may be returning to WV. I'm sure that some future champions will be in the ranks of the West Virginia State team. Don Handley, Doug Currance, Don Hall, and John Messenger.

The junior division (many times referred to as "newbie") was the most competitive. This year 14 year old Card Harvey won at 114. His bodyweight is only 107, and what a future he appears to have. Both Card and John Messenger are expected to be champions at the West Virginia State Championships. The 150 lb. division was the most competitive. The 150 lb. division was the most competitive. The 150 lb. division was the most competitive.

Power Company team was very impressive at 198. Marston is over 60 years of age! Congratulations to the Bio-Muscle team of champions. The team is coached by Dave Jeffrey and Stuart Thompson and they won the team title at Charlotte, NC 3 weeks prior.

Team from the West Virginia University campus drive. The thing took place in the Mountain Air facility at Morgantown, WV. The team from the West Virginia University campus drive. The thing took place in the Mountain Air facility at Morgantown, WV.

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POWER PEOPLE



of the patriotic design. American flags were everywhere. How does something that no other...
242. Chesapeake-149*
B. Marley 180*

Zina Geiring pulled a 325 deadlift to top off her 805 total in the 122...
State Championships, where she...
Champions for the 2nd Division of row: (Felicia Manganiello photo)

Table with columns: NAME, STATE, ZIP, AREA CODE, TELEPHONE, Y, N, Y, N, Y, N. Includes entries for 4th USPF St. Albans Bench Press and various athletes.

Application for Registration in Natural Athlete Strength Association. Includes fields for LAST NAME, FIRST NAME, INITIAL, DATE OF BIRTH, AGE, SEX, CITIZENSHIP, and registration fee information.

4th USPF St. Albans Bench Press
1 Jun 91 - St. Albans, WV
OPEN DIV
242 Chesapeake-149*

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Table with columns: NAME, STATE, ZIP, AREA CODE, TELEPHONE, Y, N, Y, N, Y, N. Includes entries for ADPFA Drug-Free Ohio State and various athletes.

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5th Annual Central USA Classic

Table with columns for Weight Class (Women, Men), Division (SQ, BP, DL, Total), and various lifter names with their respective scores.

Team Champions: Brad's Gym, Galesburg, IL

Brad's Gym, Galesburg, IL 21; Unger's Ironworks, Knoxville, IL 18. Although this year's meet wasn't as large as in the past, the quality of lifters and overall scores were top notch.

Unger's Ironworks had a very good meet and by the way, they had a very good meet and by the way, they had a very good meet...

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Jerry Kinney for a win there.

Jerry Kinney for a win there. In the 81's High School, IL 30; Boyd Shop, Knoxville, TN 27; Galesburg, IL 21; Unger's Ironworks, Knoxville, IL 18.

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Speed Knee Wrap Roller NEW PRODUCT! Spend your time concentrating on your next lift, not rolling your wraps. It's 3 times faster than hand rolling. All steel construction. Completely portable, weighs only 3 lbs. Fits in your gym bag. Simple to use, for in the gym or at meets.

APA United States Bench Press 27 Apr 91 - White River Junction, VT. Table with columns for Weight Class, Division, and lifter names.

2nd Annual Bristol Family YMCA Bench Press Classic 30 Mar 91 - Bristol, TN. Table with columns for Weight Class, Division, and lifter names.

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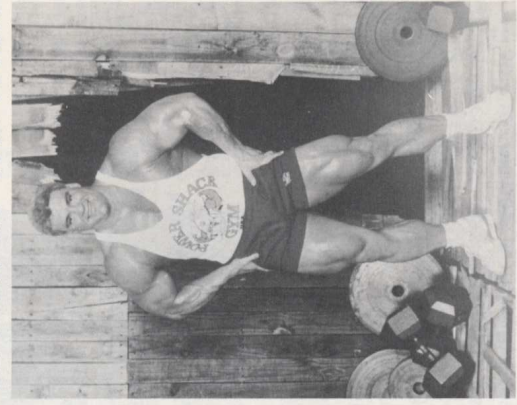
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ADFFA Missouri State

20 Apr 91 - Wentzville, MO (kg)	SQ	BP	DL	Total
D. Ramsey	195	122.5	192.5	510
R. Dennis	195	105	170	470
W. Wessels	272.5	190	287.5	750
C. Holmes	292.5	165	347.5	805
D. Serry	222.5	155	237.5	620
100 kg	295	187.5	295	777.5
L. Smith	250	147.5	272.5	670
110 kg	260	210	260	730
R. Keller	282.5	195	250	727.5
P. Rankin	282.5	195	250	727.5
M. Madigan	172.5	72.5	145	335
M. Sample	117.5	72.5	145	335
67.5 kg	182.5	125	165	472.5
B. Young	180	137.5	255	572.5
L. Dennis	182.5	135	192.5	510
M. Lischitz	205	102.5	185	492.5
M. Ruetter	185	97.5	150	432.5
P. Fay	165	97.5	150	412.5
M. Moon	220	155	240	615
82.5 kg	220	155	240	615
R. Perzold	215	155	210	580
K. Bobb	215	155	210	580
B. Sample	200	122.5	200	522.5
C. King	272.5	190	287.5	750
90 kg	292.5	165	327.5	827.5
C. Holmes	300	127.5	200	527.5
100 kg	295	187.5	295	777.5
L. Sample	295	187.5	295	777.5
M. Alexander	240	145	250	635
110 kg	260	210	260	730
R. Keller	280	170	272.5	722.5
M. Madigan	172.5	72.5	145	335
J. Piper	230	145	245	620
B. Levine	215	162.5	202.5	580
S. Smith	215	162.5	202.5	580
M. Johnson	235	145	235	615
J. Acres	295	157.5	275	720
125 kg	295	157.5	275	720
J. Pledger	195	125	197.5	517.5
S. Sardo	175	105	165	445
N. Lealo	262.5	167.5	282.5	712.5
J. Sampson	205	180	235	620
110 kg	217.5	160	242.5	620
56 kg	195	122.5	192.5	510
D. Ramsey	195	122.5	192.5	510
C. Holmes	272.5	190	287.5	750
60 kg	172.5	72.5	145	335
M. Madigan	172.5	72.5	145	335
J. Seaton	172.5	72.5	145	335
67.5 kg	182.5	125	165	472.5
M. Johnson	182.5	125	165	472.5
J. Morris	110	70	130	310
75 kg	110	70	130	310
S. Morris	220	155	240	615
82.5 kg	220	155	240	615
R. Perzold	227.5	122.5	245	595
K. Joplin	227.5	122.5	245	595
R. Horrihgs	148	115	210	545

ADFFA Texas State

27 Apr 91 - Austin, TX	SQ	BP	DL	Total
Collegiate	185	80	210	475
104 lb.	135	85	190	410
M. Contreras	135	85	190	410
111 lb.	200	65	240	505
P. Ojeda	200	65	240	505
Open	260	175	371	805
K. Beckwith (BU)	260	175	371	805
111 lb.	125	75	170	370
D. Isaacs	125	75	170	370

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Collegiate	185	80	210	475
104 lb.	135	85	190	410
M. Contreras	135	85	19	

INZER ADVANCE DESIGNS

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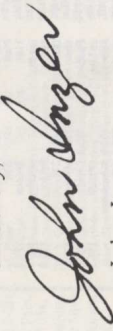
Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated after years of observation: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests. Powerlifters have been able to compete in more meets and for more years with the help of the Inzer Blast Shirt." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help. Several doctors have endorsed the Inzer Blast Shirt including Dr. Sal Arria who was on the Medical Staff of the 1984 Olympics in Los Angeles.

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We enjoy helping you with the sport of powerlifting.

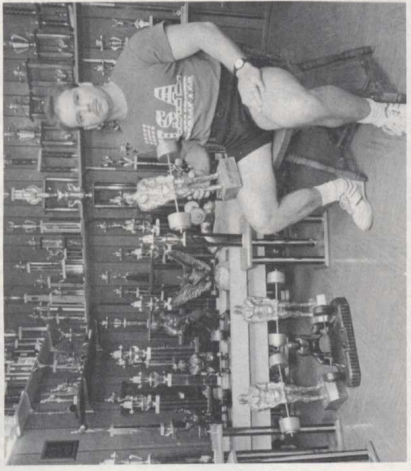
Sincerely,



John Inzer
Owner

INZER
ADVANCE DESIGNS

POWER PEOPLE



Bob Boyles, the 1991 NASA 'Athlete of the Year' in the Submasters category, provides an inspirational story about the way powerlifting can bring about purpose and success in someone's life. When Bob graduated high school, he was an accomplished wrestler and tennis player. Tennis had become a big part of his life and he spent hours on the courts improving his skills. He had plans to attend college and continue his tennis career on that level. After a routine physical examination, he was referred to an eye specialist, who diagnosed Bob as having a form of "Wagner's Disease," a rare degenerative condition that causes the retina to deteriorate and detach. Despite having laser treatments, the retina in his left eye soon detached, and he had to undergo five major surgeries on his eye, with weeks in the hospital. After 6 months, none of the surgeries were successful and Bob lost complete sight in his left eye, and he has only limited vision in his left. "All this seemed to happen so fast. I was completely devastated and shocked. My life was turned upside down. I couldn't get a driver's license, and I was afraid to go to work. I thought I would spend the rest of my life because I became so dependent at that time. To say I was lacking in self-confidence at the time would have been a major understatement. Getting a job was even tougher now if there was an eye test involved. Dating was real awkward, because I couldn't drive and I felt like I was the only guy in the world who would ask a girl to pick me up." Bob became very frustrated in all aspects of his life. He tried to play tennis, but kept misjudging the ball. Then, one day, an old high school buddy visited him and mentioned that he was going to the high school weight room for a workout. He asked Bob to come along. At first he went just to have something to do, but then he began to enjoy it. After a year, he entered his first contest and he won it. "I suddenly started feeling some self-confidence. I had discovered a sport I could do and not be limited because of my vision." He no longer felt like he didn't fit into the real world. He was no longer afraid to accept new challenges. He went back to college, got a good job, and started to have a social life again. "I met Julie Maria from my high school days. We got married, and she thought I would write Maria back then. That's how I got into powerlifting. I thought I could use some powerlifting and lifting weights can do for you both physically and mentally, and I know people hear that a lot, but it is so true and in my case so VERY, VERY true." (Thanks to Bob Boyles for photo and story.)

NASA Tennessee State
11 May 91 - Cookeville, TN

Women	SQ	BP	DL	Total
Gibson	82.5	45	85	212.5
Marshall				
Pure				
Avilridge	150	90	170	297.5
Prater	70	75	123.5	272.5
Bron	185	105	220	510
James	275	137.5	255	667.5
Ferguson	187.5	127.5	192.5	507.5
Johnson	168	110	172.5	442.5
Jordan	252.5	177.5	272.5	712.5
Brunson				
Payne	232.5	157.5	265	655
Arnold	305	207.5	267.5	780
275				
Natural	195	145	235	575
148				
Allord	142.5	127.5	182.5	452.5
Jordan	252.5	177.5	272.5	712.5
220				
Droke	207.5	147.5	197.5	552.5
232				
Scotchler	235	157.5	222.5	620
Teenage				
132				
Longer	160	100	177.5	432.5
132				
242				
Wrenn	205	130	215	550
Trail	255	182.5	232.5	670
Bench Tour				
Women	198	126	160	484
Gibson	275	148	205	628
Marshall	45	275	207.5	
Men				
148				
198				
Crabtree	132.5	220	147.5	
165				
Christon	142.5	220	132.5	
181				
Jordan	187.5	148	105	
Anderson	152.5	178	105	
Arnold	207.5	220	187.5	
Payne	157.5	220	187.5	
275				
Pure Novice	145	145	190	
(Thanks to N.A.S.A. for results of this contest).				

USPF Texas High School Girls
27 Apr 91 - San Marcos, TX

Women	SQ	BP	DL	Total
M. Oley	187*	83*	165	430
A. Hudson	132	61	165	358
L. Lulle	149	61	165	
M. Fregia	198	83	220	502
H. Harkins	176	83	182	441
T. Vice				
L. Edwards	265*	121	270	656*
S. Lee	226	138*	281*	645
T. Davenport	198	138*	265	601
C. Brown	206	105	250	561
C. Brown	224	99	265	590
M. Epperly	198	110	265	573
C. Ralley	204	99	220	524
234				
T. Cross	275	138*	298*	711*
A. Cowart	275	105	276	656
W. Slaydon	243	116	281	639
K. Puckard	231	88	257	579
K. Perkins	209	105	226	529
T. Brooks	198	105	226	529
C. Lamb	209	110	187	507
C. Johnson	331	138	311	799*
M. Aarons	287	132	336	755
K. Brown	281	116	314	711
V. Haege	237	127	259	623
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H. Straba	270	99	237	606
T. Rhodes	231	83	265	579
236				
S. Chilton	200	110	243	557
L. Read	165	88	204	457
165				
380*	166*	325*	786*	
246	116	282	645	
C. Hecley	209	94	259	562
T. Carrasco				

NASA Tennessee State
11 May 91 - Cookeville, TN

Women	SQ	BP	DL	Total
Gibson	82.5	45	85	212.5
Marshall				
Pure				
Avilridge	150	90	170	297.5
Prater	70	75	123.5	272.5
Bron	185	105	220	510
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Ferguson	187.5	127.5	192.5	507.5
Johnson	168	110	172.5	442.5
Jordan	252.5	177.5	272.5	712.5
Brunson				
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165				
Christon	142.5	220	132.5	
181				
Jordan	187.5	148	105	
Anderson	152.5	178	105	
Arnold	207.5	220	187.5	
Payne	157.5	220	187.5	
275				
Pure Novice	145	145	190	
(Thanks to N.A.S.A. for results of this contest).				

Idaho State High School Meet
27 Apr 91 - Carey, ID

Women	SQ	BP	DL	Total
H. Burton	100	50	105	255
S. Wiseman	305	100	250	655
S. Wiseman	200	75	185	460
F. Ferrell	200	95	190	485
114 lb.				
S. Parrott	225	150	225	600
123 lb.				
I. Hays	315	165	335*	835
148 lb.				
B. Wallace	415*	240	425	1080
148 lb.				
T. Armstrong	365	200	410	975

Spanish Men's Championships
13, 14 Apr 91 - Paterna (kg)

60 kg	SQ	BP	DL	Total
M. Llorens	172.5	95	205*	472.5
67.5 kg				
F. Hernandez	240	138*	262*	642.5*
A. Rodriguez	215	130	250	595
A. Campillo	200	105	250	555
A. Campillo	137.5	90	202.5*	430
A. Campillo	160	85	175	420
75 kg				
A. Gonzalez	237.5	145	245	627.5
82.5 kg				
J. Villanueva	240	123.5	240	603.5
A. Perez	197.5	150	210	562.5
M. Ballen	200	130	205	535
J. Navarro	215	145	250	610
F. Costan	230	100	220	550
R. Roman	190	90	230	510
H. Medina	252.5	155	265	672.5
A. Gomez	240	145	260	645
110 kg				
I. Fontgrasa	255	137.5	270	662.5
F. Fontgrasa	205	117.5	251	617.5
125 kg				
P. Caparros	205	105	210	520
P. Caparros	205	105	210	520
(Thanks to Open Record) J. - Spanish Junior				
Lucio Doncel for the results of this competition)				

ing is not the same without him. Last, but not least, Bob is a very nice guy who is always there for all their help from start to finish. I hope to see a big turnout next year. Good luck to all the seniors who lifted for the last time on the high school level. Thanks to the coaches for their help and future meets. (Thanks to Jim Griffith for results.)

DON'T TRAIN ALONE— ALWAYS USE SPOTTERS —DON'T TRAIN WHEN HURT—ALWAYS CONSULT YOUR DOCTOR

Trainer AFB, Mr. and Mrs. Ironman Madness Bench Press... Don't train alone... Always use spotters... Don't train when hurt... Always consult your doctor.

Table with 4 columns: Name, DL, Total, and other stats. Includes names like R. Dillon, Wilson, Watson, M. Deaman, Ford, C. Lamb, Murphy, Sr., Brooks, M. Johnson, C. Coombs, etc.

Indiana State Prison Invitational May/91 - Michigan City, IN... Best of the Midwest Bench Press 10 May 91 - Greenwood, IN... West Branch Bench Press 11 May 91 - Montoursville, PA

Table with 4 columns: Name, DL, Total, and other stats. Includes names like M. Robby, M. Bidwell, L. Russell, B. Miller, etc.

West Branch Bench Press 11 May 91 - Montoursville, PA... Men's Open... Women's Open... Men's 175... Women 175

Table with 4 columns: Name, DL, Total, and other stats. Includes names like M. Robby, M. Bidwell, L. Russell, B. Miller, etc.

Men's Contests... ADFPA Nationals... ADFPA Collegiate... ADFPA Teen 14-16... ADFPA Teen 17-19... ADFPA Women's... Women's Nationals... Women's Collegiate

Drug Free Powerlifting At Its Best. All Drug Free lifters should attend the 1991 WNPF/WPF Men's & Women's National Powerlifting / Bench Press / Deadlift Championships, 9, 10 November 1991. This event will be 100% tested. No Random Testing. Ramada Hotel Plaza Grand Ballroom, New Rochelle, NY. Awards - 1st-5th place in every division and weight class.

Table with 4 columns: Name, DL, Total, and other stats. Includes names like M. Robby, M. Bidwell, L. Russell, B. Miller, etc.

Table with 4 columns: Name, DL, Total, and other stats. Includes names like M. Robby, M. Bidwell, L. Russell, B. Miller, etc.

N.A.S.A. N.Y. STATE BENCH MEET '92 Nationals Qualifier SUNDAY, Sept. 15, 1991 at METROFIT HEALTH CLUB, 6 Pelham Parkway, Pelham Manor, N.Y. 10803

1st Upper Austria Bench Press 11 May 91 - Bad Gleichenberg, Austria... 1st West Branch Bench Press 11 May 91 - Montoursville, PA

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29,30 November '91 P.L.O.W. North American Powerlifting and Bench Press Championships (2 year, lifetime, open) Dwight Causey, 212 N. Kings Highway, SC Myrtle Beach, SC 29577, 803-626-2425

23,24 NOV. WPC World Championships (Las Vegas, NV) Eric Trantz, 60 S. Broadway, West, CA 94033, 706-992-1491

23,24 NOV. WPC World Championships (Las Vegas, NV) Eric Trantz, 60 S. Broadway, West, CA 94033, 706-992-1491

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Augusta Bench Press Classic
18 May 91 - Augusta, GA

K. Akey	525	340	500	1365
R. Miller	350	235	420	1005
R. Rogers	560	355	620	1535
M. Ferrante	405	260	405	1070
T. Zito	650	340	585	1575
D. Wyndham	525	320	530	1385
M. Bosa	375	275	570	1220
F. Bingham	395	285	345	1025
D. Miller	705	415	705	1825
S. Knight	570	410	660	1640
D. Hanel	415	255	490	1160
M. Jurkovic	685	385	670	1740
W. Andrews	680	360	660	1700
D. Deschences	450	310	470	1230
B. Bencich	225	125	275	625
Masters				
W. Andrews	680	360	660	1700
R. Marner	430	330	530	1090
R. Saylor	530	330	530	1090
Tri-Dimensional Fitness 17; Andrews 12; Men's Outstanding Lifter: David Miller, Women's Outstanding Lifter: Virginia Rohrer. Thanks to Robert Rogers for results of this competition.				

Open

L. Binghamy	190	114	146	446
R. Hayes	330	168	168	666
C. Warr	430	330	350	1110
T. Franklin	395	220	305	920
J. Hayes	390	220	315	925
M. Cox	365	240	365	970
S. Williams	335	242	365	942
J. Mann	450	350	480	1280
B. Winmons	435	350	480	1265
J. Thompson	400	300	365	1065
P. Robinson	400	300	365	1065
Z. Winmons	335	220	215	770
R. Jackson	475	300	430	1205
M. Cox	415	365	420	1200
S. Soper	365	240	365	970
G. Sartion	480	300	320	1100
W. Wilkerson	480	300	320	1100
27.5 lb.	560	270	140	970
A. Johnson	520	270	205	1095
A. Fuller	520	270	205	1095
SHW	530	270	165	965
D. Burnett	530	270	260	1060
R. Collins	500	180	165	845
R. Johnson	500	180	165	845
Novice	190	114	146	446
L. Binghamy	190	114	146	446
R. Hayes	330	168	168	666
K. Glover	315	168	168	651
M. Bryant	295	168	168	631
S. Williams	315	168	168	651
S. Lee	400	240	315	955
G. Jackson*	400	240	315	955
D. Burnett	390	240	295	925
J. Reales	315	168	168	651
S. Williams	335	168	168	671
S. Lee	335	168	168	671
R. Johnson	315	168	168	651
W. Thompson	430	240	170	840

Texas Special Olympics
23 May 91 - San Marcos, TX

M. Gutierrez	130	160	250	540
E. McCuire	130	285	415	830
C. McHenry	135	240	240	615
J. Pena	185	350	535	1070

R. Day, for the Special Olympics. The Special Olympics are a program for people with mental retardation. The Special Olympics are a program for people with mental retardation. The Special Olympics are a program for people with mental retardation.

USPF Maryland Championships
11 May 91 - Hyattsville, MD (kg)

W. Gaudin	60	85	160	390
M. Mills	82.5	90	125	297.5
Men				
C. Murphy	130	77.5	145	352.5
C. Fischvoght	142.5	67.5	107.5	317.5
T. Chesser	102.5	57.5	167.5	267.5
60 kg	100	112.5	160	392.5
P. Hannon	72.5	40	90	202.5
67.5 kg	177.5	117.5	190	485
L. Johnson	135	110	195	440
L. Johnson (m)	125	117.5	187.5	430
75 kg	192.5	120	197.5	510
M. Schelman	160	110	210	480
C. Hoening (m)	145	125	215	485
82.5 kg	187.5	122.5	142.5	472.5
C. Bradford	232.5	167.5	260	660
M. Keith	182.5	142.5	182.5	507.5
C. Johnson (m)	172.5	127.5	205	505
K. Adams (m)	135	95	210	440
90 kg	187.5	122.5	215	525
B. Houborg	150	100	165	415
K. Callager	150	77.5	167.5	395
90 kg	327.5	155	245	627.5
M. Miranda	187.5	102.5	197.5	487.5
100 kg	145	77.5	135	357.5
R. Robles	295	160	282.5	717.5
E. Doreny	247.5	165	230	642.5
D. Dorbert	212.5	132.5	167.5	512.5
110 kg	382.5	212.5	260	760
J. Ferguson	250	195	237.5	682.5
C. Pater	140	87.5	150	377.5
C. Carr	265	165	300	730



Joe Majors didn't get to lift against the Russians again on US soil. They didn't make the trip to the 1991 N.A.S.A. Grand Nationals as planned.

The Opinion of Jim Ayers, NASA

"I am writing a letter about Team USA from NASA. Team USA is the National Champions of the Natural Nationals. These twelve people are what every NASA lifter wants to be. They are Drug Free Champions, and that says a lot. Team USA was to compete at Hagerstown in Pennsylvania, against the Team USSR from Russia. The Russians were not at the competition. It was reported to us that Team USSR had been bumped from the airplane by passengers with hard currency. This was not true. Mr. Samojloff is the IPT president for Moscow and the team leader of the group scheduled to come to the NASA Grand Nationals. Mr. Samojloff never purchased Team USSR tickets or even made a deposit on the tickets. These facts were obtained from AeroSoft through the assistance of the Russian Embassy in Washington D.C. If you are beginning to smell a rat, so do we. NASA informed Team USA what the situation was as best we understood it. We then asked what the Team wanted to do. They voted to a man to lift as a Team in exhibition. These men are the American spirit. They are also the spirit of the NASA philosophy. After the exhibition each was awarded the International Grand Championships rings. Back to the rat: The USPF leadership had been saying before the Grand Nationals that this would be the last time the Russians came to a NASA meet. This implies that the USPF complained to the IPT; and the IPT pressured Mr. Samojloff to reconsider his position. That is the polite, international way of saying, "if your lifter goes to the U.S. and compete outside of the IPT, your lifter will not be allowed to lift at the Worlds." This is confirmed by the changes on the Team USSR roster on Aeroflot's computer versus the team roster approved. What are the results of the IPT and their sanctioned organizations politics and dirty tricks? NASA lost a few thousand dollars. But that is only money. Look at what Team USA lost. Many used their vacation. But that spent their own money to get to compete with the Russians. The rest of the lifter that came to see and learn about the Russians were disappointed. Half of the lifter there were ADFPA members. What about the Russian lifter? NASA called a Russian team member at his home. He said the whole team spent two days and nights in the Moscow airport before giving up. To give you an idea of what the Russian team went through, pretend you are 10 years old. You have been promised for a year that you can go to Disneyland. You arrive at the front gate and after two days of watching others go in, you are told to go home. Politics in sport is so unpleasant. It involves only the hand-lifter gets hurt and he probably does not care who has the power until he is cheated. Gentlemen, NASA will not play with you. The IPT and its affiliates say lift only with us or else. The sport is for the lifter benefit not the organization's glorification. Next week there will be meets to go to. So go and have fun. Next year an international, multi-nation lifting competition will be in Las Vegas in June. All will be welcome." Jim Ayers, NASA

USPF New Hampshire State Natural
4 May 91 - Peterborough, NH

W. Gaudin	60	85	160	390
M. Mills	82.5	90	125	297.5
Men				
C. Murphy	130	77.5	145	352.5
C. Fischvoght	142.5	67.5	107.5	317.5
T. Chesser	102.5	57.5	167.5	267.5
60 kg	100	112.5	160	392.5
P. Hannon	72.5	40	90	202.5
67.5 kg	177.5	117.5	190	485
L. Johnson	135	110	195	440
L. Johnson (m)	125	117.5	187.5	430
75 kg	192.5	120	197.5	510
M. Schelman	160	110	210	480
C. Hoening (m)	145	125	215	485
82.5 kg	187.5	122.5	142.5	472.5
C. Bradford	232.5	167.5	260	660
M. Keith	182.5	142.5	182.5	507.5
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90 kg	187.5	122.5	215	525
B. Houborg	150	100	165	415
K. Callager	150	77.5	167.5	395
90 kg	327.5	155	245	627.5
M. Miranda	187.5	102.5	197.5	487.5
100 kg	145	77.5	135	357.5
R. Robles	295	160	282.5	717.5
E. Doreny	247.5	165	230	642.5
D. Dorbert	212.5	132.5	167.5	512.5
110 kg	382.5	212.5	260	760
J. Ferguson	250	195	237.5	682.5
C. Pater	140	87.5	150	377.5
C. Carr	265	165	300	730

British Columbia Winter Games
22,23 Feb 91 - B.C., Canada (kg)

R. Kaplanchuk	75	47.5	102.5	225
A. Atkinson	70	42.5	122.5	245
E. Lang	82.5	47.5	102.5	232.5
R. Berezetz	67.5	37.5	127.5	212.5
Men				
K. Sweet	107.5	65	127.5	300
C. Ross	77.5	45	97.5	220
A. Elliott	82.5			
67.5 kg	137.5	85	167.5	390
A. Sharpe	117.5	92.5	125	385
E. Bory	115	90	145	350
75 kg	140	100	160	400
R. Qualizza	150	132.5	182.5	465
G. Bentley	110	80	140	330
C. Bentley	110	92.5	142.5	345
H. Radwan	217.5	145	202.5	565
D. Nagra	210	135	202.5	547.5
R. Newham	205	130	225	560
D. Head	170	112.5	202.5	485
J. Meredith	145	112.5	170	427.5
R. Weaver	152.5	90	185	427.5
90 kg	180	145	210	530
R. Doern	212.5	145	240	597.5
J. Graham	207.5	105	200	512.5
R. Ward	177.5	107.5	197.5	482.5
D. Doern	130	112.5	170	412.5
D. Doern	130	112.5	170	412.5
Moorhouse	120	117.5	157.5	405
100 kg	192.5	125	215	532.5
K. Schwach	240	125	230	595
R. Ward	182.5	130	237.5	550
V. Vandrimden	182.5	130	237.5	550
H. Ward	195	120	210	525
P. Winstanley	195			
J. Eley	262.5	132.5	250	645
Z. Ziolkowski	240	160	237.5	637.5
M. Fisher	175	142.5	210	497.5
K. Valtier	220	110	315	655

Note: Both Women's classes were ranked by the