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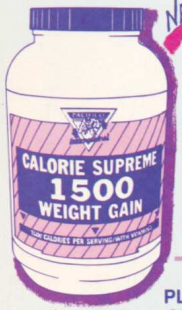

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L-Valine	500 mg.		**
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Arginine Pyroglutamate	5500 mcg.		
L-Ornithine	200 mg.		**
L-Arginine	400 mg.		**
L-Lysine	200 mg.		**

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Thymus	50 mg.		**
Heart	50 mg.		**
Lung	50 mg.		**
Kidney	50 mg.		**
Pituitary	50 mg.		**
Adrenal	100 mg.		**
Prostate	100 mg.		**
Hypothalamus	50 mg.		**
Pancreas	50 mg.		**

ENERGY STIMULANTS:			
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Korean Ginseng	750 mg.		**
Royal Jelly	10 mg.		**
PAK	600 mg.		**
Inosine	825 mg.		**
Ma Huang	100 mg.		**
Bay Chi	25 mg.		**
Sukday	25 mg.		**
Lycii Berries	25 mg.		**
Fo-ti	25 mg.		**
Licorice Root	25 mg.		**
Don Quai	25 mg.		**
MCT	100 mg.		**
Octacosanol	400 mcg.		**
RNA	1500 mcg.		**
DNA	1500 mcg.		**
CO Q10	1500 mcg.		**

AMINO ACIDS (PEPTIDE BOND/FREE FORM):			
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L-Lysine	1691 mg.		**
L-Glycine	56 mg.		**
L-Phenylalanine	21 mg.		**
L-Methionine	12 mg.		**
L-Isoleucine	38 mg.		**
L-Leucine	84 mg.		**
L-Threonine	25 mg.		**
L-Carnitine	7 mg.		**
L-Valine	12 mg.		**
L-Serine	12 mg.		**
L-Tyrosine	21 mg.		**
L-Histidine	38 mg.		**
L-Aspartic Acid	12 mg.		**
L-Glutamic Acid	12 mg.		**
L-Cystine	17 mg.		**
L-Proline	21 mg.		**
L-Cysteine	7 mg.		**
L-Norleucine	7 mg.		**
L-Alanine	12 mg.		**

HERBAL BLEND:			
Capsicum	25 mg.		**
Alfalfa	25 mg.		**
Dandelion	25 mg.		**
Garlic	25 mg.		**
Yellow Dock	25 mg.		**
Gota Kola	25 mg.		**
Licorice Root	25 mg.		**

VITAMINS AND MINERALS:		
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B-6	50 mg.	250
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PABA	50 mg.	**
Biotin	50 mcg.	**
Pantothenic Acid	50 mg.	**
Folic Acid	100 mcg.	25
Calcium (Oyster Shell)	250 mg.	25

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L-Carnitine	70 mg.	**
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Linolenic Acid	27 mg.	**
Stearic Acid	14 mg.	**
Arachidonic Acid	4 mg.	**
Eicosanoic Acid	3 mg.	**
Behenic Acid	1 mg.	**
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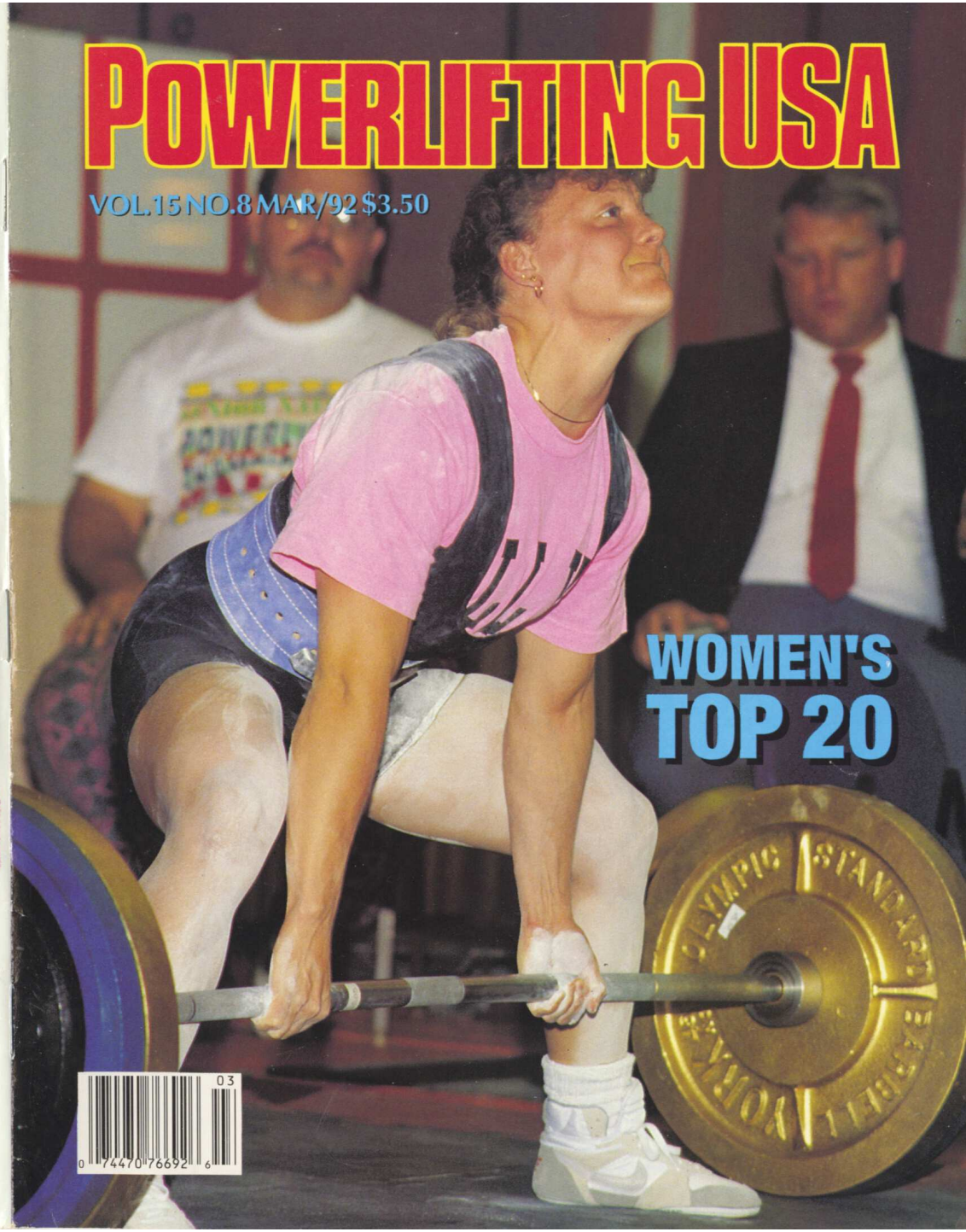

WOMEN'S TOP 20

Powerlifting USA

Post Office Box 467
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for $26.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Second-class postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

SUBSCRIPTION RATES: (US funds only)
USA addresses, 1 yr.....$26.95
USA addresses, 2 yr.....$49.95
First Class Mail, USA, 1 yr.....$48.00

Outside USA, surface mail...$36.00 US
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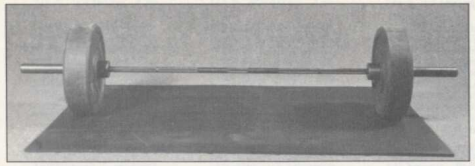

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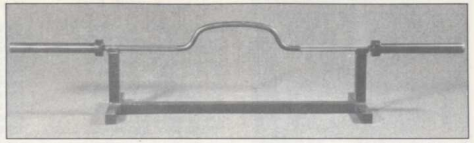

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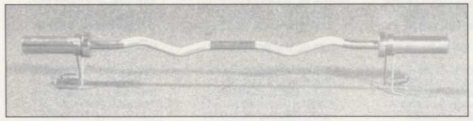
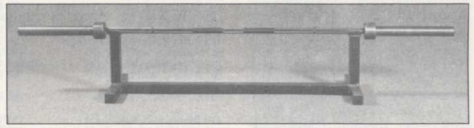


olympic curl bar & collars $38.00 "FREE DELIVERY"



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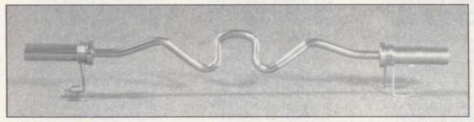
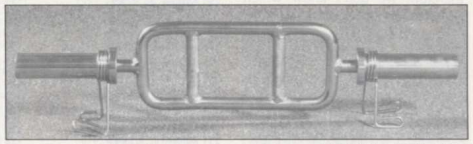


olympic "super" curl bar & collars $48 "FREE DELIVERY"



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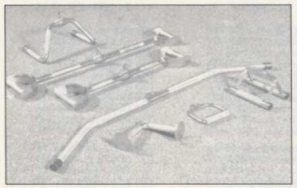
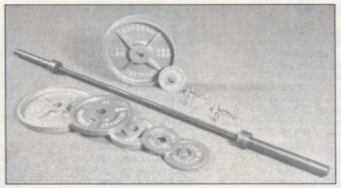
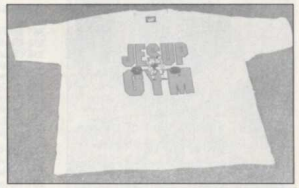


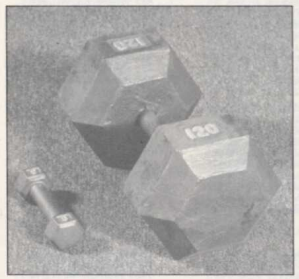
Lat handles. Long solid 48" bar $18.00, 34" pro-lat handle $24.00, 24" pro-lat handle $22.50, low row handle $20.00, tricep pushdown bar $14.00, single grip handle $8.00, chinning triangle $14.00



Olympic weight sets: Buy volume & save. 4 - 300 lb. olympic sets: $105.00 ea, 4 - 400 lb. olympic sets: $133.00 ea, 4 - 500 lb. olympic sets: $161.00 ea. Buy olympic or standard plates in volume & save. 900 lbs. of standard plates $.28 per lb., 900 lbs. of olympic plates $.28 per lb.



Jesup Gym T-shirt $5.00 m-l-xl-xxl



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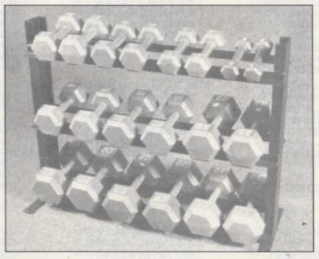
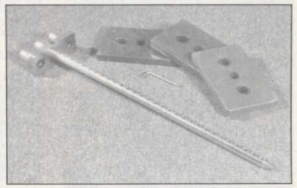
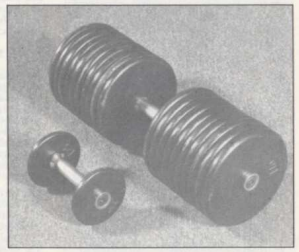


5-50 lb. hex dumbells & rack $320.00, 5-75 lb. hex dumbells & rack $584.00, 3-120 lb. hex dumbells & racks $1,244.00



Selectorized weight stacks, 150 lb. stack $110, 200 lb. stack $118, 250 lb. stack $136, 300 lb. stack $156



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POWERLIFTING USA presents the

WOMEN'S TOP 20

These are the TOP 20 women powerlifters in the United States for the year 1991. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the list. Furthermore, some of the results we receive do not specify the lifter's bodyweight, and therefore we don't know which weight class to credit the lifts to.

***Imelda Fowler** is one of the top ranked deadlifters in the 114 lb. class, with her 314 lb. pull at the N.A.S.A. California State Championships.*

***Claudia Valdiviez** competed at the 1991 U.S.P.F. Women's Nationals.*

97 lb. SQUAT

308 Benford, S... 11/21/91
292 Valdiviez, C... 7/26/91
292 Leverett, A... 12/7/91
259 Gedney, J... 4/6/91
248 Talmadge, B... 4/6/91
245 Grater, B... 4/27/91
236 Daniels, R... 11/23/91
235 Morgan, W... 11/16/91
214 Genaro,... 5/31/91
205 Bott, M... 3/23/91

205 Zukaitis, L...11/23/91
203 Fagan, K...3/23/91
203 Ufret, G...8/17/91
200 Rice, K...3/9/91
192 Jin, L...4/6/91
192 Fowler, L...5/25/91
192 Haman, A...11/23/91
187 Ashton, K...3/23/91
187 Oxley, M...4/27/91
187 Manzo, M...11/23/91

97 lb. BENCH

173 Benford, S...6/7/91
170 Leverett, A...12/7/91
143 Gedney, J...4/6/91
140 Daniels, R...8/3/91
130 Zukaitis, L...11/23/91
126 Walker, A...5/4/91
125 Morgan, W...11/16/91
121 Valdiviez, C...2/28/91
121 Genaro,...2/28/91
121 Barlow, L...3/16/91

121 Grater, B...4/6/91
115 Fagan, K...3/23/91
115 Loveill,...5/11/91
115 Jin, L...6/29/91
115 Manzo, M...11/23/91
115 Wright, C...12/7/91
110 Talmadge, B...4/6/91
110 Haman, A...11/23/91
104 Wilson, J...12/14/91
100 Bott, M...3/23/91

97 lb. DEADLIFT

338 Benford, S...11/21/91
319 Leverett, A...12/7/91
314 Fowler, L...5/25/91
297 Gedney, J...11/9/91
281 Valdiviez, C...7/26/91
270 Genaro,...2/28/91
260 Morgan, W...11/16/91
255 Ufret, G...4/20/91
255 Grater, B...4/27/91
253 Talmadge, B...4/6/91

235 Rice, K...3/9/91
231 Manzo, M...11/23/91
231 Wilson, J...12/14/91
225 Ashton, K...3/23/91
225 Tiberia, L...4/27/91
225 Brown, J...5/4/91
225 Zukaitis, L...11/23/91
220 Jin, L...3/16/91
220 Fagan, K...3/23/91
220 Wisniewski, D...3/23/91

97 lb. TOTAL

796 Benford, S...11/21/91
782 Leverett, A...12/7/91
688 Valdiviez, C...7/26/91
688 Gedney, J...11/9/91
620 Grater, B...4/27/91
620 Morgan, W...11/16/91
611 Talmadge, B...4/6/91
600 Fowler, L...5/25/91
600 Genaro,...5/31/91
560 Zukaitis, L...11/23/91

550 Ufret, G...4/20/91
540 Fagan, K...3/23/91
534 Manzo, M...11/23/91
523 Daniels, R...3/16/91
520 Rice, K...3/9/91
512 Wilson, J...12/14/91
510 Bott, M...3/23/91
507 Ashton, K...3/23/91
501 Jin, L...4/6/91
501 Haman, A...11/23/91

105 lb. SQUAT

330 Jewett, R...3/10/91
275 Conti, L...7/6/91
270 Morrison, N...11/2/91
260 Delmore, A...3/30/91
259 Ross, R...4/27/91
259 Gedney, J...2/24/91
253 Burke, D...4/6/91
253 Routzong, J...7/6/91
253 Palk,...11/23/91
250 McGuire, A...3/9/91

250 Ryman, K...9/28/91
250 Shear, J...11/23/91
248 Clancy, S...4/6/91
242 Jeffrey, L...11/9/91
236 Stipano, M...3/23/91
235 Vasquez, P...8/17/91
235 Poitras, T...12/7/91
231 Moore, S...7/13/91
231 Lewis, S...12/14/91
226 Daniel, C...6/8/91

105 lb. BENCH

190 Pitts, L...9/7/91
175 Medeiros, C...3/9/91
160 Delmore, A...3/30/91
154 Clancy, S...4/6/91
154 Palk,...11/23/91
154 Lewis, S...12/14/91
148 Gedney, J...3/23/91
148 Russell, P...10/5/91
148 Routzong, J...11/21/91
143 Jewett, R...3/10/91

143 Burke, D...4/6/91
143 James, A...9/21/91
135 McGuire, A...3/9/91
132 Ragland, J...7/27/91
132 Morrison, N...11/2/91
126 Black, D...6/15/91
126 Conti, L...7/6/91
126 Jeffrey, L...11/9/91
126 Fagan, K...11/23/91
125 Perrotti, C...3/9/91

105 lb. DEADLIFT

319 Jewett, R...3/10/91
319 Burke, D...4/6/91
303 Conti, L...7/6/91
300 Ross, R...4/6/91
300 Kovalchik, P...8/17/91
300 Gomez, B...9/14/91
300 Shear, J...11/23/91
297 Gedney, J...2/24/91
297 Stipano, M...3/23/91
297 Palk,...11/23/91

290 Vasquez, P...8/17/91
290 Ryman, K...9/28/91
286 Pompeo, R...3/1/91
286 Routzong, J...7/6/91
285 Perrotti, C...3/9/91
281 Daniel, C...6/8/91
281 Morrison, N...11/2/91
280 Davis, D...6/15/91
270 Entelisano, C...4/27/91
264 Clancy, S...4/6/91

105 lb. TOTAL

793 Jewett, R...3/10/91
716 Burke, D...4/6/91
705 Conti, L...7/6/91
705 Palk,...11/23/91
699 Gedney, J...2/24/91
688 Routzong, J...11/21/91
683 Morrison, N...11/2/91
680 Delmore, A...3/30/91
675 Ross, R...4/6/91
666 Clancy, S...4/6/91

660 Ryman, K...9/28/91
660 Shear, J...11/23/91
655 Stipano, M...3/23/91
645 Vasquez, P...8/17/91
630 Perrotti, C...3/9/91
628 Daniel, C...6/8/91
620 Davis, D...2/28/91
610 Mcguire, A...3/9/91
606 Pompeo, R...3/1/91
606 Jeffrey, L...11/9/91

114 lb. SQUAT

385 Jeffrey, M...7/26/91
358 Graffam, C...3/16/91
336 Fisher, L...11/23/91
325 Denmon, L...12/14/91
320 Price, M...4/27/91
320 Chang, Y...8/17/91
308 Gutierrez, S...7/26/91
300 Mathieu, G...3/30/91
292 Armstead, C...3/9/91
292 Moore, K...4/6/91

292 Bierria, G...7/26/91
292 Harrison, J...12/14/91
286 Henry, K...2/28/91
281 Horseman, J...4/7/912
275 Bewley, A...3/23/91
275 Locklear,...9/21/91
270 Tucker, T...4/6/91
270 Slovacek, L...4/27/91
265 Moore, S...9/21/91
265 Moser, J...11/23/91

114 lb. BENCH

231 Jeffrey, M...7/20/91
190 Price, M...4/27//91
187 Graffam, C...3/16/91
187 Bierria, G...7/26/91
187 Fisher, L...11/23/91
181 Horseman, J...4/7/91
180 Medeiros, M...3/23/91
180 Chang, Y...8/17/91
176 Davis, G...4/6/91
170 Henry, K...2/28/91

170 Fererro, L...3/9/91
170 Moore, K...4/6/91
165 Armstead, C...3/9/91
165 Rasor, S...4/6/91
165 Tucker, T...4/6/91
165 Denmon, L...12/14/91
160 Sierra, L...2/23/91
155 Hegge, E...7/2/91
155 Mathieu, G...3/30/91
155 McKinney, D...8/4/91

114 lb. DEADLIFT

396 Graffam, C...3/16/91
396 Jeffrey, M...7/26/91
380 Fisher, L...7/6/91
374 Henry, K...11/9/91
358 Denmon, L...12/14/91
355 Chang, Y...8/17/91
335 Mathieu, G...3/30/91
325 Fererro, L...3/9/91
325 Price, M...4/27/91
325 Harrison, J...12/14/91

319 Horseman, J...4/7/91
319 Bierria, G...7/26/91
319 Dieck, B...11/23/91
314 Staufenberger,...2/28/91
314 Moore, K...4/6/91
314 Bewley, A...3/23/91
314 Gutierrez, S...7/26/91
310 Hegge, E...2/2/91
310 Hart, D...7/20/91
308 Lee, B...4/6/91

114 lb. TOTAL

997 Jeffrey, M...7/26/91
942 Graffam, C...3/16/91
903 Fisher, L...11/23/91
855 Chang, Y...8/17/91
848 Denmon, L...12/14/91
835 Price, M...4/27/91
826 Henry, K...11/9/91
793 Gutierrez, S...7/26/91
790 Mathieu, G...3/30/91
788 Bierria, G...7/26/91

782 Horseman, J...4/7/91
777 Moore, K...4/6/91
755 Fererro, L...3/9/91
738 Harrison, J...12/14/91
727 Tucker, T...4/6/91
716 Rasor, S...4/6/91
710 Staufenberger,...2/28/91
710 Heldman,...5/25/91
705 Bewley, A...3/23/91
702 Armstead, C...3/9/91

123 lb. SQUAT

385 Graffam, C...7/26/91
341 Cantu, L...4/6/91
330 Wiesberger, A...7/6/91
330 Dedham, L...10/12/91
325 Denmon,...5/11/91
320 Gerling, Z...11/9/91
319 Sherin, M...4/6/91
314 Hack, R...4/6/91
314 Brady, S...4/6/91
308 Beckwith, B...3/16/91

308 Lo, M...4/7uu/91
308 Sellers, D...6/29/91
308 Hetzel, M...10/12/91$
305 Adams, L...8/5/91
303 Schneidmill,...2/28/91
303 Hinman, A...4/6/91
303 Small, V...8/17/91
303 Krise, C...10/5/91
300 Sells, T...5/18/91
300 Black, R...8/10/91

123 lb. BENCH

220 Suzuki, P...4/7/91
210 Hawkins, N...12/14/91
205 Graffam, C...4/7/91
200 Estep, J...11/9/91
198 Steinacker,...2/28/91
198 Wiltshire, J...8/13/91
192 Wiesberger, A...7/6/91
192 Reagan, K...8/13/91
192 Krise, C...10/5/91
190 Sells, T...2/16/91

181 Lewis, L...2/10/91
181 Sherin, M...4/6/91
181 Cantor, S...11/2/91
180 Adams, L...1/12/91
176 Beckwith, B...3/16/91
176 Davis, J...6/8/91
176 Price, M...7/26/91
176 Napoli, A...10/5/91
175 Dedham, L...10/12/91
170 Gerling, Z...4/6/91

123 lb. DEADLIFT

418 Graffam, C...6/24/91
380 Hinman, A...4/6 /91
363 Wiesberger, A...7/6/91
363 Henry, C...7/26/91
358 Devoltz, T...3/9/91
358 Suzuki, P...4/7/91
355 Sellers, D...2/2/91
355 Gnerre, B...10/26/91
350 Dedham, L...10/12/91
347 Cantu, L...4/6/91

347 Wiltshire, J...8/13/91
341 Hack, R...4/6/91
341 Hetzel, M...4/6/91
341 Ellingsworth, G...6/8/91
340 Gerling, Z...11/9/91
336 Reagan, K...8/13/91
336 Brady, S...11/9/91
330 Schneidmill,...2/28/91
330 Sherin, M...4/6/91
330 Adams, L...8/5/91

123 lb. TOTAL

981 Graffam, C...7/26/91
887 Wiesberger, A...7/6/91
859 Suzuki, P...4/7/91
855 Dedham, L...10/12/91
843 Cantu, L...4/6/91
832 Hinman, A...4/6/91
832 Sherin, M...4/6/91
825 Gerling, Z...11/9/91
821 Henry, C...7/26/91
815 Hack, R...4/6/91

810 Beckwith, B...3/16/91
810 Denmon,...5/11/91
810 Wiltshire, J...8/13/91
804 Hetzel, M...4/6/91
799 Schniedmill,...2/28/91
793 Brady, S...11/9/91
788 Reagan, K...8/13/91
785 Sellers, D...2/2/91
780 Sells, T...5/18/91
775 Adams, L...8/5/91

132 lb. SQUAT

485 Warman, M...12/14/91
457 Liggett, M...7/6/91
429 Baker, K...11/21/91
418 Altizer, B...11/9/91
380 Almy, F...4/6/91
375 Flores-Alamo, S...11/23/91
374 Mathias, R...7/26/91
370 Easter, S...4/6/91
369 Gray, A...3/1/91
352 Marbury, K...5/31/91

352 Tarver, B...3/1/91
347 Hoffman, A...3/24/91
341 Frantz, D...6/15/91
340 Bartley, R...5/19/91
335 Black, R...4/28/91
330 Brady, S...6/29/91
345 Boyce, A...3/9/91
325 Dobosh, M...7/6/91
325 Lawson, C...7/26/91
325 Hack, R...12/7/91

132 lb. BENCH

265 Mathias, R...4/7/91
253 Liggett, M...7/6/91
245 Tarver, B...7/6/91
231 Altizer, B...3/1/91
231 Baker, K...11/21/91
225 Billings, C...3/23/91
220 Flores-Alamo, S...11/23/91
214 Couch, K...8/31/91
209 Gray, A...3/1/91
209 Warman, M...12/14/91

206 Rosado, G...8/24/91
203 Sandhoudt, C...8/10/91
198 Gould,...2/28/91
198 Almy, F...4/6/91
198 Lass, D...6/15/91
195 Eastep, J...4/13/91
195 Bottreall, P...5/18/91
195 Bartley, R...5/19/91
192 Easter, S...7/6/91
192 Boyce, A...8/3/91

132 lb. DEADLIFT

462 Liggett, M...7/6/91
424 Gray, A...3/1/91
420 Mathias, R...4/7/91
418 Easter, S...7/6/91
418 Baker, K...11/21/91
391 Tarver, B...3/1/91
385 Warman, M...12/14/91
374 Hoffman, A...3/24/91
371 Beckwith, K...4/27/91
369 Almy, F...4/6/91

369 Lawson, C...8/10/91
369 Altizer, B...11/9/91
363 Nollette, J...4/6/91
360 Brown, S...8/17/91
358 Flores-Alamo, S...4/7/91
358 Frantz, D...6/15/91
358 Dobosh, M...7/6/91
355 Gerling, Z...4/27/91
347 Rosado, G...2/3/91
347 Stewart, C...4/6/91

132 lb. TOTAL

1173 Liggett, M...7/6/91
1080 Baker, K...11/21/91
1063 Warman, M...12/14/91
1055 Mathias, R...4/7/91
1003 Gray, A...3/1/91
1003 Altizer, B...11/9/91
986 Tarver, B...3/1/91
981 Easter, S...7/6/91
947 Almy, F...4/6/91
936 Flores-Alamo, S...4/7/91

903 Hoffman, A...3/24/91
881 Marbury, K...5/31/91
870 Lawson C...8/10/91
865 Black, R...4/28/91
860 Boyce, A...3/9/91
859 Nollette, J...4/6/91
855 Bartley, R...5/19/91
854 Frantz, D...6/15/91
843 Gould,...2/28/91
843 Dobosh, M...7/6/91

148 lb. SQUAT

501 Brock,...11/21/91
451 Steenrod, V...7/26/91
413 Dangerfield, N...11/21/91
395 Walters, T...2/16/91
391 White, S...7/6/91
385 Yancey,...11/16/91
380 Davis, I...4/6/91
380 Steenrod, M...4/6/91
374 Stringham, B...4/27/91
369 Hoffman, A...7/26/91

358 Flores-Alamo, S...3/2/91
358 Gurley, J...3/9/91
347 Wagner, C...4/6/91
341 Johnson, L...11/23/91
336 Eldridge, D...3/9/91
336 DeGennaro, M...4/6/91
330 Welding, R...4/6/91
330 Faraldo, C...4/6/91
330 Sortwell, A...7/26/91
330 Chenausky, K...11/23/91

148 lb. BENCH

292 Roge, J...7/6/91
286 Wilkinson, R...12/7/91
281 Brock,...11/21/91
275 Gassman, J...12/7/91
270 Eldridge, D...3/9/91
265 Ford, K...12/7/91
259 Walker, W...8/31/91
253 Steenrod, V...7/26/91
240 Mathias, R...2/10/91
240 Yancy, B...7/20/91

225 Dantsuke, M...11/23/91
220 Field, J...8/10/91
220 Westin, C...8/13/91
220 Krivdo, M...8/31/91
220 Billings, C...10/12/91
220 Dangerfield, N...10/20/91
214 White, S...7/6/91
210 Flores-Alamo, S...6/22/91
210 Couch, K...9/7/91
209 Faraldo, C...2/10/91

148 lb. DEADLIFT

490 Brock,...11/21/91
468 Dangerfield, N...7/6/91
462 Eldridge, D...3/9/91
435 Stevens, M...8/17/91
435 White, S...11/21/91
424 Gensler,...11/16/91
418 Steenrod, F...7/26/91
407 DeGennaro, M...4/6/91
405 Watson, G...2/16/91
405 Sortwell, A...6/16/91

400 Davis, I...4/6/91
385 Gurley, J...3/9/91
385 Ford, K...7/6/91
385 Hoffman, A...7/26/91
375 Dantsuke, M...11/23/91
375 Worthen, G...2/17/91
374 Farr, B...12/7/91
374 Sumerlin,...12/14/91
370 Flores-Alamo, S...6/22/91
369 Collar, S...4/6/91

148 lb. TOTAL

1251 Brock,.11/21/91
1124 Steenrod, V.7/26/91
1102 Dangerfield, N.11/21/91
1069 Eldridge, D.3/9/91
1036 White, S.7/6/91
975 Davis, I.4/6/91
970 Stevens, M.4/6/91
959 Yancey,.11/16/91
953 Ford, K.7/6/91
953 Hoffman, A.7/26/91

940 Sortwell, A.6/16/91
930 Watson, G.2/16/91
930 Walters, T.2/16/91
930 Flores-Alamo, S.6/22/91
925 DeGennaro, M.4/6/91
925 Dantsuke, M.11/23/91
909 Wagner, C.4/6/91
909 Gensler,.11/16/91
898 Gurley, J.3/9/91
876 Johnson, C.11/23/91

***Shirley Gutierrez** veteran contender*

165 lb. SQUAT

567 Dodd, L...11/21/91
551 Sharon, D...5/11/91
446 Dianda,...7/26/91
446 Vandeweghe, S...11/21/91
435 Robertson, S...7/26/91
424 Yancey, B...5/31/91
408 Steven, M...4/21/91
395 Warren, S...5/19/91
374 Johnson, K...7/26/91
369 Newmeyer, O...11/30/91

363 Ryskoski, T...4/6/91
360 Frost, P...11/23/91
352 Williams, G...3/23/91
352 Sortwell, A...11/9/91
350 Belsito, L...4/27/91
347 Kimmey, L...4/6/91
341 Christensen, T...4/6/91
340 Schoecher, L...10/26/91
335 Newgard, B...10/5/91
335 Sands, B...12/7/91

165 lb. BENCH

286 Sharon, D...5/11/91
286 Robertson, S...7/26/91
446 Dianda,...7/26/91
250 Whitham, D...12/8/91
245 Parenti, C...7/20/91
236 Yancey, B...5/31/91
231 Vandeweghe, S...11/21/91
220 Dodd, L...7/6/91
215 Sortwell, A...12/7/91
205 Grehofsky, M...3/9/91

205 Belsito, L...4/27/91
205 Warren, S...5/19/91
205 Sawyer, H...7/20/91
205 Basham, S...9/29/91
203 Amorkor, O...3/9/91
200 wilson, D...2/9/91
195 Inman, L...4/7/91
195 Grassi, C...4/27/91
195 Newmeyer, O...8/10/91
195 Pickens, K...11/9/91

165 lb. DEADLIFT

534 Dodd, L...11/21/91
501 Dianda,...7/26/91
490 Sharon, D...5/11/91
440 Vandeweghe, S...11/21/91
435 Johnson, K...7/26/91
424 Robertson, S...7/26/91
420 Warren, S...5/19/91
419 Stevens, M...4/21/91
418 Sortwell, A...11/9/91
410 Williams, G...4/6/91

402 Stegemaile, J...4/6/91
402 Belsito, L...8/17/91
402 Yancey, B...5/31/91
380 Kimmey, L...2/24/91
380 Worthen, G...8/17/91
380 Owens, B...8/17/91
380 Shuler,...11/16/91
375 Sands, B...12/7/91
365 Hart, B...2/16/91
364 Inman, L...2/16/91

165 lb. TOTAL

1327 Sharon, D...5/11/91
1317 Dodd, L...11/21/91
1223 Dianda,...7/26/91
1146 Robertson, S...7/26/91
1118 Vandeweghe, S...11/21/91
1063 Yancey, B...5/31/91
1020 Warren, S...5/19/91
1003 Stevens, M...4/21/91
986 Johnson, K...7/26/91
981 Sortwell, A...11/9/91

955 Belsito, L...4/27/91
914 Williams, G...3/23/91
909 Newmeyer, O...11/30/91
898 Ryskoski, T...4/6/91
892 Stegemaile, J...4/6/91
881 Kimmey, L...4/6/91
880 Frost, P...11/23/91
870 Sands, B...12/7/91
865 Welding, R...5/11/91
848 Conley, P...11/9/91

***Andrea Sortwell** won the W.D.F.P.F World title down under in Australia.*

181 lb. SQUAT

557 Sharon, D...6/29/91
518 Corson, S...3/16/91
485 Boshoven, L...4/28/91
462 Wonyetye, B...4/6/91
462 Young, D...12/14/91
435 Noble, L...4/6/91
421 MacKinnon, S...7/6/91
396 Jacavo,...8/24/91
385 Rogers, L...2/9/91
374 Delleree, D...6/15/91

370 Welch, V...11/23/91
364 Allen, K...3/1/91
363 Brill,...10/12/91
358 Devaney, L...3/9/91
350 Whitaker, J...5/11/91
347 Williams, G...11/23/91
336 Carney, L...4/21/91
330 Morehouse, M...7/26/91
330 Lentz, J...10/26/91
330 Mercer, V...11/9/91

181 lb. BENCH

315 Allen, K...11/9/91
303 Sharon, D...6/29/91
285 Boshoven, L...4/28/91
270 Lentz, J...8/31/91
264 Corson, S...3/16/91
253 Young, D...7/26/91
242 Vandyke, C...4/21/91
236 Delleree, D...6/15/91
225 Devaney, L...3/9/91
225 Dolan, E...11/2/91

220 Wonyetye, B...4/6/91
214 Rogers, L...2/9/91
214 Shepherd, E...3/23/91
210 Welch, V...11/23/91
203 Barnes, S...2/10/91
203 Noble, L...4/6/91
200 Whitaker, J...5/11/91
198 Fails, S...5/11/91
195 Durst, P...5/4/91
192 Brill,...10/12/91

181 lb. DEADLIFT

534 Sharon, D...11/21/91
510 Boshoven, L...4/28/91
501 Young, D...12/14/91
451 Devaney, L...3/9/91
435 Rogers, L...2/9/91
435 Wonyetye, B...4/6/91
435 Jacavo,...8/24/91
430 Allen, K...3/1/91
418 Corson, S...3/16/91
413 Noble, L...4/6/91

413 Williams, G...11/23/91
407 Whitaker, J...8/17/91
405 Welch, V...11/23/91
391 Buerki, G...12/7/91
374 MacKinnon, S...5/25/91
374 Brill,...10/12/91
370 Lentz, J...5/4/91
369 Carney, L...4/21/91
369 Delleree, D...5/18/91
355 Dolan, E...11/2/91

181 lb. TOTAL

1361 Sharon, D...6/29/91
1218 Young, D...12/14/91
1280 Boshoven, L...4/28/91
1185 Corson, S...3/16/91
1118 Wonyetye, B...4/6/91
1052 Allen, K...3/1/91
1052 Noble, L...4/6/91
1036 Rogers, L...2/9/91
1034 Devaney, L...3/9/91
992 Jacavo,...8/24/91

985 Welch, V...11/23/91
964 Delleree, D...5/18/91
947 Lentz, J...10/26/91
942 MacKinnon, S...7/6/91
931 Brill,...10/12/91
920 Whitaker, J...5/11/91
909 Williams, G...11/23/91
895 Dolan, E...11/2/91
895 Buerki, G...12/7/91
870 Carney, L...4/21/91

198 lb. SQUAT

585 Sharon, D...11/2/91
468 Look, L...8/3/91
462 Sternberg, M...6/15/91
430 Boshoven, L...10/19/91
380 Green, J...7/26/91
375 Lacour, A...4/27/91
331 Saldana, M...4/27/91
305 Glitt, J...10/5/91
303 Smith, M...11/9/91
270 Siler, R...3/9/91

270 Compton, A...4/7/91
254 Dunbar, S...2/9/91
250 Ochoa, M...3/2/91
245 Rasmussen, J...4/6/91
181 Lattimore, B...9/21/91

198 lb. BENCH

350 Sharon, D...11/2/91
319 Regan, C...3/23/91
295 Boshoven, L...9/1/91
270 Rininger, T...3/2/91
242 Crocker, B...7/26/91
231 Sternberg, M...11/21/91
214 Lattimore, D...9/21/91
209 Look, L...10/27/91
192 Smith, M...3/24/91
190 Reed, A...11/2/91

181 Puglia, N...3/23/91
171 Lacour, A...4/27/91
132 Mercer, V...7/20/91
130 Siler, R...3/9/91
130 Daniels, R...8/24/91
130 Glitt, J...10/5/91
130 Rasmussen, J...10/19/91
127 Dunbar, S... 2/9/91
120 Compton, A...4/7/91
80 Ochoa, M...3/2/91

198 lb. DEADLIFT

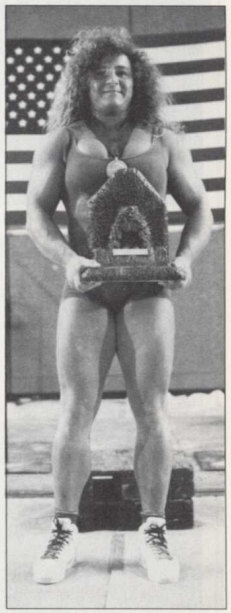
500 Boshoven, L...9/7/91
495 Sharon, D...11/2/91
457 Look, L...10/27/91
424 Sternberg, M...6/15/91
418 Crocker, B...7/26/91
353 Lacour, A...4/27/91
353 Soldana, M...4/27/91
336 Smith, M...3/24/91
320 Dunbar, S...2/9/91
319 Lattimore, B...9/21/91

310 Rasmussen, J...10/19/91
305 Compton, A...4/7/91
300 Glitt, J...10/5/91
270 Ochoa, M...3/2/91
270 Rininger, T...3/2/91
235 Siler, R...3/9/91

198 lb. TOTAL

1430 Sharon, D...11/2/91
1111 Sternberg, M...6/15/91
1091 Look, L...10/27/91
1041 Crocker, B...7/26/91
898 Lacour, A...4/27/91
821 Smith, M...3/24/91
735 Glitt, J...10/5/91
716 Lattimore, B...9/21/91
700 Dunbar, S...2/9/91
695 Compton, A...4/7/91

683 Soldana, M...4/27/91
680 Rasmussen, J...10/9/91
635 Siler, R...3/9/91
600 Ochoa, M...3/2/91
435 Rininger, T...3/2/91



***Dawn Young** fast rising, new talent.*

SHW SQUAT

551 Trujillo, J...7/26/91
518 Sharon, D...7/6/91
479 Schulz, J...11/21/91
473 Perry,...2/28/91
473 Curry, P...10/26/91
468 Regan, C...4/6/91
468 Clark, M...4/6/91
450 Nowrocki, L...4/20/91
446 Waters, C...4/6/91
410 Detraglia, J...11/9/91

407 Day, J...2/9/91
407 Andra, R...7/6/91
402 Avey, N...2/24/91
402 Barton, C...11/23/91
400 Goldsmith, C...4/27/91
400 Cate, M...11/23/91
391 Ricafrente, S...4/6/91
385 Kreis, T...3/2/91
374 Pryor, D...6/26/91
360 Alexander, M...10/19/91

SHW BENCH

319 Regan, C...4/6/91
303 Sharon, D...7/6/91
292 Schulz, J...11/21/91
275 Nowrocki, L...4/20/91
264 Clark, M...4/6/91
260 Curry, P...7/27/91
253 Trujillo, J...7/26/91
250 Butler, J...7/27/91
248 Waters, C...4/6/91
231 Day, J...2/9/91

231 Perry,...2/28/91
225 Edmondson, S...11/2/91
225 Parker, F...9/28/91
220 Goldsmith, C...4/27/91
220 Andra, R...7/6/91
215 Macclean, D...8/31/91
209 Lattimore, B...5/11/91
200 Becerra, M...5/4/91
200 Durst, P...10/19/91
200 Alexdander, M...10/19/91

SHW DEADLIFT

518 Sharon, D...7/6/91
501 Perry,...2/28/91
500 Nowrocki, L...4/20/91
457 Hoffman, A...3/2/91
451 Trujillo, J...7/26/91
451 Curry, P...10/26/91
424 Avey, N...3/16/91
418 Waters, C...4/6/91
407 Schulz, J...4/6/91
402 Regan, C...4/6/91

400 Ginsitt, T...11/91
396 Clark, M...4/6/91
396 Andra, R...7/6/91
391 Day, J...2/9/91
385 Clark, P...8/17/91
385 Detraglia, J...11/9/91
380 Kreis, T...3/2/91
380 Goldsmith, C...4/27/91
374 Rice,...2/28/91
374 Ricafrente, S...4/6/91

SHW TOTAL

1339 Sharon, D...7/6/91
1256 Trujillo, J...7/26/91
1225 Nowrocki, L...4/20/91
1207 Perry,...2/28/91
1190 Regan, C...4/6/91
1179 Curry, P...10/26/91
1163 Schulz, J...11/21/91
1129 Clark, M...4/6/91
1113 Waters, C...4/6/91
1031 Day, J...2/9/91

1025 Andra, R...7/6/91
1000 Goldsmith, C...4/27/91
992 Avey, N...3/16/91
980 DeTraglia, J...11/9/91
959 Ricafrente, S...4/6/91
931 Pryor, D...6/26/91
915 Ginsitt, T...11/91
914 Barton, C...11/23/91
910 Kreis, T...3/2/91
910 Cate, M...11/23/91

Natural Nationals Bench Press

***Big James Perry**, (left) with official Jim Ayers. He benched a N.A.S.A. World Record 573*

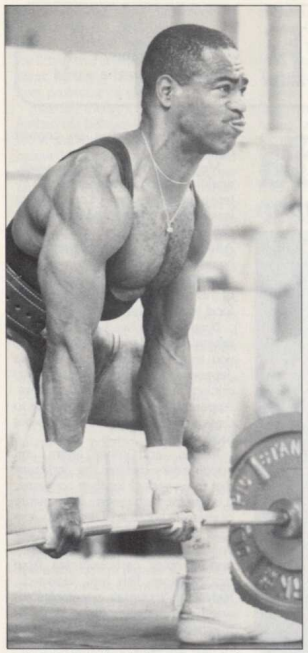
***Joy King** with an American Masters record. (All photographs taken by Linda Finnegan).*

***John Magee** got in his licks in the Superheavyweight division, competing in two classes.*

NASA Nationals Bench Press
12,19 Jan 92 - Oklahoma City (kg)

Womens	
114	
K. Meador	70
148	
L. Mannig	90
J. King	87.5
M. Welch	82.5
D. Alexander	82.5
Submaster	
148	
J. King	87.5
Master	
148	
M. Welch	82.5
Women's Teen	
165	
K. O'Brien	107.5
H. Hedges	75
SHW	
L. Harms	105
Pure	
L. Harm	105
Men	
114	
Pure	
C. Wright	120
J. Stutman	117.5
D. Kennedy	90
H.S. Pure	
C. Wright	102.5
Teen	
C. Wright	102.5
Submaster	
D. Kennedy	90
123	
B. Tolentino	112.5
Pure Novice	
B. Tolentino	112.5
Teen	
B. Tolentino	112.5
H.S. Pure	
T. McConnaha	60
132	
Pure	
B. Gaugler	137.5
M. Rolnick	120
M. Webb	105
Natural	
B. Gaugler	127.5
Submaster	
A. Young	132.5
148	
Pure	
S. Joseph	165
F. Garcia	162.5
Q. Demo	145
S. Stewart	142.5
M. Mullen	142.5
C. Watts	140
T. Didion	135
S. Smalley	130
Teen	
Q. Demo	145
M. Austin	127.5
Natural	
S. Joseph	165
Q. Demo	145
J. Speranza	142.5
M. Mullen	142.5
T. Didion	135
M. Austin	127.5
H.S. Pure	
M. Austin	127.5
Pure Natural	
Q. Demo	145
S. Smalley	130
M. Austin	127.5
S. Perry	120
J. Blount	105
Master 1	
S. Stewart	142.5
Master II	
I. Zwick	127.5
165	
Pure	
B. Persinger	177.5
W. Hawkins	152.5
D. Davis	150
K. Nottingham	145
C. Beck	140
J. Elpusan	140
M. Stainbrook	117.5
Pure Novice	
B. Mendoza	155
W. Hawkins	152.5
K. Stoner	142.5
T. Clemens	140
J. Elpusan	140
B. Marek	130
T. Davis	
Natural	
B. Persinger	177.5
M. Aguirre	160
T. Miinniti	152.5
B. Mendoza	155
J. Elpusan	140
B. Escobdo	82.5
Teen	
C. Jenson	130
J. Wilrye	115
High School	
C. Jensen	130
A. Garza	127.5
J. Wilrye	
Master II	
M. Stainbrook	117.5
R. Hemenway	115
B. Escobedo	82.5
Submaster	
W. Hawkins	152.5
T. Marshall	142.5
K. Stoner	142.5
T. Shiley	140
B. Leiman	132.5
181	
Pure Natural	
K. Green	185
S. Thompson	162.5
F. Dena	162.5
P. Fears	147.5
D. Covello	142.5
W. Workman	122.5
Pure	
M. Ronsini	197.5
K. Green	185
L. Kerrigan	167.5
D. Mele	172.5
R. Ortiz	167.5
F. Dena	162.5
W. Workman	122.5
D. Chesimore	
Natural	
M. Ronsini	197.5
K. Green	185
L. Kerrigan	177.5
M. Dimeglio	172.5
D. Rosenzweig	162.5
F. Dena	162.5
N. Rohn	
Teen	
J. Bianchi	160
Submaster	
M. Pittman	170
C. Cardin	165
D. Rosenzweig	162.5
P. Fears	147.5
Master I	
G. Maloney	167.5
R. Ortiz	145
B. Cowing	140
Master II	
C. Baumohl	155
D. Covello	142.5
W. Lee	125
C. Reinkemeyer	125
198	
Pure	
J. Young	210
J. George	195
G. Pierce	195
P. Maas	187.5
D. Austin	180
B. Kubiki	180
J. Hutzler	177.5
G. Beck	172.5
R. Ortiz	172.5
J. Fanell	167.5
R. McIntosh	167.5
H. McClain	165
J. Whitlow	155
M. Ziegler	145
J. Walter	125
Natural	
J. Young	210
G. Pierce	195
R. Harrison	192.5
W. Wessels	190
B. Kubik	180
T. McVey	175
R. McIntosh	167.5
J. Whitlow	155
Submaster	
G. Pierce	195
B. Kubik	180
J. Whitlow	155
M. Nichols	127.5
Pure Novice	
J. Hutzler	177.5
J. Fanell	167.5
R. McIntosh	167.5
M. Ziegler	145
J. Walter	125
Master I	
H. McLain	165
R. Kellogg	162.5
G. Belka	160
M. Ziegler	145
J. Walter	125
Master II	
H. Nichols	152.5
T. Billings	137.5
220	
Pure	
G. Cox	227.5
R. Rumley	222.5
D. Burcell	205
M. Ota	197.5
J. Kember	195
J. Ritzler	170
J. Savage	165
D. Bogdon	152.5
T. Methda	140
Natural	
K. Brownfield	245
G. Cox	227.5
J. Ritzler	170
J. Savage	165
D. Bogdon	152.5
Pure Novice	
M. Ota	197.5
J. Kember	195
B. Dalton	180
Himmelhaver	135
R. Letcher	135
M. Saver	125
Master I	
R. Hood	195
Submaster	
J. Kember	195
J. Marton	182.5
L. Lewis	160
S. Thompson	157.5
Masters II	
R. Taylor	150
T. Methda	140
M. Aguirre	120
High School	
K. Manzer	147.5
J. Baker	142.5
M. Saver	125
Teen	
M. Saver	125
242	
Pure	
G. Pellegrene	195
T. Garcia	190
S. Litchfield	182.5
D. Brennick	180
Pure Natural	
T. Garcia	190
C. Cox	162.5
M. Vorhes	102.5
Natural	
J. Costin	207.5
T. Garcia	190
D. Lutz	187.5
A. Ortiz	155
D. Thompson	155
Submaster	
L. Breeden	218.5
G. Pellegrene	195
D. Brennick	180
A. Ortiz	155
Master I	
A. Webb	155
H.S. Pure	
A. Gladieux	162.5
Master II	
T. Wellborn	147.5
275	
Pure	
C. Sanders	217.5
J. Twet	140
P. Tuulaupua	
Pure Natural	
C. Sanders	217.5
T. Manno	187.5
S. Godoy	185
G. Miller	16
Natural	
C. Sanders	217.5
P. Tuulaupua	
Submaster	
T. Manno	187.5
S. Godoy	185
P. Tuulaupua	
Masters I	
J. Moore	180
D. Young	150
Masters II	
M. Marsh	142.5
J Twet	140
D. Schaan	120
SHW	
Pure	
R. Rivera	256
J. Perry	252.5
4th	260
J. Manning	227.5
B. Himes	192.5
Pure Natural	
J. Perry	252.5
4th	260
Natural	
R. Rivera	256
J. Perry	252.5
4th	260
J. Magee	215
B. Hines	192.5
Submasters	
D. Chaffin	227.5
B. Hines	192.5
S. Godoy	185
Masters I	
J. Manning	227.5
J. Magee	215
A. Capstick	190

(Thanks to Linda Finnegan for these results.)



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All Time USA TOP 100 148s
as prepared by Herb Glossbrenner

Lifter	SQ	BP	DL	Total	Date
Austin, D	655	363	694	1711	08 Apr 88
Alexander, A	644	380	677	1703	23 Mar 87
Jackson, J.	711	341	617	1669	28 Jul 90
Luckett, L.	665	400	600	1665	17 Apr 88
Conyers, A.	670	395	600	1665	21 Jul 90
Perez, J.	683	424	551	1658	05 Mar 90
Bradley, J	683	374	600	1625	02 Oct 82
Bridges, M	622	402	584	1609	02 Nov 78
Crain, R	628	319	661	1609	08 Nov 80
Bridges, B	605	330	665	1600	11 Nov 84
McCarty, J	606	347	644	1598	25 Apr 82
Wahl, R	661	303	628	1592	23 Jul 83
Finch, J.	617	347	628	1592	23 Jul 83
Sardo, D	633	402	551	1587	28 Jul 90
Morishima, E	600	402	578	1581	05 Apr 83
Rosciglione, J	595	347	600	1543	11 Jul 82
Okonkwo, C	595	407	540	1543	04 Jun 83
Contreras, D	584	402	551	1537	03 Dec 88
Taoy, M	600	374	562	1537	15 Feb 89
Handsor, C	575	380	580	1535	28 Apr 84
Wright, C	562	363	606	1532	19 Apr 80
Farri, V	573	380	573	1526	15 Aug 87
Benemerito, R	573	352	600	1526	25 Feb 89
Lewis, D	573	352	600	1526	22 Jul 89
Spears, B.	550	375	600	1525	86
Gaugler, R	540	374	606	1521	20 Aug 77
Dial, C	650	303	567	1521	23 Mar 91
Shackleford, N	600	320	600	1520	28 Apr 91
Manicchia, P	551	413	551	1515	11 Dec 88
Carr, J.D.	562	303	644	1510	07 Dec 85
Scholz, P	551	347	606	1504	06 Jun 87
Facteau, M	550	320	630	1500	16 Dec 79
Kea, R	590	320	630	1500	23 Nov 85
MacLean, M	565	355	580	1500	23 Apr 88
Wolford, T	600	380	518	1499	10 Deec 88
Ingram, M	573	336	584	1493	15 Aug 88
Kellum, J	600	358	529	1488	01 Jun 85
Bolen, K	584	319	584	1488	07 Jun 86
Sutphin, P	545	341	595	1482	14 Jul 79
Brunson, P	578	303	600	1482	13 Jun 81
Hummell, G	540	380	562	1482	20 Jul 85
Stapleton, T	556	369	556	1482	13 Apr 86
Dykes, T	560	360	560	1480	23 Feb 85
Thurm, J	600	335	545	1480	15 May 88
Jackson, W	580	300	600	1480	23 MAR **
Welch, J	505	370	600	1475	10 Jun 79
Warner, J	600	264	606	1471	10 Jan 81
Garza, O	556	330	584	1471	05 Feb 83
DeHart, D	556	374	540	1471	06 Jul 85
Rush, J	551	319	595	1466	18 Aug 79
Wodraska, C	584	352	529	1466	18 Jul 87
Heath, D	555	380	530	1465	09 May 87
Jones, D	560	290	610	1460	11 Aug 79
Dermo, R	570	360	530	1460	14 Dec 85
Hicks, T	500	305	650	1455	21 Apr 79
Ruettiger, F	567	336	562	1455	06 Aug 82
Vedro, F	573	281	600	1455	15 Jan 83
Roman, A	551	363	540	1455	06 Dec 86
Olson, J	560	300	595	1455	04 Apr 87
Sacco, P	555	345	550	1450	17 Aug 85
Kupperstein, E	550	310	590	1450	23 Nov 91
Orsini, J	523	347	578	1449	08 Jul 78
Kwock, P	529	369	551	1449	02 Jun 84
Niesyty, G	490	330	625	1445	03 Apr 82
Glen, D	551	319	573	1444	17 Jun 89
Godfrey, E	540	300	600	1440	11 Sep 88
Culliver, J	540	300	600	1440	11 Sep 88
Topsoglou, J	551	325	562	1438	06 Jun 80
Alicea, L	451	369	617	1438	12 Jul 80
Keel, W	518	319	600	1438	13 Dec 81
Beverland, B	551	330	556	1438	01 Jun 85
Perkins, T	606	325	507	1438	23 Nov 91
Hooper, W	622	319	496	1438	23 Nov 91
Cargni, P	560	320	555	1435	23 Feb 81
Winquist, M	540	352	540	1432	23 Mar 83
Mintz, L	573	281	578	1432	04 Feb 84
Rodriguez, J	573	314	545	1432	01 Feb 86
Lawson, C	600	270	562	1432	18 Nov 87
Caputo, R	556	325	551	1432	06 Feb 88
Braca, J	510	320	600	1430	27 Sep 86
Charles, A	560	330	540	1430	14 Apr 88
Richardson, W	535	285	610	1430	21 Mar 90
Fronzaglia, D	550	360	520	1430	15 Dec 90
Kovaleskie, T	529	341	556	1427	16 Sep 84
Kimura, M	551			1427	05 Mar 90
Williams, R	562	330	534	1427	14 Apr 90
Toins, F	520	290	615	1425	18 May 85
Cavalier, W	501	286	633	1421	05 Jun 82
Miller, K	507	347	567	1421	23 Jun 83
Brown, C	540	363	518	1421	01 Jun 85
McFarland, S	540	314	567	1421	13 Dec 86
Galligan, J	518	352	551	1421	06 Feb 88
Mays, G	560	330	530	1420	89
Hoffman, H	507	308	600	1416	02 Aug 81
Bolin, J	501	341	573	1416	11 Jun 81
Davis, D	556	330	529	1416	26 Sep 81
Gattone, R			534	1416	05 Dec 87
Sumner, K	534	341	540	1416	05 Dec 87
Rhoades, J	470	335	610	1415	75
Lecuyer, P	525	350	540	1415	07 Dec 85

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POWER PROFILE

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

Tokiharu Maeda

as seen by PAUL KELSO in Japan

I got my coat from the hotel "Croak" room - that's what the sign said - and followed the gang down the street and up the alley, past a European style museum and a chinese-roofed bank to the *izukaya* where the Japan Powerlifting Association was having its traditional pre-meet *enkai* - or dinner party. I was in Akita for the Japan Women's Nationals, but this affair was to be men only. The lifters were back at the hotel resting, psyching, or trying to lose weight for the next day's event.

An *izukaya* is a more-or-less working class type establishment which serves a varied menu of sometimes hundreds of dishes while covering the true purpose of the joint - convivial drinking. You can sit at the bar, a table, in a booth, or in a raised platform section along the wall with low tables and tatami mat flooring. Park on the decks, Jack, cross-legged, and just try to stand up after two hours.

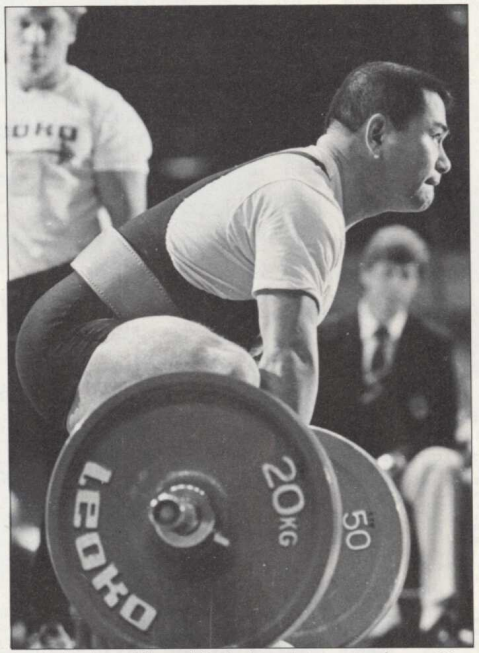
The group included Nakao, Susumu Yoshida, JPA President Saitoh (who's son lifted a the World Juniors in Africa), "Kuz" Itoh - the jolly giant of the North, local referees and gym owners and Tokiharu Maeda. After two years or more in country, I had finally managed to corner the man many Japanese lifters and coaches refer to as "our best lifter." This despite the accomplishments of Inaba and Isagawa, both of whom I have previously sent back stories about.

It's not that I hadn't been looking for Maeda, but rather that he was competing in some meets where we both were present or that one of us didn't show. I interviewed Inaba, with help from my son and Susumu, between rounds and even between lifters at a qualifying contest. Such is Inaba's confidence and personality.

Maeda, on the other hand, is concentrated when lifting and is approached by no one when competing. After many courses of food and rounds and rounds of drinking, I finally cornered him with Susumu's help. I "flashed," as the hippies used to say, on the realization that Maeda had both been avoiding me and was possibly insulted that I had not interviewed him before. Maybe I had violated some pecking order - or, quite likely, he had been reticent because of his lack of English. That last one is a common hang-up.

In any case, we got together. I had been fascinated somewhat during the first hour of the dinner party by Maeda's consumption of very large quantities of *sho-chu*. This is a vodka-like spirit made from sweet potatoes, rice, or even barley and comes in various proofs.

So, here I was at last, with Yoshida translating and pouring, sharing secrets and *sho-chu* (what I do to get a story!) with the man who holds the Japanese records for the two biggest totals ever posted in that country.



***Maeda** the dependable medalist for Japan in international competition, prepares to deadlift at the 1985 I.P.F. World Champions held in Finland.*

840 kg at 90 kg and 842.5 at 100 kg. Yes, I know that's not a sentence, it's just the facts. There's more. He has won the Japanese Men's Nationals 15 times. He has placed 2nd three times at 90 kg at the IPF World Championships, has lifted in seven and has also gathered a 3rd and a 4th that I know of. Has won several Asian and Asia Cup golds. This is a fabulous accomplishment for a non-Western lifter, and, I might add, a completely steroid-free athlete.

He did not begin powerlifting until he was thirty-one. Before I get into his training secrets and dietary philosophy, let me sketch out a quick biography. He is now 47 years old and intends to continue, as does Inaba, in open competition until he is fifty. He competed in weightlifting, olympic style, for three years while a student at Meijo University in Nagoya. He placed fourth in the national collegiates in that sport, and then laid off all training for seven years. He is now a teacher of civil engineering at Meijo University, is married, and has two children - an 18 year old girl and a 16 year old boy who competes in swimming. He got into powerlifting when a professor at his school, who was involved in starting a PL association in Aichi prefecture, asked him to compete. After two years training, Maeda started winning.

Let me digress here a moment and point out that when Japan has Inaba, Maeda, and Nakao all competing in masters meets, some records are going to fall. Longevity is definitely a factor in strength sports here, but I'll get into that later. First, let's talk about Maeda's training.

At this stage in his career, he lifts in no more that 2-3 meets a year. The Japan Nationals, the IPF Worlds, and the Asia Cup every seond year, and an occasional qualifier should he have to miss a contest. He skipped the IPF Worlds in November '91 because of his academic and business pressures. He lays off two or three months after a contest, depending on contest dates.

Maeda trains six days a week, working on each lift separately in intense, brief sessions of one hour or less. Each lift gets a heavy and light day weekly. He trains at the Tomei Athletic Center in Nagoya and says he does "lots" of assistance work. He dismissed any attempts to get details of this training, but informed me that food is his secret.

Now, Maeda has been known to take a drink. He is not an acoholic, you must understand, as when a Japanese is referred to as a "heavy drinker," it is done in admiring tones. Apparently, one must know what to drink, and in combinations with what foods.

Maeda, and other lifters and bodybuilders, believe the Japanese diet to be perfect for their concerns. It is low fat, high protein, with plenty of vitamins because of the wide variety of vegetables - some of which are unknown or unused by the West - and complex carbohydrates from rice, potatoes, fish, tofu, seaweeds, high fiber "mountain vegetables" or weed plant stalks, thirty kinds of mushrooms, huge amounts of miniature egg plants and the infamous "*Natto*" and *Konyakku*. *Natto* is a soybean dish allowed to ferment with a specific strain of bacteria. Most Westerners can't hack it, as it is sticky, stringy, and odorous. It is also high protein, easily digested, and has endurance factors.

I have read published diaries of captured WWII soldiers who reported that their jailers tried to poison them by serving spoiled beans. I responded that way myself, the first time. *Konyakku* is a rubbery mass made from the starch of the devil's tongue plant that has a future career as material for artificial bass fishing worms. The Japanese swear by it as a dietary and digestive aid.

Maeda also swears by vitamin E, amino acids, and an Okinawan herb powder made from the *Ukon* plant. Sold under the brand name "Uchin", and pronounced 'oocheen,' it comes in tablets or powder. It shortens recoverty time between workouts and acts as a liver protector. In fact, it is one of several compounds or extracts commonly taken by Japanese before drinking parties to protect the liver. Maeda believes this powder balances his training. Admittedly a "heavy drinker," Maeda takes a half teaspoon of *Ukon* powder twice a day. He stops drinking completely two months before a contest.

I have attempted to get more information about this herb powder and from what I could learn, it is similar, in function at least, to eleuthrocccus. The scientific name is *Curcuma domestica*, according to my friend's translation from a Japanese botany book. It may be similar to common kitchen ingredients like tumeric. Before you dash off in search of yet another miracle supplement - I do not mean to suggest that you can train for lifting and drink all the booze you want by using *Ukon* on any other liver protector or cleanser.

Maeda's theory in this regard goes farther. He believes whiskey and beer to be bad for lifters and that Japan's beloved *sake* is a no-no. He thinks wine, *sho-chu*, vodka, and tequila are ok, because they are made from a different process! The contradiction is is that *sake* is simply a rice wine, as I understand it. Also, the incredibly successful Inaba, and Isagawa as well, are known as beer men. Maeda has supplied Inaba with *Uchin* in the past.

Maeda looks far younger than his 47 years. I think the definition of "heavy drinker" in Japan is different than in the States, and a little math based on Maeda's training show he doesn't drink at all, or very little, 4 to 6 months a year.

He believes that steroids destroy lifters and points out that several young fellows in his class have come and gone over the years he has competed. Meanwhile, he and other 'doddering ancients' from Japan roll on year after year.

I have been concerned in these dispatches about what appears to be the aging of the Japanese powerlifting community. Six of the elven class winners at the last Japan's Men's Nationals were over 37 and all were over 32. I have concluded that Japanese strength athletes mature late with the prime year for powerlifting to be 40 to 45. This is supported by their own authorities. It is also believed that the Japanese as a racial group are hereditarily deficient in shoulder strength (but strong of hips and thigh) and that is why so may competitors use excessively wide hand spacing and exaggerated arches in the bench.

Changes in the Japanese diet are beginning to alter the national body type. Average height among the younger generations is rocketing up. Tall, slender young people are common. The elderly are quite short as a group - partially from 15 years of poor diet before, during, and after the war years. In fact, the Japanese are historically small; the Chinese characters which more or less spell out "Land of the Rising Sun" were also derisively interpreted as "Land of the Dwarves" by mainland Asians.

The per capita consumption of eggs has increased twelve times that of 1941 and that of milk seven times. Rice intake has fallen by a third. It is a fact that calcium in the diet is still deficient. Most older people do not like milk or cheese. Corn flakes and other cereals with milk and sugar makes them barf.

As far as secrets or magical elixers go, I know of no mysterious oriental compounds that will transform your training. I believe *Ukon* may be helpful and should be investigated by the nutritional community, but there is a tendency in the "health" subculture to go off half-cocked and that should be guarded against.

I am reminded of those who believe in and use Yohimbe and Smilax to enhance their sex lives. Maybe it works. I don't know. The Japanese use red ginseng and a powder made from turtle glands for that purpose. There is a big black market for a powder made from seal penises. Old Southeast Asia hands will tell you tales about Ternum, a drink fermented from rice alcohol and cassava plant for three years before use. It is reported, nay, known, to be hallucinogenic and a rampant aphrodisiac. Maybe some of the Nam vets reading this know it. Its secret is said to be kept to this day by the hill tribes such as the Ka, the Nung, and the Meo. If I could get that secret, I'd retire rich and happy.

To sum up, the longevity of competitive skills among top Japanese lifters is partially hereditary and largely derived from a diet of great variety based on fresh foods with low fat and carcinogenic content. It is not from any secret potions. As I talked to Maeda, I realized he was discussing balance in his life and the discipline to enjoy that life without injury. The lesson here is that continued abuse of the liver and other organs through alcohol or steroids use cannot be rectified or overcome indefinitely by the use of tonics. They can help and restore. They cannot be used as a license to abuse your body with impunity.

Liver protecting or cleansing compounds sold in the Western countries advertise themselves as benefical to athletes coming clean from steroid usage. I'd be thrilled to learn that they could be useful to recovering alcoholics. I think the potential of *Ukon* should be identified. But no one should get the idea that using these formulas allows them to safely overuse alcohol, or continue stacking God-Knows-What, from the information we now have. Of course, if such a substance is found, then a monstrous cat will be out of the bag.

Let's get it straight. Maeda is a moderate who enjoys his social life and has found a balance in his lifestyle and habits that works for him. It must, as he currently holds six Japan open records and a likely number of Asian records. He's doing something right.

About The Author: Paul Kelso has been teaching English in Japan in recent years and following the local lifting scene, just as he did in Texas, when he taught English and followed the local lifting activity there.

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165 lb./75 kg.

for USA lifters competing January 1991 to December 1991

	SQUAT	BENCH	DEADLIFT	TOTAL
1	705 Crain, R...12/4/91	490 Courtney, W...3/9/91	672 Culberson, T...4/27/91	1747 Crain, R...12/4/91
2	700 Calmese, A...9/28/91	470 Werner, S...1/12/91	672 Ricks, D...11/14/91	1741 Ricks, D...6/22/91
3	699 Perez,...11/21/91	465 Morrison, E...4/13/91	672 Crain, R...12/14/91	1730 Perez,...11/21/91
4	666 Ricks, D...6/22/91	451 Decourt, B...11/16/91	650 Maslow, L...2/23/91	1669 Sardo, D...7/6/91
5	661 MacLean, M...11/21/91	440 McWilliams, A...9/14/91	650 Eiseman,...5/31/91	1665 Beavers, M...2/23/91
6	650 Beavers, M...2/23/91	440 Stapleton, T...10/5/91	644 Rosciglione, J...7/26/91	1653 MacLean, M...11/21/91
7	650 Sardo, D...4/6/91	435 Weil, R...7/6/91	617 Barbour, K...8/17/91	1631 Rosciglione, J...7/26/91
8	644 Rosciglione, J...7/26/91	435 Perez,...11/21/91	612 Cahill, A...11/21/91	1630 Calmese, A...3/30/91
9	644 Rowland,...11/21/91	430 Warr, G...5/18/91	611 Beavers, M...6/22/91	1625 Rowland,...11/21/91
10	639 Nulman, A...2/28/91	425 McCormick, L...4/27/91	606 Dutil, T...3/16/91	1620 Culberson, T...4/27/91
11	639 Dial, C...11/23/91	424 Sardo, D...7/6/91	606 Hollnagel, R...5/19/91	1600 St Laurent, M...3/30/91
12	630 St Laurent, M...3/30/91	420 Dominelli, G...3/9/91	606 Moore,...11/30/91	1592 Grider, W...2/2/91
13	628 Maslow, L...7/6/91	415 Johnson, B...3/9/91	605 Jackson, K...2/16/91	1590 Maslow, L...2/23/91
14	628 DeCrescenzo,...7/6/91	415 Witley, G...3/9/91	605 MacLean, M...3/30/91	1576 DeCrescenzo,...7/6/91
15	628 Murray, L...8/24/91	413 Ricks, D...6/22/91	605 Wahl, B...6/15/91	1570 Nulman, A...2/28/91
16	622 Grider, W...2/2/91	413 Rowland,...11/21/91	605 Butler, W...12/14/91	1565 Dutil, T...3/16/91
17	617 Randolph, A...2/9/91	410 Proya, T...2/16/91	600 Grider, W...2/2/91	1540 Wood, J...5/19/91
18	617 Berardinelli, A...11/9/91	410 McCoy, C...8/31/91	600 Thomas, K...2/28/91	1540 Murray, L...11/23/91
19	615 Wahl, B...6/15//91	407 Beavers,... M...6/22/91	600 St Laurent, M...3/30/91	1537 Berardinelli, A...11/9/91
20	615 Guzman, Q...11/23/91	405 Franklin, T...8/10/91	600 Hadnot, A...4/20/91	1535 Galligan, J...10/26/91
21	606 Dutil, T...3/1/91	405 Hockenberry, K...8/31/91	600 Cirigliano, R...5/8/91	1530 Stapleton, T...5/11/91
22	606 Ferguson, J...5/11/91	405 Norton, S...8/31/91	600 Thompson, N...10/19/91	1530 Guzman, Q...11/23/91
23	605 Blanchard,...1/13/91	405 Couch, R...9/22/91	600 Shocket, S...11/8/91	1520 Wahl, B...6/15/91
24	600 Culberson, T...4/27/91	405 DeMatteo,...10/19/91	595 Murray, L...8/24/91	1515 Dial, C...11/23/91
25	600 Stapleton, T...5/11/91	402 Randolph, A...2/9/91	595 Perez,...11/21/91	1510 Friday, S...11/16/91
26	600 McCullon,...10/12/91	400 Leman, S...2/2/91	590 Brumbak, C...11/30/91	1500 Thompson, N...10/19/91
27	600 Galligan, J...10/26/91	400 Jackson, G...5/18/91	589 Underson,...4/26/91	1500 Robinson, S...12/14/91
28	600 Hammer, E...11/23/91	400 Jones,...6/91	585 Wilson,...5/91	1499 Eiseman,...5/31/91
29	600 Robinson, S...12/14/91	400 Roberts,...6/91	585 Lafoy, B...9/21/91	1499 Sacco, P...8/3/91
30	595 McCone,...5/31/91	400 Blattenberger, D...7/27/91	584 Nulman, A...2/28/91	1490 Thomas, K...8/10/91
31	595 Brady, T...6/22/91	400 Jackson, K...11/2/91	584 Sardo, D...7/6/91	1488 Williams,...5/11/91
32	585 Gauthier, D...4/27/91	400 Masher, J...11/17/91	584 Zamora, L...9/15/91	1488 Hammer, E...11/23/91
33	585 Wood, J...5/19/91	395 Gaffin, J...1/20/91	584 Lifschitz, M...9/21/91	1485 Jackson, K...2/16/91
34	584 Williams,...5/11/91	395 Paquette, T...2/9/91	580 Calmese, A...3/30/91	1482 Brady, T...6/22/91
35	584 Matte, K...8/10/91	395 Friday, S...11/16/91	580 Wood, J...5/19/91	1475 Rodriguez, R...10/19/91
36	580 Palmer, T...4/6/91	395 Lee, S...12/14/91	575 Blount, R...4/27/91	1471 Ferguson, J...5/11/91
37	580 Sacco, P...5/19/91	391 MacLean, M...11/21/91	575 Leno, L...6/29/91	1460 Green,...1/20/91
38	580 Denton, T...5/19/91	390 Russell, L...6/1/91	575 Casey, L...9/28/91	1460 Pillitiere, D...11/23/91
39	580 Brumback, C...11/30/91	390 Thomas, K...8/10/91	573 Chong, B...3/2/91	1455 Sumner, K...7/26/91
40	578 Galloway, T...4/27/91	390 Marcinkowski, K...10/12/91	573 Arterberry, D...4/27/91	1455 Cahill, A...11/21/91
41	575 Redmon, F...3/9/91	390 Taylor, M...11/9/91	573 Hundley, D...5/18/91	1455 Brumback, C...11/30/91
42	573 Broussard, B...4/27/91	385 Corero-Viera, M...2/10/91	573 Waldrop, M...5/25/91	1455 Moore,...11/30/91
43	573 Lambert, K...7/13/91	385 Wilson, D...2/16/91	573 McCone,...5/31/91	1450 Jones,...6/91
44	573 Johnson,...9/21/91	385 Calmese, A...3/30/91	573 Brady, T...6/22/91	1449 McCone,...5/31/91
45	573 Schimmel, S...10/12/91	385 Carbone, J...4/27/91	573 Decrescenzo,...7/6/91	1445 Arterberry, D...1/5/91
46	573 Ewaldsen, M...11/23/91	385 Bell, C...5/4/91	573 Sacco, P...8/3/91	1445 Denton, T...4/13/91
47	570 Green,...1/20/91	385 Stephenson, M...6/23/91	573 Ackerman, T...8/18/91	1440 Roberts,...6/91
48	570 Thompson, N...10/19/91	385 Boughn, B...7/27/91	573 Sheridan, J...11/3/91	1440 Miller,...12/4/91
49	570 Friday, S...11/16/91	385 Persinger,...9/21/91	573 Pillitiere, D...3/23/91	1438 Shocket, S...6/22/91
50	562 Sielawa, S...2/24/91	380 Mele,...1/19/91	570 Galligan, J...2/16/91	1435 Blanchard,...1/13/91
51	562 Eiseman,...5/31/91	380 Cooper, S...1/26/91	569 Rodriguez, R...10/19/91	1435 Gauthier, D...4/27/91
52	562 Sumner, K...7/26/91	380 McNeil, S...2/9/91	567 Sumner, K...7/26/91	1432 Sielawa, S...2/24/91
53	562 Postiy,...11/21/91	380 Spencer, D...2/16/91	567 Rowland,...11/21/91	1432 Chong, B...3/2/91
54	562 Pillitiere, D...11/23/91	380 Nakato, J...5/4/91	565 Hadacek, M...5/18/91	1430 Johnson, B...3/9/91
55	562 O'Neal,...11/30/91	380 Flores, G...5/18/91	562 Randolph, A...2/9/91	1430 Wilson,...5/91
56	556 Himmelberger,...2/28/91	380 Campos, M...6/15/91	562 Schmal, M...3/1/91	1430 Lafoy, B...9/21/91
57	555 Leeper, C...2/23/91	380 Green, C...7/27/91	562 Boysen,...5/4/91	1427 Hadnot, A...4/20/91
58	551 Hunter, J...1/12/91	380 Powers, W...8/10/91	562 Ferguson, J...5/11/91	1427 Cirigliano, R...5/18/91
59	551 Rodriguez, R...2/24/91	380 Dorsey, T...9/29/91	562 Lambert, K...7/13/91	1427 Johnson,...9/21/91
60	551 Gambles,...2/28/91	380 Sapien, R...10/26/91	562 Hill,...10/26/91	1427 McCullon,...10/12/91
61	551 Coffman,...2/28/91	375 Cook, T...2/10/91	562 Dial, C...11/23/91	1422 Schmal, M...3/1/91
62	551 Telecky,...2/28/91	375 Galligan, J...2/16/91	560 Segus, R...2/16/91	1421 Underson,...4/20/91
63	551 Chong, B...3/2/91	375 Wood, J...5/19/91	560 McGee, E...3/9/91	1420 Rinaldi, V...6/15/91
64	551 Wade, R...3/23/91	375 Ackerman, J...6/1/91	560 Denton, T...4/13/91	1420 Garafalo, R...8/3/91
65	551 Inamine, L...3/30/91	375 Clapp, J...6/15/91	560 Garafalo, R...8/3/91	1416 Edmonds, C...3/23/91
66	551 Hadnot, A...4/20/91	375 Kester, M...7/20/91	556 Kutin, E...8/17/91	1416 Palmer, T...3/23/91
67	551 Shocket, S...6/22/91	375 Ireland, P...7/28/91	556 Garcia, J,...9/29/91	1415 Casey, L...9/28/91
68	551 Dittler, K...6/22/91	375 Schmitz, D...8/24/91	555 Guthrie, G...9/14/91	1410 Gambles,...2/28/91
69	551 Baker, C...11/23/91	374 Chamberlain,...1/19/91	555 Arnold,...10/5/91	1410 Garcia, J...9/29/91
70	550 Arterberry, D...1/5/91	374 Dutil, T...3/16/91	551 Berardinelli, A...2/9/91	1410 Cahoe, B...12/7/91
71	550 Sechuest, M,...3/9/91	374 Decrescenzo,...7/6/91	551 Edmonds, C...3/23/91	1405 Papiolek, F...3/23/91
72	550 Karam, D...5/19/91	370 Schappacasse, J...1/12/91	551 Brent, B...5/18/91	1405 Hollnagel, R...5/19/91
73	550 Street,...6/91	370 Petruziolo, D...2/10/91	551 Christian, J...5/18/91	1405 Lambert, K...7/13/91
74	550 Wilcox, W...8/10/91	370 Harrais, J...2/23/91	551 Johnson,...9/21/91	1405 Matte, K...8/10/91
75	550 Larson, M...12/7/91	370 Spires, K...2/23/91	550 Burns,...1/26/91	1405 Zamora, L...9/15/91
76	545 Hollnagel, R...6/22/91	370 St Laurent, M...3/30/91	550 Venable, D...3/2/91	1400 Sechuest, M...3/9/91
77	540 Fowler, M...1/12/91	370 Fronzaglia, D...4/13/91	550 Selby, J...3/9/91	1400 Umble, S...3/9/91
78	540 Coreno, L...2/9/91	370 Mackay, N...4/27/91	550 Colitzas, B...3/16/91	1400 Carbone, J...4/27/91
79	540 Papiolek, F...3/23/91	370 Adkins, R...8/10/91	550 Paine, T...3/23/91	1400 Arnold,...10/5/91
80	540 Smith, A... 3/24/91	370 Lnycha, W...8/31/91	550 Montgomery, E...4/20/91	1400 Guthrie, G...10/19/91
81	540 McCarthy, M...7/27/91	370 Bruce, S...12/14/91	550 Jackson, D...4/27/91	1399 Corena, L...2/9/91
82	540 Peach, T...9/21/91	369 Grider, W...2/2/91	550 Flores, G...5/18/91	1399 Inamine, L...3/30/91
83	540 Garcia, J...9/29/91	369 Coreno, L...2/9/91	550 Jones,...6/91	1399 Williams, R...8/13/91
84	540 Moore,...11/30/91	369 San Augustin, M...3/23/91	550 Max, P...9/14/91	1395 Redmon, F...3/9/91
85	540 Miller,...12/4/91	369 Prew, J...7/27/91	550 King, S...9/21/91	1395 Wilcox, W...8/10/91
86	540 Henley,...12/4/91	369 Anderson, K...8/13/91	550 Poole, O...9/21/91	1394 Dittler, K...6/22/91
87	535 Zeimet, B...3/91	369 Rodriguez, R...10/19/91	550 Guzman, Q...11/23/91	1390 Zeimet, B...3/91
88	535 Morris, G...5/11/91	369 Cumberland, R...11/2/91	550 Robinson, S...12/14/91	1390 Street,...6/91
89	535 Garafalo, R...8/3/91	369 Berardinelli, A...11/9/91	545 Sielawa, S...2/24/91	1388 Broussard, B...2/28/91
90	535 Honda, P...9/91	369 Crain, R...12/14/91	545 Register, K...3/23/91	1385 Leeper, C...2/23/91
91	535 Cahill, A...11/21/91	365 Schendler, M...1/26/91	545 Boyd,...5/18/91	1385 Honda, P...9/91
92	535 Jordan,...12/91	365 Stamey, T...2/9/91	545 Gauthier, D...4/27/91	1383 Smith, A...3/24/91
93	534 Boyd,...11/9/91	365 Fox, J...2/10/91	545 Shifrin,...8/24/91	1383 Waldrop, M...5/25/91
94	530 Malave,...3/91	365 Flinn, M...2/17/91	545 Friday, S...11/16/91	1383 Schimmel, S...10/12/91
95	529 Register, K...3/23/91	365 Shelhamer, M...4/7/91	540 Brown, B...1/12/91	1383 O'Neal,...11/30/91
96	529 Hundley, D...3/24/91	365 Ely,...4/13/91	540 Green,...1/20/91	1380 Venable, D...3/2/91
97	529 Williams, R...8/13/91	365 Potestei, V...4/27/91	540 Forte, F...1/26/91	1380 Flores, G...5/18/91
98	520 Easton,...10/12/91	365 Haynes, J...5/18/91	540 Coffman,...2/28/91	1380 McCarthy, M...7/27/91
99	529 Coceres,...11/16/91	365 Natale, J...5/25/91	540 Wilson, D...3/1/91	1380 Ackerman, T...8/5/91
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NEXT MONTH...TOP 181s

Corrections: Pete Gisondi's lifts of 725 460 615 1800 at SHW should have appeared on the results of the ADFPA Central Pennsylvania Championships. Steve Elgin's deadlift at the WPC Worlds was 710 lbs. rather than the 705 published in the meet statistics. On the All Time TOP 100 132 lb. list, corrections include the spelling of Andy Rettenmaier's name and the date of his lifts to 25 MAR 83. P. Payne and W. Payne one the list are one in the same, so the 100th position now includes C. McCoy 450 260 505 1215 09 Mar 91. Send any corrections you find to our ranking lists to "ERRORS", Box 467, Camarillo, California 93011.

Rickey Dale Crain is one of the top ranked lifters on this month's list.

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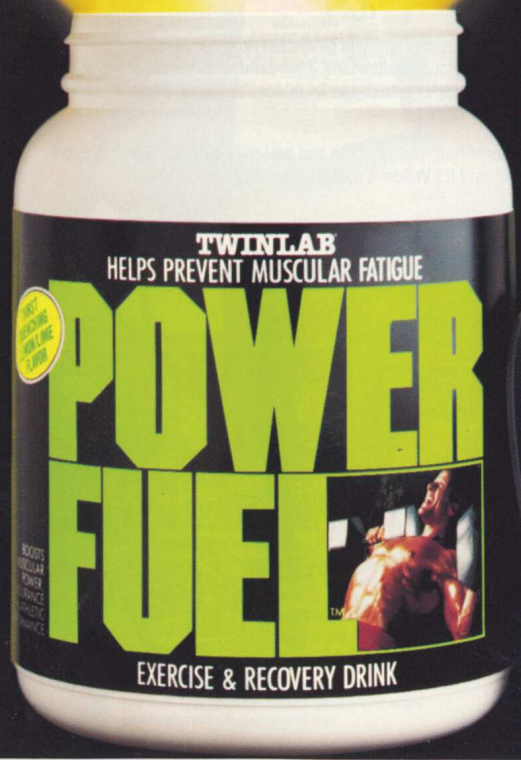

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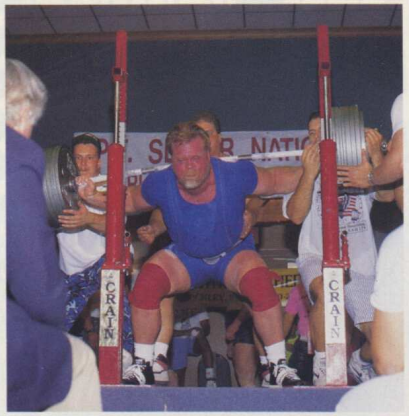

John Ware. 1,000 squatter, World Record Holder, 2,427 lb total! (pictured with custom tailored dual quad)

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LETTER FROM THE APF PRESIDENT

Drug testing is the hot topic of the athletic world and has been for some time. Anabolic steroids as we all know, are currently on the list of controlled substances. The APF has always taken a stand against the use of anabolic steroids and other prescription ergogenic aids. On the other hand, the APF has always stood fundamentally for the rights of the individual athlete. Drug testing has always been an infringement on the personal and civil liberties as well as the dignity of the athlete. Current drug testing precision, as well as the patterns of society have reached a point where it is now feasible and necessary to institute drug testing language into the APF and WPC bylaws. The APF feels that it is imperative that the rights of the individual athlete be maintained at all cost. It is therefore the task of the APF to institute fair and reasonable language into the bylaws. This language must guarantee that the dignity, careers, and reputations of the lifters will not be at risk. Powerlifting is an amateur sport and lifters spend time, money, and sweat to participate in their hobby. If drug testing will seek to eliminate the athletes using banned strength enhancing substances, then the bylaws must prevent this course of action from becoming a public and media punitive witch hunt. The language must insure that every athlete, even those caught using banned substances, will return home with their careers, reputations, and rights as individual citizens protected. We are not highly paid professional athletic entertainers, who gave up a fair amount of their privacy in return for their celebrity. We should not fear false positives nor should we fear the "witch hunt" attitudes and labels of other organizations. The APF stands for participation in powerlifting for enjoyment, camaraderie, and personal achievement. We will provide our athletes with a pleasurable environment even under the scrutiny of a drug tested meet. We want each and every athlete to know that when they participate in our meet, they will enjoy the highest quality meets under fair drug restricted conditions. As language is determined, I will be writing in *PL USA* with the restrictions and conditions. I want to take a moment to ask everyone interested in powerlifting to write me with their questions, concerns, gripes, requests, and suggestions. I will make every effort to address the concerns of all conscientious individuals. It is time for powerlifting and those of us in love with the sport to get our S--T together and create an environment that we can all enjoy. Good Luck and Good Lifting. APF President - Greg Reshel, 2197 S. Kinnickinnic Suite 801, Milwaukee, WI 53207.

P.S. The seven lift meet has inspired controversy in the powerlifting community. The seven lift meet was brought forward to help infuse more life and practicality into the sport. Our meets need to move more quickly to be appreciated by spectators and thereby to be sought out by the televised media. The seven lift meet adds a dimension of strategy and uncertainty to our meets that will serve to sharpen our competitors and will make the best in our sport strive for greater athletic proficiency. There is some misunderstanding relative to the format of a seven lift meet. I will first strive to add clarity through simplicity and then I must ask every interested party in the athletic community to cast their vote. Should the APF 1992 Senior Nationals be held as a five-lift meet, a seven-lift meet, or a nine-lift meet. Please vote and mail the cut out ballot to: Greg Reshel - APF President - 2197 S. Kinnickinnic Ave., Suite 801, Milwaukee, WI 53207. The seven lift meet runs exactly the same as a nine lift meet that is run under the round system. There is one functional rule change. Every competitor must use two passes, two passed attempts, during the course of the nine lift meet. These two passes are declared at the table in the one minute that is allotted by the rules for declaring attempts. To declare a pass you would simply go to the table and declare pass instead of giving the weight of your next attempt. In the deadlift the pass will act the same as any other declared attempt under the rules of deadlift attempts and changes allowed. Simply the lifter is allowed nine lifts in the meet but two attempts would be declared as a pass. (The five lift meet would act the same as a nine lift meet but would have a mandatory four passes.)

Should the 1992 APF Senior National Championships be run as:

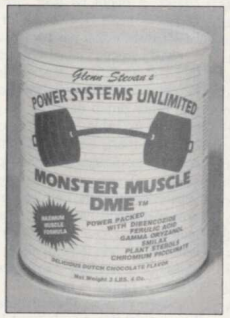
- FIVE LIFT MEET _____

- SEVEN LIFT MEET _____

- NINE LIFT MEET _____

Check one and mail response to Greg Reshel - APF President - 2197 S. Kinnickinnic Ave. Suite 801, Milwaukee, WI 53207.

Bulletin Board ... Stella Herrick has arrived at the new format for Women competitors in the **IPF World Junior and Masters Championships** to be contested on September 3rd through 8th in Sydney, Australia. It will be similar to the format used in the last World Games, with 3 weight groupings, with the competition within each grouping being conducted via Malone Formula. 6 lifters will be allowed, per nation, with a maximum of 2 per weight group category. IPF World Records for Women in the new categories will be recorded beginning with the championship meet in September. - "George Herring is distributing what I think he calls **"Suit Slippers"**, which are actually slick leggings that you put on before you put on your suit, and which really eases putting on the suit significantly. This can save many minutes, several blisters, and a lot of curses, while putting on a tight suit. Anyone who is interested in these should contact George Herring at 3066 Nuptial Lane, Lawrenceville, GA 30244. From the perspective of the Sports Medicine Committee, this is probably the first innovative, safety-producing, and efficient device I've come upon in a long time" *Richard T. Herrick M.D.* - All IPF and USPF National Referees are reminded that the period for **Referee re-certification** began 1 January 1992. Contact Don Haley, Chairman of the USPF Referees' Committee, 12101 Reagan St., Los Alamitos, CA 90720 for details (Ph. 310-596-2085) - "This is official notification of my withdrawal of my candidacy for the office of Vice President of the USPF. I am now announcing my candidacy for the office of **President of the USPF**" *Respectfully, Sandy King* - "I hereby declare my candidacy for **Treasurer of the USPF**" *John Inzer* - "Bob Fortenbaugh would like to be considered on the ballot for the position of **treasurer** at the upcoming election in July of 1992" *Bob Fortenbaugh.* - "John Black would like to be considered for the ballot of **vice-president** at the upcoming USPF election in July of 1992" *John Black* - "The 1992 **USPF National Masters** will be drug tested. The first three place winners of all categories will be sampled, and random specimens among these may be tested. All competitors who express a desire to be on any of our Masters' World Teams MUST be sampled. For the 1992 Championships, the only sanctions for a positive drug test will be loss of position on the USPF World Team. These specimens may be tested for: testosterone\epitestosterone ratio, anabolic steroids, narcotics, stimulants, diuretics, and probenecid." - from Richard T. Herrick, USPF.



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LIVER FUNCTION TESTS
HOW TO UNDERSTAND THEM

as told to Powerlifting USA by BRENT ALLEN, Author of "Power Research on the Side-Effects of Anabolic Steroids"

The liver is located in the upper part of the abdomen on the right side. It is one of the most important organs in the body. It's functions include: detoxification system for the body; numerous processes involving the conversion of food for energy/growth/repair including the regulation of blood sugar levels; and the secretion of bile which assists in digestion of fats; production of HDL's & VLDL's and the destruction of LDL's. At rest the liver receives about 30% of the total blood supply. As you can see the liver has a wide range of responsibilities.

Many liver function tests simply detect a level of a certain enzyme. When there is damage to a specific organ it results in a higher level of that enzyme in the blood. Tables 1-5 list relative enzyme levels in specific organs.

CPK (CK) (Creatine Phosphokinase/Creantine Kinase) = (normal < 225) is a test for muscle, brain and/or heart tissue breakdown (strength athletes usually have very high levels). There are subsections to this test specific to each of these areas. Causes for high levels are: heart attack (150-2000); stroke; intramuscular injections; muscle disease (as in muscular dystrophy 370+); a low output of thyroid; and intense physical activity (the higher the intensity - the higher the CPK value). I have read of one value being as high as 7000. This person suffered a heart attack the day after a powerlifting contest ("Champion of Champions" by Larry Pacifico, page 413). Peak levels are 24-48 hours after intense exercise. If you were wondering, there is no relationship between CPK levels and delayed muscle soreness. Higher in males. See Table 1 for the CPK distribution per organs.

SGOT (Serum Glutamic Oxaloacetic Transaminase or Aspartate Aminotransferase) = (normal < 45) an elevated level can suggest tissue breakdown to skeletal muscles (as in heavy strength training but never more than 50% over a normal value), heart (as in a heart attack), liver (as from steroids), kidney, and bones. See Table 2 for the SGOT distribution per organ.

SGPT (Serum Glutamic Pyruvic Transaminase or Alanine Aminotransferase) = (normal is less than 40). An elevated level in this enzyme might be from heavy strength training, but seems to be more specific to liver damage than SGOT. If SGPT is higher than SGOT when both are elevated there is a greater chance it might be liver disease. Higher in males. See Table 2 for the SGPT distribution per organ.

LDH (Lactic Dehydrogenase) - (normal 80-225) an elevated level indicates skeletal muscle, liver, heart, and other organ damage. As you can see in Table 3, LDH is contained in many organs and a high elevation could indicate several possibilities. There are 5 isoenzyme subsections that can help isolate the area of damage. Elevated in intense exercise; liver, cancer; hepatitis (2 x normal); muscle inflammation; cirrhosis (2 x normal); heart attack. Naturally higher in males.

AP (Alkaline Phosphatase) = (normal 30-95) An elevated level can indicate liver, damage. If there are no high values in other liver function tests, it could possibly indicate bone disease. Heavy weight workouts do not affect this enzyme. See Table 4 for the AP distribution per organ.

Table 5 lists levels of all of the above enzymes in relative units. A reading of 100% lists the highest amount of a enzyme detectable for that enzyme in all tissue. An example is SGPT. It has the highest detectable level in the liver (100%) with small relative amounts in everything else (10%, 4%, 8%, 0.2%, & 0%). On the other hand LDH has high amounts of it's enzyme in many different organs.

BUN (Blood Urea Nitrogen) = (normal 9-24) an elevated level can indicate a high protein intake or excessive protein breakdown.. A low level can indicate liver damage.

Creatinine = (normal .7-1.5) an elevated level can indicate impaired kidney function.

Estradiol = (normal < .22) is the most potent form of the female sex hormone estrogen. Increases in estradiol over normal levels can indicate liver disease and also contributes to gynecomastia. If gynecomastia develops, liver disease "may" be present.

GGT (Serum Gamma-Glutamyl Transpeptidase) = (normal 9-38) an elevated level suggests liver damage which is generally accompanied by either a high AP value or high SGOT and SGPT values. This liver enzyme seems to be fairly steady, so extra caution should be used when elevated.

HDL (High Density Lipoproteins) = (normal 35) this is the "good" cholesterol which helps remove fatty deposits from the vessels. HDLs are made in the liver.

LDL (Low Density Lipoproteins) = (normal < 135) this is the "bad" cholesterol which deposits fatty substances in vessels. LDL's are created from VLDL's (very low density lipoproteins) which have lost some of their fat. LDL's are destroyed by the liver.

Total Bilirubin = (normal .2-1.2) an elevated level can indicate liver dysfunction (jaundice). Bilirubin is a form of bile in the blood. When jaundice occurs the liver cannot breakdown bilirubin, therefore it "builds-up" in the blood stream. Since bilirubin is yellow in color, the high level turns the skin and the whites of the eyes a yellowish color.

Oral steroids put more "wear-and-tear" on the liver. This extra "wear-and-tear" is because their structure (17-alpha-alkylated) has been altered to make them more active in the human body. This in turn causes the steroid to become more concentrated in the liver, much earlier, and in a greater quantity than injectable steroids.

One word of advice is if you "must" use anabolic steroids, have several liver function tests done during a steroid-free heavy training period(s). This will help determine "your" average baseline levels for each test. Also, try to get your blood test done as many days after a heavy workout as possible and try to always wait the same number of days. In addition try to always use the same laboratory because blood test values can differ from laboratory to laboratory. This will help tremendously in the accuracy of reading your blood tests. Remember the more (skeletal) muscle you have, the more (skeletal) muscle tissue breakdown that can show up on some of the liver function tests. To get a better overall look at what liver function tests look like in steroid and non-steroid using athletes as well as weightlifters and non-weightlifters, see Table 6. This table includes lists from my personal research as well as many other medical studies done in this area.

In conclusion, look at the total picture. Sometimes there is a logical explanation for a high level in one or two enzymes, as in skeletal muscle trauma from a heavy workout. Although HDL's, LDL's and estradiol are not usually used in determining liver dysfunction, I like to look at these values just to get that "total picture" since these values are influenced by the liver.

TABLE 1
TISSUE CONTENTS OF CPK

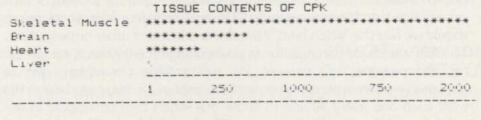

TABLE 2
SGOT & SGPT LEVELS IN DIFFERENT ORGANS

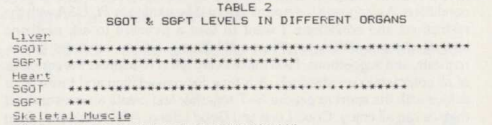

TABLE 3
LDH ACTIVITY IN TISSUE

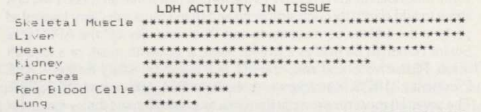

TABLE 4
DISTRIBUTION OF AP IN TISSUE

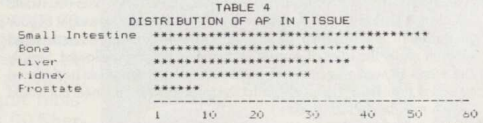

TABLE 5
ENZYME DISTRIBUTION IN DIFFERENT ORGANS
EXPRESSED IN RELATIVE UNITS
(100% = maximum amount per each enzyme)

	LDH	SGPT	SGOT	AP	CPK
Skeletal Muscle	100%	10%	61%	-	100%
Liver	99%	100%	100%	78%	< 0.1%
Kidney	72%	4%	17%	68%	< 0.1%
Heart	64%	8%	86%	-	17%
Red Blood Cells	24%	0.2%	1%	-	-
Bone	-	-	-	100%	-

Tables 1-5 Adapted from "Determinations of Serum Enzymes" D.L. Miller, V.W. Rodwel, Beckman Instruments Inc., 1974.

TABLE 6
GROUP AVERAGES OF LIVER FUNCTION TESTS
(all subjects were men)

GROUP	SGOT	SGPT	GGT	LDH	Creat-inine	AP	Total Bil.	BUN	CPK
norms	<45	<40	9-38	80-225	.7-1.5	30-95	.2-1.2	9-24	<225
All steroid	49.3	75.1	13.6	240	1.4	112	.7	16.9	1017
using	133	93	44	43	47	31	28	27	15
weightlifters	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.
Bodybuilders	67.3	128	13.6	256*	1.3	105	.7	16.7	1025*
(using ster-	19	18	15	16	17	17	19	17	9
roids)	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.
Powerlifters	42.9	55.7	7.7*	225*	1.1	91	.8	17.3	1087*
(using ster-	13	13	8	9	10	10	10	10	5
roids)	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.
Weightlifters	32.2	21.2	20.0*	205	1.5*	133	.6	19.0	200*
(no ster-	34	23	5	9	1	6	2	2	1
roids)	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.
Non-weight-	23.0	33.4*	--	158*	1.1*	--	--	--	--
lifters (no	29	7	0	15	7	0	0	0	0
steroids)	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.	sub.

NOTE: the bodybuilder and powerlifter groups were carefully selected because many medical studies use the word "bodybuilder" for a catch-all term for anyone that lifts weights; sub. = is the number of subjects surveyed; * = all subjects were from the same study;

If you have any comments or questions about this article or my book (see advertisement) please send them to: Research Enterprises, P.O. Box 2349, San Marcos, Texas 78667 or call (512) 353-7743.

KEY WORD DEFINITIONS:
Cholestatic Jaundice = is a high bilirubin level and the depositing of bile in the skin (which causes the skin and the white part of the eyes to turn a yellowish color) resulting from an abnormal flow of bile. This condition is usually accompanied by elevated levels of AP, total cholesterol (or LDL's), and total bilirubin.
Bile = a fluid secreted by the liver which is needed to digest fats.
Cholestasis = the stoppage or reduced flow of bile which is directly or indirectly related to liver function.
Hepatitis = inflammation of the liver. This inflammation can be caused by 3 different types of viral disease. Symptoms can involve fever, nausea, vomiting, exhaustion, loss of appetite, and jaundice.

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15.	Liver 2000 with B-12 — Energy	325	19.95	11.00	10.00	9.00	8.00		
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19.	Dibencozide 10 mg. Tablets with Intrinsic Factor, Ferulic Acid 50 mg.	100	39.95	19.00	17.00	16.00	15.00		
20.	Dibencozide 10 mg. with Intrinsic Factor, Ferulic Acid 50 mg.	2 oz.	39.00	14.50	13.50	12.50	12.00		
21.	Deca Boron Capsules, Serenoa, Smilax, Gamma, Orchic, Boron	100	24.00	12.00	9.00	8.00	7.00		
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32.	Weight Gain 2025 Calorie Vanilla Flavor	50 oz.	32.00	17.50	14.25	13.25	12.25		
33.	Metabolic Optimizer III with Dibencozide, Chromium Picolinate, Gamma Oryzanol, Ferulic Acid, Plant Sterols, Smilax Officinalis & Boron	32 oz.	24.00	17.75	14.75	13.75	12.75		
34.	Super Carb Complex — Fast energy	34 oz.	19.95	11.25	8.25	7.25	6.25		
35.	Bodyfast — Low Calorie Drink with L-Carnitine — Vanilla	24.8 oz.	24.00	12.50	9.25	8.25	7.25		
36.	Milk & Egg Protein	16 oz.	19.95	11.95	8.45	7.45	6.45		
37.	Hot Energy	16 oz.	24.00	17.00	14.50	13.50	12.50		
38.	Hot Energy	32 oz.	45.00	33.50	28.50	26.50	24.50		
39.	Chromium Picolinate 200 mcg. Patent No. 4315927	100	9.95	9.95	6.75	5.75	4.75		
40.	Chromium Picolinate 1000 mcg. Patent No. 4315927	100	29.95	21.00	19.00	16.85	14.85		
41.	B-Cyclodexotrin Forte - Anabolic Capsules	30	19.95	14.50	11.50	10.50	9.50		
	BRIDGES SUITS, I, II, III, NEW WRAP 16, POWERBELTS, ETC.								
42.	Video Instructional Tapes of 7 Time World Champion Mike Bridges — #1 Bench Press, #2 Squat, #3 Deadlift, #4 Mental Muscle, #5 Mike Up Close, #6 Beginning Weight Training	50 Min. Approx.	49.95	39.95	Pick 3 105.00	All 6 199.00			
43.	Bodybuilding by Mr. Universe Danny Pudilla — #1 Chest, #2 Back, #3 Shoulders, #4 Thighs, #5 Calves, #6 Biceps, #7 Triceps, #8 Abdominals, #9 Posing, #10 Diets	50 Min. Approx.	49.95	39.95	Pick 3 105.00	Pick 6 192.00	All 10 299.00		
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51.	BridgesSuit I - Maroon, Royal, Navy — Guarantee Available	18-58	59.95	59.95	52.50	48.00	45.00		
52.	BridgesSuit II - Maroon, Royal, Navy — Guarantee Available	18-58	36.00	33.00	29.50	26.00	24.50		
53.	BridgesSuit III - Black, Red, Royal - Lycra Sparkle Fabric	S-M-L-XL-XXL	29.95	24.00	22.50	21.00	19.75		
54.	Super Deluxe Stainless Steel Seamless Roller Buckle Belts — Any Color - 4" Wide, 13 mm Thick	When ordering any of our belts please send your color choice and waist size.	88.00	78.00	65.00	60.00	55.00		
55.	Super Deluxe Lever Action II Latch Belts — Any Color - 4" Wide, 13 mm Thick		79.00	61.00	56.00	53.00	49.00		
56.	Powerlifting Belt, Three Tone Color, 13 mm Thick, 10cm Wide - Any Color		69.00	60.00	52.00	50.00	48.00		
57.	Powerlifting Belt, Two Tone, 13mm Thick, 10cm Wide - Any Color		69.00	60.00	52.00	50.00	48.00		
58.	Powerlifting Belt, One Color, 13mm Thick, 10cm Wide - Any Color		65.00	59.00	48.00	46.00	44.00		
59.	Powerlifting Belt, Leather Only, 10 mm Thick, 10 cm Wide		29.00	21.00	18.50	17.50	16.50		
60.	Bodybuilding Belt, Leather Only, One Color, 2½" Front, 4" Back		21.00	18.50	15.50	14.50	13.50		
61.	Bodybuilding Belt, Suede Front, 2½" Front, 4" Back, Any Color		29.95	23.50	20.50	19.50	18.50		
62.	Bodybuilding Belt, Leather Only, 2½" Front, 6" Back, 10mm Thick		29.95	26.00	23.00	19.50	18.50		
63.	Dipping Belt, Leather Only, Chain Front, 10 mm Thick	One Size Fits All	26.00	23.00	20.00	18.50	18.00		
64.	Deadlift Hand Straps, Extra Wide-Cotton Sewn	Pair	6.00	4.50	4.00	3.00	2.00		
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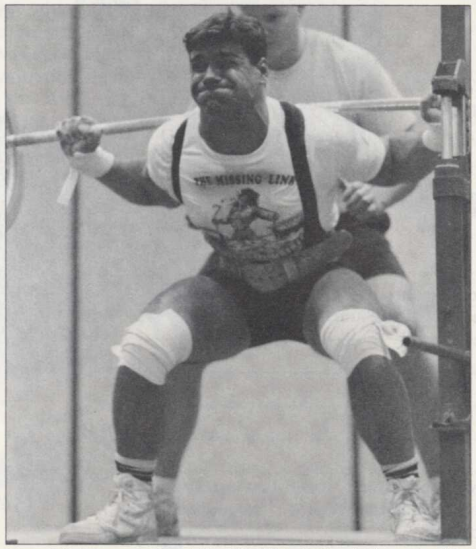
INTERVIEW

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

STEVE SCIALPI

as interviewed for PL USA by Bob Gaynor



Steve Scialpi *competing at the A.D.F.P.A. National Championships*

BOB: Steve, give us some personal information on yourself?
STEVE: *My name is Steve Scialpi. I reside at Whitestone, New York. I am 26 years old.*
BOB: What's your current occupation?
STEVE: *At night, I work in construction running a jackhammer for Local 29. During the day, I am a personal trainer.*
BOB: How long have you been training and competing?
STEVE: *I have been training for 13 years and competing for 5.*
BOB: How did you get started?
STEVE: *As a kid, my father gave me a set of five pound dumbbells. I started curling at the age of 13. I would go in my room and just curl straight for an hour at a time. I trained until I couldn't curl anymore - til absolute failure. Then my Dad bought me a complete 110 pound York weight set. That's when I really got into it. I made the high school football team and my lifting really helped me to get stronger and improve my game. It even helped me win All City in football. Ever since the day my Dad gave me those first weights I wanted to be the best in something. In, baseball, I threw my arm out. In football, I was too short for my position. Bodybuilding has too many steroids in the sport. But, eventually I found powerlifting.*
BOB: What are your best lifts?
STEVE: *My best lifts are: SQUAT 750; BENCH 420; DEADLIFT 755; TOTAL 1835.*
BOB: What are some of the titles you hold and records you set?
STEVE: *2nd Place 1991 ADFPA Men's Nationals, 1st Place 1991 ADFPA Shenandoah Open, 1st Place 1990 ADFPA New York States, 1st Place 1989 ADFPA Connecticut States, 1st Place 1988 ANPPC USA Championships, 1st Place 1987 ANPPC Eastern State Championships, 1st Place 1986 ANBC Natural Metropolitan Bodybuilding Championships, 1st Place 1985 ANBC Atlantic Supernatural Bodybuilding Championships; Shenandoah open Records: Squat 690, Deadlift 755, Total 1835; New York State ADFPA: Squat 716, Bench 392, Deadlift 683, Total 1791; ANPPC American Records: Squat 750, Bench 420, Deadlift 695, Total 1820.*
BOB: What are your future goals?
STEVE: *To be known as the strongest lifetime drug-free lifter in the world. And to represent the ADFPA in the World Championships.*
BOB: Steve, What are your views on steroids and drug testing?
STEVE: *I've never taken any steroids and have never even considered it. I feel there should be stricter drug testing which would include urine analysis and polygraphs and random testing throughout the year. I wish lifetime drug-free lifters gained more recognition and more exposure.*
BOB: Do you follow any special diet or dietary plan?
STEVE: *I pretty much follow the same diet all year round. I eat about six pounds of fresh fish each week and I keep the rest of my intake low in fats, with an even split of carbohydrates and proteins. One thing I have found helpful is to eat beef two days prior to competition. This seems to give me a super charge of energy.*
BOB: Do you use supplements?
STEVE: *I don't take any because I eat a balanced diet.*
BOB: Steve, share with us your training methods?
STEVE: *I use the same routine for in- season as well as off-season. I compete in many contests throughout the year so there really isn't much of an off season for me. Usually after a meet, I'll take anywhere from one to three weeks off where I won't touch a weight. My training routine is as follows- MONDAY: CHEST- Bench press (warm-up with 135, then do 225, then go to 315 for as many reps as possible for one set. I then go to 350-365 for as many reps as I can get. As the contest draws near, I raise the poundage while sticking to the same number reps. No bench shirt is worn until the day of the contest.) BICEPS- Barbell Curls. TUESDAY: Deadlifts- (Eight sets of 4. I use 35 pound plates on the bar instead of 45 or 100 for this gives me longer distance to pull, thereby increasing my strength for competition. I don't wear a belt until the last workout before the contest.) Hamstrings- Leg curls (6 sets for a burn.) Upper Back- 8-10 sets with varying exercises. THURSDAY: Shoulders- Behind the neck press, Lateral raises, Rear lateral flies. Triceps- Close grip bench, Pushdowns. FRIDAY: Legs- Dual squat machine by TK Star (This is the only work I feel I need for my quadriceps until a month before a contest when I begin to squat regularly. The machine lets me handle more weight and increase strength in my legs, hips and back without risking injury. I don't wear a squat suit or power belt until my last squat workout before the contest.) Abdominals- Crunches with heavy weight.*
BOB: What advice would you have for a beginner?
STEVE: *Stay drug free despite everything else that goes on around you. Find a drug-free lifter who knows powerlifting and get advice on proper technique, which is crucial for success.*
BOB: Who are those you admire in our sport?
STEVE: *I admire anyone who has the will power to stay life-time drug free. No matter what your flaws or obstacles are, if you stay life-time drug free, that's something I truly admire.*
BOB: What are your hobbies?
STEVE: *Long drives while listening to music, seeing Broadway plays, eating out at restaurants.*
BOB: Are there any comments you would like to make?
STEVE: *I would like to start out by thanking God for giving me the ability to have the strength to make the right choices in life. And for helping me overcome a bad accident in April 1989. While working in construction, I was hit by a pickup truck and was hospitalized for two weeks with a broken pelvic bone, a fractured knee cap, a fractured foot, and severe groin stretch. Eight months later, despite what many doctors said I could never do again, I lifted in the ADFPA Connecticut States. I'd also like to thank my family and friends which include Supernatural Powerlifting Team (Tony Corrandini, Sal Canzoneri, Larry Weizer, and Craig and Lisa Safran) and Mt. Olympus Gym (Jose Oliva and Frank Kerastos). And thanks to the ADFPA for providing an avenue for drug-free lifters to compete in excellent meets!*

TRAINING

HAVING A BAD DAY

as told to PL USA by DOUG DANIELS

Everybody has a bad day now and then. Yeah, sometimes the great baseball pitcher of the day doesn't win by a shutout, the basketball star scores under 30 points, and your favorite great quarterback may actually be intercepted. We weight trainers sometimes have one of those days. You know what I'm talking about - those times when your 135 pound warm-up for the bench feels heavy, no zip off the chest and it's heavy coming down. The problem is what do we do when we are having one of those days? The way we react to these bad days can make a difference between continued progress or, at worst, a major setback.

I generally can tell when it's going to be a bad day. That warm-up feels like there's a couple extra 45's on each side. The next sets don't feel any better. Now I have a decision to make; do I continue on with my planned weights, sets, and reps, or do I make an adjustment to fit my less than usual level of readiness? These questions can not be answered similarly for everyone every time they workout. Some of the knowledge used to make this decision comes from experience. Also to be factored in is where you are in your training cycle.

We have several options to consider if we're having one of those days:

1) Proceed with your planned workout
2) Pack it up and go have a beer
3) Cut back planned sets and reps arbitrarily
4) Lower the weights, but keep the same set/rep scheme

The first option is the most obvious. We can hope to break out of this lethargy and get rolling. However, if this doesn't happen, we risk the chance of lowering our confidence level by having a bad workout or suffering an injury .

The second option is definitely the easiest, but we still want to get some benefit out of our workout.

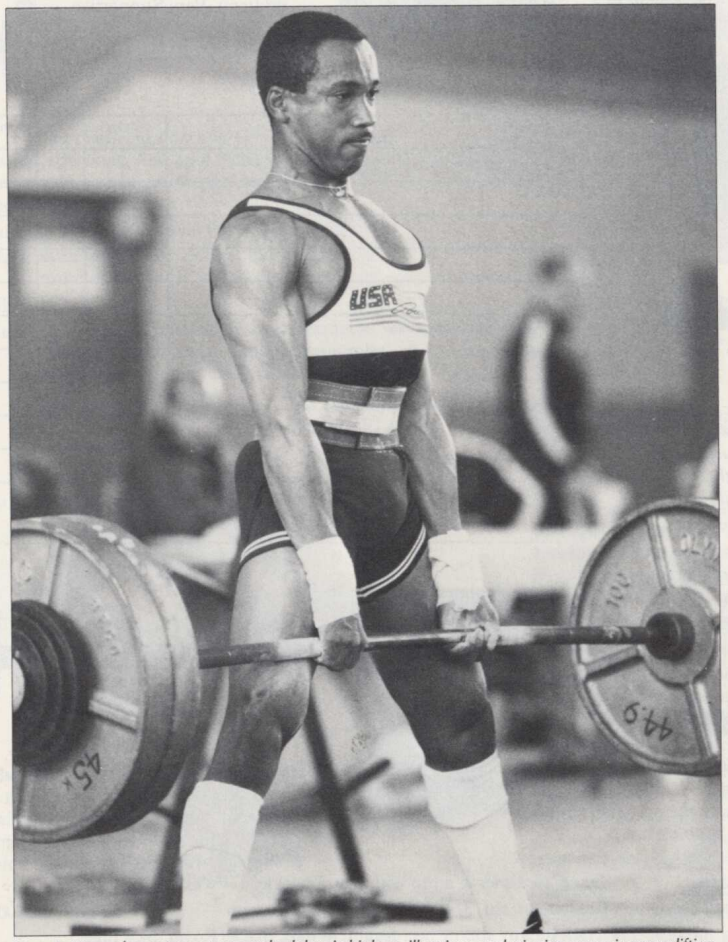
The third option is a little better, but how do we cut our work back?

I like the fourth option of cutting back on the weights but keeping the set/rep scheme intact. If your goal on your top set of benches was 300 for 8 and you honestly think that it is out of the question, drop the weight back 10-20 pounds or so. You should be able to get the desired reps in keeping with your training cycle. If this training session turns out to be an isolated incident, your training schedule was not upset too greatly, and little momentum if any, was lost .

Be extra careful when you're having a bad day and you're scheduled to hit a heavy double or max single. A mistake here could result in an injury and could set you back considerably. Here it is best to back off and live to train another day. No single training session can have as much positive impact on your training as it can a negative impact. If you get anything out of this article, remember that. Gains come slowly, but injury can strike like a Mike Singletary blitz. Either skip the max single altogether or lower the weight back safely. At least you can work on technique and keeping in the groove.

One questions that must be answered is why did this workout go so badly? Was work especially strenuous? Did you party too much the night before? Have you been overtraining lately? Have you had a layoff in the last few months? Everyone is entitled to a bad day, but several in a row, accompanied by a high level of fatigue and soreness is telling us that your current practices are not appreciated by your body.

We have to remain disciplined and not use the "I'm having a bad day" excuse too often. You're only fooling yourself and delaying your much desired progress towards your goals, but sometimes we must make changes in midstream when a pound feels more like a kilo. Keep with your cycle so as to maintain training momentum and not suffer an unnecessary injury that will really make it a bad day in anybody's book. If bad days turn into bad weeks, re-evaluate your training, lifestyle, and nutrition.



***Dave Pattaway** has not seen to many bad days in his long, illustrious, and winning career in powerlifting.*

STARTIN' OUT

A special section dedicated to the beginning lifter

The Hardest Lift of the Meet - Your First Squat

as told to Powerlifting USA by Joe Walden

The opening squat is the most critical lift of the entire meet. It sets the stage for the rest of the meet. If it feels easy and gets three white lights, the rest of the meet seems to go very smooth. However, if you miss your opener- you end up playing "catch-up" the rest of the meet or else watching the rest of the meet from the stands.

Most lifters face the opening lift with the attitude "I have to have this lift to get in the meet." This attitude focuses on the negative aspect of missing the lift. When you focus on the negative it usually happens - especially when ego gets in the way of selecting attempts.

There are ways to counter this problem of hard openers. The easiest solution is to start way too low and waste an attempt. Even this is not a sure fire way. Over the past eighteen years I have seen too many lifters use this approach only to make a big jump and miss the next lift. This leaves him/her with an opener, but so far behind that a good total or placing is almost impossible. I have committed this same error on several occasions. The pressure is then put on the bench and deadlift to salvage the meet.

The better way to approach the opening squat and the entire meet came to me the other day while cleaning the gutters on my house. I realized that what you focus on controls your attitude and actions. Before this realization I would think about what could happen if I fell off the roof. Consequently the gutters on the third floor rarely got cleaned. Then I realized that the important thing was to focus on the job of cleaning the gutters - focus on the positive.

This same attitude and approach will work on your opening squat. You choose an opening attempt that is realistic and makeable based on your training, your weight and how you feel the day of the meet. You then focus on the positive aspects of the lift - "With this lift I will be in a position to set a PR, set a state record, club record, etc." The end result will be a good opening attempt squat.

For the beginning lifter, or the seasoned veteran, adopting the proper attitude will result in easier attempts on the platform, more white lights, higher totals and more enjoyment from the competition. Remember - you will achieve what you focus on. Focus on making the attempt and you will; focus on the negative aspect of the opener and chances are good that you will struggle or even miss the attempt.

***Joe Walden** (below) has squatted 840 at 198 lbs. (Douglas photo)*

CLENBUTEROL

Since I have been recently inundated by requests for information pertaining to clenbuterol, I have recently reviewed the literature on Clenbuterol, using a Medline computerized literature search, and have found over 120 references! The vast majority of these references are from the veterinary literature, and several from the European literature, with very few directly related to athletes, sports medicine, or any studies done on them or for them, at least within the North American area. Clenbuterol Hydrochloride is a direct acting sympathomimetic agent with general properties related to another drug utilized for lung problems, and is used as a bronchodilator in the management of asthma, and may be taken either by mouth, or be used by inhalation. Although it is not strictly an anabolic substance, it is a "beta agonist", and as such has been used in animals as well as by humans, to enhance muscular growth and strength. There is some evidence, in the literature, of the lack of stimulating effect on protein synthesis in female chickens, and when studies were done on male broiler chickens, it appeared that the Clenbuterol increased weight primarily by increasing fat deposition. There is some evidence that Clenbuterol may increase contractile tension, thereby enhancing the utility of exercise or electrical stimulation in those suffering from prolonged bed rest, spinal cord injury, or even weightlessness in space, on bone mass. Other studies in chickens show that Clenbuterol may help promote skeletal muscle accretion or growth by slowing muscle proteolysis or breakdown, and that senescent (elderly) rats had the recovery of skeletal muscle protein loss stimulated by the use of Clenbuterol, but this did not appear to be present on healthy rats!

There are several side effects related to the use of Clenbuterol, with the most common one being tremor or shakiness, but also an increased incidence of headache, nervousness, and light-headedness. Finally, of even more interest, and perhaps importance to athletes, Clenbuterol, when utilized by mouth, is considered a banned substance, by the USOC and the IOC. So far as I am able to ascertain, Clenbuterol, by either dosage methods, that is by mouth or by inhalation, is not available through physicians in the United States. I am not sure about its availability in Canada, but I am aware that it is available in some countries in Europe. It is produced under various names in various countries, as follows: Broncodil, Clinasma, Clenbutol, Contrasmina, Monores, Prontovent, all manufactured in Italy; Spiropent manufactured and distributed in Germany; and Castejon, manufactured in Spain.

Any athletes who have any other questions pertaining to this should feel free to call, within the continental United States, the USOC Hotline: 800-233-0393. Yours truly, *Richard T. Herrick, M.D.*

More From Ken Leistner

I enjoy training with my wife. As a former titlist who remains in reasonable shape, it is humbling to watch her pick up very heavy weights, and inspiring. She can push me well, because I want to do well both for me and for her. When a group of us train in the garage, and our group is fairly long standing with a history of solid training sessions together, there is camaraderie and lots of fun. Training, however, has always been "my thing", a private activity that allowed me to challenge myself and try to live up to a goal I put before myself for any particular day. It is a chance to be introspective and spend time alone, often in an environment that few others would find enjoyable. An unheated garage in February, especially when snow and ice are on the ground and the wind is howling at 1:00PM, brings solitude with gratification. No one knows or cares what you're doing and no one in Poland will remember it fifty years from now either.

Precious McKenzie, new I.P.F. Hall of Fame member, always enjoyed his competitions.

With this attitude, I often saw contests as a disruption in the normal, comfortable training regimen. The contests served the purpose of having a major challenge to overcome, and the request that I perform my best on a particular day. The mental changes one goes through can be instructive and positive in these situations, and can serve as an enjoyable outlet for competitive emotions. It's one more stop on the continuum of feelings that one has when they train and/or compete; no better, no worse than what goes on internally on a Tuesday, when there are squats, benches, and deadlifts to do. However, most lifters don't seem to enjoy competition much, or so it would seem if one observed a typical contest venue. One can concentrate so that they can do their best, but I have often said that if some of these lifters are as uncomfortable as they appear to be, perhaps they should be doing something else.

Kathy and I have had a terrific garage facility in the past. I'm a garage/basement lifter. Those *PL USA* readers who have read my columns since 1978 know that I did the bulk of my training, and certainly my most enjoyable and productive training, in my parents' garage or basement, and in the loft over my father's iron shop. The simplicity of the programs, dictated by limited equipment and a relative lack of time, taught me that the "basics" and plenty of hard work brought results for the majority of lifters, no matter what their genetic limitations. Our garage facility has had quite a bit of "input" from Jim Sutherland. For those who recall Hastings Barbell Co., Jim was the man behind the company and the first to design, build, and sell electric squat racks, motorized squat racks, and what later became the "Heavy Metal" line of benches and racks for Universal Equipment Company. He is a powerlifter who loves powerlifting, weight training, and has the background in both academia and as a certified welder that he is, although little known, the premier equipment designer in the field today. Where Gary Jones and his CADCAM computer have brought Hammer Strength equipment to a position where it is the most sought after training modality for every professional and college athletic team, Jim is the bench, rack, and selectorized guy for custom made, one of a kind items. He's the best, and the garage has had one of his original electric racks in it, and a platform, somewhat modified, that he originally designed for contest use. Kathy and I spent many hours fiddling with Jim's hand machined parts to get it the way we wanted, but our two car garage is complete with two platforms, thousands of pounds of Ivanko calibrated kilo weights, and plenty of bars. Let me give a plug to Bob Hise too. Years ago, he made a bar for me out of an alloy that he said would not bend or break, and gave me a lifetime guarantee. I paid a price usually reserved for the imported European/Scandanavian type bars, but it has paid itself off many times over. Bob's MavRik company should be contacted for a bar that will last, literally, a lifetime and give great service. This is a great deadlift bar and we use it with the four other bars in the garage.

With our garage gym "just sitting there", not too long ago we decided to have a contest, for all of the right reasons. A fun summer afternoon, with heavy lifting, friendly competition, lots of food, and people around who enjoyed lifting and demonstrations of strength, seemed like just the thing to liven up the weekend. We invited a number of lifters, primarily women that we know, and who have competed previously in various competitions, and an older, male friend who just began his powerlifting "career" and had never been in 8 contest. During the competition, one of our judges asked if he could take a few deadlifts, and between lifters, did a triple or four reps with four hundred and change. One of the coaches got the call and requested "whatever's on the bar right now" and did a great deadlift, while reminding everyone of proper sumo form. Did we have fun?

Coming from an era when guys in the gym would bet quarts of ice cream on the outcome of their workouts, or a particular lift, where the few men who competed saw each other at contests all the time and established relationships, where the trophies, if there were any, could be described as minuscule, we obviously lifted for the good time of it. The excitement of traveling to a meet out of town, visiting with the other lifters, doing your absolute best on the day of the meet, eating like deranged slobs after, the lifting, and returning home with the knowledge that perhaps no one else even cared that you did any of this - but you did, was wonderful. Having backyard meets where a few guys and/or ladies can lift very heavy weights with a few others cheering them on, and then relax and enjoy each other's company, is what lifting is, or should be all about.

Because all of our lifters and spectators brought food with them, there was plenty to eat. Salad, fruit salad, pasta and potato salad, pies, cakes, homemade cookies, and platters of all kinds of things, was augmented by all of the chicken and meat we grilled. Everyone sat around the driveway and backyard, recounting the lifting of the day, talking about the lifting of others, and talking about many things unrelated to lifting. Well known coach Don McCauly came down from Rhode Island to coach, help out, and watch, and he certainly felt it was well worth the four hour drive. This is what lifting should be about, not a cutthroat activity that leaves one dissatisfied, no matter how well their lifting is going.

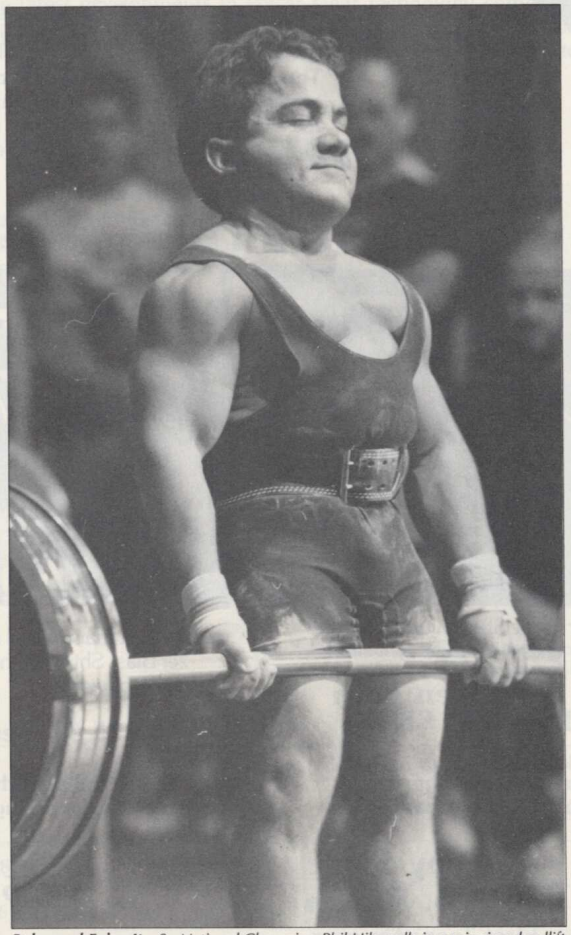
Dr. Ken Leistner has a Chiropractor practice in Valley Stream, NY

WORKOUT of the Month

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

Phil Hile Deadlift Routine

WARNING: reading this article could be hazardous to anyone who lifts against you in your next meet. This 10 week deadlift routine can add 40 lbs. or 10 percent on to a recently posted max of 400 pounds. Others can also use this routine if they scale their poundages proportionally to their own previous max. Always keep in mind that the object to a successful deadlift is being able to focus on the lift and only the lift. Staring at the weight on the bar and having fear in your mind will definitely keep the weight on the floor. You must be able to control the mental to achieve the physical. Visualizing a successful lift before stepping on the platform will aid you in your focus. Also, as in all sessions, flexibility stretches should be performed for 5-10 minutes before and after workouts. I suggest non-ballistic toe touches, both wide and narrow stances, deep knee bends, butterflies (for the inner thigh), and calf stretches held for 30 seconds and then repeated. Upper body stretches should include neck circles and shoulder circles performed slowly with full range of motion. Flexibility will enhance the performance and the efficiency of the muscles and reduce the risk of injury which can set even the best lifters back. Three sets of 15 reps of hyperextensions with no added resistance should be performed immediately following stretches to warm up the lower back.



Relax and Enjoy It... *Sr. National Champion Phil Hile pulls in a winning deadlift*

Furthermore, all other assistance exercises will be performed after regular deadlifts are completed. The assistance work to be done during the routine should be deadlift specific in order to aid in the neuromuscular adaptation and hypertrophy of the muscles that dictate the movement. I suggest doing 3 sets of stiff-leg deadlifts on a 3-5" block immediately following regular deadlifts using 55-75% of your maximum for 3-5 reps. Increase the percentage as you see fit. Also, during this routine, I suggest doing 3 sets of 5-8 reps of barbell shrugs pulling the shoulders up and back, front pull-ups that initially squeeze the shoulder blades together in the ascending motion, and aid in the crucial lockout of the deadlifts. Remember, think specificity and don't let worthless exercises distract you.

WARNING: read no further if you intend to use poor technique, because lack of progress, cheating yourself, and serious injury may occur - "Let's Get Pullin!"

During the first session, (1 session/week), deadlifts should be performed on an increasing basis: 135x5, 225x5, 275x5, and end with 315x5x3. Assistance work!

On the second week, your 3 heavy deadlift sets change to 330x5, while your warmup sets remain the same. Assistance work!

The third week involves a change in both warmups and heavy sets: 135x5, 225x5, 315x5, and 340x5x3. Assistance work!

During the fourth week, changes continue in both weight and reps: 135x5, 225x5, 315x5, 350x4x3. Assistance work!

It should start to be a struggle by the fifth session, so one warmup set is added and one heavy set is dropped: 135x5, 225x5, 315x4, 335x4, 360x3x2. Assistance work!

During the sixth week do 135x5, 225x4, 315x3, 345x3, 370x2x2. It's heavy doubles from here on out. Continue assistance work.

The final stage begins on the seventh week, and you are about to enter the Ed Coan Zone, where the real power comes from the mind which allows you to surpass the limits of your body: 135x5, 225x4, 315x3, 345x2, 385x2x2. Assistance work!

During the eighth session do 135x5, 225x4, 315x3, 350x2, 395x2x2. No assistance work!

The week before the contest, deadlift 135x5, 225x4, 315x2, 350x2, 405x2.

On the day of the contest, flexibility and warmup deadlifts should begin 20-30 minutes before the first lift is called to the platform. Warmups and attempts should be as follows: 135x5, 225x4, 315x2, 365x1, and 1st attempt 400, 2nd attempt 420, and if the weight went up and felt "good" then, by all means, go for it - 440! Remember, you can do it, if you focus your mind in that positive direction.

(For a 5 page easy to understand outline on my successful guidelines on STRENGTH TRAINING, send a check or money order of only $3.00 to PHIL HILE, 159 State Street, Madison, WV 25130.)

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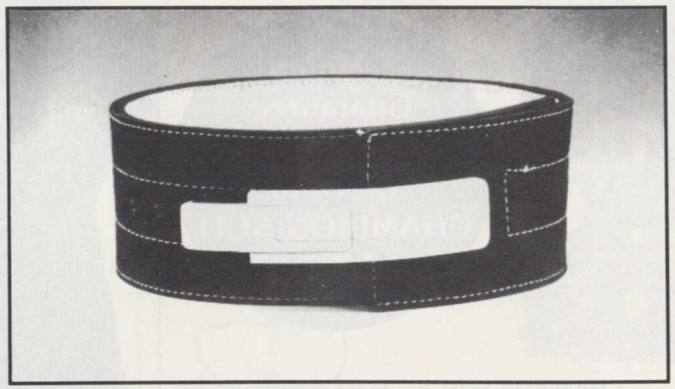

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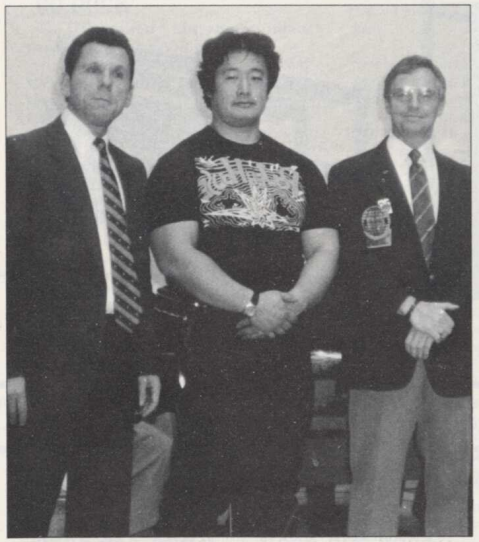
Message from the U.S.P.F. President

It has been brought to my attention that neither the 1990 nor the 1991 USPF National Committee Meetings results were published. It's taken some effort to reduce those minutes into a selection of the more important items noted below that have been incorporated into our operating rules. 1990: 1. All USPF national contests shall have an athlete's representative whose function is to represent the lifters where the rules are not clear. This position will be rotated among available referees. 2. Those seeking the office of Vice President must meet the same requirements as President and Treasurer. 3. The USPF has the right to conduct Doping Control throughout the year in and out of competition. 4. The selection of events subject to Doping Control is to be made by the National Committee and must include at least the Seniors, Masters, Collegiates and Women's Championships. 5. Athlete's representatives are to be elected by each of the following divisions: Men, Women, Collegiate, Junior, Master and Natural. 1991: 1. The National Championships are realigned to include recognition of a Juniors Category (up to 23 years of age) and a Sub-Master's Category (35-39 years of age). 2. All entry blanks and advertisements for drug tested events must specify the testing to be performed and penalties ascribed to positive test results. 3. The USPF will recognize and register Junior (under 23) American Records for both men and women. Competitors from past World and National Championships may solicit the USPF for such recognition. 4. The USPF will adopt and publish a Statement of Philosophy towards drug use and testing in this organization. 5. The penalties for a lifter exceeding the 6:1 testosterone/epitestosterone ratio at USPF drug tested events have been reinstated. Sincerely, Jan W. Shendow,



***International Representatives** at the USSR Invitational held in December include, left to right, USSR Powerlifting Federation President, Valery Samojlov, IPF Vice President for Asia - Susumu Yoshida of Japan, and USPF President Jan Shendow. (photo by Lev Schprintz)*

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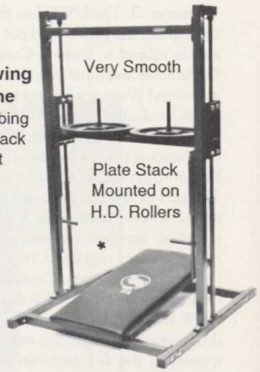

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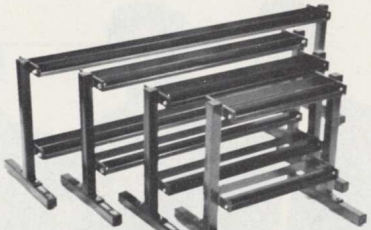

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ATTENTION STEROID USERS

Here's The Inside Story Behind Dr. Ameduri's Development Of The New CLEANZE™ System – An All Natural Method Of Revitalizing The Body!

If you are presently using anabolic steroids or have recently discontinued their use, you should be aware of a new, all-natural program to help your body rebuild its health. It's called 'CLEANZE' and it was developed by a prominent rehabilitation doctor to assist your body in regaining homeostasis (internal physiological harmony).

CLEANZE is not a drug nor does it work like a drug. Instead, it is an all-natural comprehensive system of health building. The originator of the CLEANZE system is Dr. Clifford J. Ameduri of New Orleans.

Q. Dr. Ameduri, tell us a little about your background.

A. I have been a doctor since 1975 and am currently the Medical Director of the Rehabilitation Institute of New Orleans. I have personally been involved in weight training since 1963, having competed in Olympic lifting, powerlifting and bodybuilding. Thus, I was on the scene right from the start of the anabolic steroid problem. I saw it go from a well-kept secret in the 60's to mass acceptance in the 80's and now the 90's. I have done extensive studies on steroids and athletics throughout my medical career. Furthermore, I have watched with great concern the tremendous amount of misinformation disseminated by some of my colleagues.

Q. How exactly did you go about developing the CLEANZE program?

A. Through my many years of counseling athletes on steroid abuse, I saw over and over again, the damage that these drugs inflict on the body. They are not harmless training aids but powerful pharmaceuticals. In working with athletes who had discontinued steroids, I began experimenting with nutritional support and natural cleansing techniques. As I refined these approaches, my results were very encouraging. This is how my CLEANZE system evolved and now I wish to share it with athletes everywhere.

Q. Can you tell us a little more about the system itself?

A. The CLEANZE program does not use drugs. Instead, it is an all natural, nutritional and health-building system. It is designed to help the body remove harmful toxins and chemicals, strengthen the immune system, rebuild the blood, revitalize overstressed cellular tissue, reset natural hormone production and detoxify the liver.

The actual program is based on the following points:

1. A specialized dietary plan designed to revitalize and rebuild the body. I make specific recommendations for special health-building foods – which ones, how and when to use them.

2. Many health clinics are getting

remarkable results in treating various illnesses using all-natural, health-restoring principles. Through the years, I have quite satisfactorily used many of these same concepts on steroid abusers. These techniques are simple to follow. My CLEANZE program gives detailed instructions on how anyone can use them.

3. For many years, I have recommended various vitamins, minerals, herbs and other nutritional supplements for athletes using steroids. Recently, in structuring my CLEANZE system, I worked very closely with National Health Products to develop an all-inclusive nutritional supplement based on my research. Prolonged steroid use can cause great devastation to the body's well being. I believe nutritional support is crucial for any cleansing and rebuilding program. Therefore, I am happy to report that my CLEANZE kit contains state-of-the-art nutritional packets designed to my exact specifications.

4. Finally in my CLEANZE system, I make specific exercise recommendations and modifications which will help speed up the body's cleansing and rebuilding processes.

Q. How effective is your CLEANZE system?

A. I know of no other specialized health building program designed specifically for athletes coming off of steroids. Steroid use by otherwise healthy athletes is a relatively new phenomenon. To date, very little has been done to address this problem. Right now I would have to guess that CLEANZE is the first of its kind.

Q. Is there anyone who should not use your CLEANZE program?

A. My CLEANZE program may be used by anyone – male, female, young or old. In fact, even people who refuse to get off steroids can benefit from the CLEANZE system. It just might prevent greater damage to the body.

Q. Is your CLEANZE system safe?

A. CLEANZE is not a drug but a total health-building system. The CLEANZE nutritional packets use only 100% natural and safe ingredients and are only a corollary to the total program. However, as in all health-building programs, you may wish to consult with your physician before starting.

How To Order

We at NHP feel very fortunate that Dr. Ameduri chose to work with us in bringing his CLEANZE program to the sports world. Thanks to his effort and persistence, there is now a powerfully effective way to protect and preserve your health. CLEANZE is truly a program whose time has come.

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Powerlifting's CRITICAL ERA

as told to PL USA by DAWN SHARON

After competing on a national and international level for the last 6 years, I have observed that sport depends greatly on public opinion. Many sports have undergone major changes due to the public. Any athlete, regardless of the sport he or she represents, is an ambassador for that sport.

Powerlifting, although not yet an Olympic sport, is still subject to public scrutiny. In order for powerlifting to gain media exposure or sponsorship for its individual athletes, our sport must be looked upon favorably by the public. The greatest millstone affecting powerlifting today is the use of steroids.

The sport of powerlifting is relatively new. Powerlifters in the early days kept to themselves, and there were very few individuals training for or competing in this sport. Steroids were found by lifters to enhance their strength. By using these substances, powerlifters discovered that they could build more muscle mass, have lower body fat, and become stronger than without these drugs. Steroid use was not made public, and the use of these drugs was kept within the circle of the elite competitors. More and more sedentary individuals were joining gyms to tone up and noticed the powerlifters and their superior strength. Many individuals wanted to know just what the secret was to the powerlifters' size and strength. Eventually steroids were available to just about anyone who wanted them and this drug usage trickled down even to teenagers.

By the late 1980's, drug use in sport had become rampant. Unscrupulous individuals were now manufacturing "bath tub" steroids increasing the risk to an individual's health. Laws were changed worldwide making the use of steroids illegal. Powerlifting and other strength sports lost face in public opinion due to the drug issue.

Today the sport of powerlifting is faced with a true dilemma. The champions of today are the role models of the youth that may one day be our sport's future champions and record holders. What is the legacy we wish to leave them? If we wish our sport to continue its growth, we must, as athletes, provide an image that the public will accept.

I am fortunate to be involved in powerlifting now, for I have seen both sides of the drug issue. In analyzing this volatile issue, I see a very major error in thinking. Everyone seeks the secret to excellence. Many lifters believe that the only way to reach your best is to take a drug. They neglect one very important point. Excellence or superiority comes from a combination of things. Genetics is a major factor in ability. No drug, no matter how potent, can change a person's genetics. There is no substitute for hard training. Steroids can give better leverage with the water that is retained in muscles, but this leverage is only temporary. A sound training program that addresses stabilization and varies intensity and volume, can give the natural athlete nearly everything that a drug can give. Training natural means having patience for your gains will come more slowly, yet the gains that you make will be real and you won't lose them, unless, of course, you stop training.

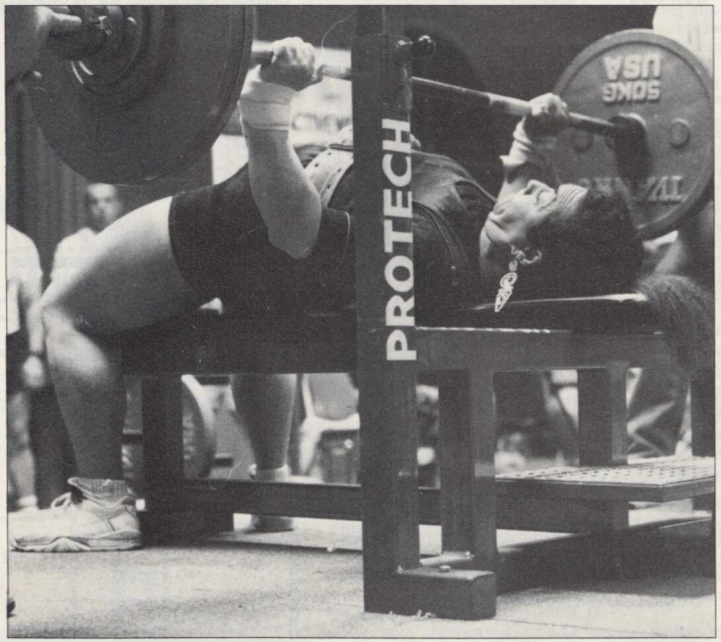
Another factor that affects performance is nutrition. With steroids, a lifter can get away with not always balancing his or her diet. Training without drugs forces the athlete to carefully balance the types of foods eaten. Since the natural lifter will have a slower recovery rate, diet is most important. I've been very fortunate to work directly with a leading sports nutritionist and have been able to find the diet that works well for me. I have discovered that I need to eat 5 small meals per day and each meal will contain protein and carbohydrates. In this way, by monitoring my nutrition, working hard on my foundation and stabilization, I have been able to compete in four weight classes in 1991 and turn out the top totals in the world in each of those 4 weight classes.

When mentioning performance, the drug free athlete will experience something special, that is, the totals achieved are genuine not artificial. Every athlete that is using a performance enhancing drug knows that the drug is giving them somewhat inflated numbers. Many of these lifters are never really sure just what they could do without drugs. By training natural, you know just what you can do, for you have not masked your true ability.

Training drug free has a few requirements - hard work, positive attitude, and consistency with carefully planned realistic goals. Powerlifting can be a rewarding sport for both young and old, for it helps to build the individual's character.

At this time all federations have adopted dope testing into their bylaws. The WPC will not make a public spectacle of its drug enforcement. Rather than slandering the lives of amateur athletes, the WPC will seek to keep pace with the times, but remain squarely protective of the individual rights of each athlete.

Many approach the drug issue as a witch hunt and seek to purge the sport of the athletes that are using or have used anabolic steroids. Drugs were once accepted as a fact of life for those who would be strong. I feel education is the key, rather than McCarthyism or another Inquisition. The best athletes in our sport must make their own personal decisions. When new information becomes accepted I feel that the leader of our sport will set the example that the public is looking for. The strongest athletes will prevail with or without drugs and need only the opportunity to adapt to the changing views of our times to step forward and be the ambassadors that our sport so desperately needs. Keep in mind it is not as difficult as it may seem to train drug free, it just takes a belief in yourself, and a commitment to making our sport flourish.



Dawn Sharon benching at the 1991 A.P.F. Senior Nationals. Jeff Wright will hold the meet again in '92.

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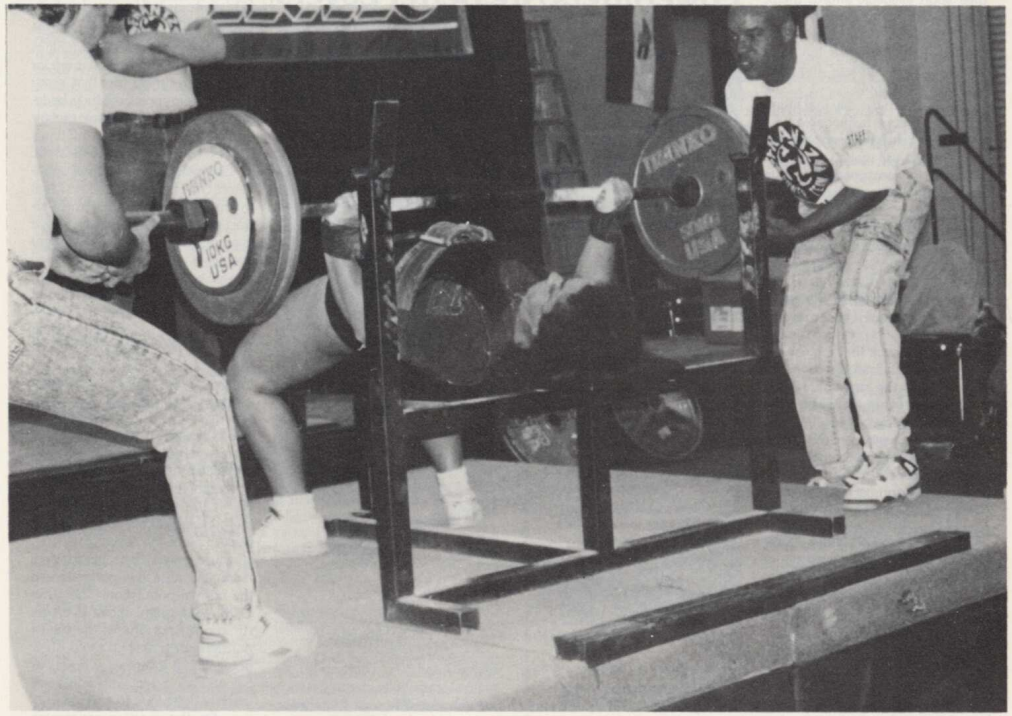

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Dr. Judd

Powerlifters Are Better Lovers

by Dr. Judd and Dr. Arny - World Class Enterprises

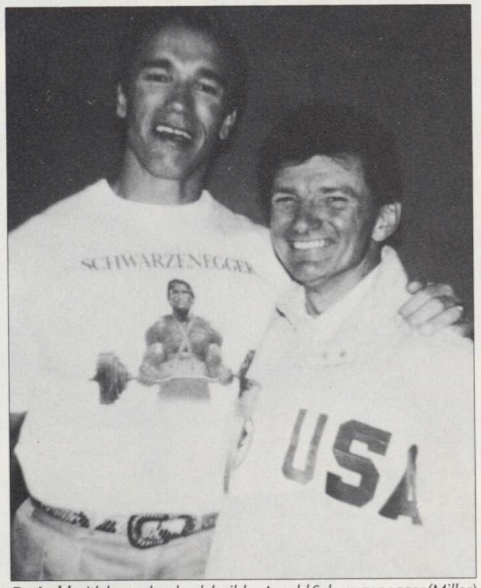
Powerlifters are better lovers! If you don't believe me, just run out and catch yourself a powerlifter and ask him if he's not the best. He'll tell you. Hell, he'll probably show you. Of course, most athletes are quick to point out the sexual prowess that their sport allegedly affords them. The question arises; do athletes, more specifically powerlifters, have greater sexual prowess than the average *homo sapien*? Inquiring minds want to know.

Almost from the day that lifting weights became fashionable, experts in the field have been telling us that exercise will make you sexier. However, in recent years there have been some whispers that exercise can sap your sexual desire faster than a double serving of saltpeter. So .... which is it? Does working out make you sexier or sleepier? According to sports researchers Philip Whitton and Elizabeth Whiteside, the answer is both. The aforementioned researchers provided the first scientific evidence that regular exercise can dramatically improve your love life, but the same study also revealed that too much exercise can diminish your sexual libido. Whitton and Whiteside surveyed 160 male and female master swimmers ranging in age from 40 to 67. They also interviewed a number of the subject's sexual partners. According to the researchers, the men and women in their 40's reported sex lives more like those of people in their 20's and 30's than those of their contemporaries. The subjects in their 60's reported sex lives comparable to those in their 40's. The researchers di find a negative correlation between extremely rigorous exercise (18 hours or more a week) and diminished sexual desire. The message here is plain: beyond moderate exercise, if you want to improve your sex life, spend more time with your partner, not in the pool.

I know exactly what you are thinking, "Biasiotto, that's a neat study, but what does a swimmer have to do with a weightlifter. Let's face it, if God wanted man to swim, he would have webbed his feet and hands and made his butt water tight. Besides this is a weightlifting magazine, not a swimming journal. What I want to know is how exercise affects the sexuality of a real man - a Man of Steel!"

I have good news for you. I duplicated Whitton and Whiteside's study using 125 male and female competitive bodybuilders ranging in age from 23 to 34. I also interviewed a number of their sexual partners. I said a *number* of their sexual partners. That was my first clue concerning bodybuilder's sexual appeal and their moral fabric.

Although the results of my study were similar to Whitton's and Whiteside's findings, there was one striking difference. The aforementioned researchers found a negative relationship between extremely rigorous training and sexual desire. In my study, I actually found a positive relationship between rigorous exercise and sexual desire - the more the exercise, the greater the sexual libido. Athletes who trained 20 hours or more per week engaged in sexual coitus approximately 14 times per month and/or 3.5 times per week. That frequency is not only higher than the sexual frequency of the general population, but also higher that the frequency reported by the other bodybuilders in the study. It should be noted, however, that only 6 or the subjects surveyed trained that long. The average training time for the other lifters was approximately 10 hours a week. Still, 10 hours is twice as long as the swimmers trained in Whitton's and Whiteside's study. Remember though that the subjects in that study were 40 to 60 years of age. The subjects in my study were in their 20' and 30's. There is also the matter of anabolic steroids, which many bodybuilders use to enhance their performance. Steroids can significantly alter an individual's sexual libido. Consequently, if some of the lifters were using those drugs, their responses may not be valid.



***Dr. Judd** with legendary bodybuilder Arnold Schwarzenegger (Miller)*

I know what you are thinking now, too. "Biasiotto, great experiment, one of the best, BUT, what does a bodybuilder have to do with a powerlifter. Let's face it, if God wanted man to bodybuild, the world would be made of reflective glass and you'd only be able to buy extra small T-shirts. What I want to know is how exercise affects the sexuality of Real Iron Men - Powerlifters!"

I saved the best for last. I did the same study using 150 male and female competitive powerlifters ranging in age from 21 to 36. As in my initial study, I also interviewed a number of their sexual partners. Here are some of the specifics.

100% of the subjects claimed to be sexually active, with 49% of the aforementioned subjects having two or more sexual partners.

The frequency of intercourse among the subjects was 3.6 times a week. That frequency rate is considerably higher than what Alfred Kinsey reported for the average male and female in their 20's and 30's. According to Kinsey, most people in that age bracket engage in sexual coitus approximately 1.7 times a week. Apparently, powerlifters have greater opportunities for sex or they just enjoy it more, or both. Interestingly, on that same question in my previous study, bodybuilders reported even a greater frequency of intercourse - 4.2 times a week. Like I said, no moral fabric.

Compared to the normal population, 57% of the powerlifters rated themselves as being extremely attractive, 26% said they were above average, and 16% said they were average. Only one powerlifter rated himself below average. It goes without saying that powerlifters have an extremely high self-esteem. Listen to this though. In the bodybuilding study, 73% of the subjects rated themselves as being extremely attractive, 21% said they were above average, and 6% said they were average. Not a single bodybuilder rated himself below average. A prime example of athletes having an inflated estimate of their worth. Interestingly, the spouses and lovers of the powerlifters also rated them extremely high on attractiveness. 87% of the sexual partners I surveyed rated their partners as extremely attractive compared to the normal population. The other 13% rated them above average. Amazingly, not one of the sexual partners interviewed rated their powerlifting lover as average or below. Then again, who would fess up to making love to an ogre.

On the question concerning extremely rigorous training -18 to 20 hours a week - and sexual desire, I found a negative relationship similar to what Whitton and Whiteside found; but different from what I found for bodybuilders. Generally, the more the exercise, the less sexual libido. Athletes who trained 20 hours or more per week engaged in sexual coitus approximately 2.75 times per week. As mentioned, bodybuilders who trained that long actually reported higher incidence of sexual coitus - 4.5 times per week. What does that tell you? Right! Bodybuilders are liars.

In general, it seems safe to say that exercise can not only enhance your sex appeal, but also your sexual activity. As far as extremely rigorous exercise goes, perhaps more research is necessary before a clear cut decision can be drawn. Until then, keep on pumping. By the way, can bodybuilders read??

Judd Biasiotto Ph.D.

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I respectfully ask your help regarding proper foot placement, specifically on the 'Eagle' leg press machine. My gym instructor is telling people to place their feet heels out, toes in and touching. I say this is an unnatural and potentially dangerous foot placement as I feel it puts a strain on the knees particularly on the tendons. Please settle this for us. I also would like to ask your opinion on a problem I have. When I was 15 (I'm 33 now) I tore both biceps and they rolled up and twisted inward. I didn't realize it because after that workout I hurt in every part of my body. I still can curl 3/4 plus of my bodyweight for reps; yet, can't seem to bench over 290 at a bodyweight of 165. Is there some physiological reason for this? Also, no matter what exercise or variations thereof that I've tried, I cannot make my biceps sore. I only get sore at the insertion to the humerus. Sincerely, **Roy M.**

DEAR ROY**: If you're attempting any kind of weight, placing your feet with toes touching and heels out can result in unnecessary stress to both the knee and hip joints. Although the instructor may have some reason for insisting on this unnatural placement, I can't think of any advantage it might have. Even isolation movements are best performed with a more natural foot spacing. I'm not sure from your letter if you had complete tears of both your biceps. If so, then you're doing remarkably well, curling 3/4 bodyweight for reps. Your brachialis and other supporting muscles must be extremely well developed. Your humeral soreness may be due tenderness at the insertion of the brachialis muscle. Your problem with the bench press reminds me of the following story: 'Patient: Doctor, will I be able to play the piano once the cast comes off my arm. Doctor: Of course you will. That arm will heal as good as new. Patient: That's funny. I couldn't play the piano before the cast was put on.' It's hard to say if your biceps injury has had any effect on your bench press. Even without the injury your bench might well have been the same as it is now. All the best in your training. Sincerely,* ***Mauro G. Di Pasquale, M.D.

DEAR MAURO: I am 24 years old and have been lifting for eight years, with a three year layoff a year and a half ago. I workout Monday and Thursday heavy. My workout is Bench 3x5, Flys 3x5, Lat pulldowns 3x8 seated longbar, Military 3x5, Dips 3x8, Upright Rows 3x8, Lat Pushdowns 3x8, Preacher Curls 3x8, Standing longbar curls 3x8 and a lighter bench 3x5. On my bench I work as heavy as I can and still keep very strict form with a pause on the chest. My question is why am I so sore, sometimes for three days after my workout? I also cramp very easily after working out. What can I do or take to avoid this? I usually cool down after my workout but this doesn't help. My workout partner does the exact same workout and never gets sore. He also does a light one on Saturday. He is the same age as I am. I am sure the workout isn't the problem, because my partner NEVER gets sore. I don't think I am overtraining because I always move up on my lifts. **George**

DEAR GEORGE**: Before we go into the more exotic reasons for why you're so sore after your workouts, you should get your doctor to examine you and do some basic blood work. These tests would exclude some or the more common reasons for muscle soreness. The problem may be as simple as electrolyte imbalance or calcium deficiency. If all the usual tests are negative, then it's possible that you are suffering from exertional myalgia. This condition can be caused by a variety of factors, most of which are poorly understood. The diagnosis, however, can often be made if suitable tests are carried out. The first test to have done is a serum lactase after a short but strenuous workout - one in which the pain is adequately reproduced. If the normal rise of lactate doesn't occur, then this points to a problem with an enzyme deficiency in the muscle itself. In this case, the exact diagnosis can be determined by demonstrating biochemically the lack of a certain enzyme in a muscle biopsy sample. It's possible you might be suffering from a carnitine deficiency. Sincerely,* ***Mauro

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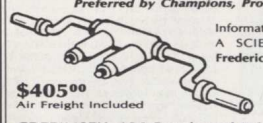
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DEAR MAURO: I know you are very busy, so I'll keep this letter to it's essentials. I purchased your book *Beyond Anabolic Steroids*. I also wrote to you regarding *Parlodel* and *Climaterol* and *Clenbuterol*. You were kind enough to respond to my inquiry. I am 30 years old, started bodybuilding at age 15, and have been doing so nonstop for the last 6 years. At 5' 10" in height, I weigh 200 lbs. with a 35" waist and 17" arms. I have used steroids (about 4 years ago) for a contest - *Dianabol, Deca-Durabolin, Anadrol 50*, injectable testosterone. For a variety of reasons I prefer not to use steroids anymore. To get to the point - I think I would be interested in trying *Parlodel*, but I don't have a personal physician to go to. Could you offer any suggestions? I am in excellent health and the fact that *Parlodel* increases endogenous GH and testosterone appeals to me. Also, is DHEA even worth trying? You sounded a big less negative about it in your book. Please confirm if Mexican and/or wild yam is a source of DHEA. Thank you for your time. **Peter**

DEAR PETER:** Unfortunately, Parlodel is only available by prescription, although some athletes have obtained it from the black market. I should tell you that many athletes who have tried Parlodel discontinued it because of side effects, usually nausea and general malaise. Although DHEA can be peripherally converted to testosterone, it is useless as an ergogenic compound in men, although it may not be in women. Some plants contain small amounts of DHEA including the wild yam, although you'd have to eat several pounds a day for even minimal amounts to reach the systemic circulation. The wild yam and other plants also contain other steroids that can be converted to DHEA - but this conversion doesn't take place in humans. Sincerely,* ***Mauro

WNPF/ WPF National Powerlifting/ Bench Press/Deadlift Championships 9,10 Nov 91 - New Rochelle, NY

Women	SQ	BP	DL	Total
114				
Junior				
R. Camilo	210*	105	250	565*!
4th attempt			270*!	
Submasters				
C. Guzman	180*!	95*!	225*!	500*!
123				
Lifetime				
Z. Gerling BL	320*!	165*!	340*!	825*!
148				
Lifetime				
C. Falconio	315*!	175*!	335*!	825*!
Submasters				
C. Falconio	235	140	325	700
C. Higgs				
Men				
114				
Teen				
Z. Scrip	250	165	355*!	770*!
123				
Submsters				
B. Caston BL	350*!	285*!	350*!	985*!
132				
Masters 50+				
V. Medina	350*!			
148				
Lifetime				
S. Bhojwani BL	500*!	320	500	1320*!
R. Maxwell	480	230	450	1160
J. Hom	410	250	440	1100
P. Solomon	325	215	515*!	1055
Junior				
P. Solomon	325	215	515*!	1055*!
Submasters				
R. Maxwell	480*!	230	450*!	1160*!
J. Hom	410	250*!	440	1100
165				
Lifetime				
S. Steponaitis	435	285	440	1160
R. Garcia	435	245	475	1155
J. Kennedy	435	265	445	1145
B. Herbst	360	300	470	1130
S. Brier	430	245	400	1075
Junior				
M. Moloney	300	215	415	930
J. Rodriguez	320	250!	355	925
Submasters				
G. Clark	455!	290	485	1230*!
B. Herbst	360	300	470	1130
Masters 40+				
J. Ross	380*!	185!	350!	915!
Fire				
S. Steponaitis	435!	285	440!	1160!
181				
Lifetime				
W. Verela	580*!	340	585*!	1505*!
Teen				
K. DeFelippi BL	520*!	305	475	1300*!
R. Barbarino	425	320	500*!	1240
Junior				
R. Maridino	455	330	495	1280
D. Karras	440	335	500	1275
M. Palmisano				
Submasters				
P. Buchbauer	440	260	465*!	1165*!
N. Gerace	315	255	350	920
Masters 50+				
C. Vicente BL	375	335!	430*!	1140*!
198				
Lifetime				
G. Key	500	340	525	1365
B. McCarthy	515	305	480	1300
A. Phillips	380	240		
Teen				
A. Flynn	380	290	515*!	1185!
Junior				
D. Bocchino	500	290	550	1340
Police				
A. Burroughs	550!	335!	525	1410!
A. Phillips	380	240		
Fire (Natural)				
G. Scarzzini	625!	400!	600!	1625!
Submasters				
G. Key	500*!	340*!	525*!	1365*!
Masters 40+				
J. Barnwell	500	325	500*!	1325*!
T. Piazza	505*!	355	455	1315
J. Rodriguez	310	245	365	920
Masters 60+				
J. Weiss	350*!	195!	410!	955*!
220				
Lifetime				
S. Perdomo BL	530	405	665	1600
J. Garcia	555	380	650	1585
N. Secchi	620	335	630	1585
J. Backos	465	275	460	1200
Junior				
S. Perdomo BL	530	405*!	665*!	1600*!
W. Stanton	600*!	325	505	1430
J. Ruocco	475	275	460	1210
Natural				
A. Jackson	570*!	300*!	550*!	1420*!
Master 40+				
T. Ferranti BL	555!	340	570!	1465*!
L. Bucchioni	455	290	555	1300
K. Magee	315	265	325	905
Master 50+				
G. Mobley	460*!	300	525*!	1285*!
J. Klein	325	300*!	400	1055
San (Lifetime)				
N. Secchi	620!	335	630!	1585!
San (master)				
T. Ferranti	555	340	570	1465
242				
Lifetime				
D. Maldanaldo	645	350	605	1600
J. Weiss	545	300	585	1430
Teen				
Y. Lee	605*!	410!	575*!	1590*!
Submaster				
R. Villaona	520!	315!	545!	1380!
275				
Lifetime				
J. Judge	550	330	540	1420
J. Destin	350	380	420	1150
Master 50+				
J. Cree	515*!	350	515*!	1380*!
T. Westgate	400	250	380	1030
C. Klehm	55	320	360	735
SHW				
D. Dewitt	705!	450!	700*!	1855!
Bench Press				
Women				
114				
Lifetime				
V. Grigorians	135*!			
Juniors				
R. Camilo	105*!			
123				
Lifetime				
Z. Gerling	165*!			
132				
Police				
Masters 40+				
R. Ballard	135*!			
Men				
114				
Open				
S. Maas	85			
123				
Elite				
B. Caston BL	285*			
Open				
P. Filippone	215			
M. Gentille	195			
Junior				
P. Filippone	215			
148				
Elite				
D. Gutierrez	340			
D. Maas	325			
Natural				
D. Maas	325			
165				
Open				
B. Herbst	300			
Teen				
J. Swanhart	280!			
Junior				
M. Moloney	215			
Submster				
B. Herbst	300			
181				
Open				
A. Marzigliano	350			
Teen				
R. Barbarino	320!			
Junior				
D. Karras	335			
Master 50+				
C. Vicente	335			
198				
Elite				
A. Garcia	485			
S. Sallack	425			
B. Hawk	385			

WNPF People, left to right, front row; Virginia Contreras, Troy Ford, Wanda Punarjo, Dwayne Dewitt; back row, Joel Toranzo, Sammy Perdomo, Ralph Robustelli, Alex Garcia, Joe Garcia. (photograph courtesy Troy Ford)

Deadlift	
Women	
114	
Junior	
R. Camilo	250
4th	270
132	
Police	
Master 40+	
R. Ballard	230*!
148	
Submasters	
C. Higgs	325
Men	
148	
Submasters	
R. Maxwell	450
165	
Elite	
J. Sheridan BL	545
G. Clark	485
Open	
B. Herbst	470
Submasters	
J. Sheridan	545*!
B Herbst	470
Junior	
M. Moloney	415
181	
Teen	
R. Barbarino	500*!
Junior	
D. Karras	500
198	
Lifetime	
J. Kaddilak	475
Open	
T. Lamia	520
Junior	
M. Polit	365
Police	
J. Moynihan	500
R. Deamicis	500
Masters 40+	
T. Piazza	455
J. Rodriguez	365
Teen	
S. Flynn	515
Submasters	
G. Key	525
R. Deamicis	500
220	
Elite	
Perdomo	665
J. Garcia	650
Open	
S. Perdomo BL	665
Junior	
S. Perdomo	665
Masters 40+	
T. Ferranti	570
L. Bucchioni	555
R. Cote	550
Masters 50+	
G. Mobley	525
242	
Police	
J. Sefcik	550
275	
J. McCree	515
C. Klehm	360

* American record. ! National record. Best Lifters: Womens - Zina Gerling, Mens - Sid Bhojwani and Sammy Perdomo, Bench Nationals- Billy Caston and Alex Garcia, Deadlift Nationals- Jeff Sheridan and Sammy Perdomo.

We had 106 entries, and 4 lifters failed the drug test. It's amazing how certain lifters will try to enter drug free meets, even mandatory tested meets. We realize that no test is 100% acurate but we will catch you eventually with our testing methods. I would like to give each and every lifter that entered this meet and passed the drug test, a big congratulations. Rose Camilo from N.Y.C. set a few new records and will be a big factor in the W.N.P.F. in the near future. Zina Gerling set four new records, went 8 for 9 and won the Bst Lifter Aard in the womens division. Zina and Cathy Falconio from N.J. tied for the highest total ever by a woman in the W.N.P.F. Rae Ballard came all the way from California to set new records in the bench press and deadlift. Mrs. Falconio broke all of the 148 lb. records and went 9 for 9. Zack Scrip from Elmira, N.Y. had an off day. Billy Caston from Louisiana won the Best Lifter iin the bench press in the submasters division. Sid Bhojwani won the 148 class and the Best Lifter Award. Roy Maxwell dropped down to the 148 lb. class and set records. Paul Solomon from Long Island broke the W.N.P.F. deadlift record, after two years of trying. All five 165 pounders could have came away with the first place award, but Steve Steponaitis got the victory. William Varela from N.J. made the highest total for a 181 pounder in the W.N.P.F. Kris DeFellipe from the Bronx is only 18, lost 10 pounds and made his biggest total ever. Russ Barbarino set a new teenage deadlift record. Carlos Vicente won the Best Lifter Award for his division. Gil Scarrazini had an off day and still totaled 1625 pounds, this guy is something. Greg Key from North Carolina had a good day even though he was not 100%. Alfred Burroughs from N.J. squatted 550 lbs. without a supersuit on. Dave Bocchino from Delaware had a very good day. Jack Weiss 64 years young had everyone in the audience cheering for him and he didn't dissapoint them. Tom Ferranti from Staten Island won the Best Lifter Award in the Masters 40+ Division. Sammy, Joe and Nick deserve the biggest hand out of all the lifters. These three men put on a very good show. It came down to the last deadlift to determine the winner. Nick pulled 630 pounds. Joe pulled 650 pounds with a miss at the lockout position with 665. and Sammy Perdomo pulled 665 pounds with a miss at 680 pounds. Sammy won 10 trophies including 3 Best Lifter Awards. David Maldanaldo won the 242's with a 1600 total. David tried for that big 700 lb. squat but he didn't have it in him today. Ray Villalona set National Records in his class. Yong Lee, one of the best teenagers in the W.N.P.F. made a huge 605 lb. squat. He will squat 650 very soon. Jimmy Judge won the 275 lb. class, in his last W.N.P.F. meet before returning to Ireland. Both Gene Mobley and Jimmy McCree are in their 50's and they have come a long way with their lifting. Dwayne DeWitt would like to be the first man to total 2000 pounds in the W.N.P.F. Dwayne, at only 278, made an easy 705 squat with just a wrestling singlet. He missed a 490 bench, but he made a 700 lb. deadlift and just missed a 720. These are excellent numbers for someone that is clean. Little Steve Maas, 12, lifted his heart out. Danny Gutierrez from N.J. just missed the Best Lifter Award. Danny got hurt, and we all hope he feels better soon. Carlos Vicente from the B.Q.E. Power Team is over 50 years old. Alex Garcia from New Jersey benched a big 484 lbs. He set a new Masters Record and he just missed the open record by five pounds. Scott Sallack from PA had his best W.N.P.F. meet, and his buddy Bill Hawk set a new Junior National Record. David Wright from North Carolina showed more enthusiasm than any lifter in the Nationals. Steve Roscoe from California won the Elite, Masters and Police Divisions. Big Joel Toranzo got a new teenage record, he just missed a 490 when his shirt blew out. Joel will be the first teenager to bench press 500 lbs. in the W.N.P.F. The Samoan from Atlantic City, N.J., Pete Tuulaupua, opened up with 520 lbs. Then he rammed up 540 and gave 555 a try. Pete set new records in the Submasters, Open and Fireman Divisions. Carl Klehm from Illinois won the 275 lb. Master 50+ Division with a 330 bench. In the deadlift nationals Jeff Sheridan from Ohio set records in Open and Submasters, and took home the Best Lifter Award. Joe Kadillak won the Lifetime Division. Sean Flynn set a new teenage record in the 198 teenage class, and Sammy Perdomo from New Jersey won the 220 class. The powerlifters received a Mr. American statue with a shield over his head. The benchers received bench press sculptures and the deadlifters received deadlift sculptures. Best Lifter Awards were plaques with the W.N.P.F. logo on it and 4½ ft. trophies. All awards were made by Don-Len Trophies. They make some of the finest awards around. I would like to thank all of our sponsors: Allway Tools, T's and Teams, Butch's Gym, The Summit Fitness Source and Jerrell Testing. I especially want to thank all of the loaders, without you guys the meet would not have been a success. The spotters of the meet were Rob, Alf, Tony, Frank, Alex, Rudolph, Ray and Rob Sjoberg. Thanks to all Officials - Butch, Joe, Nike, Greg, Bob, Roy, Dominic and most of all Ralph. Ralph officiated both days and only had 4 hours sleep in two days. Thanks to scorekeepers, Wonda and Alex. The Announcer Crazy Steve King, this man was unbeleivable, he had the audience up for both days. Thanks to Robert for videotaping. Thanks to Moms and Dave for taking care of the door and concessions. Thanks to all of the lifters that helped on the days that they weren't lifting. Thanks to the bodybuilders that put on the exhibition on Sunday. Thanks to the Ramada Inn for having us there. Thanks to the 3 testers, they tested 106 lifters. We had over 300 people in the audience for both days. The W.N.P.F. is here to stay, no matter what anyone says. If I forgot anyone please forgive me. There are three more National meets to qualify for the worlds: Lifetime Nationals in Feb., Jr. and Master Natiionals in April and the Nationals in July. (Submitted by the W.N.P.F. 'Mandatory Testing is the only way')

Best Lifter Zina Gerling with WNPF President Troy Ford (Manganiello)

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POWER PROFILE

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

World's Strongest Master

Randy Patterson profiled by Herb Glossbrenner

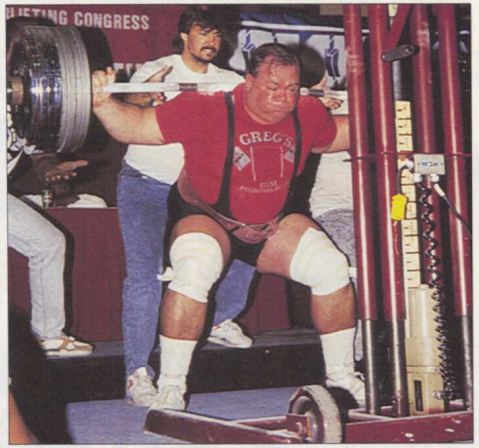
There have been a multitude of claimants to the title "World's Strongest Man" throughout this century as well as in times long since past. Today the strength set consisting the squat, bench press and deadlift is generally accepted as the sport that truly demonstrates strength. The forefather of our beloved sport - from it's rudimentary beginnings until it finally became an officially organized strength activity in 1964 - is unquestionably Paul Anderson! His superhuman feats of power and strength thirty five years ago live on as an inspiration for all who practice our sport today.

Looking back through the portals of time our heroes march like specters out of and back into the swirling mists of our memory: the Sixties - we had Casey, Todd, Roberson and Weaver. Along came the Seventies and with it a new breed of champion behemoths - Cassidy, Williams, Kuc, Cole, Cundy, White and Reinhoudt! The Eighties gave birth to another breed of supermen- Dimel, Hall, Kenady, Rethwisch, Moran, Clark, Young, Waddington, Coan, Wrenn, Pasanella, Ware, Hechter, and the undisputed strongest man of the last decade and true successor to Anderson - the great Bill Kazmaier!

Though the giants of strength have come and gone with the passage of time, strength itself can last a lot longer than most people think. The aging process gradually takes its toll, but not so fast as the misinformed would have it - that after age 35 the roller coaster has reached the top and next comes the fast downhill ride. Those of us deeply entrenched in the Iron Game know better and repudiate this propaganda! The masters movement has proven quite the contrary. Many of us have seen, with our own eyes, feats of human strength by those beyond 40 years of age that would make skeptics shake their head in disbelief.

This is the story of one such man whose performance I witnessed at the 1991 WPC World Powerlifting Championships last November. He stood out among all the other competitors, not only because of his size (347-1/2 lbs.) but as a man of humility, character, and awesome strength, who put on a magnificent display - all at the age of 43.

This man is Randy Patterson, a soft spoken correctional officer from Pendleton, Oregon. His performance on the platform in Las Vegas convinced me that he is unequivocally the only true claimant to the title - WORLD'S STRONGEST MASTER.



Randy Patterson squatting 907 at the WPC Worlds (Dick Johnson)

If you have already conjured images of a psychotic, hulking brute ala the WWF's "Big Boss Man" wielding his night stick, wreaking havoc, and maintaining law and order among the Powerlifting fraternity - guess again. Randy is a gentle giant whose pleasant character and respect for his fellow man follows exactly in the footsteps blazed by Anderson and Kazmaier.

Of Scandinavian descent, Randy Patterson was born January 7, 1948. When you read this article he will have already turned 44 years of age. Both his parents were of sturdy stock - his father was 6'2"- 230 lbs. and his mother was 5'6" and 150 lbs. He grew up in Washington State as one of three siblings. He had two younger sisters whom he loves dearly, but wishes that he could have also had a brother to share his love of sport.

Even in the early days he admired strength. In fact, he worshipped it. Paul Anderson was his boyhood idol, but softball turned out to be his first love. He played Junior College football at Walla Walla Community College while attending school, but was drawn back to softball and started pitching in a major division (one step below the professional level) as soon as he turned 18. (Randy's father, a diabetic, passed away at age 52 when Randy was 19 which was a sad time in his life). Randy was a fairly husky boy in high school at 208, but he filled out to over 250 lbs. during his college years. His slow pitch softball career continued until he was age 36. In the meantime, Randy had married and began raising five healthy children.

Randy was a late bloomer on the Powerlifting scene. His love for strength drew him to a magazine rack where he purchased POWERLIFTING USA at age 26, which he read and followed religiously ten years before he started participating. The seeds had been planted.

At age 37 he moved to Oregon and decide to take up lifting. He always enjoyed watching Olympic weightlifting on T.V. and had even considered giving it a try. Unfortunately, there was no activity in that sport in his area nor anyone to show him how to do the lifts or coach him. Powerlifting seemed to be much easier to learn. He found a local gym and found the three strength lifts most intriguing. He took to it like a duck to water as his dormant strength was released and began to flourish. He gained by leaps and bounds, It was 1984, an Olympic year, and the competitive spirit crackled like electricity in the air. This helped bolster his enthusiasm and desire to succeed. In his very first contest he weighed in at 301 and reached his Class I rating: 1670 (630 425 615).

At this time Randy took on a job at the Eastern Oregon Correctional Institution nearby. The facility housed some 16,000 adult males. Some of the inmates even took up powerlifting under Randy's tutelage. With his genial, good natured attitude he quickly established compatibility with the majority of the inmate population. To be expected, there were isolated incidents from an aggressive few. This necessitated the "Big Boss Man" to use his strength to restrain them. In doing so, he gained their respect.

By the following year, he had increased his total to 1750 and it continued to climb. Randy met up with Greg and Ross Phillips at the Heavy Metal Gym and it became his regular training haven. He met his training partner - Mark Jackson through his powerlifting activities and they soon became best friends.

When Randy turned 38 in 1987 he jumped at the opportunity to lift in Doyle Kenady's West Coast Open. Kenady's lifting abilities were well known throughout the area. This inspired Patterson to reach deep inside and tap a bit of his enormous potential. He totaled a whopping 2025 there and caught the eye of big Doyle himself! Kenady shook Randy's big hand and remarked that it was a real pleasure to see a superheavy squat down to a position "where you are supposed to!"

Always one to perform his lifts in the strictest manner, he found the complimentary words from one of powerlifting's superstars just the inspiration he needed to make a giant surge. On July 6th at a competition in Spokane, Washington, Randy did 2095 (865 515 715). From that day forward the sky was the limit!

In May 1989 at a meet in Idaho, he dunked with the big 900 for the first time. His aggregate - 2190! This also included a 540 bench and 750 deadlift. Later on that year in November he really kicked it into high gear and upped his squat to 910 and significantly improved his other lifts for a monster total of 2240! At last he had graduated into

(article continued on page 56)

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INTERVIEW

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

Rising Bench Press Star

Anthony DeSordi interviewed by Tony Kamand

There are many strong powerlifters in gyms all across this country that no one ever hears about because they do not compete on the national level. One such lifter that has built up an impressive string of victories at local bench press competitions is Anthony DeSordi from Lynhurst, New Jersey. Anthony is planning on jumping into the national spotlight with an attempt at the current 220 pound world record in the bench. I conducted an interview with Anthony and here is what he had to say:

TK: Anthony, how did you get started in weight training?

AD: *I started lifting in high school for track. I had a teacher and coach, Tommy Shoebridge, who got me started and I just kept with it. I was always very strong in the bench and when I left high school I started to compete in bench press contests. I started competing in the 165 pound class and currently compete at 220 pounds. I have now been lifting for over eight years and have been ranked in the top 10 in the bench in every weight class I have competed in.*

TK: Currently, what is your best bench?

AD: *My best bench is 605 pounds at a bodyweight of 215. (This would rank Anthony 3rd on the all time list when he makes this lift officially in competition).*

TK: I know you have never have lost a bench press competition. What are some of the titles you have won?

AD: *New Jersey bench press championships, South Jersey bench press championships and all of other popular local contests in the area. I have also won the overall best lifter trophy at every bench meet I have entered.*

TK: Were you always a good bench presser?

AD: *Yes, pretty much so. I don't think everyone can have a 600 pound bench press. It takes good genetics and luckily I have it.*

TK: Do you use a bench shirt?

AD: *Yes, I use the Inzer bench shirt.*

TK: Where do you currently train?

AD: *I train at the famous Westside Muscle Gym owned by Keith Matino, Chris Catena and John Faziola.*

TK: What is a typical training week like?

AD: *When not training for a contest I train 5 days a week with the weekends off. I train my chest on Mondays, arms on Tuesday, my legs on Wednesday, back on Thursday and shoulders on Friday.*

Anthony DeSordi *with some of his awards (photo courtesy Kamand)*

TK: How do you train when you are getting ready for a contest?

AD: *I bench on Mondays and do all related pushing movements on the same day. I do chest, shoulders and triceps on that day. I then bench again on Friday and then on the following Wednesday. I will bench heavy on the Monday, light on Friday and then moderate on the following Wednesday. In between those workouts I do back, biceps and legs.*

TK: When you say heavy what sort of weights are you using?

AD: *I pyramid the weights. I will start with a set of 10 reps, then go to 8 reps, then 6 reps and then a heavy double with about 540. Then I drop back and do 3 sets of 5 reps with 490 to 500 pounds.*

TK: Then what would a light and moderate day be like?

AD: *On the light day I will drop each set back by 10 to 15 pounds and instead of doing 3 sets of 5 reps, I would do 3 sets of 10 reps with a very light weight and not force the muscles. On the moderate day I drop back about 5 pounds from the heavy day and do not force any of the reps. On this day I Just take what my body will give me.*

TK: Do you do any assistance exercises to help your bench?

AD: *On my heavy bench day I do 2 to 3 sets of heavy inclines. Other than that I like the dumbbell bench press a lot. I have done behind the neck presses with up to 335 pounds and regularly do lying tricep extensions with around 275 pounds.*

TK: What advice do you have for lifters who want to increase their bench?

AD: *Don't overtrain. A lot of people go into the gym and try to do a certain weight and if they miss it they come in the following week and they try it again. Your muscles never recuperate this way. When trying to get your bench up you should keep all the pushing movements on one day. If you do all your pushing movements throughout the week you're not giving your muscles a chance to rest. I made this mistake a couple of years ago by trying to do all my pushing movements throughout the week. When I changed to the present way I train I made dramatic improvements.*

TK: You are close to breaking a world record in the bench. Do you have any special plans on how you will accomplish this?

AD: *Just to keep training the same and keep my bodyweight under 220 which should not be a problem. I need to find a meet where I can do this or find someone to sponsor me to send me to one of the big meets. Around New Jersey I am known as a top bencher. I would like to compete on the national level so people across the country could be aware of my talent. Its a great feeling to work hard in the gym and have your peers recognize you.*

TK: Are there any other comments you would like to make?

AD: *I think if I was heavier in bodyweight, around 240 to 250 pounds, I could hold the all time world record in the bench. However, I don't know if my genetics would allow me to get that heavy. I will try to set records at what ever weight I compete at. I really think it's more of an accomplishment for the lighter guys who set the records with the weights that they handle as compared to the big heavyweights.*

TK: Well, Anthony good luck on your endeavor to break the world record and thank you for the interview.

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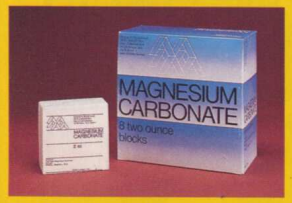

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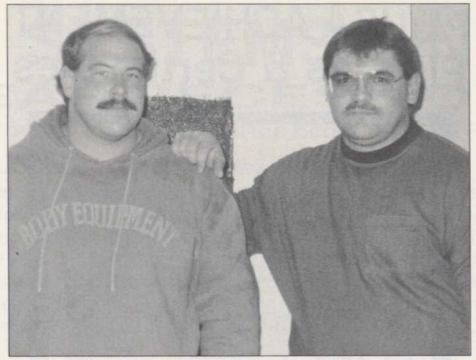
Central Pennsylvania Bench Press
9 Nov 91 - Lewistown, PA

Womens				
Light				
J. Estep	200			
M. Kuhns	140			
J. Nelson	135			
K. Jenkins	125			
A. Shanks				
Heavy				
M. Franklin	180			
S. Woods	150			
L. Celommi	145			
Teen				
R. Swigart	365			
E. Albert	295			
C. Ruck	335			
C. Catalone	270			
K. Metz	300			
M. Renninger	195			
J. Swab Jr	230			
J. Short	185			
M. Wolfely	190			
J. Folweller	230			
D. Dillon	220			
D. Paugh	215			
D. Manbeck	185			
T. Knisely	100			
Submasters				
Light				
A. Kahley	340			
J. Aumiller	335			
D. Denver	320			
S. Deshong	265			
J. Spangolo	200			
D. Kline	195			
J. Swab Sr	235			
Heavy				
J. Alecia	405			
J. Mosser	440			
W. Wolf	355			
V. Johnson	370			
B. Carmack	325			
S. Fisher	320			
M. Debetta	325			
Masters				
Light				
M. Knepp	325			
J. Geesey	320			
D. Roberts	260			
R. Purnell	255			
R. Jackson	145			
Heavy				
D. Howard	425			
R. Shanks	400			
J. Short Jr	400			
R. Brooks	385			
A. Deangelo	285			
R. Elliot	330			
R. Shirk	305			
S. Henson	330			
G. Walker	330			
H. Everly	285			
T. Hubler				
114				
A. Leonard	195			
M. Renninger	195			
R. Jackson	145			
N. Kahley	125			
123				
J. Spangolo	200			
J. Estep	200			
B. Rouzer	190			
M. Wolfely	190			
J. Short	185			
132				
D. Kline	195			
M. Franklin	180			
M. Kuhns	140			
K. Jenkins	125			
A. Shanks				
148				
J. Minich BL	325			
J. Baran	325			
M. Knepp	325			
M. Rose	310			
C. Wolf	300			
E. Albert	295			
T. Baker	290			
W. Folk	285			
C. Catalone	270			
R. Ramos	245			
J. Swab Jr	230			
C. Dorsey	230			
S. Woods	150			
L. Celommi	145			
165				
M. Taylor	390			
T. Dorsey	380			
Blattenberger	380			
W. Lippy	360			
A. Kahley	340			
T. Jackson	310			
D. Wray	300			
S. Deshong	265			
S. Schenk	260			
D. Roberts	260			
J. Folweller	230			
C. Rahn	230			
D. Orr	225			
R. Kline	225			
M. Tasker				
181				
T. Depp	375			
K. Davis	370			
W. Luciano	365			
G. Martin	360			
R. Sorletti	350			
J. Templeton	345			
J. Aumiller	335			
J. Geesey	320			
M. Corbacio	320			
D. Denver	320			
C. McDonald	310			
R. Clever	265			
R. Purnell	255			
198				
D. Howard	425			
J. Alecia	405			
R. DiBattista	405			
D. Saporito	400			
C. Herman	400			
E. Luciano	380			
E. Woolf	355			
R. Elliot	330			
K. Nace	320			
J. Smith	315			
B. Goss	310			
R. Shirk	305			
D. Paugh	215			
220				
D. LaPenna BL	480			
B. Walker	460			
T. Dodson	450			
R. Shanks	405			
R. Millward	400			
M. Varner	400			
J. Short	400			
R. Brooks	385			
S. Maurer	380			
V. Johnson	370			
C. Lose	365			
S. George	365			
K. Fultz	345			
S. Henson	330			
B. Carmack	325			
S. Fisher	320			
H. Everly	285			
242				
R. Dotson	510			
C. Seeker	475			
T. Snowberger	445			
J. Riggins	405			
S. Michard	400			
L. Bishop	335			
J. Drayer	325			
M. Debetta	325			
R. Robinson	290			
275				
E. Miller BL OL	540			
B. Clark	420			
C. Jackson	420			
M. Dodson	410			
D. Brillheart	400			
C. Kollar	360			
G. Diven	340			
G. Walker	330			
T. Hubler				
308				
G. Mosser	440			
K. Klinger	370			
B. Barnhart	340			

BL - Best Lifters. Team title - Rare Breed - Baltimore, MD. I would like to thank the following for all the help that made this meet a success: Joe Heider, Vince Snyder, Jon Wagner, and Scott Wagner - loading and spotting; Chip Aumiller Sr., Kenny Burkholder, Wayne Folke, Ammon Kahley, Dennis Brillhart, and Carl Seeker - great judging; Nancy Aumiller, Julia Raia, and Mel Hassinger - registration; Ed and Becky Zook, Nancy Aurand, and Lily Peachey - table; and Head Picketts, Mark Knepp, Dan Baney, Tom Molek, and Kyle Molek. Thanks to Gary and Tammy McCardle of Hardcore Supplements for the use of their store for early weigh-ins, and to the guys at the Lewistown Armory. Thanks to sponsors - Aumiller's Auto Wreckers, Linda's Corner Luncheonette, and Miller, Snook and Searer Law officers. (results by Meet Director Chip Aumiller)



Best Overall Lifter *at the Central Pennsylvania Bench Press Championships was Ed Miller (left) with 540 at 258, flanked by Meet Director Chip Aumiller.*

ADFPA Kentucky State
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Women	SQ	BP	DL	Total
104				
S. Harris	100	100	140	340
111				
J. Russell	195	95	200	490
116				
K. Sanchez	260	130	300	690
129				
R. Hack	325	165	345	835
176+				
B. Lattimore	260	200	320	780
Teen				
Light				
J. Elkins	515	285	520	1320
A. Tramill	350	240	400	990
J. Copper	315	200	375	890
J. Benton	335	160	315	810
Heavy				
M. Arterburn	435	255	475	1165
Masters				
Light				
G. Prince	435	240	535	1210
J. Portman	430	275	450	1155
Heavy				
P. White	710	430	740	1880
D. Emery	675	410	515	1600
J. Hurle	600	360	500	1460
114				
T. Denton	300	185	310	795
123				
D. White	335	165	360	860
132				
M. Meyer	360	225	385	970
C. Coomes	275	190	320	785
148				
J. Elkins	515	285	520	1320
S. Schreiner	515	220	460	
165				
B. Cahoe	520	350	540	1410
N. Briones	490	290	535	1315
K. Pierce	335	255	365	955
181				
D. DeJarnett	450	350	550	1350
S. Sullivan	450	300	475	1225
B. Brown	375	190	425	990
J. Buchanan				
198				
D. Hall	665	415	680	1760
T. Reed	520	225	525	1270
220				
R. Ganong	565	415	565	1545
D. Anguish	550	330	620	1500
242				
P. White	710	430	740	1880
275				
R. Richey	650	365	530	1545
R. Farris	550	435	550	1535
J. Hurle	600	360	500	1460
SHW				
M. Bertran	675	405	625	1705
T. Clayton	650	450	600	1700
D. Alderson	535	355	525	1415
Women's Open				
111				
J. Russell	195	95	200	490
122				
L. Sutter	215	145	245	605
129				
R. Deal	220	140	220	580
139				
R. Mahnersmith	200	90	250	540
154				
L. Kimmy	325	145	375	845
176				
J. Whitaker	145	165	145	455
176+				
B. Lattimore	260	200	320	780
Teen Open				
Light				
N. Briones	490	290	535	1315
B. Cox	350	270	420	1040
S. Markwell	415	235	450	1100
K. Richardson				
Heavy				
M. Arterburn	435	255	475	1165
T. Milan	350	240	330	920
Masters Open				
Light				
G. Prince	435	240	535	1210
Heavy				
D. Emery	675	410	515	1600
R. Lowry	535	260	475	1270
Mens Open				
114				
R. Aulridge	310	205	365	880
132				
M. Meyer	360	225	385	970
R. Hadcock	345	205	385	935
A. Kenny	315	165	340	820
L. Ellard	29	170	335	790
148				
D. Miller	345	185	380	910
165				
B. Clark	485	250	465	1200
K. Pierce	335	255	365	955
K. Richardson				
181				
B. Schmidt	600	335	640	1575
R. Pace	450	260	450	1160
R. Dickerson	240	175	300	715
198				
D. Hall	665	415	680	1760
T. Reed	520	225	525	1270
220				
P. Tyring	660	365	675	1700
K. Hayes	600	450	630	1680
D. Anguish	550	330	620	1500
S. Hughart	460	280	540	1280
242				
C. Vantress	565	375	600	1540
M. Perry	600	405	525	1530
B. Tyring	610	310	610	1530
275				
R. Mason	660	420	640	1720
G. Milligan	560	370	660	1590
C. Purcell Jr	475	385	500	1360
SHW				
D. Alderson	535	355	525	1415

Travis (114) at 14 years age, set a new KY state record in the bench (185). Sherry Harris (17) set a bench record of 100 at 104 lbs. Paul White and Don Emery set new KY masters records. (Thanks to Sue Payne for the results of this competition)

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(article continued from page 42)
the elite ranks - with the likes of O.D. Wilson, Mike Hall John Ware and Anthony Clark - pretty awesome company!

No one in History has recorded such a number as a Master lifter. Randy had become the undisputed strongest man in the world over 40!

I got to see Randy lift first hand at the WPC Worlds. All afternoon I had watched everyone squatting tentatively - like they were sitting on a cold toilet seat. No question about Randy's squat as he took a WPC World Masters record 907 and descended to a deep, deep position. It was the lowest dunk I've seen a big man do since Paul Wrenn dusted the floor with his absolute World Record of 975 over a decade ago. The crowd's reaction was spontaneous. Even the untrained eye knows a remarkable effort when they see one. Straining to recover Randy ground through the sticking point to completion, He was greeted with a thunderous ovation as he replaced the bar unassisted just as he had removed it. Later when I mentioned this to him Patterson responded: "Well, if you have to have someone help you in and out, it takes all the luster away from a successful lift. After all, this is supposed to be the sport of a strong men. Santa doesn't need any helpers," he chuckled. Amen!

Randy also made a personal best 573 bench press in Vegas. His style personifies power, with the bar ever so slowly lowered to the chest, tendons stretched like a coiled spring. He pauses and then - *wham* - the bell is catapulted explosively to arms length. Randy has the stretch reflex bench style down pat!

Only five months earlier he had set three official AMPF/APF World Masters Records with 881 552 782 2205 in his own hometown of Pendleton, OR. All this was done despite the debilitating task of serving as meet director of that competition. His deadlift was a PR there and he wanted to go over 800 officially in Vegas. Randy totaled a near best 2237 with his 760 deadlift and jumped to 804 trying for 2281! Twice the 804 he tried stalled on him, undoubtedly (as we determined afterwards) because his back was still fatigued from the 805 double he had pulled only 10 days before.

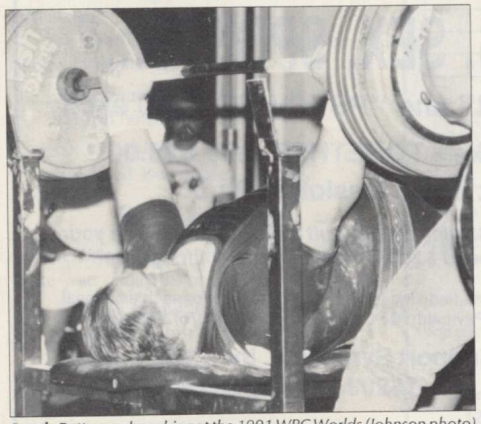
When I interviewed Randy for this story I was amused by his repartee. Surely there must be some training secret that Randy wasn't telling me that made him so strong. I was sure that I was on to something, so I decided to pick his brain. "Do you watch what you eat?" I inquired. "Yes," Randy quipped "I look at it while I eat it. If it's not moving, I am certain it is really dead and I immediately devour." "What about milk? Do you drink it?" "I love milk," Randy said his tongue gently lolling. "I believe you should already be weaned." I fired back, "It's really not that good for you after that - calcifies the joints, especially after forty." He pretended to look guilty and responded. "I know, that is why I've cut back to only a half-gallon a day." I thought about asking him how much milk he used to drink, then decided I wouldn't - better off to leave it be.

All kidding aside, Randall curtailed his witty sense of humor long enough to admit that he did indeed try to eat a proper well balanced diet (copious quantities I presume)!

After all this I finally discovered his secret: discipline and perseverance! He told me that in the seven years he had been lifting that he could count the number of workouts he had missed on the fingers of one hand.

Just what are his goals? He admitted that a 2,303 total would be what he was shooting for in 1992. After all, it would be an Olympic year again, right?

Hat's off to Randy Patterson, already the No. 2 man in the USA and the World's strongest Master. The remaining glorious chapters of his story remain to be written.



Randy Patterson benching at the 1991 WPC Worlds (Johnson photo)

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The Monster Bench Press
26 Oct 91 - Norwalk, CA

Women			
148 and below		H. Pigeon	
P. Graves	110	220	
Master		F. Sanchez	425
K. Reagan	170	L. Wright	410
148+		L. Hague II	350
K. Turner	155	S. Kellem	
D. King	135	242	
Master		B. Meek	460
G. Buerki	175	M. Black	425
L. Metro	115	R. Perkins	400
Men		M. Phillips	285
148		275	
Kongkriangkai	295	T. Ugapo	520
G. Murillo Jr	290	C. Fletcher	520
O. Ochoa	275	275+	
M. Phillips	265	R. Schoenberger	520
S. Lee	255	Kraigo	365
T. Chavez	245	E. Popov	325
D. Porter	225	H. Miller	315
D. Tiffany		14-16	
165		L. Elliot	240
R. Sapien	380	O. Archiga	200
L. Walker	335	M. Huizar	185
D. Kamikawa	310	M. Anderson	170
H. Lopez	285	17-19	
181		S. Wilson	250
K. Tate	450	D. Sells	275
C. Graham	420	R. Cardona	325
R. Sanchez	410	K. Chau	240
O. Pace	315	C. Enciso	300
T. Hayes	315	M. Esparza	195
R. Debotts		O. Celaya	180
S. Carmona		J. Klementich	200
C. Weaver		V. Boivin	185
198		M. Ojeda	
D. Bullard	430	40-49	
K. Booth	425	B. Meek	460
K. Lee	400	D. Smith III	350
J. Rials	400	V. Elliott	335
C. Lucks	395	M. Warren Jr.	280
A. Brossa	365	50-59	
M. Mango	300	F. Thompson	340
M. Machuga	290	60-69	
R. Siggson	250	F. Riggio	205

Best Lifter: Ken Tate- 450 lb. at 179 lbs. Many thanks to Sherry Houston, owner of the American Eagle Gym in Norwalk, CA, for allowing the resurrection of the Monster Bench Press Competition. Sherry was supportive from the start and right up to the rainy end. In addition, Sherry reached deep into her own pocketbook to fulfill the vision. Thanks to Dr. Steven Charles of NAK Health Center. With Dr. Charles's contribution, I am able to pay copying and mailing fees. If you are in need of chiropratic care, please give NAK a call. Thanks to Rozanna Pitassi. I searched (real hard) for an appropriate award. Rozanna, a busy mother of three children, not only located my idea, but put hundreds of hours into the careful preparation of each skull. Some people remarked that they would like the skulls to indicate weight class, place, etc, and I am looking into screens to allow for this next year. Thanks to all the referees: Fil Pitassi, Patrick McNeil, Kevin Meskew, and Carol Meskew. I really appreciate your support, and it goes without saying that, "I couldn't have done it without you." Lots of thanks to Kellie Miyakusu. She not only had to put up with my crap (for a whole year prior to the event) but also carried our new daughter (Catherine 12-9-91). Without Kellie, the show wouldn't have gone on. Lots of thanks to Richard Abbott. My friend, you have always been there for me! Folks, Richard is a killer master competitor. He is into: weightlifting, powerlifting, sprint bicycling, long-distance bicycling, and maniacal feats of strength (abuse). In addition, he is a feature writer of Hardgainer Magazine. Thanks to Mike C. from California Muscle and Fitness (La Mirada, CA); to Jerry Druckerman for the professional photo that he donated; to Dr. Kandalaft for two $150 certificates for chiropractic care; to Tom Wentworth for three fabulous days and two nights in Las Vegas, NV; and to PDQ Rentals for donating 100 chairs so that the competitors and guests could watch the event. PDQ, I assure ou that in the future, if my friends or I have a rental need, we'll be over. Thanks to the butcher, Frank Riggio. Frank and his side-kick, Elia, kept the juices flowing. Thanks to Alice Sermeno. Alice put together the radical floral arrangement that I (the count) presented to Sherry. Thanks to: Darryl Pitassi, Frank Atilanto, George Liani, and Don Sells for loading the plates and spotting the lifters. Also to Charlie Ortega and all the other helpers who remain, at this time, nameless. Finally, I'd like to thank all the people from Set Free Ministry. They kept the energy going right until the end. I look forward to working with you to organize an event at your church. To all the lifters, I've been around this sport a long time. You guys were great. Be happy with your lifts because you performed them in a contest, not just in a gym. Keep training, eating right, and getting enough rest. Stay away from drugs! God bless you all! (Thanks to Charles LaMantia, the Count of LaMantia, for the these results.)

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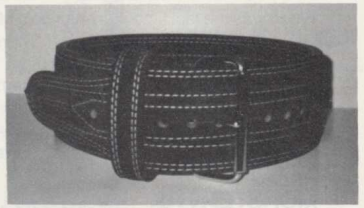

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PAC Holiday Bench Press
21 Dec 91 - Brooklyn, NY

Women				
181				
L. Berstein	100			
Teen				
Princethal-170	330			
M. Little-176	275			
Submasters				
S. Kaufman	350			
Masters				
R. Berstein	285			
Mens Open				
132				
C. White	245			
S. Sherwin	150			
148				
A. Gerase	335			
R. Carter	260			
G. Levy	415			
C. Cabarillos	340			
198				
C. Confessore	570			
R. Rodriguez	400			
220				
J. Bonfondeo	520			
S. Mariani	470			
242				
C. Anderson	520			
G. Bernstein	455			
F. Mansueto	380			
275				
R. Barres	430			
S. Kaufman	350			

Outstanding Lifter Light: Gary Levy. Outstanding Lifter Heavy: Chris Confessore. (Thanks to Charles Williams and Frank Mansueto, meet directors, for the results of this competition.)

ICPA Cold Iron Classic
14 Dec 91 - Martinsville, IN

Teen Women	SQ	BP	DL	Total
105				
J. Warren	140	80	200	420
132				
S. Anderson		60		60
165				
C. Anderson		90		90
Women Sr.				
105				
S. Lewis	105	70	90	265
Teen Male				
123				
D. Deckard	145	100	150	265
132				
P. Murrphy	250	200	300	750
148				
T. Robinson	280	230	375	885
165				
B. Waltz		200		
242				
M. Harper	340	170	425	835
SHW				
D. Harrison	360	225	485	1070
Male Sr.				
148				
C. Carter		290		290
165				
P. Parsons	245	245	320	810
J. Rinehart	135	135	260	530
181				
C. Amy		335		335
T. Muzik	465	280	550	1295
T. Hall	325	155	400	880
W. Bullock	220	215	410	845
198				
S. Downey	480	290	520	1290
242				
R. McCraron	600	350	550	1500
D. Hartman		330		330
Sub Masters				
132				
G. Mogan	205	185	245	635
D. Robertson	145	135	225	505
165				
J. Moore		280		280
L. Ferguson		280		280
B. Shoemaker		310		310
198				
C. Binkley	535	300	500	1335
242				
N. Phipps	465	340	420	1225
J. Shields	375	315	450	1140
T. McCullough	560	375	600	1535
R. Ivey	615	285	550	1450
SHW				
W. Banachefski	340			340
Masters I				
181				
L. Funk Jr.	225	165	350	740
242				
L. Ferguson	300	275	450	1025
E. Bell	300	275	500	1075
Masters II				
SHW				
R. Bridgewater	250	315	385	950

Tikes: J.T. Moore 102 points, T. Temples 100 points. Female - C. Ford 110 points. Youth - 1st place R. Robertson 193 points, 2nd. D. Hendrickson 129 points, 3rd. T. Wheeler 100 points, 4th. J. Arthur 57 points. Male outstanding lifters - Bench: index Chris Carter, Bench: most weight lifted Warren Banachefski, Teen: index Tanner Robinson, Bench: Patrick Murphy, Hercules: most weight (natural) Tom McCollough, Samson: most weight (pure) Robert McCraron. Team Trophy - 1st. Lighthouse Power Team, 2nd. Brazil Power Team, 3rd. Iron Anchor Gym. Many state records were set and broken. Don't miss the Indiana State Regionals, March 14, 1992. Remember you have to lift and place in the top 5 of your class to qualify to lift in the Indiana State Championship, to be held June 13, 1992. For more information call 812-829-2615 or 812-829-0645. (Thanks to I.C.P.A. for results)

ALMOST 605!! at a198 by Chris Confessore at the PAC Bench Meet

4th Annual Ironmen ADFPA Meet
23 Nov 91 - Sioux Falls, SD.

148lb. class	SQ	BP	DL	Total
B. Shermer	375	235	380	990
165lb. class				
C. Lockhart	400	275	440	1115
K. Hilmoe	280	200	285	765
F. Walking Elk				
181lb. class				
E. Page	475t	240	505t	1220
S. Mallula	325	260	385	970
198lb. class				
J. Crandall	465	325	490	1280
J. Trenhaile	470	305	485	1260
SHW				
R. Schubert	575*ª	415ª	485ª	1475*ª

* - Institutional Record, ª - ADFPA submaster's state record, t - ADFPA teenage state record. Meet Director - Randy Schubert, Asstt. Meet Director - Jeff Crandall, Table - Dan McQuillen, Doug Reilly, Gerald Bradford, Guy Carsten, Judges - Scott Nutter, Mark Winguist, Bill Beck, Manley Nutter, Spotters - Albert Kelly, Garry Crain & Coy Thomas. (Thanks to Rick Leslie, Recreation Director, for these contest results)

USPF Mountain State Deadliest Deadlift
18 Jan 92 - Princeton, WV

Open		M. Taylor	365
123		D. Williams	325
D. Weiss	445*	J. Belcher	320
132		J. Haynes	285
B. Kelley	350!	W. Hebb	275
148		165	
B. Kincaid	385	S. Hambrick	385!
165		J. Hubbard	375
G. Bryant	500!	D. Moore	375
181		D. Pack	350
B. Smith	555*	W. Williams	340
R. Johnson	550	T. Whitt	335
V. Nelson	540*	J. Bragg	330
M. Flora	540	B. Burner	330
D. Brotherton	520	M. Meeks	325
M. Lee	520	J. Brown	315
M. Bell	520	B. Moore	310
S. Grigsby	495	181	
198		J. Shufflebarger	420!
M. Thompson	600	B. Noel	380
D. Currence	590	D. Goble	365
M. DiSimone	440	S. Brookman	360
220		K. Six	355
T. Buzzo	550	D. Bennett	345
L. Smith	540	R. Hodges	320
K. Starr	425	C. Ragland	305
242		M. Hall	265
M. Tennant	590	R. Carter	265
C. Young	580	198	
275		J. Tabor	400!
K. Graley	530!	D. Chapman	390
R. Drewery	525	J. Harrah	380
SHW		D. Green	375
T. McNett	640!	J. York	375
Women Open		R. Griffith	360
148		L. Lilly	315
B. Kelley	285!	R. Richmond	315
165		J. Wood	290
B. Hart	350!	M. Hambrick	225
M. Webb		C. Morton	
Submasters		220	
181		D. Dempsey	390!
B. Smith	550*	J. Presley	370
198		T. Cox	280
M. DiSimone	440*	242	
242		M. Hurley	440!
J. Messinger	640!	B. Kidwell	400
Masters		D. Campbell	365
181		B. Woodson	350
R. Lovelace	460*	B. Mullins	345
198		275	
R. Gibson	375!	J. Klawan	540!
220		R. Artis	475
L. Smith	540	T. McIntosh	470
181		J. Tabor	400
M. Lee	520*	E. Price	400
220		J. Keaton	340
T. Buzzo	550*	J. Hunt	250
275		SHW	
R. Drewery	525*	C. Marshall	500!
HS/ Teen		J. Sadler	350
114		A. Wimmer	345
C. Harvey	330!	Women	
J. Morris	260	97	
M. Radford	255	A. Hughes	165!
J. White	230	105	
D. Bailey	225	A. Woodson	175!
R. Keel	215	C. Chafin	170
E. Hayes	185	A. Mathias	130
123		114	
D. Brooks	280!	A. Wheeler	190!
J. Testerman	280	C. Sisk	150!
J. Maddow	260	A. Paelish	140
M. Eggerling	240	123	
R. Coalson	185	K. Franco	200!
132		132	
P. Armentrout	415!	W. Smith	220!
A. Poole	325	148	
W. Stanton	300	H. Bailey	235!
M. Bennett	250	165	
148		R. Bair	220!
J. Caliope	390!	H. Nixon	195

* Hardbodies deadlift record. ! WV state single lift deadlift record. Law Enforcement Team: Thompson's Power House. Deadlift Team Open: Thompson's Power House. Mountain State Deadliest Deadlift Team: Shady Springs High School. Incredible would be best in describing the Mountain State Deadliest Deadlift Championships with over 155 competitors with approximately 75 of those being high school students. The competition was fierce among the high school category and in the 181 lb. class of the open division. It takes a great number of people who are hard-working and dedicated to expedite an event this large, and many thanks to all who helped. Head Referee: Paul Sutphin, Category II International. Judges: Vince White, Category II Int.; Frank White, Nat'l.; Allen Smith, Barry England, Pritt Beasely, Danny Hurley, Eddie Starcher, Maria Yoakum, Paul Sutphin. Table/ Scorers: Fred Ellis, Doug Brash, Michelle Starcher, Terri Hines, Imogene Maynard, Linda Lilly, Paul Sutphin. MC: Mike McGarrett- WHAJ 104 FM, Paul Sutphin. Meet Directors: Mike & Robbie Fuller - Hardbodies Gym. (Thanks to Paul Sutphin for FAXing results to *Powerlifting USA*)

Central Virginia Bench Press
7 Dec 91 - Hopewell, VA

Women Div.		181	
V. O'Connor	190	M. Perkinson	275
J. Williams	150	K. Parker	270
D. Hardy	140	C. Ronk	215
Y. Williams	95	T. Chavis	200
A. Nunnally	70	198	
Teenage Div.		B. Grubbs	385
J. Kuhns	320	D. Davis	365
B. Holmes	300	J. Giles	360
M. Feild	285	K. Phillips	335
R. Connelly	185	R. Saunders	335
Masters Div.		J. Pickler	320
F. Duffee	390	M. Feild	285
B. Harris	270	T. Weyland	200
R. Brown	370	220	
J. Gregory	335	S. Dunkle	455
L. Bates	300	F. Duffee	390
K. Hancock	290	S. Hicks	385
B. Ward	235	O. Williams	380
W. Taylor	235	K. Hancock	290
Open Div.		242	
148		S. Smith	410
B. Huot	205	S. Cutts	390
165		G. Nugent	340
B. Collins	320	R. Feild	330
J. Cullen	320	275	
J. Lineman	320	T. Bates	405
J. Kuhns	320	SHW	
B. Cambell	305	H. Wilkerson	420
Vladimir	285	R. Denjen	380

(Thanks to Barry Walker for these meet results)

Central Iowa Open BP-DL
2 Nov 91 - Des Moines, IA

Open Div.			
114			
A. Ligouri	115		
148			
L. Ligouri	280		
K. Cauley	275		
165			
S. Lemon BL	360		
D. Lahr	290		
D. Denadel	265		
D. Borcherding	195		
181			
Z. Siimmons	300		
242			
D. Dahlgren	350		
275			
C. Klehm	315		
Novice Div.			
114			
A. Ligouri	115		
148			
K. Cauley	275		
G. Brazelton	270		
181			
R. Capels	315		
S. Kuch	285		
R. Millage	270		
J. Simpson	265		
275			
C. Klehm	315		
Teenage Div.			
132			
A. Ligouri	115		
148			
M. Mylan	265		
165			
D. Denadel	265		
D. Shaw	240		
181			
Z. Simmones	300		
Natural Div.			
148			
L. Ligouri	280		
K. Cauley	275		
J. Olive	260		
165			
S. Lemon	360		
J. Cauley	295		
D. Denadel	265		
181			
D. Hurt BL	435		
M. Skogen	270		
242			
R. Carson	350		
275			
C. Klehm	315		
Sub-Masters			
C. Knight	350		
Masters Div.			
H. Nichols	340		
C. Klehm	315		
L. Ligouri	280		
Womens Div.			
L. Ballschmiede	115		
N. Augustine	55		
Deadlift			
Open Div.			
148			
J. Olive	455		
L. Ligouri	375		
T. Smith	315		
165			
D. Borcherding	315		
181			
R. Caples	400		
220			
C. Knight	625		
R. Geneser	610		
242			
R. Carson	550		
D. Dahlgren	505		
R. Stotts	505		
275			
L. Ufford BL	760		
C. Klehm	225		
Master's Div.			
L. Ligouri	375		
C. Klehm	225		
Women's Div.			
L. Ballschmiede	245		
Law Open			
114			
L. Ballschmiede	115		
148			
T. Smith	220		
C. Calloway			
165			
J. Cauley	295		
M. Bertrand	290		
181			
R. Capels	315		
D. O'Connell	300		
M. Skogen	270		
198			
H. Nichols	340		
242			
B. Miller	350		
275			
K. Uffohd BL	490		
Law Submaster			
R. Capels	315		
D. OConnell	300		
Law Master's			
H. Nichols	340		

1st Place Law/Fireman Team - Overland Park Power Team O.P.P.T. - Ken Ufford, Jack Cauley, Mork Bertrand, Matt Skogen, Tom Smith, Bob Miller and Kevin Cauley. The 1991 Central Iowa Bench Press-Deadlift Championships which was held for the 10th year at the South Suburban YMCA ended up having a great turn out. Usually this meet averages 90-100 lifters. This year we had a turnout of about 40. But with the worst ice and snow storms in Iowa's history, and much of the rest of the Mid-West, hitting us for 3 days prior to meet day it was a wonder we had anyone there at all! Lifters told of what was usually a 2 or 3 hour drive turning into 6-9. A masters lifter that drove down with his wife told me he turned around 2 different times to find alternate highways due to power lines and poles being over the highways and interstates. It was a mess and the meet almost had to be canceled. But luckily we were able to keep it going and lifters took that extra time and a good portion still turned up for what was a exciting and competitive meet. That is what I call some dedicated competitors. A HUGE thanks to everyone who showed up and had to fight their way there due to mother nature. Great lifts were made in many divisions and the best lifters were especially impressive. Thanks also to all the fine help who meet after meet make running such smooth meets possible. Your help and support is greatly appreciated. It takes special people with a true love for the sport to show up to help at meets and give up their free time or family time. Lifters please keep in mind the people who you see in competitions helping run meets. These people are there so you have a quality and worry free meet. So you can keep your mind on lifting and having a good time. At whoever's meet, in whatever organization, these people deserve the appreciation of all in our sport. Good Health and Good Lifting to You All! (Thanks to Meet Director Jeff Baird for results)

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ADFPA Training Center Open
28 Dec 91 - New Castle, DE

Open		R. McDonnell	1535
114		B. Salvatore	1330
S. Heiner	505	B. Cannelio	1225
123		B. Alworth	1145
J. Howeqing	915	220	
132		W. Croner	1685
C. White	810	B. Britton	1655
148		C. Antonio	1655
K. Davis	1190	D. Shavahan	1620
J. Robinson	1100	C. Farrell	1490
M. Malozi	985	242	
165		B. Paddock	1845
J. Ring	1380	M. Anderson	1790
K. Duffer	1325	C. Washington	1520
J. Back	1175	J. Swiderski	1460
H. Prigg	1140	V./Lipscomb	1335
R. Heiner	1130	275	
181		D. Nettles	1770
S. Salus	1410	E. Jenkins	1760
H. Bindert	1350	J. Painter	1585
P. Catina	1305	T. Brooks	1550
J. Morris	1200	M. Siderio	1505
D. Crawford	1185	SHW	
198		G. Davis	1680
S. Scialpi	1855	D. Daube	1545

Womens - Stephany Steel, Kathy Roberts and Shira Bedfield. Novice - Russ McDonnell, Clay Washington, John Swiderski, Mike Siderio, James Dziedzic, John Morris, Mike Deardorf, Brian Kilborn, Darrell Barnes and William Cannelio. Master - Bob Shade, Dave Crawford, Kurt Hanson, John Kavanaugh and Mike Logue. Teen - Joe Ring, Bill Miller, Mike Deardorf, Ben Winkler and Steve Heiner. Bust Lifter Trophy - Ligthweight - Joe Ring, Heavyweight - Steve Scialpi. 22 competitors entered the Novice Division competing for 10 place trophies. There were 3 women, 5 masters and 8 in the teen divisions. We wish to acknowledge the efforts of the judging staff with Head Judges - Knut Hanson and Hayward Gregg, and many thanks to all those spotters, loaders and helpers whose efforts make for a successful meet. (Thanks to E.F. Murphy Jr. for these results).

USPF Open Power Bench Meet
21 Sep 91 - Wilmington, DE

Open			
123			
G. Schupe	230		
C. Templeton	175	R. Seagraves	465
148		Novice	
M. Laws	310	123	
165		G. Schupe	230
J. Shavack	350	C. Templeton	175
M. Miler	350	148	
R. Kashon	255	L. Celommi	140
J. Whary	250	165	
181		R. Kashon	255
J. Manlove	365	J. Whary	250
W. Patrick	340	G. Tsakataras	230
C. Scarlata	340	E. Fisher	205
D. Crawford	300	J. Luketich	200
198		181	
A. Succarotte	520	W. Patrick	340
J. Valle	410	B. Kelleher	320
M. Mellini	385	M. Logue	280
T. Bailey	370	V. DeNoble	250
M. Moore	370	198	
R. Baxandale	345	M. Melini	385
220		M. Moore	370
G. Schultz	445	R. Baxendale	345
R. Succarotte	370	K. Hansen	320
R. Reed	360	K. Frederick	315
J. Sevir	250	J. Luketich	290
242		220	
B. Brinton	440	R. Succarotte	370
B. White	370	B. Borsch	340
K. Ulrich	360	J. Sevir	250
D. Rolley	355	242	
275		A. Edwards	405
S. Horvat	410	K. Ulrich	360
Super		275	
H. Richey	570	S. Horvat	410

Women - Lynni Celommi, Beth Kurtz, Karen Faulkner and Kathryn Rodriguez. Teen - Alex Ballas, Jim Whary, Matt Wojciechowski, Shawn Harmon, George Tsakataras and Ed Riley. Masters - Robert Reed, Bob McMahon, Dwight Rolley, Dave Crawford, Kurt Hanson and Mike Logue. The 1991 USPF Open Power Bench Competition was held at the central branch of the YMCA in Wilmington, DE. 57 lifters turned out making a nice comfortable size meet. Head judge John Wade choose 4 flights on a single platform, making for a quick meet. We had great representation in the formula catagories of women (5), teen (6) and masters (10). A great job by the staff at the 'Y' led by Meet Director Laura Domnick and volunteer coordinator Knud Hansen. Many thanks to all the helpers and officials. Job well done. (Thanks to E.F. Murphy Jr. for results)

USPF 4th Annual Hardbodies Winter Classic Bench
18 Jan 92 - Princeton, WV

Open		R. Gibson	240
123		220	
D. Weiss	260*	L. Smith	380*
132		R. Nicewonder	315
R. Kelley	245*	T. Waller	310
R. Tenney	180	242	
S. McClure		R. Ledford	375*
148		Law Enforcment	
T. Steckline	305*	181	
K. Woodell	295	M. Lee	275*
L. Saunders	285	220	
B. VanKlirk	280	T. Buzzo	320*
G. Columbo	250	242	
B. Kincaid	230	B. Beasley	380*
165		HS/Teen	
D. Lewellyn	325	114	
R. Coffield	260	D. Bailey	140*
181		M. Radford	135
R. Johnson	370	J. Morris	3125
W. White	365	J. White	115
B. Smith	340	123	
M. Hill	335	J. Maddow	175*
M. Bell	330	J. Edwards	170
D. Brotherton	305	J. Testerman	140
L. Privett	255	M. Eggerling	120
198		132	
G. Pernell	380	P. Armentrout	255*
D. Currence	350	J. Sadler	160
P. Hawkins	340	W. Stanton	150
M. Thompson	335	A. Poole	135
220		148	
M. Bryant	415	B. VanKirk	280*
W. Cook	405	G. Columbo	250
L. Smith	380	M. Leigh	245
J. James	380	W. Hebb	195
J. O'Dell	360	J. Haynes	185
242		J. Belcher	145
C. Young	400	165	
J. Browning	390	D. Pack	235*
M. Tennant	385	P. Chow	230
B. Beasley	380	T. Whitt	210
D. Poe	365	J. Hubbard	205
275		M. Meeks	185
B. Howard	400	J. Brown	155
K. Graley	305	B. Burner	135
SHW		W. Williams	135
T. McNett	470	181	
Women Open		D. Goble	220
114		K. Six	210
T. Woodell	140*	S. Brookman	185
132		B. Meadows	185
B. Altizer	235*	R. Hodges	175
148		B. Noel	170
B. Kelley	135*	R. Carter	150
165		198	
B .Hart	155*	J. Tabor	240*
M. Webb	110	J. York	200
Submasters		R. Griffith	190
165		220	
R. Coffield	260*	C. McKlarney	295*
C. Miragliotta	260	D. Dempsey	245
181		J. Presley	175
B. Smith	340*	242	
242		M. Hurley	245
J. Messinger	415*	D. Campbell	165
Masters		275	
148		T. McIntosh	310*
K. Woodell	295*	J. Tabor	270
181		R. Artis	250
T. Miragliotta	320*	E. Price	195
B. Lovelace	315	SHW	
198		C. Marshall	340*
B. Lindsey	315	J. Sadler	230
		A. Wimmer	210

Head Referee: Paul Sutphin- IPF CAT.II International. Head Judge: Bill Ennis, Vince White- IPF CAT.II Int. Referees. Judges: Frank White, Nat'l, Allen Smith, Barry England, Eddie Starcher, Danny Hurley, Denver Turner. Table Scorers: Fred Ellis, Doug Brash, Terri Hines, Imogene Maynard, Michelle Starcher. MC: Mike McGarrett- WHAJ 104 FM. Meet Director: Mike and Robbie Fuller- Owners of Hardbodies Gym. The year 1992 began with a great start in West Virginia powerlifting as the Hardbodies Winter Classic Bench Press Championships, now in its 4th year, hosted a record number of 98 benchers and a screaming, enthusiastic crfowd to accompany the festivities. Perhaps the local high schools, Princeton and Shady Springs, deserve most of the credit as between them, there were over 35 benchers and the high school team trophy went to the Princeton Tigers of PHS. The 1992 Hardbodies Bench Team Champions are the guys and gals of the Buckhannon Power Team of Buckhannon, West Virginia. There were 26 meet records either set or broken. Bettina Altizer of Roanoke, West Virginia, women's national powerlifting champ, bench pressed an awesome 235 at 132! All of the high school athletes looked great with their lifting, as it is great to see young blood become involved with our sport. Place this event on your calendar for 1993, as next year's event will be really super! (Thanks to Paul Sutphin for FAXing these results to us at 805-987-4275.)

Kenny Woodell, age 42, won1st in the Masters Division at the Hardbodies Classic with a 295 bench. He was also the 1991 West Virginia Bench Press Classic Series Champion, and has been lifting 15 years (courtesy Sutphin).

Pool's Power Bash
28 Dec 91 - Griggsville, Il.

Open	SQ	BP	DL	Total
114				
S. Benninato	360	190	335	885
132				
E. Rankin	300	170	250	720
148				
C. Bates	350	250	375	975
K. Mager	275	230	325	830
165				
J. Durian	405	290	430	1125
T. Mygatt	410	250	450	1110
181				
C. Shoemaker	555	285	450	1290
A. Zylanas	515	280	475	1270
198				
J. Craig	605	335	505	1445
C. Kalberer	565	350	475	1390
W. Eubank	475	410	455	1340
220				
S. Wilson	720	440	500	1660
K. White	675	390	470	1535
275				
D. Pool	800	555	700	2055
SHW				
B. Uhlig	750	480	600	1830
Bench Press				
Women's				
114				
R. Shoemaker	120			
132				
C. Bonds	150			
148				
M. Barnett	150			
Men's				
148				
J. Craig	185			
B. Bennett	150			
165				
S. Snyder	280			

181	
S. Sappington	405
D. Degroot	250
198	
J. Bartlett	405
S. Pagan	310
220	
P. Craig	335
C. Barnett	330
242	
B. Bonds	410
L. Moore	390

Hosted by: Pool's Gym and Equipment Inc., Griggsville, IL - Doug Pool and Jason 'Spud' Wilson - owners. (Thanks to Doug Pool for results).

Central Iowa Open Bench Classic
21 Sep 91 - Des Moines, IA

Open			
148		165	
L. Ligouri	285	S. Lemon	365
165		J. Meyers	255
Lemon BL	365	181	
181		D. Hurkin	335
D. Hurkin	335	R. Rhiner	315
R. Rhiner	315	R. Caples	310
R. Caples	310	Z. Simmones	300
198		220	
R. Olson-BL	470	L. Lipscomb	430
220		P. Comito	385
R. George	330	Sub	
Novice		Master	
165		P. Comito	385
J. Meyers	255	L. Ligouri	285
181		R. Caples	310
R. Rhiner	315	Masters	
R. Caples	310	R. Olson	470
Z. Simmones	300	R. George	330
Teen Div.		Beginner's	
148		Lgt. Class	
M. Mylan	265	J. Meyers	255
181		Mid Class	
Z. Simmones	300	R. Millage	260
Natural Div.		Hvy. Class	
148		Z. Simmones	300
L. Ligouri	285	SHW Class	
		J. Heather	250
		M. Fritz	185

1st Place Team - Seven Flags Fitness & Raquet Club - Rick Olson, David Hurkin, Perry Comito & Ron George. 2nd Place Team - Ron's Basement Crew - Ron Caples, Louuie Ligouri, Zeb Simonnes & Jeff Meyers. The Central Iowa Open Bench Press Contest held at the YMCA was not a big meet in the number of lifters who showed up but was a huge meet in the way of the quality of lifters who competed. Following the Iowa State Fair meet which was held 4 weeks prior and was well over 150 entries this meet was planned more as a small local competition, and with just the bench press being done. But looking at the lifts its not had to see there was some great lifting and these guys were not concerned or bothered by the small turnout. They just wanted to lift. I would like to pay a special thanks first to everyone who helped judge, announce, spot, and load. Same great guys as always and its great to have such experienced help. Also a big thanks to all the lifters who competed, even though it was a small meet did fine jobs lifting. Good Health and Good lifting to you all. (Thanks to to Meet Director Jeff Baird for these meet results)

ADFPA Illinois Bench Press
23 Nov 91 - Chicago, IL (kg)

Women			
176		181	
A. Johnson	70	M. Bamonti	167.5
N. Puglia	80	R. Ford	165
Teen		N. Negrelli	157.5
181		M. Wilczak	155
D. Runhaar	115	J. Delk	152.5
198		J. Ridings	147.5
C. Conkar	152.5	B. Kinney	140
J. Bermudez	135	198	
242		E. Cotton	200
M. Balis	192.5	R. Rigert	185
275		P. Wolf	182.5
L. Wright		M. Capriotte	170
Masters		T. Widner	170
114		R. Maddalone	170
T. Mason	65	R. Taylor	137.5
148		220	
S. Craig	130	S. Groth	187.5
165		B. Udziela	185
E. Rubio	130	E. Riley	180
W. Hostetter	110	R. Oliver	170
181		P. Kler	170
T. Harris	137.5	R. Michel	155
198		A. Maldonado	
R. Maddalone	170	242	
N. Lobue	150	P. Raglund	200
220		M. Balis	192.5
H. Lande	147.5	R. Cox	190
242		J. Matishak	187.5
J. Matishak	187.5	R. Quiriconi	182.5
Open		P. Moore	
148		J. Pike	
S. Craig	130	275	
B. McGrath		J. Moller	230
165		T. Howard	222.5
J. Gaffin	170	M. Simmons	220
N. Gorman	157.5	A. Falcon	160
B. O'Connel	142.5	UNL	
T. Phillips	132.5	S. Ellis	227.5
E. Rubio	130	J. Binkowski	212.5
		R. Kessler	192.5

Best Lifters: Women - Ann Johnson, Teen - Matt Balis, Masters - John Matishak, Open - 1. Jamie Moller, 2. Ernest Cotton, 3. Tommie Howard. (Thanks to B & W Gym for results of this meet)

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NASA Iowa Regionals
23 Nov 91 - Des Moines, IA (kg)

Women	SQ	BP	DL	Total
97				
Daniels	107.5			
114				
Ballschmiede	95	55	112.5	262.5
132				
Backoven	115	42.5	110	267.5
148				
Johnson	155	75	167.5	397.5
SHW				
Murrell	147.5	82.5	147.5	377.5
Youth				
77				
O'Toole				
Men's Pure				
114				
Ballschmiede	95	55	112.5	262.5
165				
Ewoldsen	260	142.5	215	617.5
Ehehardt	182.5	125	207.5	515
181				
Zackery	240	150	292.5	682.5
Cassiady	252.5	177.5	247.5	677.5
Mutchelknan	255	142.5	260	657.5
Hurt	25	205	65	315
198				
McCoy	272.5	165	302.5	740
Stowell	275	167.5	265	707.5
Knasniska	247.5	160	285	692.5
Siegel	192.5	110	197.5	500
LaBelle	137.5	120	152.5	410
220				
Backoven	277.5	165	285	727.5
Liscomb	250	197.5	255	702.5
Herrmann	215	150	252.5	617.5
Habhab	235	130	215	580
Rumley	25	227.5	100	352.5
242				
Hammes	317.5	180	277.5	775
Pendlay	277.5	170	260	707.5
275				
klehm	92.5	140	142.5	375
SHW				
Murrell	187.5	107.5	190	485
Robinson	202.5	112.5	170	485
Pure Novice				
165				
Volz	170	122.5	227.5	520
Sulso	165	117.5	182.5	465
181				
Spain	187.5	137.5	200	545
Harms		92.5	170	
Teenage				
114				
Tran	182.5	112.5	192.5	487.5
242				
Adams	200	122.5	262.5	585
Sub Masters				
148				
Rohan	172.5	127.5	220	520
Williams	210	110	190	510
165				
Jones	210	127.5	235	572.5
181				
Zackery	240	150	292.5	682.5
Mutchelknavs	255	142.5	260	657.5
O'Toole	195	125	227.5	547.5
198				
Kuasniska	247.5	160	285	692.5
220				
Vest	62.5	212.5	62.5	337.5
242				
Hammes	317.5	180	277.5	775
Kline	212.5	152.5	207.5	572.5
275				
Kretsch	327.5	187.5	327.5	842.5
SHW				
Robinson	202.5	112.5	170	485
Pure Novice				
198				
Siegal	192.5	110	197.5	500
220				
Stump	230	135	227.5	592.5
DeFransico	230	130	205	565
181				
Weikert	252.5	150	242.5	645
Larchick	237.5	170	230	637.5
Chalmer	227.5	145	65	437.5
Gillette	240	147.5		
198				
McCoy	272.5	165	302.5	740
Kvasniska	247.5	160	285	692.5
Duff	237.5			
220				
Trosper	215	142.5	227.5	585
242				
Connett	332.5	172.5	307.5	812.5
275				
Klehm	92.5	140	142.5	375
SHW				
Reints	25	215	25	265
Masters 1				
165				
Tuel	182.5	122.5	185	490
198				
Rhoades	267.5	150	260	677.5
220				
George	175	155	205	535

High School Pure				
114				
Mai	142.5	80	127.5	350
123				
Nguyen	190	100	165	455
242				
Adams	200	122.5	262.5	585
Masters 2				
198				
LaBelle	137.5	120	152.5	410
220				
Rosenburger	160		212.5	
Masters 4				
148-Mason	125	32.5	227.5	385
Bench Press				
Women's				
97				
Daniels				
Men's Pure				
181				
Hurt	205			
Albertsen	150			
220				
Rumley	230			
Lispcomb	197.5			
Herrman	150			
275				
Klehm	140			
Pure Novice				
165				
Salso	117.5			
181				
Stahl	142.5			
Spain	137.5			
242				
Cramer	125			
275				
Klehm	140			
Natural				
181				
Larchick	170			
McConnaha	167.5			

Chalmers	145
220	
Vest	212.5
275	
Klehm	140
Teenage	
220	
Mylan	117.5
HS Pure	
123	
McConnaha	52.5
181	
Thompson	125
SHW	
Biondi	
Sub Masters	
181	
O'Toole	125
220	
Vest	212.5
Masters 2	
198	
Nichols	152.5
LaBelle	120
275	
Klehm	140

(Thanks to NASA for results for this competition)

Greystone's Holiday Helping Hand
7 Dec 91 - Chambersburg, PA

Bench Press				
Womens		181		
132		M. Garcia		120
P. Wolfe	125	Mens		
		198		
		B. Schwartz		310
Men	SQ	BP	DL	Total
123				
B. Rouzer		185	340	525
132				
C. Hunt		175	330	505
165				
C. McDonald		315	425	740
D. Washabaugh		225	440	665
181				
R. Clever		270	375	645
198				
K. Trapnell		305	520	825
242				
P. Zickmund		345	535	880
B. Carmack		320	475	795
275				
S. Hoover		190	350	540

(Thanks to Fran Kahuanui for results of this meet)

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1991 Metro New York Open
8 Dec 91 - Scarsdale, New York

	SQ	BP	DL	Total
Marchello-66.2	350	205	355	910
Villamar-59.3	345	245	510	1100
Accomondo-86.6	450	280	500	1230
Cabanillas-73.9	470	320	470	1260
Chambliss-92.1	490	335	465	1330
Nichols-84.3	500	245	400	1145
Bardis-101.8	505	335	465	1305
Solomon-91.6	505	275	540	1320
Calicchia-97.5	530	315	475	1320
Martini-84.6	540	360	490	1390
Rodriguez-86.6	590	395	555	1540
Reiss-95.1	600	315	600	1515
Williams-121.9	625	400	575	1600
Bott-96.1	670	390	625	1685
Mansueto-106.3	690	390	625	1705
Copland-105.9	500	260	550	1310
Cali-129.2	808*	425*	600*	1833

* tentative World Masters 40-44 record. After a shaky beginning, the 1991 Metro New York Open Powerlifting Championships was a success for many reasons. First of which, I would like to thank the owner, Mark, of East Coast Fitness Center, Scarsdale, NY., for allowing us the use, and abuse, of the facility on such short notice. I apologize for the mess we made with the chalk and baby powder. If you're ever in the area, Mark's place is a fine place to catch a workout! Second of all, I would like to thank the lifters, their friends and families, and their coaches/helpers who decided to attend the meet after all! I met a lot of them for the first time, and they were fine lifters and gentlemen. I was also pleased to see lifters I'd met at previous meets. Lastly, and most importantly to me, I would like to thank all my friends who helped me pull this meet off! They made Christmas arrive a little early for me and the 18 lifters who competed. The meet ran smoothly and quickly. There were no misloads or injuries due to the skill of the spotter/loaders. The judging appeared fair and consistent. I would like to thank each one, in no special order, for their never ending support, their enthusiasm, and always seeming to be there when needed, often sacrificing their own needs to do this! My wife, Linda, did a fine job at the scorers table and announcing. I love her! She was aided by Dawn Mancuso who kept track of all the attempts and their order, in spite of not sleeping the night before! Janco Rosado, tired and sore from a PBA football scrimmage the day before, announced for us - his voice is now as sore as his muscles! He's always there for me and I love him for it. Gabe Mancuso tirelessly loaded and spotted every attempt. When my mind started going, he was there to get me back on track. He was there from the very beginning to the very end for me and I appreciate it very much! Raul Rodriguez's coach, George, helped me unload and load my car of all its lifting paraphernalia - it was greatly appreciated. The lifters from the Metrofit Athletic Club Drug-Free Powerlifting Team,, Pelham Manor, NY., coached by Robert 'Duke' Corbellini who lent their time and support deserve a round of thanks! 'Duke' did a fine job spotting and judging, along with spotting/loading duty by Jack and John. In spite of their different lifting philosophy, they were more than willing to lend a hand and their certified scale! By the way, they put on great Full and Bench Press Meets for NASA and the ADF-PA and they have a team vying for the Team Title at the 1992 NASA Nationals! Thanks to Beth Grater and Pat Susco who spent the day judging all three lifts. Thanks, as well, to Pete for judging the squat, and James 'Wizz' Jefferson for judging the deadlift. They are all great lifters in their own right who unselfishly donated their time and expertise. Thanks to the card-holders who judged Nick Cali's record-breaking attempts! Thanks to Jeff Copland who gave me the idea for this meet, and for his administrative help as the New York State Chairman. Thanks to the two 'Coast' employees who cleaned up the mess! Thank you, Gail, at the National office, for your help and understanding with the unusual circumstances surrounding the site change. On to the lifting - Joe Marchello went 6 for 9 and showed a lot of potential as he gains experience. Roldan Villamar moved into the top three with his impressive 510 deadlift. Sal Accomondo showed his strength with his deep squats and his poise by going 8 for 9. J. Carlos Cabanillas was feeling the ill-effects of cutting weight and was definitely good for more. Ralph Chambliss is another lifter to watch for in the future. Dave Nichols finally got that 500 lb. squat. George Bardis went 7 for 9. Doug Solomon got the day off from work to go 8 for 9 and looked good for more. Doug and Sal are both veterans of the Police Olympics in Powerlifting. Vinny Calicchia begged his way in to the meet and showed a lot of strength. Keith Martini rocked the building with his massive 'headbutts.' My old friend, Raul Rodriguez, went 7 for 9 and looked good for a liittle more. Artie Reiss gave the loaders fits in the squat, jacking those racks up so high, his lifting showed a lot of promise in the future. Charlie Williams was smooth as a well-oiled machine in his lifting and he looks good for more. Jim Bott was very impressive! He was the eventual winner by formula. No doubt, some of his success goes to his brother - coach - helper - platform general, John, a fine lifter in his own right! Frank Mansueto was very impressive on the platform in all three lifts. Jeff Copland had an off day, probably due to no sleep the night before 'cause the kids were ill. Nick Cali deserves to be congratulated on his breaking all the Masters 40-44 World Records pending verification by the National Office. He also supplied all the 100-lb. plates and arranged for Cable TV coverage of the event. About half the spectators there were supporters of Nick. Thanks, Nick, for all your help, as well as your fine liftinng and potential records. Nick was one of my idols when I first started powerlifting some 15 years ago. Thanks again to lifters and helpers alike! (results provided by Artie Margulies)

Nick Cali *set three APF American and three WPC World Master records in the 308 lb. class with his lifts at the Metro New York State Open. Nick, who has 22 inch biceps, was ranked 6th by PL USA in the bench press and 47th in the total way back in 1978 in the Superheavyweight division.*

NASA Virginia Regionals
9,10 Nov 91 - Charlottesville, VA (kg)

Women	SQ	BP	DL	Total
114				
Walker	105	50	125	280
123				
Bradley	122.5	65	132.5	320
Vasquez	102.5	42.5	107.5	252.5
148				
Miller	62.5	70	137.5	270
Men's Pure				
165				
Boyd	242.5	130	245	617.5
Polis	197.5	155	227.5	580
Hamill	175	117.5	200	480
181				
Linn	225	105	200	550
198				
Brone	230	170	237.5	637.5
Huffstetler	225	140	240	605
Marotta	210	132.5	240	582.5
220				
Holmes	227.5	140	227.5	595
Hardin	205	147.5	230	582.5
242				
Furlonge	240	142.5	262.5	650
275				
Wells	267.5	165	285	717.5
Durr	257.5	165	255	677.5
SHW				
Rice	265	217.5	267	747.5
Pure Novice				
148				
Craft	170	115	185	470
165				
Costadoni	212.5	142.5	182.5	537.5
181				
Linn	225	105	220	550
Farber	182.5	127.5	202.5	512.5
Groves	160	110	192.5	462.5
198				
Huffstetler	225	140	240	605
Marotta	210	132.5	240	585.5
Warren	205	122.5	242.5	570
220				
Cornick	207.5	160	220	587.5
Ermigiotti	207.5	120	227.5	555
Williams	107.5	105	192.5	405
242				
Furlonge	240	147.5	262.5	650
275				
Wells	267.5	165	285	717.5
Mills	247.5	190	240	677.5
Natural				
165				
Selby	235	137.5	252.5	625
Rolle	187.5	115	195	497.5
181				
Rolle	210	117.5	225	552.5
Linn	225	105	220	550
198				
Glazer	277.5	185	227.5	690
Wood	227.5	165	227.5	620
220				
Bordeau	242.5	142.5	242.5	627.5
SHW				
Providence	320	182.5	255	757.5
Teenage				
148				
Medina	137.5	92.5	147.5	377.5
198				
Holmes	210	125	220	555
HS Pure				
148				
Medina	137.5	92.5	147.5	377.5
165				
Rainey	167.5	105	167.5	440
SubMasters				
165				
Boyd	242.5	130	245	617.5
198				
Davis	205	170	235	610
DeSimone	200	117.5	215	532.5
242				
Medina	102.5	167.5	182.5	452.5
275				
Roff	185	115	185	485
Masters 1				
165				
Buter	187.5	102.5	227.5	517.5
181				
Nausbaum	227.5	125	237.5	590
Bruen	200	120	200	520
198				
Lindsey	195	142.5	195	532.5
220				
Rainey	250	167.5	235	652.5
Hardin	205	147.5	230	582.5
Masters 2				
181				
Groves	160	110	192.5	462.5
Johnson	182.5			
198				
Porter	177.5	112.5	192.5	487.5
220				
Boothe	200	110	227.5	537.5
Bench Press				
Women		275		
114		Wells		165
Meador	72.5	Natural		
Men's Pure		148		
114		Brown		160
Noteman	45	181		
148		Engels		182.5
Brown	160	198		
181		Bennett		195
Engels	182.5	Glazey		185
198		Teenage		
Bennett	195	220		
Brone	170	Booth		165
220		SubMasters		
Smith	192.5	165		
Hick	175	Shiley		142.5
242		198		
Walker	190	Davis		170
Earnt	170	220		
Jones	170	Yenkevich		165
275		242		
Gillis	187.5	Goodnaagh		165
Durr	165	275		
SHW		Roff		115
Rice	217.5	Masters 1		
Pure Novice		198		
148		Liindsey		142.5
Camacho	130	Ennis		140
198		220		
Hampton	195	Rainey		167.5
220		242		
Dalton	175	Earst		170
Cornick	160	Masters 2		
242		198		
Muir	132.5	Porter		122.5

(Thanks to NASA for results of this competition.)

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Christmas Classic Bench Meet
14 Dec 91 - E. Peoria, IL

Women Open			
L. Kay	175	J. Hussey	240
K. Heim	135	181	
C. Voight	120	D. Metroff	385
A. Hussey	130	198	
M. Barnett	120	O. Boyd	350
Teen		T. Whelcher	330
H. Hasty	125	220	
125		G. Gordon	385
J. Harter	125	J. Johnson	350
150		J. Metts	320
V. Sauer	225	242	
J. Bjork	185	B. Stevenson	460
175		E. Ellis	460
F. Diaz	250	SHW	
Men Open		S. Brodsky	555
132		D. Deline	335
B. Towery	225	B. Moore	330
S. Stoll	195	J. Durst	325
148		Masters	
P. Monetti	285	J. Twet-57	300
165		J. Hussey-48	300
F. Diaz	290	P. Bjork-42	

Special thanks to: judges- Mark, Greg Ulrich, Sie Maroon; loaders- Jeff Tolliver, Jon Florey; platform supervisor- Darren leitner; announcers- Diane and Angie; Candice Tennell, Joe Hutt, Jim Hussey, Rick Hartter. Steve Brodsky provided an excellent example of sportsmanship and entertained the crowd! (Thanks to Dan Swift, meet director, for these competition results.)

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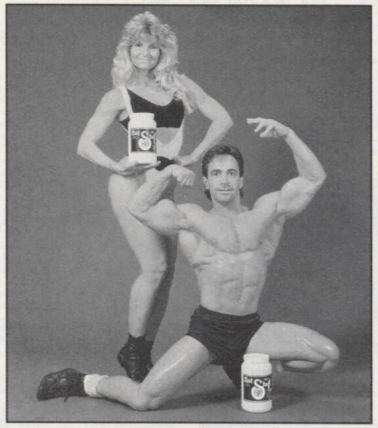

Where do we begin? There's just so much to praise about this amazing product. Let's start with the fact that **HOT STUFF** contains just about everything you now see being sold individually in the muscle magazines all in one fantastic product. Forget buying a bottle of this and a bottle of that! **HOT STUFF** has it all in one. Just look at what you get: Arginine Pyroglutamate, Dibencozide, Yohimbe, Smilax, Chromium, Boron, Royal Jelly, Orchic, Glandulars, CoQ-10, Germanium, Lipoic Acids, Sterols, BCAA's, Ginseng, Inosine, Carnitine, PAK, Mexican Wild Yam, Muyrapuama, Saw Palmetto, Digestive Enzymes, Zinc, Carnosine. Wow! Check it out! As unbelievable as it seems—they're all there. Buying each item separately would cost you over $100. Get them all in Advanced Formula **HOT STUFF** for just a fraction of that price.

And let's not overlook the powerfully improved Protein Activating Base. We learned way back in the beginning that the powerful potentiators in **HOT STUFF** required a good protein base for full activation. Initially we used gland proteins only. While these were adequate, we subsequently found that **HOT STUFF** works even better when activated by a *complete protein blend*. Thus, we have now set a whole new standard for activating these potentiators. In addition to the gland base, we now blend in egg albumen, milk and whey—proteins of the highest biological value. We then rounded out this unparalleled base by adding free form and peptide bonded amino acids. The result? The most dynamic and effective Protein Activating Base on the market. So please don't confuse **HOT STUFF** with inferior, so-called anabolic activator type imitations who still use glands as their only source of protein. Remember, their effectiveness is far below that of Advanced Formula **HOT STUFF**. And, Oh! We almost forgot! Each recommended daily serving of Advanced Formula **HOT STUFF** gives you a whopping 60 grams of complete muscle building protein.

But . . . does **HOT STUFF** really work? Just ask the hundreds of thousands of satisfied users. This product would never have come from obscurity to the number one seller in America if it couldn't deliver. Whether your program calls for building muscle or losing fat, Advanced Formula HOT STUFF belongs on your training table. This product will truly amaze you. *If there's a better supplement out there we've never seen it.* So don't be fooled by cheap imitations that try to look like us. **THERE'S ONLY ONE HOT STUFF!** Read the labels and compare.

People often ask what exactly is **HOT STUFF** and why does it work? Here's the story. In 1987, there were numerous natural substances being used by bodybuilders and weightlifters to improve performance. So many, in fact, that everyone was totally confused about what to take. It was then that we decided, in an effort to ease the confusion, to see if these substances could all be blended together and taken as one.

Well the results were nothing short of phenomenal. It became immediately apparent to us that these potentiators, as we like to call them, when blended together, worked far better than they did alone. This is called "synergy" by nutritionists.

And thus, **HOT STUFF** was born—the most powerful potentiator ever formulated. We worked on different blends of ingredients until we got it right. And did we ever! **HOT STUFF** went way beyond anything anyone was prepared for.

HOT STUFF is not a drug. It contains no drugs. It is 100% natural and safe. When you combine **HOT STUFF** with a weight training program, you add muscle, increase strength and lose fat. That's why this product is so great! That's why everyone lifting weights should be using **HOT STUFF**. We can honestly say there is nothing that compares to it. And if ever there should be something better—there's a good chance it will come from us.

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NASA Arizona Regionals
30 Nov 91 - Phoenix, AZ (kg)

Youth	SQ	BP	DL	Total
77				
Gray				
Women				
123				
Gladwich	120	42.5	112.5	275
132				
Hughes	92.5	57.5	122.5	267.5
Chen	72.5	42.5	115	230
165				
Orliss	167.5	80	165	412.5
Newmeyer	137.5	87.5	142.5	367.5
Women's				
Teenage				
132				
Stopp	90	72.5	102.5	265
148				
Hedges	125	72.5	152.5	350
Men's Pure				
114				
Jones	75	40	97.5	212.5
132				
Taylor	212.5	132.5	215	560
148				
Stevenson	215	120	232.5	567.5
Evangelesta	167.5	102.5	192.5	462.5
165				
Moore	245	140	275	660
Abbadessa	185	147.5	205	537.5
181				
Fonseca	217.5	117.5	250	585
Patterson	147.5	147.5	205	500
Gainey	147.5	97.5	192.5	437.5
198				
Henry	285	170	272.5	727.5
Green	250	160	282.5	692.5
Morgan	210	115	210	550
Shultz	205	125	220	550
242				
Reyes	252.5	170	285	707.5
Pure Novice				
148				
Evangelesta	167.5	102.5	192.5	462.5
165				
O'Neal	255	132.5	240	627.5
181				
Fonseca	217.5	117.5	250	585
Askew	215	147.5	212.5	575
Wilson	202.5	127.5	220	550
Keeney	182.5	165	192.5	540
Patterson	147.5	147.5	205	500
Erwin	180	130	185	495
220				
Bartel	250	162.5	227.5	640
Harwell	182.5	125	227.5	535
242				
Savage	215	177.5	220	612.5
Feldhake	220	145	232.5	597.5
275				
Ebey	165	107.5	160	432.5
Reyes	135	125	152.5	412.5
Natural				
132				
Taylor	212.5	132.5	215	560
Penic	190	127.5	195	512.5
165				
Moore	245	140	275	660
Lugo	242.5	152.5		
198				
Henry	285	170	272.5	727.5
Green	250	160	282.5	692.5
Orona	260	162.5	240	662.5
Burke	227.5	135	250	612.5
Bariszewski	227.5	167.5	212.5	607.5
Morgan	210	115	225	550
242				
Nicoll	277.5	127.5	235	640
275				
Yarmena	212.5	185	220	617.5
Teenage				
114				
Gloria	127.5	102.5	137.5	367.5
181				
Marshall	240	142.5	235	595
Erwin	180	120	185	495
220				
Greenwood	185	122.5	220	527.5
HighSch Pure				
181				
Erwin	180	130	185	495
Sub Masters				
132				
Feldhake	120	80	140	340
181				
Knoth	200	135	210	545
Mairer	177.5	110	220	507.5
198				
Farono	260	140	272.5	672.5
220				
Horewith	237.5	155	205	597.5
242				
Reyes	252.5	170	285	707.5
Masters 1				
148				
Williams	137.5	102.5	197.5	437.5
181				
Millan	210	115	212.5	537.5
220				
Hopper	247.5	185	270	702.5
220				
Vogt	182.5	117.5	197.5	497.5
275				
Yarmena	212.5	185	220	617.5
Eldridge	67.5	160	67.5	295
Master 2				
148				
Morgan	92.5	82.5	137.5	312.5
165				
Stevenson				
SHW				
Marsh	200	135	170	505
Bench Press				
Women				
132		220		
Hughes	52.5	Chavez		155
Women's		242		
Teenage		Allen		210
148		Teenage		
Hedges	72.5	114		
165		Gloria		102.5
O'Brien	107.5	148		
Men's Pure		Guertin		130
114		181		
Jones	40	Erwin		127.5
148		220		
Evangelesta	102.5	Jampolsky		152.5
165		High Sch Pure		
Easton	130	114		
181		Gloria		102.5
Stainbrook	125	148		
220		Guertin		130
Schroeder	187.5	181		
Chavez	155	Erwin		127.5
242		220		
Lozier	182.5	Jampolsky		152.5
Griffin	180	Sub Masters		
275		132		
Houston	210	Feldhake		80
Pure Novice		181		
148		Sukauaty		145
Arthur	112.5	220		
Evanelesta	102.5	Schreoder		187.5
181		Horewitch		155
Keeney	165	275		
Askew	147.5	Manno		195
Svkovoty	145	Masters 1		
Erwin	130	181		
198		Matheson		157.5
Erno	157.5	Ortiz		145
220		220		
Matheson	170	Hopper		175
Letcher	137.5	242		
242		McKeever		135
Griffin	180	275		
Savage	177.5	Yarema		185
Felkhotke	145	Eldridge		160
McKeaver	135	Masters 2		
275		148		
Manno	195	Morgan		82.5
Reyes	125	181		
Natural		Baumohi		155
132		Stainbrook		125
Penic	127.5	Gainey		97.5
181		275		
Stainbrook	125	Marsh		135

(Thanks to NASA for results of this competition)

POWER PEOPLE

Mia McCormick, U.S.P.F. member, 18, of Ojai, California, competed at the 3rd annual California Special Olympics Sports Classic at UC Berkeley, where 1000 Special Olympics athletes participated in the fall sports of cross country, powerlifting (120 competitors!), roller skating, soccer, team bowling and volleyball. (photograph by Larry Silverman courtesy Marilyn Van Dyke)

N.J. D.O.C. Powerlifting
Dec/91

114	SQ	BP	DL	Total
Champion	235	125	330	690
123				
Elwell	250	185	315	750
Frances	200	135		335
132				
Gaytan	400	245	465	1110
Sumlin		290		290
148				
Jones	440	205	440	1085
Smith	315	285	450	1050
Porter	320	175	475	970
Bridges		260	405	665
Mitchell	405	285		690
Garcia		250		250
165				
Pettaway	485	325	505	1315
Rex	350	290	540	1180
Lark	420	250	500	1170
Colon	425	245	405	1075
Thomas		270	420	690
Malave	515			515
Damico			500	500
Reed		315		315
Masters				
Wright	435	245	405	1085
181				
Diaz	600	290	565	1455
Lewis	550	320	575	1445
Sacco	530	345	500	1375
Santiago	525	330	515	1370
Anderson	550	315	500	1365
Lowe	475	335	500	1310
Diaz	465	350	465	1280
Ali	515	275	450	1240
Fykes	430	265	540	1235
Hassel	370	325	450	1135
Camacho	405	300	375	1080
Sherrer	285	275	405	965
Dasilva	250	185	375	810
James		315	500	815
198				
Bryant	535	405	590	1575
Bell	575	405	590	1570
Rogers	540	350	600	1490
Moore	505	365	585	1455
Wilson	515	405	485	1405
Legrier	530	340	530	1400
Johson	455	350	500	1305
Barnes	410	315	500	1225
Andrews	445	265	510	1220
Smith	415	300	490	1205
Hamblin	315	345	405	1065
Lawton				
McCoy	530		560	1105
220				
Barney	590	330	600	1520
Fullard	505	315	645	1465
Burges	435	420	600	1455
Clyburn	465	375	590	1430
Jones	505	315	565	1385
Cox	500	350	500	1350
Walker	485		525	1010
Neal				
Moore	405		450	855
Hughes	500			500
242				
Cook	650	415	630	1695
Ash	540	425	690	1655
Johnson	580	370	700	1650
White	500	400	550	1450
Groover	425	355	500	1280
Rogers	405	330	500	1235
Simpkins		335	575	910
Prevard	600	425		1025
willis	325			325
275				
Green	500	350	500	1350
Righetti	805		600	1405
SHW				
Dibartolomeo	705	460	575	1740
White		430	500	930

Many correctional institutions of the state of New Jersey held their State Powerlifting Championship's of the 1991 season which took place at two locations. Ligthweight Division (165 and under) was held at Rahway State Prision and the Heavyweight Division (181 and above) was held at Riverfront State Prision. The competition consisted of 70 lifters from various institutions throughout the New Jersey area. The lightweight division started off pretty impressive with Gayton of N.J.S.P. taking first in the 132 lb. class. Gayton had a spectacular 465 lb. deadlift, which won him 3 awards, Best Deadlift, Best Lifter Overall in the lightweight division and a first place trophy in his class. The 198 lb. class was really close with Bryant of E.J.S.P. taking 1st. Bryant also received an award for Best Deadlift with a magnificent 635 lb. lift. Even though Bell of R.F.S.P. was forced to take 2nd., he gave Bryant trouble, but managed to get awards for the Best Overall Lifter and Best Bench in his class. In the SHW class Dibartolomeo of E.J.S.P. took 1st. with a 1740 total lbs., while Righetti of E.J.S.P. bombed out in the heaveyweight division. He managed to receive an award for Best Squat with an 805 lb. squat. Special thanks go out to D.O.C. Rec. Dir. Mr. Elnardo Webster, Chairman and man who put this meet all together, Bob Hill of A.C.W., Vice-Chairman Joe Pridgen of G.S., also special thanks go out to powerlifting Judges Joe Nova, Jim Sullivan, Jim Toeh, and to all the people who helped out in the spotting and setting up of this event. Even though the 91' meet was a bit of an upset for A.C.W. from what I've been seeing, they should have no problem dominating the 92' Powerlifting Championship just as they have done in previous years. Also the A.C.W. powerlifting team and I'm sure many others would like to give special thanks to the two publications that give powerlifting the information they need to be successful. Powerlifting U.S.A. and Muscle and Fitness. We thank you, until 92' PEACE!!!!!

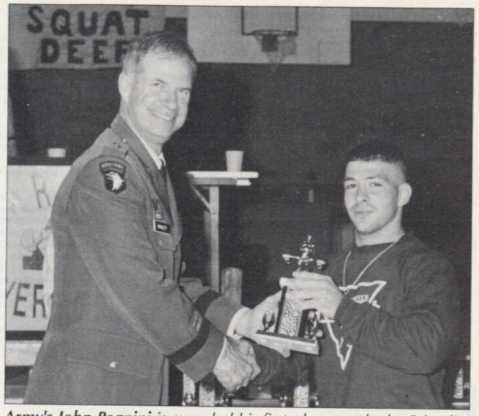
(Thanks to Albert C. Wagner for these results)

Armed Forces Collegiates
23 Nov 91 - West Point, NY

Men	SQ	BP	DL	Total
52 kg				
J. Thong A	140	72.5	152.5	365
C. Chong N	112.5	70	130	312.5
56 kg				
D. Lombardo AF	137.5	102.5	167.5	407.5
J. Bracero A	140	97.5	162.5	400
G. Jay N	127.5	97.5	155	380
60 kg				
V. Hooper AF	152.5	107.5	175	435
D. Torres A	147.5	105	170	422.5
D. Wu N	150	100	167.5	417.5
67.5 kg				
J. Paganini A	212.5	160	205	577.5
E. Roberson AF	220	130	212.5	562.5
P. Creighton N	227.5	125	195	547.5
B. Kinerson AF	167.5	100	192.5	460
75 kg				
D. Pillitiere A	255	147.5	260	662.5
C. Baker A	250	147.5	227.5	625
J. Maddocks N	185	120	225	530
A. Nave N	192.5	122.5	200	515
L. Jones AF	195	105	212.5	512.5
B. Farrell N	175	137.5	185	497.5
C. Leonidou AF	160	112.5	195	467.5
82.5 kg				
B. Stokes A	292.5	182.5	260	735
H. Niemi A	227.5	167.5	242.5	637.5
G. Orlanes N	237.5	147.5	232.5	617.5
J. Erb N	182.5	120	210	512.5
S. Anderson AF				
90 kg				
J. Duncan A	277.5	172.5	272.5	722.5
G. Deherrera AF	227.5	155	227.5	610
M. Mineo N	210	142.5	215	567.5
B. Coffey N	212.5	115	227.5	555
100 kg				
T. Weidow A	2775	185	287.5	750
B. McGill A	267.5	160	267.5	695
R. Finch N	240	152.5	212.5	605
C. Higgins AF	215	137.5	242.5	595
110 kg				
S. Hedricks A	260	195	250	705
E. Suber N	237.5	190	227.5	655
M. Hoyle AF	227.5	152.5	235	615
125 kg				
K. Swiecki A	235	147.5	205	587.5
Women				
44 kg				
M. Manzo A	85	52.5	105	242.5
A. Haman A	87.5	50	90	227.5
48 kg				
K. Fagan N	100	57.5	112.5	270
C. Chung A	90	55	105	250
52 kg				
B. Dieck A	100	55	145	300
S. Marcott N	102.5	52.5	107.5	262.5
H. Kampfer A	95	55	110	260
56 kg				
S. Davis A	125	65	135	325
P. Palmer AF	105	50	107.5	262.5
C. Lynn N	90	40	105	235
C. Rose A	70	40	90	200
60 kg				
M. Werner A	140	70	142.5	352.5
M. Monroe A	120	62.5	120	302.5
K. Walz N	100	55	110	265
H. Kacharian N	87.5	50	102.5	240
67.5 kg				
T. James N	112.5	80	160	352.5
Melick AF	120	67.5	135	322.5
A. Jackson A	125	55	140	320
75 kg				
T. Davis A	142.5	62.5	147.5	352.5
K. Amezcua N	92.5	55	115	262.5

Best Lifters: Stokes (A), Werner (A). Team Results: Men - Army (66), Navy (40), Air Force (35); Women - Army (55), Navy (32), Air Force (10).

"Mules, Goats, and Falcons Clash at West Point" Billed as the Battle of Armageddon, the first ever Armed Forces Collegiate Championships was a resounding success. Male and female cadets and midshipment from West Point, Annapolis, adn Air Force met at the United States Military Academy on 23 November in a three way competition to establish "bragging rights" and settle with finality the issue of which school has the strongest athletes. The meet was an historic event in more ways than one. Jan Shendow, the President of the United States Powerlifting Federation (USPF), flew in from Utah to officiate, and was joined of the platform by Al Siegel, the president of the American Drug Free Powerlifting Assocation (ADFPA), who traveled from Pennsylvania to help oversee this classic confrontation. These two gentlemen giants in the sport of Powrlifting both stayed on the West Point campus and, when they weren't on the lifting platform, spent considerable time together discussing long term plans for unifying the great sport of powerlifting under the aegis of a single national organization. The fact that athletes from both the ADFPA (the Air Force Academy) and USPF (Army and Naval Academies) could resolve the minor differences between the two organizations for the ake of holding this epic meet, provided conclusive evidence that the differences between the two organizations can be successfully resolved. At a post-meet reception for coaches, officials, and team captains, hosted by Army team coach Lieutenant Colonel Paul Christopher, both Al Siegel and Jan Shendow publically committed themselves to work toward a unified collegiate championship meet in 1992 as an initial step toward unifying the sport.



Army's John Pagnini is awarded his first place trophy by Brigadier General Bramlett, West Point's Commandant of Cadets, at the historic Armed Forces Collegiate Championships. (photo by Marcus Holliday)

The lifting started at 1100 sharp with a flight of men and a flight of women lifting on each of the two platforms. This made for a fast paced meet with two shifts of loaders on each platform getting the bars loaded and ready in record time. The last deadlift was completed at 3:30 pM. The individual and team awards were presented by Brigadier General Galloway, the Dean of the Academic Board. Many West Point cadets came to cheer for their friends, and no Army lifter seemed to be without a boisterous, personal cheering section. Throughout the afternoon the home crowd varied from 500 to 800 and officials had to take care to augment their verbal commands with visual signals because of the crowd noise. The home advantage proved too much for Navy and Air Force as Army dominated the men's and women's team competition, winning five of seven weight classes for the women, and eight of ten for the men.

In the 114 pound class Arm's John Thong was an easy winner over Cho Chong of Navy. Army's Jose Bracero, the defending USPF National Collegiate Champion at 114, moved up to 123 only to be beaten by Dave Lombardo of the Air Force Academy. Th experience gave Jose a chance to reflect on the importance of using cycling to peak for a meet, considering that he had deadlifted 50 pounds more at a collegiate meet just two weeks previously. Air Force posted their second's men's victory at 132 with ADFPA champ Virgil Hooper, a clear winner over Army's Darryl Torres and Navy's Dauren Wu. In the remaining weight classes for the men, it was all Army. John Pagnini, who was disappointing last season at 132, found his competitive weight for this meet and was an easy victor at 148 pounds. At 165 pounds, the toughest competition that Army's Dan Pillitiere faced was form his teammate, Craig Baker. Dan, who finished first in his class at the USPF National Collegiate last seasons, posted a 1460 pound total to best Baker. Army's Bubba Stokes continued his winning ways with a 1620 pound total at 181. Bubba took first at the national collegiates two years ago at 165 pounds, but had to settle for second last year at 181 pounds despite a 1592 pound total. He won the men's best lifter award at this meet and will be tough to beat this year. J.D. Duncan was an easy winner over Air Force's gene Deherrera and Navy's Mike Mineo at 198 pounds. Duncan improved 30 pounds over the total that gave him runner up at last year's national collegiate competition. Army's dominance continued in the 220 pound class with Todd Weidow and Big D. McGill taking, taking first and second class respectively. Weidow dropped down from last season's weight of 242 and posted the smae total that earned him All American status at the higher weight. He looks to be tough this season. Newcomer Steve Hedricks surprised the competition at 242 and brought the fans to their feet with a close victory over the more experienced Eric Suber of Navy and Mike Hoyle of Air Force. Kit Sweicki finished up the men's competition for by winning the 275 pound class for Army. Even though only ten percent of the cadets at the U.S. Military Academy, there was no shortage of support for the lady competitors. Hudnreds of fans - profesors, instructors, parents, tactical officers, and fellow cadets - were on hand to cheer for some of the strongest women in America. They were not disappointed. The women's 97 pound category was won by Army Women's team captain Monica Manzo, who dropped down from 105 where she lifted last season. She looked strong at the new weight, besting her teammate Akemi Haman, who is returning to the sport after a year break. Both ladies posted nationally competitive totals, and we can expect to see them again at the USPF collegiate nationals in March.

Kelly Fagan of Navy beat Army's Cynthia Chung to win at 105 pounds. Kelly is moving up from the 97 pound class, where she took first at the USPF meet last year. This meet had special significance for Kelly as she had been an exchange student attending West Point for the past semester and had been training every day with the Army team. Academy regulations permit exchange students to compete for either school, and Kelly chose Navy because even though she has made a lot of close friends at Army (she rooms with 97 pound Akemi Haman), she realized that she must return to Annapolis for another year. Becky Dieck of Army continues to improve, winning the 114 pound category decisively and closing out her meet with an unofficial collegiate deadlift record of 319 pounds. Stacy Morcott of Navy edged Army's Teresa Kampfer for second place by 5 pounds. The 132 pound class also went to Army, with Missy Werner and Michelle Monroe finishing first and second, respectively, over Navy lifters Kim Walz and heather Kacharian. Missy also took the best lifter award, adding 10 pounds to the total with which she won the same weight class last year at the USPF collegiates. She appears ready to make a serious attempt at the national squat record. Navy's veteran lifter Tracey James was an easy victor at 148 pounds, beating Air Force's Cadet Melick and Army's Action Jackson. Army finished up the women's competition with yet another win, thanks to Toya Davis, who outlifted Navy's Katcharian to win the 165 pound competition. Special thanks to Ned and Mary Cramer, and to Charlie Schroeder and his lifting partner Tony for their excellent officiating, and to Brenda Seigel for a wonderful job of announcing the two platform meet over considerable crowd noise. (Thanks to Lt. Col. Paul Christopher for results)

Bubba Stokes handles his 573 deadlift opener easily to win the 181 lb. class at the Armed Forces Collegiates (Holliday photograph courtesy of LTC Paul Christopher)

3rd River Valley Bench Press
1 Dec 91 - Horseheads, NY

Teenage			
M. Bidwell	260	165	
D. Clark	155	T. Beechey	355
D. Paugh	225	J. Ogden	335
D. Dumortier	175	D. Orcutt	300
D. Reed	140	J. Manning	275
J. Borawa	155	T. Pirozollo	240
Submasters		181	
A. Hickman	330	D. Darcangelo	355
J. Fowler	315	A. Borja	335
G. Taoka	230	J. Fowler	315
M. Deprimo	350	N. Wells	310
M. Debetta	340	R. Fischer	305
Masters		B. Kaminsky	260
J.P. Dumortier	330	A. Soper	205
M. Giardina	320	198	
N. Romeo	330	J. Ruday	360
J. Bottcher	255	J. Grant	315
O. Henneman	280	P. Morrissey	305
S. Paulison	290	R. Jackson	300
T. Pirozzolo	240	J. Bryan	295
T. Schoneman	295	220	
P. Cramer		T. Snyder	350
Women-Lt.Wt.		T. Brennan	340
M. Tillinghast	185	J. Behari	325
T. Lewis	105	K. Sawyers	315
K. Petzold	105	T. Schoneman	295
P. Lakin	95	242	
Women-Hvy		T. Squires	355
L. Narde	135	M. Debetta	340
Men's		M. Dinkkins	325
132		M. Giardina	320
G. Taoka	230	M. Sullivan	275
148		275	
C. Byrnes	340	G. Lee	500
A. Maczuga	300	M. Babb	460
M. Bidwell	260	M. Deprimo	350

The Third Annual River Valley Bench Press Championships, sponsored by Club Nautilus, Horseheads, NY, was held at Southside High School. This contest was won by the Heavy Metal team from Sidney, NY. In addition, Elmira's Melody Tillinghast set two new New York State Bench Press records with lifts of 175 lbs. and 185 lbs., beating the previous state record of 155 lbs. and Chris Byrnes of Sidney Center, NY set a new mark in the Junior NYS Men's BP category with a 340 lb. BP in the 148lb. class. Women Best Lifter - Melody Tillinghast - 185, Men Best Lifter - Greg Lee - 500. 1-Team - Heavy Metal, Sidney Center, NY, 2-Team Club- Nautilus, Horseheads, NY.,3-Team - Ithaca Fitness Center, Ithaca, NY., 4-Team - Security Staff, Elmira, NY., 5-Team Southport Fitness Center, Southport, NY., 6-Team - Body Shop Gym, Harpursville, NY. Max Rep Contest Tom Beechey - 29, Chris Byrnes - 26, Dave Darcangelo - 25, Marcus Babb - 22, Ricky Jackson - 15. Teenage, Submasters, Masters, Women's classes and best lifters were determined by usiing the Schwartz Formula for men and the Malone formula for women. The masters were determined by the combination of the Schwartz Formula together with the Schwartz Age Factor formula. The maximum rep contest utilized a weight that was 25 pound more than the athlete weighed in at. This year's contest was a huge success, with over 50 lifters from nearly a 300 mile radius. We would like to thank all those who donated their Sunday and made this contest what it was. These include Jackie Minchin, Amy Saglibene, Ken Bates, Jay Wilcox, Tom Cowulich, Joe Liberatore, Andy Minch, Mike Giardina, Lisa Lewland and Charlie Reinhart. A special thanks goes out to the Southside High School staff and the SHS Booster Club for their tremendous cooperation in planning this meet. (Thanks to John Comereski for these meet results)

USPF Southeastern Cup
7 Dec 91 - Adel, GA (kg)

	SQ	BP	DL	Total
Women Novice				
M. Williams-128	75	77	90	242
Masters 40				
N. Addison-259	320	192.5	280	792.5
A. Cauley-220	240	165	295	700
R. Gosha-181	240	162.5	217.5	620
R. Herrick-210	227.5	130	240	597.5
B. McKee-187				
M. Fuller-241				
Masters 50				
L. Baker-195	232.5	162.5	227.5	622.5
H. Morgan-196	245	125	255	625
R. Hale	232.5	162.5	227.5	622.5
R. Beyer-128	150	87.5	172.5	410
Novice 132				
M. Williams	75	77.5	90	242.5
165				
G. Harvey	200	147.5	210	557.5
S. Hires	147.5	100	170	417.5
D. Destefano				
P Heer				
181				
J. Rish	230	145	215	590
P. Harvey	237.5	160	192.5	590
D. Harris	195	125	205	525
L. Glover	162.5	115	195	472.5
198				
H. Morgan	245	125	255	625
R. Matos	200	160	217.5	577.5
T. Curtis	207.5	142.5	197.5	547.5
220				
L. Williams	242.5	152.5	227.5	622.5
T. Brooks	250	142.5	227.5	620
R. Herrick	227.5	130	240	597.5
M. Cavanese	205	122.5	235	502.5
242				
R. Howell	282.5	182.5	275	740
W. Hill	222.5	132.5	250	605
P. Cason	215	147.5	215	577.5
C. Webb				
275				
D. Migliares	260	152.5	272.5	685
C. Hunnicutt	205	185	260	650
M. Perkins	245	155	235	635
E. Martin	220	127.5	250	577.5
H. Nunnery	190	105	192.5	487.
SHW				
B. Bell	317.5	210	240	767.5
Open				
148				
L. Fleming	205	142.5	212.5	560
A. Banks	217.5	107.5	227.5	552.5
G. Hinson	207.5	117.5	210	535
165				
C. Poole	205	160	242.5	607.5
J. Register	207.5	137.5	235	580
D. Destefano				
P. Heer				
181				
A. Lyons	270*	155	282.5*	707.5*
B. Williams	232.5	147.5	272.5	652.5
R. Escamilla	245	145	255	645
D. Harris	195	125	205	525
L. Glover	162.5	115	195	472.5
T. Eiseman	67.5	67.5	305!	440
198				
R. Ludy	312.5	212.5	272.5	797.5
D. Williams	262.5	187.5	272.5	722.5
R. Matos	200	160	217.5	577.5
220				
E. Brown	290	200	292.5	782.5
R. Lipsey	275	185	295	755
T. Sumlar	245	170	287.5	702.5
A. Cauley	240	165	295	700
A. Christian	227.5	137.5	275	640
W. Lee	250	155	227.5	632.5
242				
C. Leslie	365	230	322.5	917.5
S. McGowen	250	207.5	270	727.5
R. Wright	272.5	180	270	722.5
T. Harrier	282.5	185	247.5	715
J. Joseph	260	170	250	680
C. Webb				
275				
M. Dimiduk				
M. Fernandez				
SHW				
V. Sharpton	382.5!	205	320	907.5
R. Lipsey	275	185	295	755
K. Payne	320	210	260	790
G. Frank				
L. Williams	242.5	152.5	227.5	622.5
T. Harrier	382.5	467.5	247.5	715
R. Wright	272.5	180	270	722.
M. Dimiduk				
Police/Fire				
Light				
A. Banks-146	217.5	107.5	227.5	552.5
Middle				
B. Williams-175	232.5	147.5	272.5	652.5
J. Register-165	207.5	137.5	235	580
R. Matos-195	200	160	217.5	577.5
L. Glover-172	162.5	155	195	472.5
Women Open				
A. Levrett-94	132.5!	77.5	145[§]	355[§]

* Teen State Record. ! State Record. § American Record. Thanks to all those unselfish people that help put on this meet. The meet held its reputation again this year with the number of outstanding lifters that came. Thanks to all of the spotters, loaders, judges, workers, and especially the lifters for making this contest what it is. (Thanks to Buddy Duke for the results of this competition)

APF North Dakota State & Open
16 NOV 91 - Minot, ND

	SQ	BP	DL	Total
Women's State				
D. Zastapul	245*	130*	280*	625*
Men's State				
148 lb.				
B. Olivera	375*	190*	365*	880*
165 lb.				
S. Friday (BL)	570*	395*	545*	1510*
T. Elmendorf	455	240	500	1195
J. Snead	435	230	490	1155
198 lb.				
R. Edinger	560*	330*	565*	1455*
J. Dorsher	410	240	500	1150
220 lb.				
R. Scheid	505*	350*	500*	1355*
242 lb.				
M. Downs (BL)	650*	380*	650*	1670*
SHW				
C. Schneider	605*	340*	615*	1560*
Men's Open				
148 lb.				
J. Kelly	350	250	350	950
B. Olivera	325*	190*	365*	880*
165 lb.				
T. Elmendorf	455	240	500	1195
J. Baumgart	435	260	490	1195
181 lb.				
E. Gunn	370*	250*	400*	1050*
198 lb.				
R. Edinger	560*	330*	565*	1455*
J. Dorsher	410	240	500	1150
242 lb.				
M. Downs	650*	380*	640*	1670*
SHW				
C. Schneider	605*	340*	615*	1560*

* - APF State Record. This was the first APF meet in North Dakota. We may not have had quantity, but the quality of lifters was there. Hopefully if we change the date next year we may see more contestants. Donna Zastopul was our only female competitor. She totaled 625 at a rock hard 108 lbs. in the 114 lb. class. At 148, we had two lifters, Jim Kelly from Ellsworth AFB South Dakota, who won with solid lifts in all three events, and Brian Olivera from Minot AFB taking second in the open and first in the state. This was his first meet. The 165ers was the biggest class of the meet. Shawn Friday had the best ranking by Reshel formula in the whole meet giving him best lifter for lightweights. He was a deadlift away from a 9 for 9 day. He was followed by Tom Elmendorf then John Sneed in the state. Tom Elmendorf won the open followed by Jeff Baumgart who also won the teenage at a weight of 154. Eric Gunn was our one and only 181er, he lifted well for his first meet. At 198 we had Rich Edinger taking first, he had a psyche routine that was something to see. Second place went to John Dorsher who had a pr 410 squat. Ryan Scheid lifted 220's he is a solid all around lifter who has yet to hit a total that truly reflects his strength. Mike Downs won 242's and heavyweight best lifter. He had pr's in the squat with 650 and the dead with 650. Last but certainly not least was my friend Corry Schneider at SHW. He makes all his lifts look so easy. He had a personal best 605 squat on his way to taking first in the open, state, and sub-masters divisions. Corry is a happy go lucky guy who makes meets enjoyable with his encouragement and help, especially with new lifters. I would like to take this opportunity to thank Steve Ganyo, Danny Hagans, Dwayne Bishop, Bruce Walker, Mary toohey, Tammy Elgie, Gary Clock and the YMCA for their help. They all made this meet possible. (Thanks to Patrick Hall, North Dakota APF State Chairman, for results of this competition)

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One KILOGRAM equals 2.2046 Pounds

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

AVCF Open Power Meet
14 Dec 91 - Crowley, CO

	SQ	BP	DL	Total
114				
L. Porter	315**	165*	350**	830**
132				
F. Marquez	200	175	300	675
148				
R. McClain	315	260	500	1075
E. Romero	275	240	350	865
165				
W. Butler	520*!	265	605**	1375*
D. Heil	440	240	475	1155
181				
V. Scott	450	290	520	1260
G. Summers	430	275	530	1235
P. Huntington	410	280	465	1155
198				
J. Hamilton	630*	370	660**	1660**
R. Cullen	390	260	460	1110
T. Miller	265	185	340	790
220				
K. Ballance	605*	345	585	1535*
C. Burdine	455	325	600	1380
242				
B. Anderson	500	385	575	1460
D. Isham	455	255	475	1185
275				
W. Harte	600**	405*	650**	1655**
Masters 40[§]				
181				
K. Williams	125	150	305	580
198				
S. Powell	325	285*	435*	1045*
275				
G. Bolinger	365*	290*	465*!	1105*

* Facility record tied or broken. ** State record tied or broken. ! Fourth attempt. Best Lifter Light: Wayne Butler. Best Lifter Heavy: John Hamilton. Judges: Ken Fulton, Angel Medina, Mike Trujillo. (Thanks to John Hamilton for these results.)

NASA California Regional
16 NOV 91 - Lancaster, CA (kg)

	SQ	BP	DL	Total
Youth				
77				
James	47.5	32.5	50	130
Women				
132				
Liptdski	92.5	60	115	267.5
148				
Yancey	175	97.5	162.5	435
Genler	142.5	77.5	192.5	412.5
O'Neal	95	60	137.5	292.5
McClean	105	50	112.5	267.5
165				
Shuler	137.5	72.5	172.5	382.5
181				
Tuatagoloa	117.5	72.5	127.5	317.5
Men's Pure				
148				
Arenberg	200	132.5	215	547.5
165				
Caceres	240	130	227.5	607.5
Trimble	200	117.5	227.5	545
DeCourt	65	200	65	335
181				
Titus	255	160	242.5	657.5
Bennett	215	155	282.5	652.5
Reid	222.5	140	270	632.5
Vzalac	182.5	125	200	507.5
220				
Dentice	265	172.5	282.5	720
Schade	272.5	165	272.5	710
Phillips	182.5	137.5	210	530
242				
Martinez	285	160	295	740
Livingston	220	162.5	245	626.5
SHW				
Rosas	295	257.5	255	812.5
Pure Noviice				
165				
Caceres	240	130	237.5	607.5
Jackson	150	97.5	180	427.5
181				
Reid	222.5	140	270	632.5
Foster	230	122.5	200	552.5
220				
Phillips	182.5	137.5	210	530
242				
Livingston	220	162.5	245	627.5
275				
Maggard	227.5	190	245	692.5
Natural				
165				
Caceres	240	130	237.5	607.5
Trimble	200	117.5		
220				
Bergfield	237.5	177.5	262.5	677.5
Dentice	265	172.5	282.5	650
Davis	227.5	155	230	612.5
Phillips	182.5	137.5	210	530
242				
Paul	252.5	170	220	642.5
Sub Masters				
148				
Fujioka	212.5	120	230	562.5
165				
Harweick	177.5	107.5	185	470
181				
Vzalac	182.5	125	200	507.5
220				
Dentice	265	172.5	282.5	720
Davis	227.5	155	230	612.5
242				
Paul	252.5	170	220	642.5
Masters 1				
198				
Schiller	137.5	87.5	175	400
SHW				
Tuatagoloa	117.5	72.5	127.5	317.5
Masters 2				
132				
Wallien	87.5	60	112.5	347.5
Bench Press		275		
Women's		Gooday		182.5
132		Masters 1		
Savcier	72.5	242		
165		Scholten		160
Scholten	65	Bruner		155
Men's Pure		275		
123		Nakamura		155
Tacda	85	Masters 2		
132		132		
Murillo	135	Wallien		60
148		181		
Mullen	140	Guvello		137.5
165		220		
DeCourt	205	Kitani		205
Elpusan	140	Phillips		137.5
181		242		
Tate	200	Touneh		190
Garcia	175	Torres		145
Dena	160	275		
Covello	137.5	Sanders		205
198		McRitchie		185
Shaw	177.5	Pure Novice		
Elpvsan	127.5	132		
Natural		Tolentino		115
132		Huberty		97.5
Murillo	135	148		
148		Lukman		137.5
Mullen	140	165		
181		Davis		125
Dena	160	181		
220		Miller		167.5
Calderine	172.5	Johnson		157.5
Davis	155	Gunter		130
242		McDiurmil		125
Touneh	190	220		
275		Kiitani		205
Sanders	205	242		
Sub Masters		Leoncini		160
148		275		
Trango	135	Sanders		205
220		McRitchie		185
Davis	155	Gooday		182.5
		Nakamura		155

Thanks to: Jim Merlino, Frank Yancey, Rich Creevy, Dan Pearce and Rich Couch. (Thanks to NASA for the results of this competition).

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5th Lake Norman Bench Press
14 Dec 91 - Mooresville, NC

Women			
J. Lentz	260	T. Beaver	380
J. Greene	105	B. Wells	315
Teenage		J. Emge	270
C. Link	375	198	
D. Riester	475	B. Jones	505*
S. Masten	310	J. Hamilton	505
H. Brown	415	D. McMillian	425
M. Overcash	250	C. Garner	390
Masters		M. Phillips	330
R. Triplet	415	220	
D. McMillian	425	R. Hildebrand	485
G. Hill	425	E. Taylor	475
J. Shoaf	300	G. Ballard	440
B. Thomas	375	T. Carr	365
Up to 148		242	
D. Simpson	360	C. Rabon	510
D. Sellars	335	M. Sharp	415
K. Brown	330	J. Gordon	390
B. Jett	300	J. Earp	375
L. Brown	285	R. Timmons	300
165		275	
K. Hockenberry	400	H. Collins	620**
S. Lee	395	C. Harris	550
J. Burgess	360	D. Reister	475
S. McDonald	350	W. Ferguson	330
S. Weant	315	Supers	
181		G. Pitts	640***
M. White	440	R. Oglesby	505

*Best lifter light division, ** Best lifter heavy division, *** Biggest bench of the meet. The 5th Annual Lake Norman Bench Press Championships was a history making event! Sixty lifters converged into Mooresville to create a spectacular meet. Seven state champions were among the ranks of outstanding competitors. Jan Lentz displayes awesome power as she easily pushed a 260lb. lift, and narrowly missed a 275lb. attempt. Chad Link won the teenage class by formula. Robert Triplett narrowly defeated Danny McMillian by formula in the masters division. Donald simpson won thhe 148's with a 360lb. lift. Kevin Hockenberry claimed a difficult victory with a 400 lb. bench in the 165's. Max White pressed an easy 440lb. to clinch the 181's. Brian Jones battled John Hamilton for the 198 crown. Both benched a 505lb. but Brian came out on top due to lighter bodyweight (welcome to the club Brian!). Robby Hildebrand won the 220's (after blowing out his shirt!) with a 485lb. lift. Curtiis Rabon displayed fine form with hhis 510lb. in the 242's (I'll be back Curtis!!!). Harold Collins toyed with a 620lb. to take the 275's, and Grant Pitts pressed an unbelievable 640lbs. to take the supers. Harold & Grant battled each other for the Biggest Bench of the Meet Award. This was a history making event. These tow guys have never actually competed against each other due to different weight classes. However, both lifters rose to the occasion amid the cheers of 100 plus spectators. Both lifters shattered their own State Records to claim bragging rights. When the smoke finally cleared Grant Pitts was proclaimed the victor. Grant pressed 640lbs. at a 320lb. bodyweight. Harold pressed 620lbs. at 275lbs. Looks like it could be a rematch next year! Special thanks go out to Jana, Homey, Stacey, Big Ed, Vicki, Holly & Shaun, Jack, Dollie, Kenny, David, Winky, Dean, Greg, Jarrett, Weightlifting Equipment of Georgia, and Sandy King. See you all next year! (Thanks to Len Adams for results of this meet).

MDSA Open and Closed Northern Nationals Bench Press
21 Dec 91 - Pierre, SD

Closed		181	
Teen Men		R. Straabe-42	265
114		198	
D. Trautman-16	125	M. Bengston-40	285
148		H. Nichols-50	345
C. Hinkley-15	220	Open	
165		Teen Men	
B. Durick-16	260	181	
181		W. Irish-17	300
Sonenschein-17	300	Men	
198		Weigman-165	340
D. Mason-16	150	S. Hipple-198	270
Men		T. Weippert-220	365
T. Olson-123	305	Sullivan-275	520
Weigman-165	340	Submaster	
Rodacker-198	385	Schneider-SHW	350
D. Edwards-198	325	Master	
D. Sturgeon-220	350	198	
S. Sullivan-275	520	H. Nicols-50	345
Submaster		242	
L. Robinson-198	300	B. Norton-48	280
Schneider-SHW	350	300	
Master		J. Lindsley-47	425

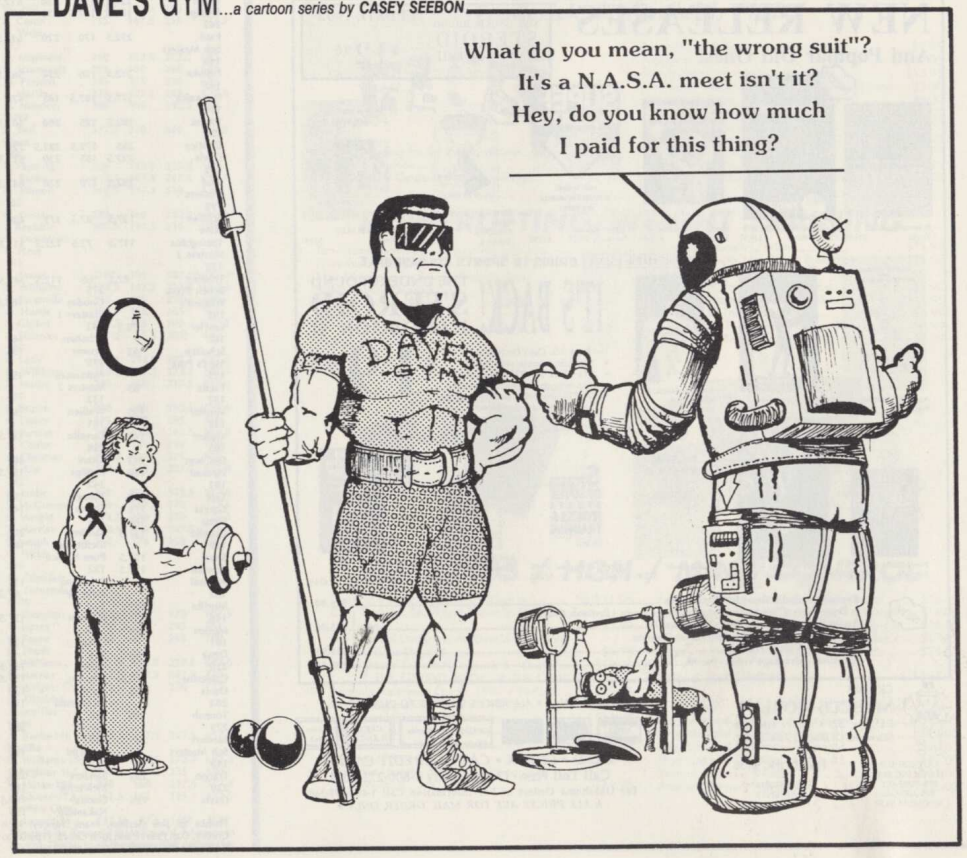
Judges: Larry Robinson, Jack Lindsley, Darwin Jacobson. Door Prizes: Mark Rodacker won a kilo of Vitamin C worth $50. Darrin Mason won a pair of Animal Wristwraps. Jack Lindsley was awarded a North Dakota placque for all the countless hours that he has put into powerlifting. He was voted by the readers of the North Dakota Powerlifting Newsletter to receive the award. Sincere thanks to everyone who helped with this meet. Special Note: God's Little Iron Man, Roy Mason, did his famous DL exhibition. The 73 year old Mason deadlifting 250 pounds using only one finger on each hand, 512.5 lb. normal deadlift, and in the two man deadlift with Tim Olson pulled 700 lbs. Editor's Note: The meet was held in the Pierre City Auditorium, which is a very ideal place to hold a powerlifting meet. Noble Arts from Noble, OK, provided the fantasticly huge sculptured male bencher trophies. Three teenage lfiters benched over 100 lbs. over bodyweight, which is generally considered some great lifting. There were close misses on third attempts by David Weigman with 355, Sean Sullivan with 530, Reid Straabe with 280, and Jack Lindsley with 445. I would like to thank Larry Robinson for getting us the building, setting up the warmup room, concession stand, providing the loader-spotters who did a fantastic job, and for advertising the meet around the Pierre area. Next year's meet will be held in Willmar, MN, on December 19th at Jake and Jenny's Gym. (Thanks to Darwin Jacobson for these meet results.)

First Czech Women's Championships
26 OCT 91 - Lovosice (kg)

	SQ	BP	DL	Total
52 kg				
S. Velichova	80	50	115	245
56 kg				
J. Sverakova	85	50	120	255
M. Plackova	80	35	85	200
60 kg				
V. Prokopova	90	50	110	250
M. Pasecka	75	40	107.5	222.5
L. Sekotova	65	45	107.5	217.5
67.5 kg				
K. Janasova	85	52.5	120	257.5
V. Janotova	77.5	50	115	242.5
J. Langhamerova	70	45	107.5	222.5

(Thanks to Josef Svub for results of this meet)

DAVE'S GYM...a cartoon series by CASEY SEEBON



Versailles Health & Fitness Bench
9 Nov 91 - Versailles, Oh.

Women			
D. Bosier	135		
J. Callinios	95	B. Jakeway	360
Teens		198	
T. Householder	385	T. Thompson	425
J. Montebon	225	T. Householder	385
G. Lawson	210	T. Wall	355
123		220	
S. Petrencak	245	M. Nixon	460
G. Lawson	210	T. Finley	435
132		J. Ritzler	380
F. Gebhart	275	242	
148		L. Stamps	420
S. Robers	325	275	
M. Siweck	240	J. Burch	
J. Montebon	225	SHW	
165		B. Hillabrand	430
T. Castar	345	A. Lotis	330
G. Jenkins	335	Masters	
D. Tolbert	300	D. Ledford	365
181		G. Horton	330
T. Jenkins	375	G. Keesey	305

Over all winners - Division I, 123-181 - Tom Jenkins 375. Division II, 198-SHW - Tommy Thompson 425. Over all Steve Robers 325. (Thanks to Versailles Health & Fitness for results)

Eastern USA Bench Press Classic
7 Dec 91 - Charlotte, NC

Womens		D. Bridgeman	350
97-112		220	
W. Vereen	175	T. Basinger	435
T. Wooddell	145	M. Phillips	350
C. Wright	115	242	
Teen		C. Rabon BL	480
114-181		G. Sutton	475
S. Masten	320	M. Sharp	420
G. Allen	305	Open	
L. Smith	285	114	
S. Readling	185	M Sargent	255
N. Pollock		132	
198-SHW		B. Jett	290
P. Barbee	285	148	
Masters		O. Bullard	330
114-181		S. Readling	185
K. Wooddell	300	165	
198-SHW		J. Lee	315
R. Gurley	400	181	
J. Cooper	460	T. Beaver	375
Submasters		C. Huntington	370
C. Barlow	380	M. Truesdale	345
M. Truesdale	345	J. Burgess	340
S. Spear	315	198	
Novice		M. White	410
114		B. Pate	365
C. Wright	115	D. Bridgeman	350
132		220	
W. Vereen	175	R. Hilderbrand	485
148		T. Basinger	435
R. Murray	290	G. Ballard	425
S. Martin	185	242	
S. Readling	185	K. Weisz	495
165		C. Rabon	480
L. Smith	285	G. Sutton	475
181		G. Stanley	475
T. Beaver	375	275	
M. Truesdale	345	S. Nimmons BL	565
J. Burgess	340	J. Cooper	460
S. Masten	320	C. Barlow	380
G. Allen	305	SHW	
198		J. Godbee	540
B. Pate	365	C. Harris	505

King's Gym of Charlotte, NC was the host for this year's Eastern USA Bench Classic. Elite Sports Consultants, Inc., sponsored the event and gave away fantastic awards. The Saturday competition brought out a standing room only crowd and created a great environment. Seven states were represented and it produced good competition in most every division and weight class. Though no team trophy was given, 3 gyms came prepared for the challenge: King's Gym (Charlotte, NC), Hard Core Gym (Salisbury, NC, and Adams Fitness Center (Mooresville, NC).

In the women's division there were three evenly matched benchers in the 97-112 class. Wendy Vereen, 128 lbs., took the honors with a strong 175, just good enough to outdistance Teresa Woodellv (113) and Cindy Wright (97).

In the teen division Scott Masten showed great form and ability, throwing up an easy 320 at 166½ body weight. Grant Allen hit a respectable 305 (171) in this 114-181 class. In 198-SHW the winner was Phil Barbee.

In the masters division there only three lifters, but they were a great trio. Kenny Wooddell, R. Gurley, and John Cooper are all solid performers in their prospective age and weight classes

In the submasters division Clay Barlow and Michael Truesdale had a good run for the gold.

In the novice and open divisions we had one double winner, 181 lb. Tony Beaver from Hard Core Gym. He was fun to watch, wrapping up both the novice and open divisions with a gutsey 375. Other highlights: Mark Sargent's 255 at 114; Rodney Murray's 290 at 148, good for 1st in the novice and 2nd in the open. The 148 open winner was Otis Bullard benching 330. Other 1st and 2nd finishes in the novice and open: Brian Pate 198's, Tony Basinger 220's, Curtis Rabon at 242. Curtis was also credited with the novice best bench award. Mex White of Charlotte only needed his 410 opener to win the open 198's. Robert Hilderbrand, weighing only 202 lb. was a 220 champion, benching a very impressive 485. Just 20 lb. speparated all 4 of the 242's. Kevin Weisz led this evenly matched group with a third attempt at 495. The difference between Rabon, Gene Sutton, and George Stanley was 5 lb.! Open best bencher and 275 winner went to Augusta's Steve Nimmons, hitting a 565. Geffrey Godbee outdueled Chuckie Harris 540 vs. 505 at SHW.

Special thanks to Jeff Schaefer and Omnitron, King's Gym, Barb Bender, Chip Sigmon, Kenny Bickie, Ricardo Lor, and Jon Clary. (Thanks to Bill Clary for these competition results.)

South Jersey Bench Press
14 Dec 91 - Pitman, N.J.

123				
J. Criniti	225	B. Marsawsi	325	
132		242		
L. Cregar	155	A. McLoy	480	
148		C. Perrota	470	
S. Joseph	355	R. Mallri	390	
165		275		
M. Ott	280	T. Hubwer	350	
M. Kerl	275	R. Trombetta	350	
R. Kashon	260	I. Reyes	330	
181		SHW		
T. Watkins	385	H. Ricci	585	
198		W. Pollock	520	
J. Grusemeyer	445	Teen		
T. Marano	415	C. Kay	350	
J. Valle	400	M. Ott	280	
220		M. Kerl	275	
D. Marcus	460	C. Wintemburg	320	
T. Bantosie	405	M. Rossilio	250	

Best Lifter 123 - 181 lbs. - Tim Watkins. Henry Ricci - APF world record - 585. Judges: Scope, Jimmie Crommer, George Boodley. I want to thank everyone for their support. 1992 Bench Press Championships Atlantic Coast - March 14, 1992, New Jersey - October 10, 1992, South Jersey - December 12, 1992. For information: Mike Charnik, 28 N. Almonesson Rd., Deptford, N.J. 08096. (609)-228-7180. and as always, the bench which is used is sold after the competition for $145.00. (results courtesy Mike Charnik)

NASA Sooner Classic
14 Dec 91 - Noble, OK (kg)

Women	SQ	BP	DL	Total
97				
Wilson	80	47.5	105	232.5
114				
Seratt	77.5	32.5	97.5	207.5
132				
Plumb	112.5	52.5	137.5	302.5
148				
Summerlin	127.5	65	170	362.5
Pure				
181				
Hobbs	190	120	190	500
198				
Ortiz	227.5	177.5	245	650
220				
Graves	275	160	240	675
Puccino	250	162.5	250	662.5
Pure Novice				
114				
Plumb	100	77.5	155	332.5
165				
Kelting	170	120	172.5	462.5
Webster	142.5	92.5	150	385
220				
Graves	275	160	240	675
Taylor	215	162.5	237.5	615
Natural				
148				
Linehan	190	127.5	220	537.5
165				
Scott	210	75	65	350
181				
Larsen				
198				
Hoffman	287.5	200	290	777.5
HS Pure				
123				
Bennett	122.5	100	177.5	400
165				
Griffith	210	125	210	545
Jensen	170	132.5	192.5	495
Teenage				
123				
Jacobs	77.5	60	105	242.5
Sub Masters				
181				
Cardin	267.5	162.5	252.5	682.5
198				
Plumlee	250	132.5	227.5	610
Tresmer	192.5	120	210	522.5
220				
Graves	275	160	240	675
Masters 1				
181				
Scott	182.5	105	200	487.5
Jensen	115	65	162.5	342.5
220				
Gossett	200	115	192.5	507.5
SHW				
Allen	227.5	160	227.5	615
Bench Press				
Women				
132				
Plumb	52.5			
181				
Cogswell	82.5			
Men's Pure				
165				
Marer	122.5			
181				
Workman	120			
198				
Austin	182.5			
220				
Puccino	162.5			
Graves	160			
Pure Novice				
114				
Plumb	77.5			
132				
Hernandez	92.5			
148				
Perry	122.5			
181				
Workman	120			
220				
Stephans	162.5			
Graves	160			
Radcliffo	155			
242				
Vorhes	102.5			

(Thanks to NASA for results of this competition)

POWER PEOPLE

Powerful Decorations *on this Christmas tree at Tool Rentals in Wantagh, NY are photos of pro wrestlers. Jim Duggan, a top powerlifter, who - incidentally - is no relation to wrestler Hacksaw Jim Duggan, and his fellow lifters Mark Muscarnera and Larry Licandro, have decorated the tree in this fashion for the past 5 years. All of them are dedicated 'RASSLIN' fans.*

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Northwestern Bench/Deadlift
14 Dec 91 - Bowbells, North Dakota

Bench		198	
Women		D. Edwards	320
Over 132		R. Sayler	320
L. Zohner	120	220	
J. Lindsley	90	D. Fuss	420
Teenage		G. Clock	375
123		242	
E. Nielsen	155	A. Bliss	380
132		SHW	
J. Anderson	160	J. Lindsley	440
148		C. Schneider	345
C. Noen	220	Deadlift	
K. Eggen	200	Women	
T. Collings	195	J. Lindsley	195
M. Asmundson	160	Teen	
165		Under 108	
B. Durick	255	S. Lindsley	170
TJ Conko	180	S. Lindsley	150
181		J. Lindsley	70
Frounfelter	225	132	
198		J. Anderson	330
T. Schmelz	200	165	
D. Mason	160	B. Durick	370
220		T. Collings	315
J. Clock	175	HWT	
HWT		S. Kroshus	340
V. Vilandre	360	Men	
S. Kroshus	215	165	
Men		M. Freeland	410
132		198	
K. Johnson	205	A. Lahner	485
165		J. Haga	425
D. Rochholz	260	D. Sokoloski	420
B. Durick	255	242	
181		D. Fuss	695
A. Lahner	385	SHW	
R. Straabe	265	C. Schneider	630
B. Tweten	260	J. Lindsley	560

Women's best lifter - Jessica Lindsley, Teen Best LWT - Brad Durick, Teen Best HWT - Terry Frounfelter, Men's Best LWT - Brad Durick, Men's Best HWT - Anthony Lahner. Judges - Jeremy Anderson, Eric Nielsen, Corry Schneider, Merv Young, Duane Fuss, Anthony Nicholson-Lahner. Spotters - Tim Schmelz, Shane Kroshus, Mike Freeland, Aaron Bliss. Announcer - Doug Sokoloski. Judges Table - Jean Durick, Bonnie Nielsen. Video - Dean Durick. This was the first meet held in Bowbells, N.D. and was the first meet I directed. I'm 16 years old and planning onother meet for 1992. The highlights were Anthony Lahners 385 Benchpress at 174 lb. body weight and Duane Fuss' 695 Deadlift at 219 lb. body weight. (Thanks to Brad Durick for results)

ANPPC USA Bench Press
14 Dec 91 - Kingston, NY.

Teenage:14-17			
T. Sakalis	270	R. Coluriciello	325
R. Sauer	130	J. Wagner	305
M. Boice	110	181	
Teenage:18-19		A. Bloom	380
C. Bell	400	M. Herbert	345
N. Sakalis	370	I. Assael	
J. Pirone	300	198	
Women		K. Hartrun	470
N. Hawkins	210	J. Sherman	400
H. Sauer	205	P. Ciraulo	340
P. Papa	135	G. Cerniglia	320
D. Snelson	135	220	
Masters		B. Klinger	435
F. Dini	470	R. Rhodes	425
M. Dibattista	355	N. Sakalis	370
C. Higgins	320	G. Newnham	350
T. Blanchfield	285	G. Maisch	315
B. Schoenfish	220	242	
Mens Open		S. Hossack	340
148		D. Cease	330
D. Maas	325	D. Redl jr.	325
B. Petach	305	J. Massaro	
F. Romanelli	300	275	
T. Sakalis	270	F. Dini	470
R. Neal jr.	255	B. Schoenfisch	220
165		SHW	
S. Bruce	370	V. Vardine	460
J. Porretto	330	E. Goosen	400

Best Lifters: Teen - Chris Bell, Women - Nancy Hawkins, Masters - Fred Dini, Open - Kevin Hartrum. Best Overall Lifter: Kevin Hartrum. Biggest Bench: Kevin Hartrum, Fred Dini. Best Team: Boice's Power Club - Mike Boice, Ron Saver, Debbie Snelton, Helen Saver, Charlie Higgins, Dan Cease, Greg Maisch, Kevin Hartrum, Fred Dini, Brad Klinger. (results courtesy Bill Jackson)

ADFPA Graterford Open
14 Dec 91 - Graterford, PA

165	SQ	BP	DL	Total
S. Robinson	600	350	550	1500
S. Crawford	510	320	530	1360
L. Johnson	470	330	450	1250
181				
M. Forman	550	300	575	1425
R. Kauffman	420	260	465	1145
C. Bryant-M	300	300	400	1000
198				
D. Long	500	375	540	1515
R. Davis	525	380	545	1450
D. Castaldo	315	225	400	940
220				
W. Melson-M	630	345	650	1625
242				
G. Lowe	800	450	760	2010
W. Brown	500	350	500	1350
T. Devlon	315	365	450	1130
275				
P. Ryan	675	350	500	1525
G. Sourbeer	520	275	520	1315

This was the meet that closed 1991 out with a bang. For the first time Shawn Crawford lifted as a 165 pounder. Crawford and C.B., better known as Leroy "Crybaby" Johnson, have been wolfing at each other in the gym since about August. C. B. vowed to be Crawford in the meet. To no avail, C.B. lost by a whopping 110 lbs. Experience and tenacity are what Crawford showed at the meet. With all their efforts, Savoy "Duck" Robinson took them both to school by taking first place with a 1500 total and a personal best 600 squat. Good work "Duck."

In the 181 wt. class, "Herk" took the show. He's been quiet in the gym and pretty laid back. But on meet day he performed his best. It appears that he does a sneak workout somewhere, but he's a force to look out for in the future.

Now as we enter the 198's, this was to be a heated grudge match between "Nasty" and "Action Jackson." Doug Jackson did not compete for some unknown reason. Or did Russell "Nasty" Davis put fear in his heart at the last minute? Hmm, good question. We'll never know since Jackson comes out of the huge athletic family of Jacksons. Anyway Darnell Long took hold of the 198 lb. division as the first place winner with a 1515 lb. total. Come to find out that "Nasty" had an injury to the hip area, but he still lifted and came in second place.

Mr. Melson was the lone lifter in the 220 lb. weight class. He lifted as if he had competition as he broke his own record with a 630 squat, a 650 deadlift, and a new total of 1625. Now that's excellent work! He's also a master lifter. Good ol' Mr. Melson.

Beetlmania ruled in the 242's. Greg "Beetle" Lowe took first with a total of 2010. (Beetle squatted 800 lbs. on his first and attempt, then went to 870. He established a personal best and Graterford record with a 760 lb. deadlift. Where is that competition from the street?

Willie "Mustafa" Brown was a respectable second with a total of 1350 in his first competition. At the conclusion of the meet, Beetle announced that he will no longer compete in the 242's. Watch out "General."

Preston "General" Ryan coasted to victory again in teh 275's with a 1525 lb. total. That was a gym workout for him. Now, for Sourbeer, he's getting better every time. At second place he had personal bests in every lift to add up to a 1315 total. Keep up the good work. Just think, you didn't want to compete either.

Savoy "Duck" Robinson's 1500 total earned him the outstanding lightweight honors. William "Sulaiman" Melson won the outstanding Master lifter hands down. The outstanding heavyweight was who else but Greg "Beetle" Lowe. No lifter was close to his total. Once again we invite and offer anyone to challenge "Beetle." Where is all the big boys out there on the street. You're welcome to come in. Unless "your mind is playing tricks on you" and you know you're not a match for Beetlemania.

I would like to thank Coach Fred and Manager Gary Kretchmar. Also my workout partner and assistant Carl Cooper, the judges- Mr. and Mrs. Al Siegel, and Mr. Bill O'Brecht. I can't forget to give thanks to all the spotters and loaders, the fans for support and providing the hype. Of course, without them there is no contest. At last my homeboy Duke Carter who took time out to come in from the OSU to help out as always. Musn't forget former coach Steve Bocho, who came in from the street to see the musc Boyz go to work. Let's take time out for the "Groover Maker" Sheldon Culbreath, who retired as table man and announcer. Even though he couldn't be with us, he's well remembered in thought. Good luck with your short stay at Huntington, "We love you, Bro." As for myself, it's just another day on the job. (Thanks to Fred Riccio for results.)

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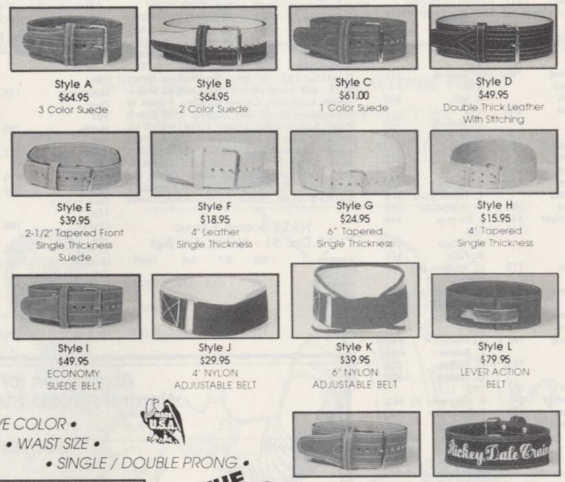

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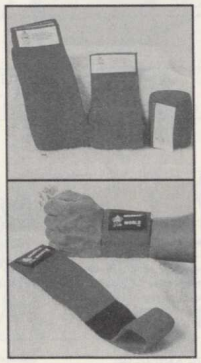

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6th ADFPA Virginia State
30 Nov 91 - Quinque, VA

114	SQ	BP	DL	Total
H. Garcia	425	245	425	1095
B. Zak	235	195	355	785
A. Sakol	200	125	270	610
123				
D. Weiss	375	270	455	1100
K. Kahlson	225	125	225	525
148				
D. Beatty	485	335	560	1380
S. Franklin	500	270	495	1265
C. Gaydos	415	335	465	1215
165				
C. Brumbuck	580	285	590	1455
M. Schrupp	525	290	500	1315
T. Summerfield	430	290	550	1310
H. Markley	500	305	495	1300
R. Blount	450	375	550	1275
G. Larenzo	480	290	500	1270
M. Lowe	425	325	470	1220
R. Rolle	415	260	405	1110
R. Gill	380	190	440	1010
S. Call	375	215	415	1005
181				
H. Gerard	620	350	595	1565
J. La Tume	500	385	625	1510
H. Ford	600	390	515	1505
G. Pultz	500	350	505	1355
S. Francis	500	310	535	1345
M. Lee	535	290	520	1345
B. Davis	510	270	495	1285
M. Passini	480	335	470	1285
R. Rolle	480	270	520	1270
M. Dunn	500	290	475	1265
A. Bedrosian	405	285	450	1140
J. Newman	420	475	430	1125
H. Midget	325	215	380	920
Female Light				
J. Bruks	260	145	300	705
A. Sakol	200	140	270	610
K. Kahlson	225	125	10	575
Female Heavy				
M. Mash	260	135	275	670
Masters Lt				
W. Winfree	405	300	180	1185
Teen Lt				
S. Franklin	500	270	495	1265
S. Francese	500	310	535	1345
K. Bird	325	195	455	995
198				
J. Krauss	600	365	650	1615
D. Moody	620	350	520	1490
D. Haisenleder	580	360	535	1475
C. Earl	505	360	550	1415
S. Feden	515	285	600	1400
R. Wilder	465	300	500	1265
K. Pope	475	270	485	1230
D. Dever	145	440	145	730
220				
J. Ashworth	640	400	630	1670
C. Moore	585	315	625	1525
J. Gregory	530	335	570	1435
J. Martin	570	345	495	1410
M. Duesberry	540	325	540	1405
A. Pozda	540	295	565	1500
M. Crawford	510	335	515	1360
M. Thomason	520	350	480	1350
B. Shirley	325	205	465	995
B. Luck	700	415	655	1770
J. Leonard	655	435	655	1745
G. Bryan	650	430	600	1680
R. Field	520	325	550	1395
J. Neiman	470	340	575	1385
R. Morgan	450	315	475	1240
275				
J. Beck	650	400	550	1600
W. Jeffrey	475	310	500	1285
SHW				
D. Young	650	425	705	1780
C. Rea	600	345	615	1560
Master				
D. Haisenleder	580	360	535	1475
J. Gregory	530	335	570	1435
J. Clarke	480	290	450	1220
R. Morgan	450	315	475	1240
D. Minton	345	285	405	1035
Teen Heavy				
B. Nelson	465	300	500	1265

(Thanks to John Shifflett for these meet results.)

Mid-West Open
7 Dec 91 - Anamosa, IA

114	SQ	BP	DL	Total
D. Stoneking	220	165	315	700
148				
W. Irvin	500	275	505	1280
E. Wanatee	475	300	485	1260
J. Taylor	475	250	505	1230
S. Vilardo	300	220	410	930
M. Kilburg	340	235	345	920
C. Wood	335	205	345	885
165				
M. Larson	550	325	505	1380
S. Jackson	500	350	525	1375
I. Partee	450		470	920
181				
D. Allison	440	375	550	1365
T. Hazlett	440	300	430	1170
198				
T. Brown	440	375	550	1365
220				
B. Stevenson	750	450	625	1825
S. Carson	660	400	650	1710
C. Knight	600	410	620	1630
C. Lowe	625	365	530	1520
J. Daudel	320	230	405	955
242				
W. Olson	555	425	525	1505
275				
T. Payne	550	380	490	1420
Masters				
F. Neal		335	535	870
T. Maupin	525	345	505	1375
L. Stanley	415	265	450	1130

Best Lifter Light: Samuel Jackson. Best Lifter Heavy: Brad Stevenson. Team Champion: I.S.R. Weight Club. Meet conducted and run by inmates of the Iowa Men's Refomatory. Meet Director: Tom Beadle. The 23rd Annual Mid-West Power Open will be held on December 4, 1992. General information on this contest can be obtained by contacting: Tom Beadle, Athletic Director, Box-B, Anamosa, IA 52205, or 319-462-3504. (Thanks to Tom Beadle for results)

5th S. Florida Touch'N Go Bench
7 Dec 91 - Miami, FL

Women		W. Boswell	365
148		A. Kalcon	355
K. Karis	140	S. Phutrekul	215
Men		G. Bull	
123		198	
L. Geloamine	225	C. Auhstin	405
P. Nguyerz	230	E. Hughes	395
132		T. T	385
T. Kell	230	G. Walker	360
A. Chion	295	T. Freischman	305
R. Collins		V. Olszak	275
148		220	
J. Canlus BL	380	R. Salay	435
S. Coltz	315	W. Davis	415
L. Sanchez	305	D. Patrick	415
E. Gojay	300	A. Gonalyez	400
F. Ayan	300	C. Giondano	385
E. Moneno	275	242	
165		G. McCantrey	500
R. Lang	350	J. Rini	455
A. Villasuso	340	M. Cochran	430
W. Hone	285	M. Merry	425
R. Tamlenicz	280	P. Donohue	425
R. McMalley	225	SHW	
181		D. Bunette	510
F. Porad	440	W. McAutlen	385
D. Knott	380	A. Orejas	

(Thanks to John Mese for the results of this meet)

Straub's Holiday Lift-Off Bench Press
28 Dec 91 - Chester, NY

Open		B. Sherwin	280
123		J. Conroy	275
J. Aldrich	135	198	
S. McKeon	130	J. Sherman	395
132		J. Turner	375
H. Never	225	W. Lutomski	360
148		S. Capello	350
C. Thomaschek	280	M. Zane-T	315
T. Sakalis	270	G. Knebal	300
E. Duffy	265	R. Eisele-M	250
A. Belardi-T	200	220	
B. Tannar-T	180	M. Smith	385
165		N. Sakalis-T	380
Modzelewksi-T	325	F. Williams	350
J. Hamilton	275	R. Jones	135
A. Mandy	265	242	
J. Snyder	265	A. Novello	365
C. Berdecia	250	J. Mattera	315
181		L. Manshelfer-M	290
B. Lynch-T	340	275	
M. Orloff	320	J. York	445
J. Weiner	315	S. Mesler	400

T- Teen, M-Masters, Best Lifter: Jay Sherman. Teen Champion: Bill Lynch. (Thanks to Straub's Weight Gym for the results of this competition)

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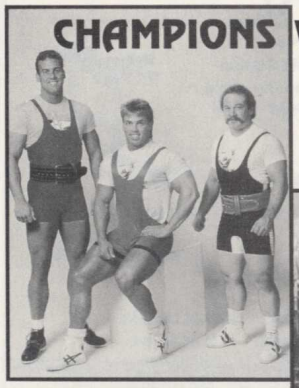

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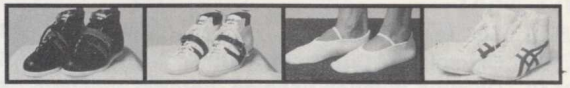

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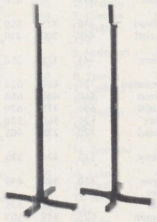

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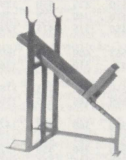

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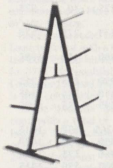

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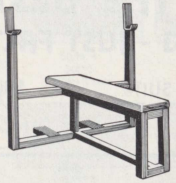

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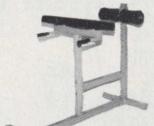

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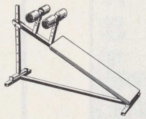

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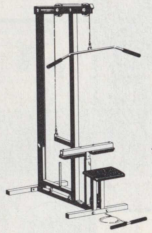

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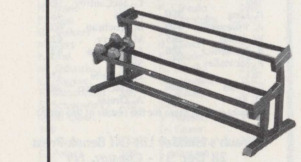

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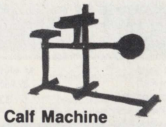

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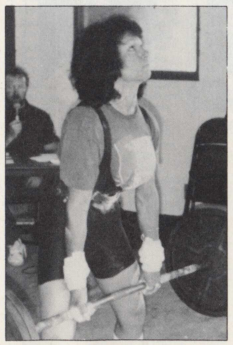
Open				
112				
T. Cadiz	245	115	265	625
148				
T. Herfel	200	130	260	590
165				
C. Howard	220	145	275	640
Masters I				
112				
T. Cadiz	245	115	265	625
Men Pure				
High School				
198				
J. Cahill	505	305	570	1380
220				
S. Rea	415	215	475	1105
Teen				
114				
Z. Scrip	300	165	350	815
132				
A. Yado	250	165	250	665
148				
J. Budd	320	165	310	795
181				
J. Wojtal	610	315	535	1460
Open				
114				
S. Beninato	310	165	315	790
123				
M. Castro	390	225	505	1120
132				
R. Kinser	325	285	375	985
148				
T. Burrello	465	305	470	1240
J. Budd	385	200	340	925
165				
M. McCarthy	540	320	520	1380
R. Luyando	415	375	425	1215
181				
C. Binkley	505	285	490	1280
198				
R. Michel	525	335	500	1360
G. LaBelle	300	250	360	910
242				
T. Roksch	610	355	610	1575
275				
T. Farney	505	375	520	1400
Men Natural				
Teen				
114				
Z. Scrip	300	165	350	815
181				
J. Wojtal	610	315	535	1460
Open				
181				
C. Binkley	505	285	490	1280
198				
D. Pitel	500	350	500	1350
V. Bestrick	500	330	495	1325
G. LaBelle	300	250	360	910
220				
C . Wellbank	480	300	500	1280
SHW				
J. Magee	720	430	580	1730
Men Pure				
Submaster				
132				
R. Kinser	325	285	375	985
181				
G. Abraham	320	205	405	930
220				
M. Nichols	510	310	455	1275
Masters				
40-44				
220				
G. Williams	440	360	535	1335

Father & Son, Don Wojtal, left, with Jason Wojtal who set American Teenage records at the Quality Classic Cup. (courtesy Davis).

275				
T. Farney	505	375	520	1400
45-49				
198				
M. Brown	430	260	430	1120
R. Ortega	350	220	360	930
50-54				
G. LaBelle	300	250	360	910
Men Natural				
Masters				
40-44				
SHW				
J. Magee	720	430	580	1730
50-54				
198				
G. LaBelle	300	250	360	910

Women Best Lifter- Tomasa Cadiz. Best Lifter Light- Miguel Castro. Best Lifter Heavy- John Magee. Teams: 1. The Last Rep.

Bench Press				
Women Pure				
Open				
112				
T. Cadiz	115			
165				
C. Howard	145			
Masters I				
112				
T. Cadiz	115			
Men Pure				
High School				
198				
G. Bult	230			
220				
A. Falon	240			
Teen				
114				
Z. Scrip	165			
132				
A. Yado	180			
148				
A. DeRosa	275			
J. Budd	190			
165				
C. Cummings	275			
181				
J. Sabath	335			
S. Giller	285			
275				
R. Rihani	335			
Men Natural				
Teen				
132				
A. Yado	180			
148				
A. DeRosa	275			
Men Pure				
Open				
114				
J. Grabowski	320			
S. Beninato	165			
148				
K. Hedrich	335			
R. Oliveria	325			
T. Ostrowski	310			
A. DeRosa	275			
J. Budd	225			
165				
M. McArthy	320			
J. Lee	275			
S. Cunningham	260			
R. Chavez	245			
181				
D. Wilson	290			
198				
J. Woolfolk	420			
B. Kubick	380			
R. Michel	335			
M. Christiansen	245			
220				
C. Matthews	420			
242				
J. Matishak	405			



Tomasa Cadiz, Best Female Lifter

Hennessey	400		
T. Roesch	355		
275			
P. DelNodal	345		
SHW			
S. Ellis	525		
Men Natural			
Open			
114			
J. Grabowski	320		
148			
R. Oliveria	325		
A. DeRosa	275		
220			
A. Falcon	350		
242			
D. Hennessey	400		
SHW			
J. Magee	430		
Men Pure			
Submasters			
148			
R. Olveria	325		
T. Ostrowski	310		
F. Stancle	255		
181			
G. Abraham	205		
198			
B. Kubick	380		
220			
M. Nichols	310		
SHW			
S. Ellis	525		
Men Natural			
Submasters			
148			
R. Oliveria	325		
Men Pure			
Masters			
40-44			
220			
G. Williams	360		
275			
T. Farney	375		
45-49			
242			
J. Matishak	405		
M. Collet	370		
50-54			
198			
G. LaBelle	250		
55-59			
275			
J. Twet	300		
Men Natural			
40-44			
198			
B. Evans	365		
SHW			
J. Magee	430		
50-54			
198			
G. LaBelle	250		

Best Lifter- Steve Ellis. Teams: 1. Strong Athletes Against Steroids, 2. Powerforce, 3. The Last Rep.

Deadlift			
Women Pure			
Open			
112			
T. Cadiz	265		
165			
C. Howard	275		
Masters I			
112			
T. Cadiz	265		
Men Pure			
High School			
220			
S. Rea	475		
Teen			
114			
Z. Scrip	350		
148			
J. Budd	310		
275			
R. Rihani	450		
Open			
114			
S. Beninato	315		
148			
J. Budd	340		
181			
E. Anderson	520		
198			
G. LaBelle	360		
M. Christiansen	335		
242			
T. Roesch	610		
275			
R. Hamscher	610		
Men Natural			
Open			
275			
R. Hamscher	610		
P. Delnodal	550		
SHW			
J. Magee	580		
Men Pure			
Submasters			
165			
M. McArthy	520		
181			
G. Abraham	405		
220			
M. Nichols	455		
275			
R. Hamscher	610		
Men Natural			
Submasters			
275			
R. Hamscher	610		
Masters			
40-44			
220			
G. Williams	535		
275			
T. Farney	520		
45-49			
242			
M. Collet	400		
50-54			
198			
G. LaBelle	360		
242			
D. Pruitt	650		
55-59			
275			
J. Twet	300		
Men Natural			
Masters			
40-44			
SHW			
J. Magee	580		
50-54			
198			
G. LaBelle	360		

Best Lifter- David Pruitt. Teams: 1. The Last Rep, 2. Roesch's Power Team. (Highlights of the report by Earl Davis) An atmosphere of excellence, comraderie, and competitiveness permeated the lifting site. Friendships were established and a new era of powerlifting evolved at this competition. Returing after a two year hiatus, the opening competitor was today's consummate female powerlifter...Tomasa Cadiz. Competing in the 112 lb., open and masters division, Tomasa displayed world class form and technique. Tomasa's competitive fire was white hot as she set eight state records, four NASA American Master I records, garnered six first place divisional wins, and convincingly walked away with the Best Lifter Female trophy. Tomasa returned the next day to assist at the expediters table, thus assuring a smooth-running event. Her skills as a national judge will soon be utilized in upcoming Quality Classic events. Thanks Tomasa.

Upcoming world class competitor, Jason Wojtal, displayed skill we at Quality Classics feel will jettison him to the small circle of powerlifting greats. Recently winning his division at the ADFPA's Teen Nationals, tying for second place at the NASA High School Championships in Dallas, TX, and garnering a first place win at the Illois State Chamionships set the stage for Jason's display of prowess at this event. Assaulting the American teen squat record with disdain, Jason, lifting in the 181 lb., pure and natural teen divisions, broke the existing American record on his second attempt, returing for his third attempt, Jason and his dad/coach Don were psyched to the hilt. This psyche radiated to the audience. Everyone in the audience was on their feet screaming encouragement to Jason. Rising to the occasion, Jason easily deep squatted a new American teen squat record of 610 lbs. This championship squat also created a new American teen record of 1450 lbs. These new records also solidified Jason's hold on eight current state records. In this age of Rambo/Macho mentalities, we seldom see the genuine affection and respect, that Jason and his father Don show each other. These two men set the standard for manhood in the eyes of this writer. Richard Glumac and Richard Flores were honored as the 1991 International Cup's Co-Athletes of the year. Both are world class lifters, meet directors, and NASA judges. They are being acknowledged for their dedication, motivation, and pure love for the sport of powerlifting. (Earl Davis - results).

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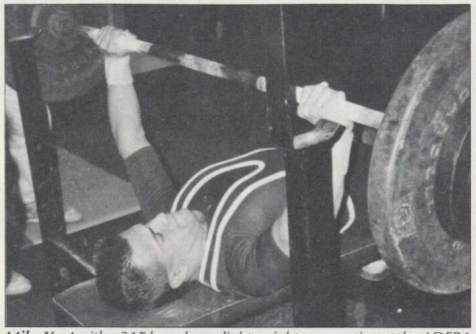
WHERE THEORY MEETS PRACTICE

ADFPA All-American Bench Press
17 Nov 91 - Wilke-Barre, PA

Women	
Light	
M. Franklin	165
K. Fetterolf	150
R. Levy	150
M. Kuhns	135
L. Strafale	110
Heavy	
J. Bulter	250
B. Stasko	140
B. Shuckley	130
K. Davis	125
M. Dangelo	130
114	
Teen & Novice	
B. Granko	150
123	
Open	
J. Spagnolo	185
132	
Teen	
J. Florestal	225
C. Maluchnik	205
Master	
B. Wilner	250
Novice	
C. Holmquist	235
M. Franklin	165
M. Kuhns	135
Lifetime	
B. Spingarn	315
D. Kabasalian	310
T. Pallas	260
M. Franklin	165
M. Kuhns	135
Open	
B. Spingarn	315
D. Kabasalian	310
K. Shurter	280
T. Pallas	260
B. Wilner	250
M. Frankling	165
M. Kuhns	135
148	
Teen	
C. Thomaschek	270
B. James	255
Master	
L. Alexander	310
Law Enf.	
G. Fuy	255
T. Demaria	230
Novice	
T. Demaria	230
Lifetime	
J. Audia	345
J. Baran	340
M. Yost	335
S. Bhojwani	330
M. Ventura	275
J. Blackledge	270
Open	
J. Audia	345
J. Baran	340
M. Yost	335
S. Bhojwani	330
C. Thomaschek	270
B. James	255
165	
Teen	
B. Handerahan	300
B. Lyness	270
J. Sawyer	270
Law Enf.	265
L. Jacobsen	235
K. Davis	125
Master	
B. Danisevich	335
Novice	
T. Beechey	345
D. Wray	330
T. Martinell	290
B. Lyness	270
J. Sawyer	270
B. Legg	245
L. Jacobsen	235
D. Spack	220
D. Fenton	155
Lifetime	
J. Masher	400
B. Danisevich	335
D. Wray	330
T. Martinelli	290
T. Gannon	270
B. Legg	245
181	
Teen	
M. Majcher	245
Law Enf.	
I. Harris	355
M. DiBattista	350
B. Mabry	315
J. Braun	310
G. Heim	255
K. Lesher	235
Master	
M. DiBattista	350
L. Dewald	295
Novice	
W. Luciano	360
B. Gillott	335
J. Morris	330
E. Rooney	315
D. Campbell	315
B. Mabry	315
C. Luongo	315
J. Braun	310
G. Heim	255
Submaster	
Light	
M. Orloff	315
C. Luongo	315
B. Legg	255
198	
Teen	
C. Burke	345
M. Grassa	315
J. Kahle	310
V. Plaia	275
Law Enf.	
P. Fiorisi	450
B. Burlew	390
G. Buchkoski	335
R. Dunn	315
M. Dangelo	130
Masters	
D. Chevalier	420
C. Welcome	400
B. Burlew	390
B. Rosenfeld	325
L. Gnall	290
Novice	
E. Luciano	375
S. Quick	370
G. Vasiano	345
W. Lutowski	340
T. Mosel	340
G. Buchkoski	335
D. Skurka	325
W. Bradshaw	315
M. Grassa	315
R. Dunn	315
F. King	275
Lifetime	
J. Stone	490
P. Fiorisi	450
A. Baldassare	410
B. Burlew	390
J. Plummer	390
E. Luciano	375
C. Burke	345
T. Mosel	340
V. Plaia	275
Open	
J. Stone	490
P. Fiorisi	450
R. DiBattista	470
D. Chevalier	420
E. Flori	420
A. Baldassare	410
B. Burlew	390
E. Luciano	375
S. Quick	370
220	
Teen	
C. Lazzaro	300
Law Enf.	
M. Hanik	315
Master	
E. Lanoue	430
D. Fetterolf	390
L. Gallo	375
Novice	
L. Gallo	375
P. Ciatto	340
J. Stilwell	335
M. Shaffer	325
R. Reynolds	315
S. Fischer	305
Lifetime	
J. Russo	475
R. Laivuara	465
F. Maguire	410
D. Fetterolf	390
R. Smith	385
L. Gallo	375
M. Hanik	315
S. Fischer	305
Open	
J. Russo	475
R. Laivuara	465
C. Daniels	425
B. Constance	415
D. Fetterolf	390
B. Philipps	355
S. Fisher	305
242	
Teen	
J. Pulaskie	460
D. Leudias	330
Law Enf.	
T. Cinelli	355
Master	
B. Moore	390
T. Cinelli	355
M. Watahovich	345
Novice	
P. Montgomery	390
D. Leodias	330
B. Tomasetti	300
Lifetime	
T. Druby	465
G. Orlando	435
P. Montgomery	390
M. Cartisano	375
T. Cinelli	355
M. Watahovich	345
B. Bogdan	315
Open	
T. Druby	465
J. Pulaskie	460
G. Orlando	435
C. McElroy	415
M. Cartisano	375
T. Cinelli	355
M. Watahovich	345
B. Bogdan	315
275	
Teen	
M. Paesano	440
Law Enf.	
S. Spears	345
Master	
J. Naperkowski	520
S. Spears	345

Head Judge- C. Schroder. Judges- Joe Pyra, Paula Kovalichik, Joe Kane, Ned Cramer, Ed Jubinville. Weighins- C. Schroder, N. Cramer, M. Cramer. Spotter/ Loaders- B. Zabroski, J. D. Gaynor, B. Thomas, M. Chesna, Jeff K. MC- Maria Barillo. (Thanks to Kuc's Fitness for these meet results.)


Mike Yost with a 315 bench as a lightweight, competing at the ADFPA All American Bench Press Championships (photograph by Joe Pyra)

Novice	
P. Sottile	275
Lifetime	
J. Naperkowski	520
C. Machin	430
S. Spears	345
Open	
J. Naperkowski	520
C. Machin	430
T. Gisondi	415
S. Spears	345
SHW	
Teen	
J. Alexander	500
Master	
D. Scrocco	410
Open	
T. Lucci	505
J. Alexander	500
P. Gisondi	450
S. Mesler	415
D. Scrocco	410
Law Enf.	
G. Bulter	240
Submaster	
P. Fiorisi	450
T. Gisondi	415
S. Fisher	305
B. Tomasetti	300

USPF Utah State Championships
21 Dec 91 - Hill AFB, UT (kg)

Women	SQ	BP	DL	Total
Turner-55	105	60	147.5*	312.5
Howat-54m	100*	50*	120*	170*
Men				
SO				
R. Gibson	92.5	65	130	287.5
G. Stocks	75	45	112.5	232.5
B. Larsen	75	62.5	112.5	250
56				
C. Poulson-t	87.5	82.5*	122.5*	292.5*
60				
T. Eves-t	100	87.5	147.5	335
67.5				
B. Johnson	182.5	110	222.5	515
Leighninger-m	190*	92.5	222.5*	505*
D. Hendricks	182.5	125	175	482.5
B. Anderson-t	140	102.5*	160	402.5
C. Russell-t	90	90	167.5	347.5
75				
G. Allred	215	120	192.5	527.5
C. Dyches-t	142.5	90	172.5	405
82.5				
O. Crocker	227.5	147.5	247.5	622.5
J. Drecksel	235	142.5	230	607.5
J. Aime-t	167.5	110	172.5	450
90				
R. Long	302.5	167.5	292.5	762.5*
S. Faulkner-t	297.5*	162.5*	265*	725*
D. Herrin	200	115	205	520
100				
A. Roylance	232.5	162.5	240	635
J. Howard	217.5	147.5	237.5	620.5
W. Wilkins	150	125	100	455
C. Syme-m	170	112.5	172.5	455
110				
M. Inoke	272.5	210*	287.5*	770*
D. Shock-m	250	150	180	580

* State record. Best Teen: 1. Shane Faulkner, 2. Dan Herrin, 3. Brady Anderson. Best Master: 1. David Leighninger, 2. Dennis Shock, 3. Courtney Syme. Best Lifter Light- Ray Long. Best Lifter Heavy- Bart Johnson. (Thanks to USPF for results)

Masters Christmas Power Cup (kg)
14 Dec 91 - Pacov, Czechoslovakia

Women	SQ	BP	DL	Total
60				
S. Libuse	75	47.5	177.5	240
67.5				
V. Kate	90	55	115	260
Men				
56				
Masters I				
K. Jaroslav	135	75	170	380
60				
R. Brestislav	150	90	192.5	432.5
75				
D. Jiri	182.5	90	200	472.5
82.5				
S. Michal	220	167.5	242.5	630
90				
T. Petr	210	162.5	230	602.5
D. Milan	195	135	235	565
Z. Wolf	195	127.5	235	557.5
100				
M. Josef	260	175	280	715
C. Vratislav	250	155	295	700
B. Jan	200	152.5	260	612.5
110				
R. Bedrich	205	140	250	595
K. Stanislav	190	145	240	535
Masters II				
110				
S. Zdenek	225	155	240	620

As you can see, the benches are good, the squats in comparison are somewhat low. Many of the veterans refused to wear any kind of supersuit or wraps! Our 1991 World Champ Micka lifted comfortably for the win with at least 25 kilos behind him. The highlight of the Cup had been the lifting of 57 years young Zd. Srstka. He started for the first time after 30 years of lay off! He was very good as an Olympic 90 kg. class lifter, having participated at 1955 Worlds in Munich where great Paul Anderson did some world records. If you compare Srtstka's lift with the results of 1991 Worlds and Europeans of Masters, you can see how he is good. Srtska weighed 106 kilos and won. He is a true power man! (Thanks to Joseph Svub for the results.)

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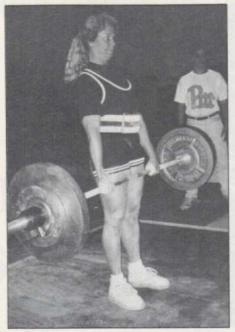
SIGNATURE x

ADFPA Keystone Classic Deadlift
17 Nov 91 - Wilkes-Barre, PA

Women	
Light	
M. Franklin	305
L. Traface	230
M. Kuhns	210
Heavy	
B. White	315
M. Dangelo	235
123	
Open	
J. Spagnolo	300
132	
Teen	
C. Maluchnik	350
Open	
T. Pallas	485
C. Maluchnik	350
M. Franklin	305
M. Kuhns	210
148	
Teen	
B. James	375
Open	
J. Audia	490
S. Bhojwani	485
G. Foy	440
T. Demaria	430
B. James	375
165	
Teen	
P. Dipaola	460
Open	
E. Kutin	565
D. Millburn	455
B. Legg	410
A. Dale	410
181	
Master	
B. Hogan	520
B. Derisi, Sr	505
H. Farmer	380
Open	
B. Ray	640
J. Azzaretti	575
N. Bryant	550
B. Marchetti	530
B. Hogan	520
J. Coschigano	455
G. Heim	425
198	
Teen	
S. Addison	570
M. Kail	525
Master	
B. Rosenfeld	465
Open	
J. Murphy	650
G. Variano	580
S. Addison	570
J. Plummer	550
C. Farlov	510
P. Fiorisi	500
D. Skurha	400
220	
Teen	
C. Gimble	505
Master	
L. Gallo	525
Open	
P. Iuni	620
M. Tiano	560
B. Derisi, Jr	525
R. Raynolds	500
F. Farmer	500
P. Ciatto	500
242	
Teen	
G. Stephens	375
Open	
T. Thompson	700
A. Azzaretti	625
S. McCoy	600
S. McElroy	600
B. Bogdan	550
C. Stephens	375
275	
Teen	
M. Paesan	565
Master	
S. Spears	375
Open	
C. Machin	660
T. Hirt	615
T. Finland	600
B. Huesman	565
SHW	
Master	
P. Gisondi	625
D. Scrocco	435



Barbara White pulled in a 305 deadlift at the ADFPA Keystone Classic Deadlfit (Joe Pyra photo)

Head Judge- C. Schroeder. Judges- J. Pyra, J. Kane, E. Jubinville, Ned Cramer, Nick Theodoreau. Weighins- C. Schroeder, N. Cramer, M. Cramer. Spotters- J. Gaynor, B. Thomas, M. Chesha, Jeff K., B. Zabroski. Scorekeepers- H. Hollick, N. Fino, M. Cramer. MC- Marie Barillo. (Thanks to Kuc's Fitness for these meet results.)

Longmont YMCA Championship
Dec 91 - Longmont, CO

Women	SQ	BP	DL	Total
Teen				
K. Harms-140	290	130	325	745
L. Lock-115	225	105	235	565
T. Schillinger-101	135	100	255	490
Open				
97-116				
A. Chauvin	230	90	250	570
L. Lock	225	105	235	565
T. Schillinger	135	100	255	505
117-129				
P. Parmer	190	100	215	505
129+				
K. Harms	290	130	325	745
K. Emeis	300	165	330	795
C. Melick	260	135	310	705
E. Disler	305	150	295	750
C. Gordon	200	120	265	585
A. Sortwell	145	215	145	505
Men				
Teen				
J. Marque-197	530	305	520	1355
C. Leonidou-159	360	280	460	1100
J. Joyce-217	420	310	495	1225
J. Tinsley-179	390	240	415	1045
Masters				
Below 165				
R. Reyes	310	210	360	880
165+				
J. Ishmael	520	350	565	1435
R. Vaughan	310	185	375	870
Open				
123				
D. Lombardo	305	225	360	890
132				
V. Hooper	340	230	350	920
148				
B. Kinerson	370	225	430	1025
S. Arend	345	225	395	965
J. Greenstein	315	230	410	955
165				
C. Leonidou	360	250	460	1100
J. Lund	350	275	415	1040
H. Baca	385	245	365	995
R. Vaughan	310	185	375	870
D. Depew				
K. Larson				
181				
E. Balno	530	360	575	1465
S. Anderson	560	305	550	1415
R. Guerrerro	475	300	450	1225
J. Tinsley-390	240	415	1045	
J. Lucchino				
W. Read				
198				
J. Ishmael	520	350	565	1435
J. Marque	530	305	520	1355
J. Graba	510	305	510	1325
T. Stewart	520	275	520	1315
J. Pomponio				
G. DeHerrera				
P. Berg				
M. Pizzimenti				
220				
R. Cass	535	350	575	1460
K. Wood	525	340	530	1395
J. Joyce	420	310	495	1225
T. Palmer	340	250	425	1015
C. Higgins				
242				
T. Knight	565	380	580	1525
M. Hoyle	505	335	525	1365
S. McReynolds	480	275	550	1305
T. DaBolt	440	315	440	1195
275				
R. Burchan	580	420	610	1610

Best Lifter Light: Ethan Balno. Best Lifter Heavy: Jack Ishmael. Team Results: 1st Air Force Academy, 2nd University of Colorado, 3rd Carl's Gym. (Thanks to Longmont YMCA for the results)

Shawnee Correctional Center Meet
4 Dec 91 - Vienna, IL

148	SQ	BP	DL	Total
R. Robinson*	425	300	450	1175
B. Jones				
165				
Miller BL	540	360	540	1440
Williams*	535	345	525	1405
Henley*	540	275	500	1315
181				
J. Jones BL	650	360	625	1635
198				
Briggs*	550	450	500	1500
Ward*	460	360	555	1375
Evans	450	280	500	1230
220				
Hickman*	550	340	600	1490
Weller*	515	260	485	1260
242				
Givens*	525	350	525	1400
275				
Cherry*	660	385	555	1600
Moore	540	350	600	1490
SHW				
Dabney	515	290	625	1430
E. Robinson*	450	375	550	1375

* Vienna Correctional Lifters. Vienna CC- 23 points. Shawnee CC- 13 points. Best Lifter Light- Miller. Best Lifter Heavy- Jones. Best Squat- 660 lbs. by Geronimo Cherry. Best Bench- 450 lbs. by Briggs (Snake). Best Deadlift- 625 lbs. by Jones and Dabney. (results courtesy Geronimo Cherry)

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Greater Texas Classic
14,15 Dec 91 - Irving, TX (kg)

	SQ	BP	DL	Total
Masters 40-49				
165 class				
J. Lingenfelter	145	105	200	470
B. Mayfield	142.5	82.5	175	420
181 class				
J. Lucio	195	117.5	195	507.5
P. Holder	190	102.5	175	467.5
198 class				
V. Tehauno	185	112.5	182.5	480
F. Lamb	147.5	105	187.5	440
M. Penisten	160	80	192.5	440
242				
K. Holliman				
Masters (50+)				
181				
D. Gallenberger	182.5	105	202.5	490
198				
F. Mullen	217.5	130	217.5	590
Submasters				
165				
B. Wirwhan	207.5	120	200	347.5
Open Women				
132				
M. Warman	212.5	95	175	482.5
181				
D. Young	210	115	227.5	552.5
Open Men				
132				
A. Mayer	190	120	192.5	502.5
165 class				
R. Crain	320	167.5	305	792.5
R. Jarvis	240	130	230	600
181 class				
B. Bowers	287.5	182.5	265	735
N. Wassmer	272.5	160	257.5	690
D. Newcomer	240	155	240	635
B. Schnedler	225	137.5	215	582.5
198 Class				
C. Pamphilis	265	182.5	260	707.5
M. Carr	237.5	122.5	247.5	607.5
22-8. Brand	272.5	182.5	275	730
242 class				
J. Esparza	300	182.5	292.5	775
T. Coker				
275 class				
G. Fields	360	215	285	890
J. Smith	340	182.5	300	822.5
D. Cook	297.5	185	290	772.5
Open BP				
181		275		
D. Newcomer	155	C. Spierison		192.5
198		B. Tripi		142.5
J. Lim	150	F. Ludwell		155
220		Open DL		
B. Whitaker	250	148		
220		J. Weaver		148
B. Montoya	187.5	198		
242		E. Coleman		255
M. Miner	177.5	242		
K. Anderson	165	M. Miner		265
Under Class				
148 class				
M. Woodworth	192.5	137.5	192.5	522.5
V. Baker	175	127.5	185	487.5
165				
D. Lodor	215	120	230	565
181 class				
M. Larson	192.5	97.5	220	510
D. Townsend	190	102.5	157.5	450
198 class				
W. Williams	277.5	190	262.5	730
D. Brylis	230	195	235	660
N. Dolezar	230	145	245	620
S. McCoy	232.5	130	232.5	515
220 class				
J. Campbell	240	170	272.5	682.5
C. Heasley	210	157.5	245	612.5
242				
J. Price	242.5	155	260	657.5
SHW				
M. Sparks	285	190	292.5	767.5
F. Wilson	290	175	300	755
Juniors				
14-19				
123 class				
K. Barst	185	85	177.5	450
D. Crawley	132.5	90	165	387.5
165 class				
B. Blnkson	185	102.5	195	475
K. Williams	205	137.5	152	395
181				
A. Jackson	232.5	147.5	237.5	617.5
220				
T. Hannah	192.5	117.5	197.5	517.5
Jrs. 20-23				
181				
J. Lecer	195	115	205	542
198 class				
A. Winbourne	275	152.5	265	692.5
H. Dunagen	205	165	250	620
220				
F. Drummons	237.5	172.5	245	655
C. Knapp	270	205	277.5	752.5
275 class				
D. Mallard	340	240	250	830
C. Clark	272.5	147.5	275	795
SHW				
M. Samuel	277.5	162.5	260	700
P. Wages	245	185	252.5	682.5
Junior Women				
14-19				
165				
T. Summers	85	92.5	132.5	280

Team Placing - 1st Hard Bodies 60 Points, 2nd San Marcos Club 51 points, 3rd Crain's Muscle World 50 points. (Thanks to Rickey Dale Crain for results)

Mary Warman's American Record at the Greater Texas. (Finnegan)

1991 Winter Open 'Powers' Classic
5 Jan 1992 - Hyattsville, Md.

Women	SQ	BP	DL	Total
123				
D. Volpicella	115	115	225	455
148				
P. Carr	220	105	250	575
Men's Div.				
123				
J. Sharp(t)	225	125	275	625
132				
T. Taylor	515	275	440	1230
148				
D. Jacobs	440	315	445	1200
181				
J. Roybal	525	350	540	1415
K. Hill	450	355	490	1295
T. Smith	475	290	500	1265
L. Glover	320	260	455	1035
198				
F. Prather	635	400	550	1585
M. Gallagher(m)	575	310	550	1435
220				
R Robles	655	385	580	1620
B. Calhoun	500	390	460	1350
G. Miller	400	250	450	1100
A. Wenzel	375	275	385	1035
J. Wardell	635	380		
242				
P. Anderson	620	360	515	1495
B. Foster	470	300	550	1320
SHW				
G. Carver	590	365	620	1575

(m) master; (t) teenager; Best Master lifter: Marty Gallagher; Best Woman Lifter: Pamela Carr; Best Men's Lifter: Terry Taylor. Best Lifters determined by Schwartz/Malone Formula. (Thanks to Skip Gormley for the results of this competition)

North American Bench Press
25 Jan 92 - New Oxford, PA

Open 123				
J. Spagnolo	195			
J. Short	195			
C. McMaster	185			
F. Riley	160			
Novice 123				
J. Short	195			
C. McMaster	185			
F. Riley	160			
Open 132				
M. Wolfley	225			
D. Kune	200			
J. Estep	190			
K. Jenkins	135			
Novice 132				
M. Wolfley	225			
Open 148				
M. Rose	330			
G. Karper	295			
E. Shirley	225			
T. Grebinger	225			
Novice 148				
G. Karper	295			
B. Heck	290			
R. Borsella	275			
E. Shirley	225			
T. Grebinger	225			
H. McKinsey	195			
Open 165				
T. Beechy	365			
C. Becker	350			
T. Baker	305			
K. Jumper	285			
R. Kline	235			
Novice165				
T. Beechy	365			
T. Dorsey	330			
T. Baker	305			
K. Jumper	285			
D. Orr	275			
D. Sicker	265			
R. Kline	235			
C. Jacobs	205			
Open 181				
W. Lippy	405*			
J. Templeton	360			
A. Kahley	345			
B. Blevins	345			
R. Fischer	335			
M. Tasker	325			
V. Shultz	320			
S. Shedrick	320			
R. Shirk	310			
Novicce 181				
R. Swigert	365			
B. Blevins	345			
R. Fischer	335			
I. Shultz	320			
S. Shedrick	320			
R. Shirk	310			
T. Breon	260			
B. Layton	250			
A. Statoley	225			
Open 198				
H. Dorsey	430			
J. Alicier	405			
D. Markle	360			
S. McCraw	350			
L. Dewald	295			
Novice 198				
D. Markle	360			
R. Elliot	350			
S. McCraw	350			
L. Rebert	310			
R. Stafper	290			
B. Frazier	275			
B. Hughes	250			
Open 220				
B. Walker	475*			
R. Shanks	405			
S. Mauer	405			
R. Brooks	390			
R. Hewitt	385			
V. Johnson	375			
K. Fultz	340			
J. Wycoff	340			
D. Gilbert	305			
H. Everly	285			
Novice 220				
R. Hewitt	385			
L. Gerezak	355			
K. Fultz	340			
J. Wycoff	340			
G. Schmiuke	325			
D. Gilbert	305			
H. Everly	285			
B. Campbell	235			
Open 242				
R. Stryker	430			
B. Lerch	365			
B. Goss	325			
Novice 242				
R. Styker	430			
T. Ebersole	345			
S. Hewson	335			
B. Goss	325			
Open 275				
R. Lewis	340			
Open SHW				
B. Clark	450			
Women				
J. Eastep	190			
L. Celommi	155			
K. Jenkins	135			
E. Gunnet	135			
S. Kiessling	105			
Masters 35 - 45				
H. Dorsey	430			
M. Knepp	350			
J.. Alicia	405			
R. Shanks	405			
J. Shultz	405			
K. Smith	380			
R. Brooks	390			
A. Kahley	345			
V. Johnson	375			
B. Elliott	350			
R. Shirk	310			
S. Henson	335			
B. Goss	325			
D. Roberts	260			
J. Spagnolo	195			
S. Huffvagle	305			
D. Kline	200			
Masters 45+				
I. Alexander	325			
M. Weaver	345			
M. Bixler	325			
D. Joy	290			
L. Dewald	295			
J. Schmmuck	280			
H. Everly	285			

*Champion of Champions. New Oxford, Pennsylvania is located 8 miles eastt of historic Gettsburg, site of one of the greatest battles in history. However, on Jan. 25, 1992 84 athletes came to New Oxford to stage a battle of their own against the iron. The 1992 North American Bench Press Championships saw a war in each weight class and in the end the iron had been defeated by the athletes. Ricky and Barry would like to thank the unsung heros of the competition, the spotters, loaders, helpers and judges who make the difference between a good meet and a bad one. It was a privilege to host such a meet with the sportsmanship at a premium and the fans so supportive of the athletes efforts. Congratulations to Wes Lippy and Brad Walker, our two Champion of Champions in the light and heavy sessions. Again, thanks to everyone and we hope to see you April 4th for the Eastern U.S.A. Spring Classic. (Results provided by Meet Director Ricky Dotson, who had them FAXed to PLUSA, 805-987-4275, only 2 days after the competition.)

Powerlifting USA BACK ISSUES

SEND **$4** FOR EACH ONE AND SPECIFY YOUR ALTERNATE CHOICES.

Jul/89...USPF Masters, ADFPA Womens, USPF High Schools, The Sentencing of Mike MacDonald, People Power, TOP 100 181s, ALL TIME TOP 20.

Apr/90... Natural Nationals, Mike Hall Profile, Forcing Forced Reps, Turning On Your Nervous System, TOP 100 148s, ADFPA TOP 20 275s.

Jul/90... Dave Pasanella's Death, USPF & ADFPA Collegiates, National Masters, Insulin Boosting, David Ricks, TOP 100 198s, ADFPA TOP 20 123s

Sep/90...APF Seniors, WDFPF Worlds, APF Juniors, World Bench Press Championships (Lain benches 712!), TOP 100 242s, ADFPA TOP 20 148s

Oct/90...KEN LAIN Benches a 717, ADFPA Nationals, Inaba Defeated, Pain, The Strongest Man in the USSR, TOP 100 275s, ADFPA TOP 20 165s.

Nov/90...TED ARCIDI Comes Back With 718, Ed Coan's Training Philosophy, World's Strongest Man, TOP 100 SHWs, ADFPA TOP 20 181s

Dec/90... Anthony Clark Profile, WPC Worlds, Grass Roots Video Taping, Squatting With Tom Platz, TOP 100 114s, ADFPA TOP 20 198s.

Jan/91...IPF Men's Worlds, Masters Worlds, Jr. Worlds, Ken Lain Benches 722, ADFPA National Masters, TOP 100 123s, ADFPA TOP 20 220s.

Feb/91... Arousal & Anxiety & Lifting Performance, IPF World Bench Press, Soviet Steroid Expose', Chronobiology, TOP 100 132s, ADFPA TOP 242s.

Mar/91... Lifetime Drug Frees, Natural Nationals Bench, Women's TOP 20, World Strongman, All Time USA TOP 20, TOP 100 148s, ADFPA TOP 275s

Apr/91...NASA Natural Nationals, Soviets & Steroids, Pt. II, Gerrit Badenhorst, Men vs. Women, Vladimir Mironov, TOP 100 165s, ADFPA TOP 20 SHWs.

May/91... Hawaii World Record Breakers, USPF Nationals, High Volume Training, Protect Your Joints, TOP 100 181s, ADFPA TOP 20 114s.

Jun/91... John Gamble Interview Pt. 1, USPF & ADFPA Collegiates, ADFPA Women's Nationals, Jim Witt Tribute, TOP 100 198s, ADFPA TOP 20 123s

Jul/91...USPF National Masters, Dave Pasanella Tribute, John Gamble Interview Pt. 2, Drugs & Dopes, TOP 100 220s, ADFPA TOP 20 132s.

Aug/91...ADFPA Nationals, IPF Women's Worlds, Competing Without Steroids, Off Season Training, TOP 100 242s, ADFPA TOP 20 148s.

Sep/91...USPF Sr. Nationals, APF Sr. Nationals, Women's Advanced Training, Making Weight, Intensity, TOP 100 275s, ADFPA TOP 20 165s.

Oct/91... Ken Lain benches 655 at 242, ADFPA Deadlift Nationals, WDFPF World Masters, Hugh Cassidy Art, TOP 100 SHW, ADFPA TOP 20 181s

Feb/92... Eccentric Strength, IPF & WDFPF World Bench Press, Steroids & Aggression, Max Strength by Hepburn, TOP 100 148s, ADFPA TOP 20 275s.

MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.

Japanese Women's Nationals
4 Nov 91 - Akita City (kg)

	SQ	BP	DL	Total
44				
J. Kitamura	95	57.5	110	262.5
M. Nakai	90	45	110	245
M. Kudoh	75	32.5	105	212.5
48				
H. Yoshida BL	135	65	147.5	347.5*
E. Suzuki	117.5	57.5	110	285
T. Katoh	65	32.5	90	187.5
K. Katoh	75	37.5	75	187.5
52				
C. Abe	140	60	145	345
M. Takahashi	140	70	120	330
Y. Ihara	100	60	135	295
K. Fukabori	85	45	132.5	262.5
M. Nagano	87.5	45	112.5	245
56				
T. Miyazawa	100	70	115	285
H. Nagata	90	42.5	105	237.5
60				
M. Yamagishi	155	80	165	400
S. Kinoda	150.5!	78!	130	357.5
S. Okuno	110	67.5	120	297.5
A. Tonohora	100	67.5	110	277.5
K. Ishida	90	42.5	100	232.5
67.5				
Y. Yamasaki	180	103*	170	452.5
R. Kohno	115	70	120	305
M. Yamamoto	100	52.5	120	272.5
M. Ohwada	110	52.5	110	272.5
75				
Y. Kudo	130$	47.5	162.5	340*!
4th attempt			163.5*!	
75+				
F. Itoh	140	82.5	165	387.5
S. Katoh	135	65	140	340
M. Katoh	115	57.5	162.5!	335
C. Itoh	100	45	110	255

* National record. ! Junior record. $ High school record. S. Kinoda took the drug test and was negative. (Thanks to Susumu Yoshida for results.)

"The last train out of Morioka sped through the Tohoku ranges, carrying me south from Akita dwon toward Sendai and the Pacific Ocean. I was returning from the Japan Women's National, staring out the window at the lights of villages and cities drifting by. I knew they were'nt really moving; it was the Shinkansen or bullet train I rode that was topping out at 220 miles per hour. Merely an illusion. The discernable signs included the Vegas-neon of 'Pachinko' slot parlors, the odd, vertical moving-light sign boards with Chinese characters rising, and the story book castles and even pirate ship architecture of the by-the-hour 'love hotels': 'Hotel Bivarly Hills, Fantasy Viking and, not least, the Apollo and Hector Dreamland.' That last one worried me. Also an illusion perhaps are the statements I made in earlier articles about Hisako Yoshida mearing the end of her lifting career and the future of women's powerlifting in Japan. Listed in thee contest program as forty years old, Hisako celebrated her move up to the 48 kg class by smashing the Japan total record with a 347.5 and setting a personal best Dl of 145 kg. That's triple body weight. She is very comfortable in this class and has no trouble making weight. A former Aunt of Naoko Itoh; the eleven year old lifter in exhibition and made a 65 Kg. Dl at 40k bodyweight. A large delegation of home town fans showed up at the Akita Bunka Kaikan or 'culture center' waving banners and pom-poms in support of 17 year old Yukie Kudo. She is coached by 'Kuz' Itoh, the genial 130 Kg. men's world team member who owns a gym in the area. Quite tall by Japanese standards, Yukie broke the high school and junior records in the 75 Kg. class with a DL of 163.5. She squated only 130 due to extreme nervousness and a super fast descent. Get her slowed down, Kuz, she could do 150 easy. Her bench lags behind in the low 40's. A young reporter for the local newspaper had the good sense to feature her prominently in the next day's sport section. He also asked me some interesting questions. 'Is it true that Japanese powerlifting is twenty years behind the West, that acceptance of weight training in Japan for other sports is not up to other countries?' I told hiim about Inaba, Isagawa, Nokao and Hisako Yoshida and their successes on the world scene. How the Japan men's team had been ranked 5th or 6th for some time. But I had to agree with the premise of his questions. Weight training and competiton, expecially for women in Japan, is badgered now by the same old misconceptions and prejudices that iron-heads from my generation fought back in the 50's and 60's, and still have to face on on occasion in the U.S. At the dinner Sunday night for the officers and JPA judges and coaches, I was asked by Akita - area chairman Toyoda how to answer those old objections. He and Kuz Itoh had recently staged a series of PL demonstrations in local high schools and run into the old litanies about athletes being slowed by lifting and women's reproductive ability damaged. I astonished the entire group when I told them that all U.S.A. major professional sports teams use weight training to some degree and that almost every high school and college

Hisako Yoshida with a PR pull at the Japanese Nationals (by Kelso)

a giggle-fit and asked for more. Her total at Akita is 25 Kg. above her India effort. Now 31, she has fun at contests and is something of a case. Before and after attempts, she laughs, she twitches, she bops around the stage, wags her head, does little dance steps and generally acts like a teen-age goofus. Then she gets serious and exudes power and determinatiion. I first saw Shigemi Kinoda at the Nagoya Women's in March, 1990, where she struggled out of the money. But this time she bagged two junior records with a 150.5 squat and a 78 bench. These were second attempts deliberately chosen to assault the records and she got what she came for. She also garnered second in the Open 60 Kg. behind pretty Mayumi Yamagishi, who totaled 400, 60 lbs. over her September, 1990, Asia Cup appearance. She is coached by colorful Shigeru 'Ultra Man' Asama, but has not yet mastered the platform back flip. In other open classes Junko Kitamura took the 44's with 262.5 and Fukuko Itoh put together 8 for 9 for 387.5 in the over - 75 Kg. class. Japan has dropped 82.5, 90 and over - 90k because of the shortage of heavier women lifters. Itoh is the world champ at 44k, she was third in the world in India at 48k. She believes she can continue upward. I'm sold. She missed a 145 squat and a 70 bench by thin margins. I suggested to Susumu Yoshida, Secretary of the Japan Power Association, almost two years ago that combining high school, junior or open meets in various combinations might produce bigger, more economical contests and give the younger set a chance to observe and learn from the older lifters. This National was the first combined competition. Thirty-one lifters with record setting on their minds took the platform in the northwestern city of Akita. This ancient but modern looking town lies on the Sea of Japan, just a few hundred miles from North Korea and Russia. Most contestants flew in as there is no direct bullet-train service. On my way up, I made the last hour and forty five minutes on a local, chugging through brilliant autumnal forests and winding among high mountain gorges where dwells the dread mythical creature Oni, a cross between a Bigfoot and a long-toothed demon. This picture was featured on the contest T-shirts, heaving the iron. Ages of the competitors ranged from eleven to forty-two, with a lot of youngsters. Several established themselves as people to watch. Chizukka Abe, lifting at 52 kg., racked up a solid 140-60-145 for first place. The 21 year old college student has added 100 pounds to her total in 20 months. She works out with Takaaki Matsuda, 75K men's world team member and over - 75K women's champ Fukuko Itoh at the Tohoku Training Center in Sendai. Yoriko Yamazaki has been moving into the international scene recently and showed why, blasting up a 103 Kg. all-class Japan bench record and failing with 105 due to uneven extension. Posting 180-103-170 to take the 67.5 class, she called for a 160 squat opener which seemed a little tough. Nakao, the great men's Masters lifter, raced on to the platform and announced the bar misloaded at 170! Yoriko had with a sports program now has a weight room. I also took a risk and pointed ouut that attitudes about women's roles in every aspect of society in Japan were definently 30 years behind the Western nations. Some agreed.

I haven't specifically inquired about it, but I have noticed that women rarely attend the pre-contest get-togethers and business meetings I've observed. I know that Hisako Yoshida serves as statistician for the ladies' events, but it appears there are few, if any, female officers. I'll check it out.

Returning to the platform, there is another obvious factor in Women's powerlifting in Japan. Bench poundages are low. As with their female bodybuilders, upper body mass and strength comes very slowly over a lot of years. Fine leg and hip strength is common. Some of the junior group lifters had almost delicate-looking physiques but came through well in the deadlift. The Japanese physique differs from the western, with proportionately shorter legs and arms and a lower center of gravity. This is by no means universal and even changing rapidly as young people's average height has skyrocketed since WWII due to changes in the diet - and the advent of more red meat and dairy products. There is a battle going on in some quarters of the media whether this is a good trend or not and whether or not this trend will effect the Japanese 'character.' Powerlifting for women is definently not in character. I showed pictures from the contest to several fellow teachers at my school. The response from some of the older sensei was 'are they Japanese?', plainly implying that it could not be. By the way, most of my conversations with Japanese people that I mention in these articles are through interpreters or a few English speakers like the Yoshidas. Even the poorest speakers have better english than I have Japanese - or 'Nihongo,' as the language is known. But we communicate through our shared knowledge of and love for the sport. I'm still at the 'where is the train station - another beer, please - good morning stage and while living and working in another country is a great experience and studying the culture and language fascinating, one should be prepared for a long haul. You can throw those 'Learn Swahili in Three Weeks' tapes in the garbage with the 'Double Your Bench in One Month' pamphlet. The outside observer is sometimes baffled by what he thinks he sees. There are no inscrutable training secrets here except for dietary peculiarities. Treatments of injuries are sometimes bizarre by western standards. Baseball players in deep slumps are still known to check in to Zen Monastaries and stand under waterfalls for a week. Gym routines and contests are not so unlike ours. Overtraining is a real problem because of the value placed on 'spirit' and commitment. There are hundred's of training books available in Japanese - but I'm told most are rehashes of western methods. Japanese editions of Weider magazines and Iron Man add to the standardization. But there are occassional hints of cultural influence that suggest old ways still linger under the Western veneer. 20 year old Masako Nagano presented a pre-lift psyching routine with ancient echos. The slender pig-tailed lifter set up for the DL in a wide Sumo stance and locked her hands behind her back. She turned her head to the lift, gazed at the plates and then extended her hand, knife-blade fashion, down toward the bar. Then the hand reeturned behind her back as she looked the other way and extended the opposite hand. This was repeated several times to each side and each time her hips moved lower. As her fingertips brushed the bar, she cast a '1000-year stare' through the auditorium back wall and dived for the bar. All three approaches were identical' same moves, same rhythm. I've seen a variety of pre-lift psych-jobs, but this was graceful, and silent. One veteran lifter suggested she was applying Tai'chi, a martial arts discipline with aspects of the dance. Although I'll probably find out she's a modern jazz dance instructor, I was charmed and intrigued. What did I just see? Another mystery was watching the great Maeda polishing off a huge jug of Sho-chy, a local vodka, and then hearing his explanation that beer and whiskey are bad for lifters but thiis stuff is good. Why? I'll tell you about that training 'secret' in another article and more about the man. *PAUL KELSO*

Selma Squat Championships
14 Dec 91 - Selma, CA

Womens Div			
148			
C. Grizofi	245	198	
Boys Teens		J. Zapata	460
165		220	
C. STorrer	370	D. White	340
Mens Open		**Mens Masters**	
132		198	
A. Marritt	225	P. Wilson	525

Special thanks goes to these lifters. Four state and two world records. Our best lifter award went to the great Pete Wilson 54 years of age. (Thanks to Raul Guzman and Rick Taz Couch for results.)

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Camp Foster Championships
14 Dec 91 - Okinawa, Japan

Women	SQ	BP	DL	Total
114				
L. Roman	95	55	165	315
123				
D. Anderson	155	70	160	385
132				
C. Kelly	255	165	300	720
Y. Warfield	180	160	270	610
A. Wynnbrice	165	95	265	525
148				
C. LaBar	195	105	225	525
L. VanWinkle	170	100	200	470
SHW				
T. Nansteel	300	155	340	795
Men				
123				
H. Saaveda	225	240	300	765
148				
R. McClain	505	225	500	1230
K. Keller	360	290	400	1050
165				
F. Stammer	470	330	425	1225
J. Blair	330	275	395	1000
M. Armstrong	275	300	340	915
181				
S. Hughes	505	330	580	1415
R. Tucker	485	345	530	1360
T. Baldwin	470	300	500	1270
A. Smith	400	275	500	1175
A. Barthman	235	340	420	995
A. Styer	300	265	405	970
198				
J. Grimes	405	265	520	1190
A. Gioia	415	290	465	1170
T. Keller	380	310	440	1130
220				
K. Canzater	415	305	500	1220
R. Munningsbell	275	275	350	900
242				
E. Sutherland	615	400	555	1570
K. Rivers	570	380	580	1530
J. Kemp	550	350	575	1475

Best Lifter Men: R. T. McClain. Best Lifter Women: Charlene Kelly. (Thanks to world champion Sly Anderson for the results of this contest)

Iron Masters Bench Press Classic I
18 Jan 92 - Concord, NC

Teen		W. Harris	280
up to 165lb.		181 lbs.	
M. LaFond	245	W. Harrington	365
181-198lb.		S. Weeant	315
B. Finley	225	J. Coleman	285
220 lb.+		198 lbs.	
M. Hartz	350	B. Jones	465
D. Maston	230	W. West	340
Masters		H. Orr	240
181-198 lbs.		220 lbs.	
L. Brodie	350	R. Hilderbrand	490
W. West	340	G. Ballard	445
J. Shoaf	310	M. Hartz	350
220 lb +		242 lbs.	
C. Orr	440	C. Rabon	485
G. Dillon	435	M. Sharp	450
Open		R. Morgan	430
up to 148 lb.		C. Barlow	385
D. Simpson	365	R. Timmons	290
P. Mackin	330	275 lbs.	
M.L. Brown	280	C. Harris	530
165 lbs.		C. Rabon	485
K. Hockenberry	410	J. Grumm	485
K. Brown	350	SHWT	
S. Weant	315	L. Mulkey	550

(Thanks to Nikita's Fortress of Fitness for results)

USPF Western Open
7 Dec 91 - Rialto, Ca. (Kg.)

Women's Natural	SQ	BP	DL	Total
82.5				
G. Buerki	142.5	87.5	177.5	407.5
Women's Masters				
82.5				
G. Buerki	142.5	87.5	177.5	407.5
60				
K. Reagan	122.5	82.5	137.5	342
Men's Open				
Class I				
90				
C. Luks	260	182.5	255	697.5
100				
B. Lindsay	265	190	297.5	752.5
110				
F. D'Angelo	295	187.5	255	737.5
125				
C. Burwell	340	202.5	322.5	865
B. Meek	332.5	212.5	305	850
Men's Natural				
Class one				
82.5				
V. Stance	232.5	147.5	245	625
90				
S. Roberts	297.5	192.5	292.5	782.5
100				
N. Burch	287.5	182.5	282.5	752
D. Mahan	277.5	167.5	285	730
R. Birch	245	147.5	250	642.5
G. Rendino	230	142.5	230	602.5

Camp Foster Lifters.. left to right, front row, Kenneth Rivers, Tamera Nansteel, Ken Canzater; middle row, Team Coach and 1991 IPF World Champion Sly Anderson, James Blair, Lisa VanWinkle, Diona Anderson, Leslie Roman, Bill Costa; back row, Jim Grimes, Karl Keller, Yvonne Warfield, and Shawn Hughes. (photograph courtesy Coach)

110				
E. Kellen	235	197.5	230	662.5
Junior Div.				
90				
J. Vega	182.5	105	197.5	485
Men's Open				
Class II				
67.5				
R. Lima	182.5	122.5	212.5	517.5
S. Kato	160	132.5	150	442.5
100				
R. Purchase	242.5	142.5	242.5	627.5
Men's Natural				
Class II				
52				
J. Gviffo	100	92.5	82.5	275
60				
S. Danberg	102.5	125	107.5	335
67.5				
R. Liima	182.5	122.5	212.5	517.5
S. Kato	160	132.5	150	442.5
75				
J. Krebs	185	145	217.5	547.5
82.5				
B. Olsen	212.5	137.5	207.5	557.5
A. Long	182.5	117.5	237.5	537.5
T. Medina	175	117.5	205	497.5
A. Ponder	175	122.5	182.5	480
90				
R. Schwartz	240	155	250	645
J. Candelario	112.5	72.5	162.5	347.5
110				
M. Fafard	265	190	240	695
M. Phillips	207.5	132.5	225	565
125				
P. Amicone	235	172.5	205	612.5
Men's Masters Open				
40-44				
125				
D. Middleborn	215	155	275	645
45-49				
90				
L. Blum	182.5	125	250	550
125				
B. Meek	342.5	212.5	305	850
60-64				
SHW				
J. Benntende				
65-69				
90				
B. Boyd	137.5	75	165	377.5
Men's Masters Natural				
40-44				
90				
G. Jones	230	122.5	262.5	615
100				
W. Cracknell	227.5	160	237.5	625
125				
D. Middleborn	215	155	275	645
45-49				
90				
L. Blum	182.5	125	242.5	550
125-P. Bergan	205	155	252.5	592.5
50-54				
82.5				
J. Benavidez	192.5	102.5	182.5	477.5
60-64				
SHW				
J. Benintendo				
65-69				
90				
B. Boyd	137.5	75	165	377.5

The Western Open Powerlifting Championships were held in Rialto at the Look Better-Feel Younger Fitness Center. Before a packed house of several hundred spectators, 49 powerlifters flexed their muscles and lifted some exceptional lifts. Best Lifter in the Women's Karen Reagan, Best Lift Men Open and Natural I Division Scott Roberts, Best Lifter - Robert Lima in the Open and Natural II Division, Best Lifter Masters Division - Brian Meek. Many thanks to Rosanna Pitassi, Filomen Pitassi, Brian Somma for the great job of judging this tne hour contest. The ones who deserve the most credit for making this meet a success were Michael Jacobelles, Wayne Turngate and David Wollerton. They slaved over the weights for ten solid hours. They more than did their share. Rosie Gottuso and Pauline Harenitos handled the sales department in fine fashion. Lisa Mullins a newcomer to the power world, had never heard of a powerlifting meet, took over the score table and by the time the last lift was completed, the first trophy was handed out. Great Job, Lisa! All in all a very nice meet. Thanks to all including the lifters for an enjoyable time. (results by meet director - Jay McVeagh)

Upcoming National Meet Qualifying Totals

Men's Contests	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*220*	*242*	*275*	*SHW*
ADFPA Nationals	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
ADFPA Collegiates	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385
ADFPA Teen 14-15	600	700	750	850	900	950	975	1000	1050	1075	1100
ADFPA Teen 16-17	650	750	825	950	1025	1065	1100	1165	1180	1225	1250
ADFPA Teen 18-19	665	770	900	1045	1095	1165	1275	1300	1315	1330	1350
APF Sr. Nationals	841	968	1075	1274	1405	1505	1587	1660	1705	1748	1802
APF Jr. Nationals	798	931	1041	1140	1311	1427	1526	1606	1642	1686	1780
USPF Sr. Nationals	788	953	1085	1289	1399	1488	1570	1653	1700	1725	1758
USPF Collegiates	744	804	992	1102	1212	1322	1377	1399	1421	1444	1455
USPF Jrs. (14-15)	410	445	475	530	580	620	660	690	720	735	770
USPF Jrs. (16-17)	550	595	640	715	790	840	890	935	965	995	1040
USPF Jrs. (18-19)	680	735	795	885	970	1040	1100	1160	1200	1235	1290
USPF Jrs. (20-23)	800	870	935	1045	1150	1225	1295	1370	1415	1455	1510
Women's Contests	*97*	*105*	*114*	*123*	*132*	*148*	*165*	*181*	*198*	*198+*	
APF Sr. Nationals	584	633	678	722	760	848	871	892	985	1003	
USPF Collegiates	402	435	468	496	523	578	622	672	705	727	
USPF Sr. Nationals	518	562	601	639	672	744	760	778	826	870	
ADFPA Women's	*97*	*104*	*111*	*116*	*122*	*129*	*139*	*154*	*176*	*176+*	
Women's Nationals	496	535	562	617	639	694	739	766	777	876	
Women's Collegiates	415	445	465	485	505	525	560	610	675	755	

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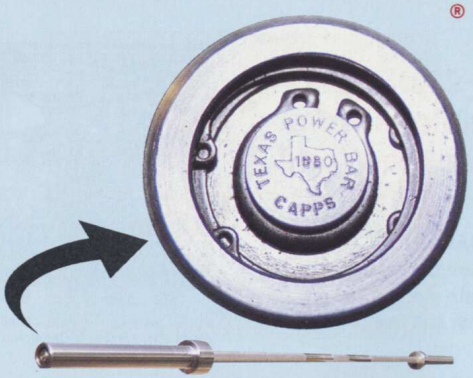

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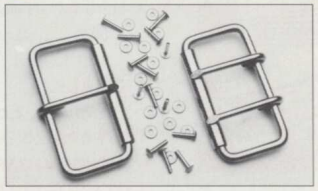

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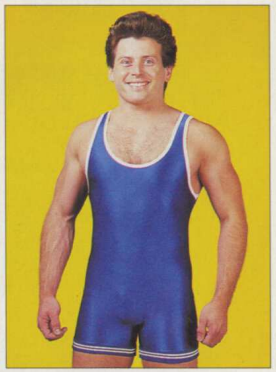
Special Note: belt styles A through E come with our Economy Buckles, for a great savings, while keeping high quality standards. **These are just a few belts we manufacture, there are a lot more that we don't advertise, so if you need a different type belt just ask and yes we can do it for you.**

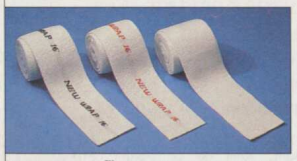
Bridges Suits ©

BridgesSuit II
$33.00/Two for $59.00
Suit II and 1 pair of New Wrap 16™
$45.00 Navy, Royal, Maroon



BridgesSuit III
Manufactured from Lycra Sparkle Fabric
$24.00/Two Suits $45.00
Suit III and 1 pr. of New Wrap 16™ $36.00

BridgesSuit I
$59.95/Two Suits $105.00
Suit I and 1 pr. of New Wrap 16™ $71.95
Navy, Royal, Maroon



New Wrap 16™ The Ultra Power Fabric
2 pr. $27.95 1 pr. $16.50
New Wrap 12™ 2 pr. $19.95 1 pr. $10.95
New Wrist Wrap 16™ 2 pr. $18.95 1 pr. $9.95
Canvas Hand Straps 1 pr. $4.00 2 pr. $7.00

Facts about Our "Performance Guarantee"

- **BridgesSuit I** has a free replacement guarantee of one year against runs and six months against crotch blowout.
- Or we will match any other advertised suit guarantee program in the powerlifting market with purchase receipt on BridgesSuit I.
- **BridgesSuit II** has a free replacement guarantee of one year against runs and three months in the case of crotch blowout.

When ordering please indicate your height, weight, thigh circumference, color and style choice. One week delivery guaranteed.
Note: in the event of a suit exchange, add $3.00 postage.

To order please call 1-800-445-6512, or if mailing write to:

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Add $3.00 postage, 30% for Air Mail, Master Card, Visa accepted, Illinois Residents please add 7¼% sales tax. Orders processed and shipped same day as received with Money Orders. Personal Checks allow 10 days to clear.

Coming Events

MEET DIRECTORS...a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details in, preferably at least 3 months prior to your competition to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice for your event. You will be reaching MANY potential entrants.

5,6,7,8 MAR, 6th NASA Natural Nationals (OKC) Rich Peters, Box 735, Noble, OK 73068
7 MAR, APA/UBPF California Bench Press (men, women, teen, masters) Rick Taz Couch, 5346 E. Tyler, Fresno,, Ca 93727. 209-251-4239
7 MAR Beast of the North Bench/Deadlift (open, teenage, women, masters). Kirk Kujawski, 02936 Jaquay Rd., Boyne City, MI 49712. 616-582-7573
7 MAR, Tennessee State Meet, Troy's Gym, 314 W. Lokey Ave., Murfreesboro, TN 37130, 615-893-8054
7,8 MAR, USPF North Carolina State Powerlifting and Bench Press. Tim King, Box 752, Ramseur, NC 27316. 919-626-0660 or 919-824-5464
7,8 MAR, USPF Pennsylvania Championships (open, class II & below, teen, women, masters-formula) Gary Heisey, 105 Warwick St., Lititz, PA 17543, 717-627-0038.
7,8 MAR, ADFPA Nat. Collegiate, Eric Hammer, 1802 Nueces St. No. 205A, Austin, TX 78701
8 MAR, USPF Eastern USA Bench Press (men's open, novice, masters, submasters, women, teen), Jim Decotis, Nautilus Plus, Rt. 114, 58 Andover St., Danvers, MA 01923, 508-777-3666 2-10 PM.
13,14 MAR Louisiana Boy/Girl High School Championships, Duane Urbina, 800 Ola Lane, Alexandria, La 71301. 318-473-4567 or 448-8206
14 MAR, USPF Gem State Open and Class II, Eric Anderson, 240 S. Lincoln, Jerome, id 83338. 208-324-3981
14 MAR, (new date) ADFPA Georgia H.S., Denis Ference, 236 Honeylane Circle, Hinesville, GA 31313.
14 MAR, Battle of the Benchers (women, masters, open) Randy Richey. 111 York Rd., Scottsville, KY 42164, 502-622-6256 (home, eves.), 622-7526 (gym).
14 MAR, Atlantic Coast Bench Press. Mike Charnik, 28 Almonesson, Deptford, NJ 08096. 609-228-7180
14 MAR, 1st ADFPA Hemet-San Jacinto Championships (men, women, teen). N.E. Goodnight, Box 8226, Hemet, Ca. 92545., 714-766-7022 or Terry Stanley 714-929-2848
14 MAR, MDSA Super Squat Nationals (men, teen boys & girls, submasters, men/women masters, women) Darwin Jacobson, Box 1031, Willmar, MN 56201, 612-231-2099
14 MAR, ADFPA Alabama State, Fayette Classic, Open Bench. Ted Butler, The Gym, 103 10th St. NE, Fayette, Al 35555, 205-932-7898
14 MAR, 3rd Annual Cabin Fever DL (men, women, teen, masters, open, and drug-tested), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.
14 MAR, 5th Shawnee Open/BP/DL, Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74801, 405-275-3689.
14 MAR, (new date) 21st annual Eldorado Open (women, men, master, teen) Bob Ross, 202 W. Grove, Eldorado, AR 71730, 501-863-6141.
14 MAR, Beast of the Northeast V Bench/Deadlift (open, masters, teenage, women) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442.
14 MAR, USPF 17th WV State, (Sr., Jr., women, masters, submaster, residents only) Holley Strength, 398 Forest Cir., S. Charleston, WV 25303, 343-8969
14 MAR, ICPA Indiana State Regionals, ICPA, Rt. 4, Box 57, Spencer, IN 47460, 812-829-2615.
14,15 MAR, ADFPA Central Florida Meet, Louis Baltz, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 813-687-6268.
14,15 MAR, NASA Little Rock (AR) Car Show Bench Press, Richard Peters, Box 735, Noble, OK 73068
14,15 MAR, (new date) APA-WPA Submaster/Masters World Championships (men & women - deadline 1 March) L.J.'s Fitness, 24 N. 3rd St., Womelsdorf, PA 19567, 215-589-5213.
14,15 MAR, (new date) USPF National Collegiates, Tim and Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.
14,15 MAR, NASA Iowa State (Des Moines) Richard Peters, Box 735, Noble, OK 73068.
15 MAR, WNPF Northeastern BP/DL (teen, Jrs., open, lifetime, novice, submaster, master, police-fire, NYC, NY) Troy Ford, 2110-12 First Ave., Box 1204, NYC, NY 10029 212-876-8373 or 914-328-7726
15 MAR, 7th Olympic Power & Fitness Bench Press (open, novice, women, masters). Terry Dangerfield, 224 N. 4th St., St. Charles, Il 60174. 708-377-7527
15 MAR, CDFPA Vancouver Class II & Below, Josh Thurston, No. 19 555 W. 12th, P.O. Box 47091, Vancouver, BC V5Z 4L6 Canada, 605-261-9072.
21 MAR, 2nd Keystone Bench Meet, Roy Silvers, 7717 SW 95th Ln. Gainesville, Fl 32608, 904-495-9634.
21 MAR, ADFPA Graterford Spring Open, Larry LaRose, Box 244, Graterford, PA 19426, 215-489-4151 ext 2297.
21 MAR, Old Dominion Open (open, masters, teen, women, submaster), John Shifflett, Box 303, Quinque, VA 22965, 804-985-3932 before 9PM
21 MAR, USPF Texas State Bench Press (open, women, masters, teen), Ken Lain, Power Shack, 3301 S. 14th, Abilene, TX 79605, 915-691-0273
21 MAR, Central College Bench Press (open, high school, women), Dave's Weight Equipment, 2796 Jewell Ave., Oskaloosa, IA 52577. 515-673-3667
21 MAR, 12th Central Ohio Bench Press. (open, masters, women, teen), Dean Glitt, 1339 S. Pickaway St., Circleville, OH 43113. 614-474-9207
21 MAR, USPF Acadian Invitational, Frank Chaisson, 1634 Bayou Blue, Houma, LA 70364, 504-879-3237
21 MAR, USPF Open Bench Press (open, novice, high school), Keith Jake Boyer, Principal, Upper Dauphin Middle School, RD, Lykens, PA 17048.
21 MAR, USPF World Gym Bench Press Challenge (drug tested, open, women, masters) Fred Kendell, 11140 Fair Oaks Blvd. #2, Fair Oaks, CA 95628, 916-965-5545.
21 MAR, Nebraska Class C High School, Dave Sochor, 3rd & Plum Sts., Doniphan, NE 68832, 402-845-6531 (office), 845-2746 (home)
21 MAR, Nebraska Class B&D High School, Mike Berans, Omaha Roncolli H.S., 6401 Redick, Omaha, NE 6815, 571-7670
21 MAR, Miami County Championships (open, high school, masters) Greg Barnett, 104 E. Plankishaw, Paola, KS 66071, 913-294-5720 (off), 3197 (home)
21 MAR, NASA Kansas & Missouri State (Wichita or Hayes) Richard Peters, Box 735, Noble, OK 73068.
21 MAR, (corrected date) 5th annual Ashtabula YMCA Bench Press, Lonnie Anderson, 1761 Blue Jay Circle, Ashtabula, OH 44004, 216-964-3013.
21 MAR, Biggest Bench in the Southern Tier (men, women, open, teen, submaster, master), Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 after 6 PM.
21,22 MAR, USPF Rhode Island State (open, women, teen, submasters, RI Special Olympics Trials), Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875
21,22 MAR, (new date) ADFPA National Bench Press Championships, (open, lifetime, women, teenage, submaster, master, law enforcement, fire collegiate) Bob Gaynor, 19 Sunrise Ct., Mountaintop, PA 18707, 717-823-6994 or 717-474-6111 (evenings).
21,22 MAR, NASA N.C. State (Greensboro) Richard Peters, Box 735, Noble, OK 73068
22 MAR, ANPPC Staten Island Bench Press (open, master, women, teen) Avi Paz, Muscle Factory Gym, 460 Midland Ave., Staten Island, NY 10306. 718-667-6601
22 MAR, Chaillet's Temple Hills Open XIV and Bench Press (open, women, masters), Mark Chaillet, 3688 Old Silver Hill Rd, Suitland, MD 20746, 301-423-8888.
22 MAR, 2nd annual Omaha-Council Bluffs Bench Press Classic (open, natural, masters, submasters, women, beginners, teen, team) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.
28 MAR, Power Open Bench Press (men, women, masters, teen) Babylon Fitness, 400 Babylon Rd., Horsham, Pa 19044, Marguerite Henderson, 215-675-3110
28 MAR, ADFPA New York High School Meet. Saratoga Catholic Central High School, 247 S. Broadway, Saratoga Springs, NY 12866, Tim Hawprich or Father Tony Maione, 518-587-7007 or 7115
28 MAR, Bahamas International (Sheraton Grand Hotel, Paradise Island) Rex Burnside, BBWPF, P. O. Box 5206 SS, Nassau, Bahamas. 809-32-54506/51519
28 MAR, ADFPA N. California Bench, Joe Randazzo, Box 690386, Stockton, Ca 95269 209-951-7824 after 8pm
28 MAR, ADFPA Western Regional Grand Prix Bench Press. Joe Randazzo, Box 690386, Stockton, Ca 95269, 209-951-7824 after 8pm
28 MAR, Florida State Drug Free Bench Press, Louis Baltz, All American Gym, 118 S. Kentucky, Lakeland, FL 33801, 813-687-6268.
28 MAR, NASA Nevada State Bench Press and Desert Deadlift Championships, Kevin Estrada, Box 3673, Tonopah, NV 89049, 702-482-3756.
28 MAR NASA Boomer Classic (Noble, OK) Richard Peters, Box 735, Noble, OK 73068
28 MAR, Open Meet - no fee or organization affiliation (men, women) Marcus Sisco, Rec. Specialist, FCI Memphis, 1101 John Denie Rd., Memphis, TN 38134
28 MAR, USPF Drug Tested 25th annual New Jersey Championships and Garden State Open, John Bott, 1424 43rd St., N. Bergen, NJ 07047, 201-617-1739.
28 MAR, MCI Norfolk Prison Postal Novice (individual and/or team guest lifters wanted - 4 weeks notice, please) Robert Pacheco, Box 43, Norfolk, MA 02056.
28 MAR, NASA National Collegiates (Oklahoma City) Rich Peters, Box 735, Noble, OK 73068
28,29 MAR, South Carolina Championships Tim King, Box 752, Ramseur, NC 27316. 919-626-0660
28,29 MAR, USPF Beast of the East Qualifier (Myrtle Beach, SC). Tim and Sandy King, P.O. Box 752, Ramseur, NC 27316. 919-626-0660
28,29 MAR, 2nd APA Green Mountain Drug Free, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
28,29 MAR, 3rd annual USPF Carson City Classic (teen, natural, masters all divisions - men and women - no formulas) Dave and Debbie Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886 after 7pm weekdays.
28,29 MAR, 2nd APA East Coast Drug Free Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
28,29,30 MAR, Who's The Best Bench - Deadlift - Squat? (different lift each day) Al Roberts, 5612 DeLeon Ave., Ft. Pierce, FL 34951, 407-468-5968
29 MAR, MCI Norfolk Bay State Prison Winter Team Meet (individual and/or team guest lifters wanted - 2 weeks notice) Bruce Anderson, Box 73, Norfolk, MA 02056.
29 MAR, ADFPA Midwest Teenage/Collegiate Open (teen men, teen women, collegiate men and women) Ed and Lee Riley, 214 West 111th, Chicago, IL 60628, 312-995-8460.
29 MAR, California Tour V - USPF State Championships (Ventura), Charles LaMantia, 15213 Santa Gertrudes W-103, La Mirada, CA 90638, 714-994-5198.
4 APR, Tennessee Drug Free Championships (men, women, masters, class II, bench, teen) Keith Harris, 2322 E. Broadway Ave., Maryville, TN 37804, 615-982-0030
4 APR, Eastern USA Spring Classic Bench Press (open, novice, women, masters 35-45, 45 and up) Ricky Dotson, 320 Lincoln Way East, New Oxford Shopping Center, New Oxford, Pa 17350, 717-624-4940
4 APR, Rio Grande Open Powerlifting & Bench. Bryan Kimble, University of Rio Grande, Box 50, Rio Grande, Oh 45674. 614-245-9362
4 APR, WV Bench Press Classic IV (open, women, teen, masters, submasters, - Beckley, WV) PL WVA, Box 523, Bluefield, WV 24701.
4 APR, 9th Dubuque Midwest Open Bench Press (open, intermediate, novice, high school, women, masters) Dick Hafel, 2005 Kane St., Dubuque, IA 52001, 319-582-1633.
4 APR, Pocono Classic Bench Press (women, teen, masters, men's open), Kathy Cameron, Pocono Family YMCA, 809 Main St., Stroudsburg, PA 18360, 717-421-2525.
4 APR, USPF Massachusetts State (men's open, masters, submasters, women, teen, special olympics), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714.
4 APR, Cumberland Expo Bench Press, Richard Yarbro, 114 Lois Lane, Clarksville, TN 37043, 615-647-0885.
4 APR, NASA Minnesota State (Albert Lea) Richard Peters, Box 735, Noble, OK 73068.
4 APR, USPF Region VI/Southern BP/Southern Two-Man DL, Jim Starr, Starr's Gym, 2355 Foster St., Rossier City, LA 71112, 318-747-1298.
4,5 APR, USPF Maine Powerlifting & Bench Press (men & women open, teen, masters, special olympics) Fired Up Productions, Box 903, Portland, ME 04104, Mark Hunter 207-773-5032
4,5 APR, Summer Southern States, Rick Falla, 6801 SW 147th Ave. No.1-F, Miami, Fl 33193, 305-385-2181
4,5 APR, (new date) ADFPA High School Nationals, John Petroff, 13267 Windygate, St. Louis, MO 63146, 314-434-5818.
4,5 APR, NASA Colorado State (Pueblo) Richard Peters, Box 735, Noble,, OK 73068.
4,5 APR, ADFPA Lifetime Drug Free (entry deadline 5 March) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207.
5 APR, USPF North American Deadlift (women, teen, master, men's open, 2 man deadlift) Mike Raya, 2921 N. University St., Peoria, Il 61604. 309-688-2736
5 APR, Tri-State Bench Press, Eddie Caro, Elmo's Gym, 1803 Riverside Dr. 4k, New York City, NY 10034, 212-781-5953.
5 APR, WNPF Connecticut Championships- Hartford, (PL, BP, DL- separate events), Troy Ford, 2110-12 1st Ave, Box 1204, NY, NY 10029, 212-876-8373/914-328-7726
11 APR, 4th Versailles Health & Fitness Bench (open, masters, women, teen) Versailles H&F Center Inc., Box 54 Versailles, Oh 45380, 513-526-5400
11 APR, ADFPA Wisconsin Men's Championships. Muscles & Fitness, Ltd., 2509 E. Washington Ave., MMadison, WI 53704, 608-249-4227
11 APR, USPF Vermont Championships (residents only) Andy Hamel, Tom Lamb, A.R.T.'s Gym, Box 1374, White River Junction, Vt 05001. 802-295-9920 M-F 5-9pm
11 APR, Lee Circle YMCA Meet (open, masters, teen, women, bench only, deadlift only, Special Olympics) Bob Hafner & George Frentzos, Lee Circle Y, 920 St. Charles Ave., New Orleans, La 70130. 504-568-YMCA ext 203
11 APR, Schweizer's 2nd ADFPA Bench Press (open, novicce, teen, masters, women, father and son, husband and wife) Schweizer's Conditioning Center, 100 W. Commons Blvd., Suite 100, New Castle, De 19720, Mikke Ashley 302-324-1112
11 APR, NASA Kentucky State (Lexington) Richard Peters, Box 735, Noble, OK 73068

14,15 March 1992
ADFPA Central Florida Meet

28 March 1992
Florida State Drug Free Bench Press

2 May 1992
Florida State Deadlift Championships

Louis Baltz, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801
813-687-6268

4 APRIL 1992
EASTERN USA Spring Classic Bench Press
(Open, Novice, Women, Masters 35-45 & 45+)
RICKY DOTSON
320 Lincoln Way E., New Oxford Shopping Center, New Oxford, PA, 17350
717-624-4940

June 6th, 1992
Sam Butler's Outdoor Bench Press and/or Deadlift
A Dream Contest
Lift on a privately owned 20 acre ranch
TROPHIES 1st-6th
JON SMOKER
30174 Wolf
Elkhart, IN 46516
219-674-6683

11 APR, USPF Inland Empire College/High School, Jay McVeagh, 249 S. Riverside, Rialto, Ca 92376 714-874-6014

11 APR, Larry Frederick Jr. Memorial Bench Press Challenge. (open, women, team). Sam Arrigo, North Penn YMCA, 608 E. Main, Lansdale, Pa 19446, 215-368-1601.

11 APR, Mid-Atlantic Strongman Contest. John Shifflett, Box 303, Quinque, VA 23965. 804-985-3932 before 9pm.

11 APR, APF New York State Open Bench (men, women, teen submasters, master). Frank Mansueto, 1500 Paerdegat Ave. N., Brooklyn, NY 11236. 718-209-1010

11 APR, Conrad Cotter Memorial Bench Press (open men & women, masters, teen). Bob Hughes, 4221 Crawford Dr., Pensacola, FL 32504. 904-476-0211

11 APR, USPF 3rd Annual North Coast Championships (open, class II, masters, women). Janice Roge, Box 620312, Cleveland, OH 44102. 216-651-3472

11 APR, USPF Georgia State Meet and Southeastern USA Police and Firefighters Open, Tom McMillan, 455 Maplewood Dr., Forsythe, GA 31029. 912-994-6919 (night), 993-4550 (day).

11 APR, 1st Annual Dungeon Power Works Open Bench - Slam Contest (open, Master, Submasters, Women, teen) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042 616-435-7586

11 APR, NASA Virginia Grand (Charlottesville) Richard Peters, Box 735, Noble, OK 73068

11,12 APR, (new date) ADFPA Region III (open, teen, women, masters, limited entries) Denis Ference, 236 Honeylane Circle, Hinesville, GA 31313.

11,12 APR, APA New England Open, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

11,12 APR, APA New England Open BP, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

11,12 APR, ADFPA Women's Nationals, Michelle Buckmann, 104 C Compton Circle, San Ramon, CA 94583, 510-820-9796.

11,12 APR, NASA New York State Drug Free, James Wheeler, Box 110, New Lebanon, NY 12125, 518-794-8439 or John Brand 518-798-5587

12 APR, CDFPA Chillwack Open, Josh Thurston, No. 19 555 W. 12th, P.O. Box 47091, Vancouver, BC V5Z 4L6, 604-261-9072 or Hugh Ward 604-792-8014.

12 APR, USPF-APF D.A.S.H. World Record Breakers. (Ala Moana Hotel, Honolulu, HI) Gus Rethwisch, Box 6091, Bend, OR 97708

12 APR, WNPF Southern USA Championships (PL, BP, DL- separate events), Andy Jackson, 6701 Cleveland St., Hollywood, FL 33024.

18 APR, (new date) USPF Beast of the East Qualifier (Virginia Beach, VA) Tim King, Box 752, Ramseur, NC 27316, 919-626-0660.

18 APR, ADFPA Vermont and New Hampshire Championships (state residents and students only) and ADFPA Open Bench, Brenda Owens, St. Johnsbury Academy Field House, St. Johnsbury, VT 05819, 802-748-8683.

18 APR, ANPPC Tri-State Bench Press, Elliott Gilcrist, Park Chester Fitness Center (Bronx) 212-829-3139 or ANPPC, Box 5354, Raleigh, NC 27650.

18 APR, Southern States Bench Press (open, master, women, novice, teen) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 404-474-2633.

18 APR, USPF Portland State University Championship (men, women, masters, teen), John Mayoral, 13441 SE Stark St., Portland, OR 97233, 503-252-0158 or 727-1080.

18 APR, USSCA Iowa Strict Curl (Oskaloosa, IA), Barry Spain, Box 21, What Cheer, IA 50268, 515-634-2019.

18 APR, NASA Wisconsin State (Wisconsin Dells) Richard Peters, Box 735, Noble, OK 73068.

18,19 APR, NASA Louisiana State (Alexandria) Richard Peters, Box 735, Noble, OK 73068.

19 APR, Steubenville Open Bench and/or Deadlift (men, women, teen - 3 divisions, master) Kerry Di Domenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805.

24,25 APR, All South Bench Press (open, novice, teen, women), Mike O'Bryan, Eufala Athletic Club, 137 S. Eufala, Eufala, AL 36027, 205-687-6182 or 8677.

25 APR, Baddest Bench in America Invitational/and Baddest Bench in Texas Open. An Inzer Production, BBA & BBT, Box 2981, Longview, TX 75606, 903-236-3752.

25 APR, 2nd Northeastern Bench Press (open, masters, women, teen) John-Claude Zapinski, 233 Royal Park Lane, Madison Hts., MI 48071, 313-541-6233.

25 APR, USPF North Dakota State Meet & Open (Grand Forks) Darwin Jacobson, Box 1031, Willmar, MN 56201.

25 APR, USPF New Mexico State, Anthony Trujillo, 3122 Gonzales SW, ALbuquerque, NM 87105, 505-839-9465.

25 APR, Quality Classic/NASA Men & Women's Illinois Championship (PL, BP, DL - pure & natural) Earl Davis, Box 132, Hazel Crest, IL 60429.

25 APR, NASA Egeler Drug Free Meet. Vranda Barclay LTAD, 3855 Cooper St., Jackson, MI 49204. 517-782-5900, ext 6351

25 APR, Southern USA Bench & Max Rep Classic (women, teen, novice, open, masters 40-49 & 50+) Buddy Duke, 201 N. Burwell, Adel, GA 31620, 912-896-3988

25 APR, (new date) Indiana USPF PL/BP & 2nd Maple City Open (men, women, teen, masters) Smoker's Iron Works, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

25 APR, APA United States Open BP, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

25 APR, Open and Novice Baddest Bench in New England, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

25 APR, 12th Power Day Bench Press and Deadlift (individual contests - open, women, teen, master, special olympian) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hour phone)

25 APR, American Bench Press Championships including world class powerlifting exhibition, Bob Kaufman, 215 Weatherbee Dr., Westwood, MA 02090, 617-329-8087.

25 APR, ADFPA Region VII Championship (3 yr. drug free, lifetime, novice, teen, Iowa closed, women, collegiate- 3' sculptured trophies - all lifters), Lifetime Fitness, 4041 11th Pl., Des Moines, IA, 50313, 515-280-2840 (Mike)

25 APR, 11th Annual ADFPA Mid-America Bench, Deadlift, and Ironman Extravanganza (BP: 3 yr. drug free, lifetime, master, novice, women, teen, Iowa, collegiate. DL: lifetime, 3 yr. drug free - guaranteed trophy to all), Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-280-2840.

25 APR, Iowa High School Bench Press (14-15, 16-17, 18-19), 1121 11th St., Apt. 206, West Des Moines, IA 50265, 515-224-7232.

25 APR, ANPPC Central USA Drug Free Championships (open, teen, women, master, team) Dr. Darrell Latch, Son Light Power Gym, 519 7th St., Charleston, IL 61920, 217-345-1544

25,26 APR, USPF Virginia State and Class II, John Gamble, University of Virginia, Box 3785, Charlottesville, VA 22903, 804-982-5192

25,26 APR, ADFPA Northwest Open & Novice American Championships (men & women open, and class II and below) Erin Feldges, 5525 Cedar Lake Rd., St. Louis Park, MN 55416. 612-571-1865

25,26 APR, NASA High School Nationals (Dallas), Rich Peters, Box 735, Noble, OK 73068

25,26 APR, WNPF Teen - Jr.- Submaster - Masters Nationals, Troy Ford, 2110-12 1st. Ave., Box 1204, NYC, NY 10029, 212-876-8373 or 914-328-7726.

26 APR, APF Illinois Bench Press Mania, Ernie Frantz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491.

26 APR, APF Jr. Nationals, Jose Perez or Tammy Tucker, 18 A Surf Rd., Ortley Beach, NJ 08751, 908-830-7365.

26 APR, USPF Los Angeles Open (men & women) Chris Kostas, 17632 Chatsworth, Granada Hills, CA 91344. 818-366-5928

26 APR, APA Continental DL, Scott Taylor, RR1 Box 211, S. Royalton, VT 05068, 802-763-7135.

1992 USPF Junior National Powerlifting Championships

Where: Holiday Inn of Brockton Massachusetts. Ideally located 22 miles southwest of Boston. A five minute walk from the 100 stores of the Westgate Mall and adjacent to Westgate 7 Theatre Cinema. Convenient to Cape Cod, Boston and Plymouth.

When: Friday May 1, 1992
Saturday May 2, 1992
Sunday May 3, 1992

Who: All USPF registered lifters of the following age categories:
14-15, 16-17, 18-19, 20-23.

Men's Weight Classes: 52,56.60,67.5,75,82.5,90,100,110,125 & 125+ Kilos.
Women's Weight Classes: 44,48,52,56,60,67.5,75,82.5,90 & 90+Kilograms

This meet determines The US Junior World Team which will compete at The IPF Junior World Championships in Sydney Australia. All place winners receive USPF Championship Medals. For entry blanks & additional information contact: Greg Kostas; Box 483; Whitman Ma. 02382 (617) 447-6714 or John Buckley; Box 345; Accord Ma. 02018 (617) 749-1308. All entries must be postmarked on or before April 12, 1992.

This a drug tested meet!!

Qualifying Totals

Men	114	123	132	148	165	181	198	220	242	275	SHW
14-15	408	441	474	529	579	618	656	689	717	733	766
16-17	546	595	640	711	783	838	882	932	965	992	1036
18-19	678	733	794	882	970	1036	1097	1158	1196	1235	1284
20-23	799	866	932	1042	1147	1224	1295	1367	1411	1455	1510

Women --no qualifying totals. All qualifying totals must have been made at a USPF sanctioned meet between May 1, 1991 and May 1, 1992.

26 APR, Lifetime & 5 years clean North Atlantic PL & BP (teen, jr., open, submaster, master, special olympians, paraplegics, quadraplegics, wheelchair, UCP, blind) Ted Sobel, Box 345 Baychester Station, Baychester, NY 10469

26 APR, ADFPA Miller Bench Press Classic (men, women, masters) David Dunne, 1400 Chicago Rd., Chicago Heights, IL 60411, 708-755-1351.

APR, NASA Open Tournament (18&over) Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130

APR, USPF W. Va Bench Press, Bio Muscle, Box 231, Parkersburg, WV 26102.

1,2,3 MAY, USPF Junior National Championships (New Format - age groups 14-15, 16-17, 18-19, 20-23 - men & women. This is the IPF Junior World team qualifier competition) Greg Kostas, Box 483, Whitman, MA 02382 617-447-6714 or John Buckley, Box 345, Accord, MA 02018, 617-749-1308.

2 MAY, USPF Lima Family YMCA Drug Free Bench Press, Robin Syfert, 136 S. West St., Lima, OH 45801, 419-223-6045.

2 MAY, Bench Press Championship (USPF). Dave's Gym, 931 T St., Los Banos, CA 93635. 209-826-6755

2 MAY, Bench Press & Strict Curl (males, female, teen males, masters males). Main Street Gym, 114-B Main St., Medford, WI 54451. 715-748-3883

2 MAY, H&B Bench Press Open (open, natural, masters, women). Steve Hutkowski, 225 S. Locust, Centralia, IL 62801. 618-533-2991

2 MAY, Florida State Deadlift Championship, Louis Baltz, All American Gym, 118 S. Kentucky, Lakeland, FL 33801, 813-687-6268.

2 MAY, NASA Florida State Bench Press, Leo Fleming, Box 3592, Lake City, FL 32056, 904-496-2973 after 8.

2 MAY, NASA Ohio-West Virginia State. Richard Peters, Box 735, Noble, OK 73068

2 MAY, NASA Rose Rock. Richard Peters, Box 735, Noble, OK 73068

2 MAY, USPF Drug Tested W. Va Teenage and Collegiate, Carmel Hughes, Box 308, Accoville, WV 25606.

2 MAY, 9th ADFPA New Jersey Bench Press (sanction 5-92-2 open, masters, submasters, teen, women, out of state, novice, law & fire, reps - No Late Entries), Joe Pyra, 25 Louis Rd., Budd Lake, NJ 07828, 201-691-0824.

2 MAY, USPF Oklahoma State High School, Hollie Evett, 3314 S. Troost, Tulsa, OK 74105, 918-749-8086.

2 MAY, ADFPA Indiana State (male residents only), Dick Conner, 1313 N. Roosevelt Dr., Evansville, IN 47711.

2,3 MAY, NASA New Jersey State and National Bench Press Qualifier, John Mattei, 38 Spring Rd., Clarksburg, NJ 08510, 609-259-7258.

2,3 MAY, 3rd Pacific Coast Championships (teen, natural, pure, women, open, masters - NASA national qualifier) Myron Nelson, Oregon City Gym, 328 Warner Milne Rd., Oregon City, OR 97045, 503-657-7717.

2,3 MAY, Tarheel State Strength Classic Deadlift and/or Bench Press (open, teen, women, team, over 100 trophies) Storm Football, Box 1177, Davidson, NC 28036 or Jim Brannon at 704-896-0023 after 6 pm.

2,3 MAY, ADFPA California State. Bob Gonzalez, 207 E. 18th St., Antioch, CA 94509.

3 MAY, Syracuse Drug Free Bench Press Spectacular (open, women) William Burgess, 239 North Ave., Syracuse, NY 13206, 315-463-4385.

3 MAY, USPF Awesome Officer Bench Press (as enforcement only). Charles LaMantia, 15213 Santa Gertrudes W-103, La Mirada, CA 90638. 714-994-5198

3 MAY, ADFPA Ohio State Championships (masters, women, teen, open, team). Ed or Frank King, 24748 Aurora Rd., Bedford Heights, OH 44146. 216-439-5464

9 MAY, 3rd Carson Bench Press (teen, natural, masters, all divisions men and women, no formulas) Dave and Debbie Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886 after 7pm weekdays.

9 MAY, APA/WPA World Bench Press Championships (open, women, teen, masters, submaster) J. Shifflett, Box 303, Quinque, VA 22965, 804-985-3932 before 9pm.

9 MAY, East Coast Bench Press, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

9 MAY, USPF Delaware Championships & Open (men, women, teen, master, out of state), Laura Dominick, Central Branch YMCA, 501 W. 11th, Arlington, DE 19801, 302-571-5900 or Knud Hansen 215-876-9292.

9 MAY, USPF Beast of the East Qualifier (Chattanooga) Tim King, Box 752, Ramseur, NC 27316. 919-526-0660

9 MAY, USPF Maryland Bench Press, Scott Werner, 4205 Drake Ct., Waldorf, MD 20603, 301-705-7315.

9 MAY, NASA Beaumont, TX Open, Richard Peters, Box 735, Noble, OK 73068

9 MAY (new date), West Penn Open, George Stanford (AP-9857), Box 99901, Pittsburgh, PA 15233, 412-761-1955 ext 267 - Ernie Wyatt or Activities Personnel

9 MAY, 3rd Annual USPF Oklahoma Extravaganza Open/BP/DL, James DeHaven, Oklahoma Bodybuilding Gym, 540 West Main, Norman, OK 73069, 405-366-0199.

9 MAY, ADFPA Illinois High School Championships, Bill Seno, 3841 Lawn, West Springs, IL 60558, 708-246-3457.

9,10 MAY, USPF Pacific Coast PL-BP (men, women, masters, juniors) Jay McVeagh, 249 S. Riverside Dr., Rialto, CA 92376. 714-874-6014

9,10 MAY, LDFPA Lifetime Nationals, A. DiAntonio, 1619 Manitou Rd., Bldg. 1, Rochester, NY 14626, 716-352-4334.

10 MAY, Steve's Gym Bench Press (men, women, teen, masters, open & drug tested) Smoker's Iron Works, 30174 Wolf, Elkhart, IN 46516, 219-672-6683.

15-17 MAY, USPF National Masters and Submasters Championships, Tim and Sandy King, Post Office Box 752, Ramseur, NC 27316, 919-626-0660

16 MAY, ADFPA New England Bench Press, Ron Paull, Pep's Gym, 94 B Main St., Maynard, MA 01754, 508-897-9171.

16 MAY, ADFPA Wendy's Eastern U.S. Bench and Deadlift. Tom Wojicki, 913 Park Ave., Windber, PA 15963. 814-467-5662

16 MAY, USPF Muscle Beach Jr. State. Darlene Galindo, 1800 Ocean Front, Venice, CA 90291. 310-399-2775

16 MAY, ADFPA Ozark Bench Press/ Deadlift (BP: open, novice, women, masters, team. DL: open, masters, women, 2 man, team), Rick Fowler, 725 27th Pl., Granite City, IL 62040, 618-451-9856 or Lee Marsh 518-258-0295.

16 MAY, MDSA N. Dakota (open & closed, men, women, men & women masters, submasters, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.

16,17 MAY, NASA National Masters/Submasters Championships (Dallas) Rich Peters, Box 735, Noble, OK 73068

17 MAY, WNPF Bench Nationals (New Rochelle, NY), Troy Ford, 2110-12 1st. Ave., Box 1204, NYC, NY 10029, 212-876-8373/914-328-7726

17 MAY, New Jersey High School Championships, Spa 3, Forrest Ave., Bergen Mall, Paramus, NJ 07652 or call Cindy at 201-843-3131.

17 MAY, Drug Free Bench Contest, C. FitzPatrick, 181 Rt. 23, Hamburg, NJ 07419, 201-827-6341.

17 MAY, USPF-APF Budweiser World Record Breakers (Riverhouse, Bend, OR) Gus Rethwisch, Box 6091, Bend, OR 97708

17 MAY, ANPPC New York State Bench Press. Arthur Driscoll, Saguries Fitness Center, 914-246-8506 or ANPPC, Box 5354, Raleigh, NC 27650

17 MAY, USPF Desert Storm Championship (armed forces only). Chuck LaMantia, 15213 Santa Gertrudes, W-103, La Mirada, CA 90638. 714-994-5198

17,18 MAY, 2nd World Firefighters Games (Sahara Hotel) 2620 South Maryland Parkway, Suite 124, Las Vegas, NV 89109, 800-426-8710

17 MAY, USPF MSPA Maryland Championships (men, masters, teen, women - MD & DC residents) Skip Gormley, P.G. Plaza Community Ctr, 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1612.

23 MAY, Drug Tested Virginia Championships (natural, open, class II, men, women, masters, teen) J. Shifflett, Box 303, Quinque, VA 22965, 804-985-3932 before 9 pm.

23 MAY, 3rd Ironman Open Bench Press, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

23 MAY, Portland State University Bench Press Blowout (men, women, masters, teen) John Mayoral, 13441 SE Stark St., Portland, OR 97233, 503-252-0158 or 727-1080 or Dave Notter 503-725-7273.

23 MAY, NASA Arizona (Phoenix, AZ), Richard Peters, Box 735, Noble, OK 73068

23 MAY, Cross County Pull Deadlift (open, teen, women, submaster, master, team), Dr. Darrell Latch, Son Light Power Gym, 519 7th, Charleston, IL 61920, 217-345-1544

23 MAY, NASA Arkansas Open (Conway) Richard Peters, Box 735, Noble, OK 73068

23 MAY, 2nd USPF Fraternal Order of Police Open and Teen Bench Press and W. Va Bench Classic, P/L W/Va, Box 523, Bluefield, WV 24701.

24 MAY, APF Illinois Championships (open, class II, masters, teen) Greg Gordon, No. 42 Sunnyland Plaza, Washington, IL 61571, 309-745-5111.

24 MAY, Vermont Open Deadlift, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

24 MAY, 10th Annual ADFPA Viking Open (men, women, teen, masters) Dennis and Sandi Brady, B & W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.

27-31 MAY, IPF Women's World Championships, Daniel Vandewalle, Gaverstraat 43, 9032 Ghent, Belgium, Tel: 091.26.02.90

29-31 MAY, United States Bench Press and DeadliftChampionships (teen, open, masters, pure and natural divisions,- limited entries), Spero Tshontikidis, 16529 Joppa Ave., Port Charlotte, FL 33948, 813-625-0080.

30 MAY, ADFPA New England Powerlifting, Roger Paull, Pep's Gym, 92 B Union Ave., Framingham, MA 01701, 508-626-3689.

30 MAY, ANPPC Central USA Bench Press. Dr. Darrell Latch, 519 7th St., Charleston, IL 61920. 217-345-1544

30 MAY, MDSA Deadliest Deadlift in the Dakotas (Lake Audobon, ND- open & closed, men, women, men & women submasters, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.

30 MAY, NASA California State, Richard Peters, Box 735, Noble, OK 73068

30 MAY, Amarillo (TX) High Plains, Richard Peters, Box 735, Noble, OK 73068

30 MAY, 1st annual United States Open & Drug Free Bench Press & Deadlift Championships (Bench - pure, natural, open, masters, submasters, teenage, women; Deadlift - natural, open, masters, women) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.

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31 MAY, CDFPA Chilliwack Class II & Below, Josh Thurston, No. 19 555 W. 12th., P.O. Box 47901, Vancouver, BC V5Z 4L6 Canada, 604-261-9072
MAY, Brownsville Bench Record Breakers, Tito Mata, 245 Fairfax, Brownsville, TX 78520, 512-544-7558 after 6pm.
6 JUN, 6th APA North American Continental Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
6 JUN, USPF New England Sates Open (drug tested, novice, men's open, masters, submasters, women, teen, special olympics), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10 PM.
6 JUN, West Coast Bench Press (men, women, teen, masters) and CSCC West Coast Strict Curl. Rick Taz Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239.
6 JUN, MDSA Minnesota State (open & closed, men, women, men & women masters, submasters, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.
6 JUN, NASA New Mexico State (Roswell) Richard Peters, Box 735, Noble, OK 73068
6 JUN, NASA Sooner Open (Noble, OK) Richard Peters, Box 735, Noble, OK 73068
6 JUN, Sam Butler's Outdoor Dream Bench Press and/or Deadlift (women, men, masters, teen, Cassepolis, MI), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.
6,7 JUN, North Carolina Drug Free Championship, Tim King, Box 752, Ramseur, NC 27316, 919-626-0660.
6,7 JUN, APF National Masters and Teenage. Dean Glitt, 1339 S. Pickaway, Circleville, OH 43113, 614-474-9207
6,7 JUN, ADFPA Men's Nationals, Erin Feldges, 5525 Cedar Lake Rd., St. Louis Pk, MN 55416, 612-571-1865
6,7 JUN, USPF Beast of the East Qualifier (Charlotte) Tim King, Box 752, Ramseur, NC 27316, 919-626-0660
7 JUN, USPF Southern California Bench Press (men & women). Chris Kostas, 17632 Chatsworth, Granada Hills, CA 91344, 818-366-5928.
12-14 JUN, NASA Worlds/Grand Nationals (Las Vegas) Rich Peters, Box 735, Noble, OK 73068.
13 JUN, ICPA Indiana Championships, ICPA, RR 4 Box 57, Spencer, IN 47460, 812-829-2615 or 0645.
13 JUN, CDFPA Canadian Championships (Taber, Alberta) Josh Thurston, No. 19 555 W. 12th, P.O. Box 47901, Vancouver, BC V5Z 4L6 Canada, 604-261-9072
13 JUN, NASA Albert Lea (MN) Open Richard Peters, Box 735, Noble, OK 73068
13,14 JUN, ADFPA Open No Boys Allowed Women's & Men's Masters meet (Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hr)
13,14 JUN, ADFPA Pennsylvania No Boys Allowed Women's State & Masters State meet (Bigler, PA), Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hr. phone)
14 JUN, WNPF Squat & Deadlift Nationals (separate events - New Rochelle, NY - teen, Jrs., lifetime, open, submaster, master, police-fire, armed forces) Troy Ford, 2110-12 First Ave., Box 1204, NYC, NY 10029, 212-876-8373 or 914-328-7726.
20 JUN, ANPPC Drug Free North American Bench Press (teen, women, men, masters, team) Felix Corona, Flex Fitness Center, 80 Beekman Ave., N. Tarrytown, NY 10591, 914-332-7545.
20 JUN, Willmarfest Bench (special olympics, open, natural, masters, submasters, novice, teen, high school, police & fire, beginners - same for women) Darwin Jacobson, Box 1031, Willmar, MN 56201.
20 JUN, USPF Hall of Fame Championships, Ken Roberts, 419-473-1443 or Jim Mornany, 419-697-0767 or The Firm, 806 Starr Ave., Toledo, OH 43605.
20 JUN, Vermont Open Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
20 JUN, NASA Idaho State Bench Press, James Greene, 248 E. 3600 N. Apt. 14, Twin Falls, ID 83301, 208-734-8562.
20 JUN Drug Free Bench Press, A. DiAntonio, 1619 Manitou Rd., Bldg. 1, Rochester, NY 14626, 716-352-4334.
20 JUN, ADFPA Eastern Regional Grand Prix (1993 National Bench qualifier, open, masters, masters women, teen) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207
20,21 JUN, USPF High School Nationals, Al Roberts, 5612 DeLeon Ave., Ft. Pierce, FL 34951, 407-468-5968.
21 JUN, Taylor's Open Deadlift Classic, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
27 JUN, USPF Muscle Beach Deadlift. Darlene Galindo, 1800 Ocean Front, Venice, CA 90291, 310-399-2775
27 JUN, NASA Hayes (KS) Open, Richard Peters, Box 735, Noble, OK 73068
27-28 JUN, NASA Teenage Nationals (OKC) Richard Peters, Box 735, Noble, OK 73068
28 JUN, CDFPA Vancouver Open, Josh Thurston, No. 19 555 W. 12th, P.O. Box 47091, Vancouver, BC V5Z 4L6 Canada, 604-261-9072 or Hugh Ward 604-792-8014.
28 JUN, WNPF Pennsylvania Championships (Pittsburgh, PL, BP, DL- separate), Troy Ford, 2110-12 1st. Ave., Box 1204, NYC, NY 10029, 212-876-8373/914-328-7726
JUN, Virginia State Games BP-DL (Richmond) (closed, out of state divisions). John Shifflett, Box 303, Quinque, VA 22965, 804-985-3932 before 9pm.
JUN, 5th St. Albans Bench Press (open, masters, women, teen) Rus Phillips, 100B Hudson St., St. Albans, WV 25177, 304-722-3014.
JUN, USPF Sooner State Games, Gold's Gym, Broadway Ext. & Memorial, Edmond, OK, 405-498-4967.
3,5 JUL, NASA Jr. Natural Nationals & North American Bench Press & Deadlift (Hagerstown, MD) Richard Peters, Box 735, Noble, OK 73068.
4 JUL, NASA North American & United States National Deadlift Championships, Mario Tornez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
4,5 JUL, ADFPA Teenage Open, Joe Orengia, 4468 W. 26th, Erie, PA 16506, 814-833-3727.
4,5 JUL, ADFPA Pennsylvania Teenage, Joe Orengia, 4468 W. 26th, Erie, PA 16506, 814-833-3727.
7 JUL, USPF California Police Summer Games Bench Press (sworn officers only). Don Haley, 12101 Reagan St., Los Alamitos, CA 90720, 310-596-2085.
8,9 JUL, USPF California Police Summer Games Powerlifting (sworn officers only). Don Haley, 12101 Reagan St., Los Alamitos, CA 90720, 310-596-2085.
11 JUL, 2nd Keokuk County Fair Bench Press/Squat Extravaganza, Barry Spain, Box 21, What Cheer, IA 52068, 515-634-2019.
11 JUL, USPF Bench Press Blast Off. Butch Murr, 3167 Abbott Rd., Orchard Park, NY 14127, 716-823-9090.
11 JUL, 3rd APA Concord Open, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
11 JUL, NASA Tennessee Grand (Cookeville), Richard Peters, Box 735, Noble, OK 73068
11-12 JUL, NASA Massachusetts Regionals (Worcester) Richard Peters, Box 735, Noble, OK 73068
11,12 JUL, WNPF Nationals (Washington D.C.), Troy Ford, 2110-12 1st. Ave, Box 1204, NYC, NY 10029, 212-876-8373 or 914-328-7726.
12 JUL, Texas Firefighter Olympics, (Odessa) Pete Ivie, 1601 Beverly Dr. E., Corsicana, TX 75110, 903-874-3891.
12 JUL, 4th Lock City Classic Bench, Mike Esposito, 221 Erie, Lockport, NY 14094, 716-434-5683/308-432-4149
17,18 JUL, ADFPA Teenage Nationals, Dennis and Sandi Brady, B & W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.
18 JUL, Sharon Open Summer Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
18 JUL, NASA Arizona Grand (Phoenix), Richard Peters, Box 735, Noble, OK 73068
18-19 JUL, NASA Virginia State (Charlottesville) Richard Peters, Box 735, Noble, OK 73068
18,19 JUL, WDFPF World Masters (England)
25 JUL, Iron Masters Bench Press Classic II (touch'n go) Nikita's Fortress of Fitness, 1030 Central Ave., Concord, NC 28027, Nikita or Victoria, 704-786-4967.
25 JUL, USPF Baddest Bench Press in Texas (open, women, masters, teen). Ken Lain, Power Shack, 3301 S. 14th Abilene, TX 79605, 915-691-0273.
25 JUL, Barbee Classic, Corpus Christi Athletic Club, Box 8150, Corpus Christi, TX 78468, 800-627-3145.
25 JUL, NASA North Carolina Grand (Greensboro), Richard Peters, Box 735, Noble, OK 73068
25 JUL, NASA Iowa Grand (Des Moines) Richard Peters, Box 735, Noble, OK 73068
25,26 JUL, APF Men's & Women's Sr. Nationals Jeff Wright, 270 Curry Hollow Rd., Pleasant Hills, PA 15236, 412-653-8633.
26 JUL, USPF MSPA Summer Deadlift Classic (men, masters, women, teen) Skip Gormley, P.G. Plaza Comm. Ctr, 6600 Adelphi, Hyattsville, MD 20782, 301-864-1612
26 JUL, WNPF Connecticut Open BP/DL (Danbury) Troy Ford, 2110-12 First Ave., Box 1204, NY, NY 10029, 212-876-8373 or 914-328-7726.
JUL, 2nd Annual High Sierra Masters (men, women - no formulas) Dave and Debbie Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886 after 7pm weekdays.
31 JUL, 1,2 AUG, USPF Men's & Women's Sr. Natls & Record Breakers (Raleigh) Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660
1 AUG, USPF Muscle Beach Bench, Darlene Galindo, 1800 Ocean Front, Venice, CA 90291, 310-399-2775.
1 AUG, NASA Arkansas Grand (Conway) Richard Peters, Box 735, Noble, OK 73068
1 AUG, Northern States Open Bench Press, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
1 AUG, NASA Beaumont (TX) Classic, Richard Peters, Box 735, Noble, OK 73068

1,2 AUG, NASA Florida Regional Qualifier, Leo Fleming, Box 3592, Lake City, FL 32056, 904-496-2973 after 8.
8 AUG, 5th Virginia State Closed Bench and Open Strongman Contest (4 events). John Shifflett, Box 303, Quinque, VA 22965, 804-985-3932 before 9pm.
8 AUG, Endless Summer Bench Press (men, women, teen, masters, open and drug tested) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.
8 AUG, Illinois Deadlift Championships (open, women, teen, submaster, master, team), Dr. Darrel Latch, Son Light Power Gym, 519 7th St., Charleston, IL 61920, 217-345-1544.
8-9 AUG, NASA Colorado Grand (Pueblo) Richard Peters, Box 735, Noble, OK 73068
9 AUG, ADFPA All American Bench Press (limited entries - open, lifetime, teenage, submaster, master, law enforcement & fire, women) Geri or Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111.
15 AUG, Bench Press Championship (USPF), Dave's Gym, 931 T St., Los Banos, CA 93635, 209-826-6755.
15 AUG, USPF Beast of the East Qualifier (Parkersburg, WV), Tim & Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.
15 AUG, 3rd Atlantic States Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
15-16 AUG, NASA Louisiana Regional (Alexandria) Richard Peters, Box 735, Noble, OK 73068
15-16 AUG, NASA Kentucky Grand (Lexington) Richard Peters, Box 735, Noble, OK 73068
15,16 AUG, USPF National Bench Press Championships, Chip Hultquist, 907 Alliegood, Tallahassee, FL 32303, 904-385-1210.
16 AUG, Atlantic States Deadlift, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
22 AUG, Class III and under subnovice meet, Spa 3, Forrest Ave., Bergen Mall, Paramus, NJ 07652, or Cindy at 201-843-3131.
22 AUG, ADFPA Dumbarton Bench Press Open (open, masters, women masters, teen) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207
22-23 AUG, NASA Georgia Grand (Atlanta) Richard Peters, Box 735, Noble, OK 73068
29 AUG, NASA Indiana Regional, Richard Peters, Box 735, Noble, OK 73068
29 AUG, NASA Noble (OK) Open, Richard Peters, Box 735, Noble, OK 73068
AUG, NASA Great Lakes State Games (Michigan residents only, bench & deadlift) Mario Tornez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
AUG, ADFPA National Deadlift Championships, Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-686-0727 (h) or 948-2023 (w)
AUG, Drug Free 7th annual Iowa State Fiar Bench Press - Deadlift (Bench - natural, pure, novice, masters, submasters, women, teen, beginners; Deadlift - open, masters, women, team) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.
3-8 SEP, Combined IPF World Masters/Juniors (Sydney, Australia), Rob Orr, P.O. Box 250, Kogarah, NSW 2217, Australia, (02) 588 6136
5 SEP, 5th World Record Breakers Bench Press, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
5 SEP, USPF Pacific Coast Deadlift (men, women, masters, juniors), Jay McVeagh, 249 S. Riverside Dr., Rialto, CA 92376, 714-874-6014.
5 SEP, 4th APA New England Regional and Novice Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
5 SEP, NASA New Mexico Grand (Roswell) Richard Peters, Box 735, Noble, OK 73068
5-6 SEP, NASA Albert Lea, MN Regionals, Richard Peters, Box 735, Noble, OK 73068
7 SEP, North America Strongman Championships $5000 US in prizes, Louis Muia, Jack Neihausen, TEN International Productions, 34 Doncaster Ave. No. 6, Thornhill, Ontario, Canada L3T 4S1, 416-731-6941.
12 SEP, Fresno Bench Press (men, women, teen, masters). Rich Taz Couch,, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239.
12-13 SEP, NASA OH-WV Regional, Richard Peters, Box 735, Noble, OK 73068
13 SEP, USPF MSPA Fall Open Classic (men, masters, teen, women) Skip Gormley, P.G. Plaza Comm. Ctr, 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1612
19 SEP, USPF Muscle Beach Venice 'Push & Pull'. Darlene Galindo, 1800 Ocean Front, Venice, CA 90291, 310-399-2775.
19 SEP, WSCC U.S. Strict Curl Championship (men, women, teen, master) Rick Taz Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239.
19 SEP, Iron Warrior Drug Free Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
19 SEP, 2nd Annual Maple City Deadlift Classic (men, women, teen, masters, drug tested & open), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.
19-20 SEP, NASA Oklahoma Regional (Noble), Richard Peters, Box 735, Noble, OK 73068
20 SEP, APA United States Drug Free Deadlift, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
26 SEP, USPF Beast of the East Qualifier (Richmond, VA), Tim & Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.
26 SEP, NASA Tennessee Regional (Cookeville) Richard Peters, Box 735, Noble, OK 73068
26,27 SEP, WDFPF World Championships (Derbyshire, England)
26,27 SEP, 10th ADFPA New Jersey Championship (men, master, submaster, women, novice - no late entries) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.
26,27 SEP, APA U.S.A. Open Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
SEP, ADFPA Pennsylvania State, Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994.
3 OCT, USPF World of Fitness Drug Tested Classic (natural and pure) Todd Monroe, 3011 SR 59, Ravenna, OH 44266, 216-296-9956 or Pat Leonti, 699-5497.
3 OCT, Metro Omaha-Council Bluffs Bench Press - Deadlift Classic (Bench - open, natural, masters, submasters, women, teen, beginners, novice; Deadlift - open, masters, women, team) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.
3 OCT, MDSA Tri-State (open & closed, men, women, men & women masters, submasters, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.
3,4 OCT, APA Drug Free Nationals, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
3,4 OCT, APA New England States Drug Free, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
3,4 OCT, APA New England Drug Free Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
3,4 OCT, NASA Pacific Northwest Regional, James Greene, 248 E. 3600 N. Apt. 14, Twin Falls, ID, 83301, 208-734-8562.
3-4 OCT, NASA Texas Regional (Dallas) Richard Peters, Box 735, Noble, OK 73068
10 OCT, Bob Hafner Championships (open, masters, teen, women, bench only, deadlift only, special olympics) Bob Hafner or George Frentzos, Lee Circle YMCA, 9201 St. Charles Ave., New Orleans, LA 70130, 504-568-YMCA, ext 203.
10 OCT, New Jersey Bench Press, Mike Charnik, 28 Almonesson, Deptford, NJ 08096, 609-228-7180.
10 OCT, USPF Beast of the East Qualifier (Columbia, SC), Tim & Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.
10-11 OCT, NASA Kansas City (MO) Regional, Richard Peters, Box 735, Noble, OK 73068
17 OCT, USPF California Squat Championship (men, women, masters, juniors), Jay McVeagh, 249 S. Riverside, Dr., Rialto, CA 92376, 714-874-6014.
17 OCT, USPF Beast of the East Qualifier (Atlanta), Tim King, Box 752, Ramseur, NC 27316, 919-626-0660
17 OCT, 6th Eastern Seaboard Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
17 OCT, NASA Sooner Open (Noble, OK) Richard Peters, Box 735, Noble, OK 73068
17,18 OCT, 10th ADFPA Central Pennsylvania Open (open, women, below class I, teen, masters) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hr. phone)
17,18 OCT (new date) WNPF Bench Press Grand Nationals, Troy Ford, 2110-12 1st Avenue, Box 1204, NYC, NY 10029, 212-876-8373 or 914-328-7726.
17-18 OCT, NASA Georgia Regional (Atlanta) Richard Peters, Box 735, Noble, OK 73068
18 OCT, 2nd bi-annual Olympic Power & Fitness Bench Press (open, novice, women, masters). Terry Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 708-377-7527.
24 OCT, 4th Annual Indian Summer Open (men, women, teen, masters, open and drug tested), Jon Smoker, 20174 Wolf, Elkhart, IN 46516, 219-674-6683.
24 OCT, ADFPA Maryland Bench Press closed (residents only - open, masters, women mmasters, teen) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207
24,25 OCT, ADFPA Police & Fire National Powerlifting and Bench Press, Dan Harvie, 802-226-7710, 7-9pm (leave message)
24,25 OCT, ANPPC USA Drug Free National Championships (open, women, teen, master, team), Dr. Darrel Latch, Son Light Power, 519 7th St., Charleston, IL 61920, 217-345-1544.
24-25 OCT, NASA Maryland Regional (Hagerstown) Richard Peters, Box 735, Noble, OK 73068
24-25 OCT, NASA Colorado Regional (Pueblo) Richard Peters, Box 735, Noble, OK 73068
31 OCT, NASA Indiana Grand (W. Lafayette) Richard Peters, Box 735, Noble, OK 73068
31 OCT-NOV 1, NASA North Carolina Regional (Greensboro) Richard Peters, Box 735, Noble, OK 73068
OCT, USPF Region II Championships, Mark Challet, 3688 Old Silver Hill Rd., Suitland, MD 20746,, 301-423-8888.
1 NOV, Greater Buffalo BP-DL Championships (separate contest, women, open, teen, masters, submasters). Mark Becht, 18 Marne Rd., Buffalo, NY 14215, 716-894-8583.
7 NOV, 4th Twin State Deadlift. Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
7 NOV, Central Iowa Bench Press & Deadlift (Bench - open, natural, masters, submasters, women, teen, beginners, novice; Deadlift - open, masters, women, team) and Law Enforcement/Fire Winter Bench Press (natural, masters, submasters, women, team) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.
7,8 NOV, ADFPA National Masters, John Petroff, 13267 Windygate Ln., St. Louis, MO 63146, 314-434-5818 (evenings).
7-8 NOV, NASA Lexington (KY) Regional, Richard Peters, Box 735, Noble, OK 73068
12-15 NOV, IPF Men's Worlds, Ralph Farquharson, 21 Waterloo Avenue, Chelmsley Wood Birmingham,, England B37 6DD, 021-426-5066 - 788-0488, Fax 021-788-0480.
14 NOV, NASA Hayes (KS) Classic, Richard Peters, Box 735, Noble, OK 73068
14-15 NOV, NASA Virginia Regional (Charlottesville) Richard Peters, Box 735, Noble, OK 73068
14,15 NOV, WNPF World Championships (NYC-100% testing to all teams), Troy Ford, 2110-12 1st Ave., Box 1204, NYC, NY 10029, 212-876-8373 or 914-328-7726.
21 NOV, Mountain Region Bench Press, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.
21 NOV, USPF Eastern States Novice (men's open, masters, submasters, women, teen, special olympics), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10 PM.
21 NOV, 5th Annual Elkhart Bench Press Classic (men, women, teen, masters, open, and drug tested), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.
21 NOV, USPF Atlantic States Open (drug tested) (men's open, masters, submasters, women, teen, special olympics), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8 -10 PM.
21 NOV, NASA Beaumont (TX) Classic, Richard Peters, Box 735, Noble, OK 73068
21,22 NOV, WDFPF World Bench Press Championships (open, lifetime, teen, master, law enforcement & fire, women) Geri Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111.
21-22 NOV, NASA Iowa Regional (Des Moines) Richard Peters, Box 735, Noble, OK 73068
22 NOV, USPF MSPA Open Bench Press Classic (men, masters, teen, women) Skip Gormley, P.G. Plaza Community Ctr, 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1612.
28 NOV, NASA Arizona Regional (Phoenix) Richard Peters, Box 735, Noble, OK 73068
28,29 NOV, NASA Masters & Submasters Invitational, Earl Davis, 16939 S. Jodave, Hazel Crest, IL 60429, 312-353-3513

Saturday, April 25, 1992

11th annual ADFPA Drake Relays Festival Mid-American Bench Press and Deadlift Extravaganza

ADFPA Region VII Powerlifting Championships

This is a contest put on by lifters for the enjoyment of those of you who want to compete in a legitimate drug free contest. Featuring sculptured trophies, championship belts, and 3 foot trophies. Divisions for both meets - 3 year drug free, lifetime drug free, masters, novice, women, teenage and collegiate.

For More Info - S.A.S.E. to LIFETIME FITNESS
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KING's GYM presents
The Beast of the East

9 Qualifiers and a championship. Top 3 in each weight class in the men's and women's division qualify for the Championship. Champion of Champion for the entire series will be awarded a Sterling Silver Cup for men's and women's division. Top 150 competitors in men's and women's division will be ranked in *PL USA*. (Qualifier Divisions: Men's Open, Men's Class II, Women, Junior, Master, Open Bench)

"1st or 50th, anything but last, see how you rank!!" QUALIFIER MEETS: March 28th & 29th - Myrtle Beach, SC (in conjunction with SC State Meet, April 18 - Virginia Beach, VA, May 9th - Chattanooga, TN, June 6th & 7th - Charlotte, NC (in conjunction with NC State Drug Free Meet), August 15 - Parkersburg, WV, September 26 - Richmond, VA, October 10 - Columbia, SC, October 17 - Atlanta, GA, CHAMPIONSHIP: December 5th & 6th - Raleigh, NC in conjunction with the King's Power Classic

For Information Contact: Tim and Sandy King, PO Box 752, Ramseur, NC 27316, (919) 626-0660. USPF Sanction No. 912811. Sponsored by: *INZER*

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April 25th, 1992

Quality Classic/N.A.S.A. Men's & Women's Illinois State Powerlifting, Bench Press, & Deadlift Championships

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SCULPTURED AWARDS/FIRST THRU FIFTH PLACE

Northeastern BP/DL Championships March 15, 1992 (PL/BP/DL) Teen, Junior, Open, Lifetime, Novice, Masters, Submasters, Police, Fire

Connecticut Championships Apr. 5, 1992 Hartford, CT Teen, Junior, Lifetime, Open, Novice, Submaster, Master, Open to Lifters Out of State

for information or entry

Teenagers, Juniors, Submasters, Masters Nationals April 25-26, 1992 N.Y.C., N.Y. Qualifier for the Worlds

TROY FORD, 2110-12 First Ave., Box 1204, N.Y.C., NY 10029, 212-876-8373 or 914-328-7726.

MEET DIRECTORS... *who's gonna enter your meet? There's hundreds of contests for thousands of lifters around the country to choose from. Why should they enter yours? Make your meet stand out from the crowd by taking out a display ad for your contest in PL USA's Coming Events section. Just the cost of 2-3 entry fees can bring you dozens of additional entries from lifters who would never have known about your meet otherwise. Call Mike Lambert at 805-482-2378 and see how little it costs to advertise your meet in POWERLIFTING USA. We even do the typesetting for your advertisement-* ***FREE!!!***

NOV, New Jersey District Championships. Spa 3, Forrest Ave., Bergen Mall, Paramus, NJ 07652. Cindy, 201-843-3131

NOV USPF Winter Bench Meet, Terry Smith, Box 888, Dunkirk, MD 20714.

5 DEC, 6th APA Northeastern US Bench, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

5 DEC, 23rd Mid-West Power Open, Tom Beadle, Athletic Director, Box B, Anamosa, IA 52205, 319-462-3504.

5 DEC, 2nd APA/UBPF Central Cal Bench Press, Taz Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239

5 DEC, APA 3rd Masters & Submasters National Bench Press, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

5 DEC, NASA Albert Lea (MN) Classic, Richard Peters, Box 735, Noble, OK 73068

5,6 DEC, King's Classic (Raleigh) Tim King, Box 752, Ramseur, NC 27316. 919-626-0660

5,6 DEC, USPF Beast of the East Championship (Raleigh, NC), Tim and Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660

5-6 DEC, NASA California Regional, Richard Peters, Box 735, Noble, OK 73068

6 DEC, USPF Winter DL Classic, Chris Kostas, 17632 Chatsworth, Granada Hills, CA 91344, 818-366-5928

9 DEC, Southeastern Cup, Buddy Duke, 201 N. Burwell, Adel, GA 31620, 912-896-3988.

12 DEC,South Jersey Bench Press, Mike Charnik, 28 Almonesson, Deptford, NJ 08096, 609-228-7180.

12 DEC, WSCC World Strict Curl Championships (men, women, teen, master), Rick Taz Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239.

12 DEC, APA Eastern United States Drug Free, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

12 DEC, APA Eastern United States Drug Free Deadlift, Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

12 DEC, NASA Amarillo (TX) Regional, Richard Peters, Box 735, Noble, OK 73068

12 DEC, NASA Louisiana Grand (Alexandria), Richard Peters, Box 735, Noble, OK 73068

13 DEC, 1st ADFPA Coal Country Bench Press and Deadlift (separate events) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hr. phone)

14 DEC, 2nd ADFPA Dumbarton Deadlift Open (open, masters, women masters, teen) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207

19 DEC, Taylor's Open Bench Classic (open, novice) Scott Taylor, RR1, Box 211, S. Royalton, VT 05068, 802-763-7135.

19 DEC, MDSA Northern Nationals Bench Press (open & closed, men, women, men & women masters, submasters, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.

19 DEC, NASA Sooner Open (Noble, OK) Richard Peters, Box 735, Noble, OK 73068

19 DEC, NASA Razorback Classic (Conway, AR) Richard Peters, Box 735, Noble, OK 73068

DEC, IPF World Bench Press Championships (Chinese Taipei).

DEC, 9th Southeastern Cup, Buddy Duke, 201 N. Burwell, Adel, GA 31620, 912-896-3988.

JUN/93, ADFPA Men's Natls., Bob Gaynor, 19 Sunrise, Mountaintop, PA 18707, 717-823-6994

P.S. when writing a meet director for information you must ALWAYS include a stamped, self-addressed envelope (except for Canadian/foreign meets where US return postage would not be appropriate) for the meet director to return an entry blank or other information, and if you call a meet director, please note if he has indicated a specific time to call his number and DO NOT CALL THE MEET DIRECTOR COLLECT.

Armstrong Open Bench Press
9 Nov 91 - Kittanning, Pa.

165lbs.		J. Mascara	375
S. McBride	350	242lbs.	
T. Clemens	310	N. Berkley	400
C. Skoloda	285	B. Lizik	335
181lbs.		275lbs.	
T. Bachman	380	B. Lenzi	405
S. Cunningham	340	SHW	
R. Maker	320	L. Anderson	420
198lbs.		T. Moore	400
J. Falo	420	Masters	
G. Schmitt	350	T. Moore	400
B. Terpak	330	B. Lizik	405
220lbs.		Teen	
R. Aretz	520	C. Skoloda	285
J. Fanell	380	B. Terpak	330

Best Overall Lifter - Rick Aretz. (Thanks to D.J. Svetabor for the results of this competition).

ADFPA Massachusetts State Meet
7 Dec 91 - Maynard, MA

123	SQ	BP	DL	Total
S. Mason	290	160	275	725
132				
J. Macy	370	235	360	865
D. Elkels	290	155	340	785
148				
E. Kupperstein	570*	310	550	1430*
B. Janjigian	475	300	450	1225
J. Higgins	135	320	145	600
165				
M. Trettel	530*	310	525*	1365*
J. Campbell	350	225	355	930
181				
J. Barry	500	280	520	1300
M. Schofield	470	340	465	1275
J. Pacheco	580	360		
J. Perkins	500	375		
198				
D. Boucher	730*	420	565	1715*
J. O'Brien	600	390	610	1600
A. Shaughnessy	550	360	550	1460
D. Piar	590	310	550	1450
C. Goring	470	360	500	1330
220				
R. Squira	635	365	600	1600
J. McCarthy	560	385	615	1560
R. Krysto	535	365	540	1440
F. Gold	525	370	500	1395
M. Beccia	480	275	450	1205
242				
M. Logan	610	400	560	1570
P. Groark	600	345	575	1520
A. Meneades	565	380	505	1485
275				
J. Damond	750	425	600	1775
L. Beane	625	460	615	1700
R. Marcantonio	650	400	600	1650
H. Rodriguez	650	385	580	1615
P. Tewksbury	665	365	550	1580
D. Spinelli	600	315	550	1465
J. Cormier	570	350	510	1430
F. Dzerkacz	550	365	435	1350
SHW				
D. Daube	510	445	525	1480
J. Baxter	400	340	450	1265
Teen Div.				
R. Longdin	375	250	405	1030
D. Rose	445	230	475	1150
E. Bairos	505	280	475	1260
G. Doherty	425	240	515	1180
R. WilliamIII	420	260	460	1140
D. Grant	335	185	445	965
Women				
J. Shear	240	115	275	630
P. Marrana	300	130	310	740
L. Messina	230	135	275	640
B. Sands	335	160	375	870
L. Lee	240	110	240	590
T. Poitras	235	105	260	600
M. MacKenzie	190	100	230	520
Sub-Master				
B. Maclellan	520	290	600	1410
P. Berrio	440	240	490	1170
B. Eisenman	360	280	410	1050
Masters				
S. Brown	465	265	500	1230
H. Logan	425	255	470	1130
J. Baxter	475	340	450	1265

* - State Record. At this years Mass. States we saw some new faces along with some of the veteran lifters in the area. A good portion of seasoned lifters were out due to injuries but this gave opportunity for others to claim the state title. In the 123's Steve Mason lifted very well as this was his first state meet and he is a teenager to boot. Joshua Macy captured the title in the 132's with a good total of 865. Eric Kupperstein, lifting for Saul's All Sports, captured Best Lifter in the lightweights along with setting new records in the squat and total in the 148 lb. class. The 165's saw relative new comer Matt Trettle capture the title and set records in the squat, deadlift and total. Matt lifts for Pep's Gym out of Framingham. In the 181's Jim Barry took the win after Joe Pacheco injured his foot warming up in the deadlift and John Perkins had back problems. In the 198's Dave Boucher of Pep's Gym in Maynard put the squat record into the upper stratosphere with a 730. His total 1715 was also a record and for the icing on the cake he won best lifter. In the 220's Saul's All Sports team member, Randy Sequira dominated for the win with a 1600 total. Mark Logan proving that not all chiropracters are against powerlifting won the 242's with a 1570 total. Mark has a chiropractic practice which I believe is in Braintree and as a fellow powerlifter I would trust him before any other doctor of Chiropractic. In the 275 lb. weight class James Damond came on strong with a 750 squat and a 1775 total. James has made some real tremendous progress since squatting 625 in lat years states as a 242 pounder. In the SHW Class Dave Daube posted 1480 for the win. With six entries in the teenage division the ccompetition was tough. All the lifters did well but Ryan Lougdin won out by Schwartz formula with a 1030 total. JoAnne Shear took the women's title with some impressive lifts at 104 lbs. Saul's All Sports won this years team trophy with the following lifters-JoAnne Shear, Manny Bairos, Eric Kupperstein, Steve Brown,, Hugh Logan, Randyy Sequira, Ron Kupsto, Mark Logan, Zee Bean and Bill McLeallan. In closing I would like to take this opportunity to say thanks to the many people that made this meet a success including State Chairmen Roger Paull, Ron Paull owner of Pep's Gym in North Adams, Ma. Saul Shocket owner of Saul's All Sports, Jim Paull announcer, Bob Clark and Tom Alagrini at the announcers table, Julie Paull at the excellant snack stand and all others spotters and loaders included. Thanks Again!! Hope to see you again next year. (results by to Roger Paull II, Meet Director)

Vae Mafuli is one of the top ranked Supers on this month's TOP 20 list.

A.D.F.P.A. TOP 20 125+ kg. SHW

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from January 1991 to December 1991.

Please send a copy of all ADFPA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists as up to date as possible. Thanks very much.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1.	832 Dempsey, R..6/22/91	562 Mersberg, J..3/2/91	722 Mafuli, V..6/22/91	2061 Dempsey, R..6/22/91
2.	810 Mersberg, J..3/2/91	529 Harries, R..9/21/91	720 Boatwright, W..3/9/91	2000 McCain, D..7/27/91
3.	785 McCain, D..7/27/91	523 John, J..7/6/91	710 Dempsey, R..6/22/91	1934 Mersberg, J..3/2/91
4.	782 Mafuli, V..6/22/91	518 Lewis, E..3/23/91	710 Vance, K..11/7/91	1918 Battles, M..7/6/91
5.	766 Battles, M..7/6/91	518 Dempsey, R..6/22/91	705 McCain, D..7/27/91	1890 Mafuli, V..6/22/91
6.	750 Lester, B..4/13/91	510 Battles, M..4/14/91	688 Hunt, J..8/17/91	1879 John, J..7/6/91
7.	733 Binkowski, J..3/16/91	510 McCain, D..7/27/91	677 Eldridge, V..2/9/91	1860 Lester, B..4/13/91
8.	725 Gisondi, P..10/19/91	507 Uhlave, H..5/18/91	661 Kline, T..6/22/91	1820 Boatwright, W..3/9/91
9.	716 Woodard, D..7/6/91	505 Manning, J..6/15/91	661 Battles, M..7/6/91	1815 Stewart, W..3/9/91
10.	710 John, J..7/6/91	501 Kielblock, C..3/23/91	660 Lester, B..4/13/91	1810 Vance, K..5/11/91
11.	705 Kline, T..6/22/91	501 Ellis, S..11/23/91	655 Stewart, W..3/9/91	1800 Gisondi, P..10/19/91
12.	700 Boatwright, W..3/9/91	500 Mellilo, L..5/5/91	650 Pointdexter, J..3/9/91	1796 Woodard, D..7/6/91
13.	700 Stewart, W..3/9/91	485 Boyer, M..11/17/91	650 Coleman, D..7/6/91	1769 Kline, T..6/22/91
14.	688 Magee, J..11/17/91	480 Giordano, F..3/17/91	644 Binkowski, J..2/24/91	1769 Philippi, M..6/22/91
15.	672 Philippi, M..6/22/91	480 Beane, L..6/15/91	644 Philippi, M..6/22/91	1763 Binkowski, J..2/24/91
16.	665 Vance, K..5/11/91	479 Chaffin, D..3/23/91	644 John, J..7/6/91	1758 Magee, J..11/17/91
17.	622 Coleman, D..7/6/91	479 Alexander, J..6/6/91	644 Woodard, D..7/6/91	1647 Coleman, D..7/6/91
18.	551 Eldridge, V..2/9/91	475 Burneke, D..4/14/91	639 Mestafa, M..6/8/91	1631 Mestafa, M..6/8/91
19.	551 Mestafa, M..6/8/91	473 Friling, D..3/16/91	639 Andrews, W..8/17/91	1609 Eldridge, V..2/9/91
20	545 Davis, G..4/27/91	470 Davis, G..4/27/91	615 Gisondi, P..10/19/91	1565 Davis, G..4/27/91

ANPPC Drug Free Nationals
26,27 Oct 91 - Hudson, NY

Women Teenage	SQ	BP	DL	Total
T. Green	200*	100*	225	525*
L. Scammell	125	90	145	360
Men Teenage				
114 lb.				
R. Brooks	120	80	160	360
132 lb.				
R. Saur	200	130	270	600
M. Boice	135	100	215	450
148 lb.				
M. Plescia	285	200	350	835
165 lb.				
S. Cooke, Jr.	475!	320!	505!	1300!
D. Altieri	370	280	425	1075
C. Horton	350	200	340	890
181 lb.				
M. Craig	440*	280*	490*	1210*
198 lb.				
D. Riccio	440	360	510	1310
220 lb.				
C. Leavy	440	310	450	1200
SHW				
J. Trudell	425!	290!	420!	1135!
Women-Open				
S. Proffitt, 148	340!	140	345!	825!
L. Schaecher, 165	300*	145*	330*	775*
Men Open				
132 lb.				
M. DeCoca	430	225	405	1060
148 lb.				
D. Naughton	440	325	435	1200
G. Temmerman	480	300	500	1280
B. George	410	230	455	1095
165 lb.				
J. Galligan	600	365	570	1535
L. Leno	480	275	560	1315
181 lb.				
T. Piazza	600	355	590	1545
A. Bartolotta	510	310	435	1255
U. Kiss	355	250	405	1010
198 lb.				
D. Grant	505	320	590	1415
F. Mink	545	360	505	1410
M. Muscanera	440	250	460	1150
J. Struebing	385	250	440	1075
220 lb.				
D. Marlow	595	345	600	1540
M. Waddell	500	300	540	1340
C. Calvano	410	335	145	890
242 lb.				
D. Kibbler	600	345	600	1545
275 lb.				
V. Vardine	800!	450	700	1950
J. Duggan	650	470	685	1805
Masters				
D. Latch, 220	540	320*	540*	1400*
P. Brahm, 242	585	355	545	1485
R. Morris, 242	460!	360!	400	1220
J. White, 275	750	425	705	1880

*Illinois State Record, ! National Record. The 1991 ANPPC Drug-Free Nationals had all contestants tested. The two days of lifting were filled with camaraderie and good sportsmanship that has always been a characteristic of the ANPPC. A very special thanks to meet director Joe White for his hospitality and hard work. In the 123 lb. class 16 year old Tracee Green set three new Illinois records in capturing her first national title. Lisa Scammell also in her first national competition captured the 132's. In the open women's division, Sherri Proffitt repeated as 148 lb. champ setting new marks in the squat, deadlift and total. LuAnn Schaecher set new Illinois state records in all events while capturing the 165 lb. class. In the teenage men's division Shubel Cooke, Jr. took best lifter honors in the 165 lb. class, setting all new marks. In the 181's Mark Craig posted all new Illinois records in taking his first national title. Jeremy Trudell also posted all new records at superheavy. In the master's competition Dr. Darrell Latch set three new Illinois records in the 220 lb. class as he captured his third consecutive national title. In the 242 lb. class Pete Brahm repeated, while Dr. Richie Morris set new marks in the squat and bench in the 45-49 age group. In the 275 lb. class it was once again Joe White finishing with a national bench record. The open division found several returning champions with a few new ones on the way. 148 lb. winner George Temmerman came all the way from Illinois to take his first title and establish new records. In the 165 lb. class Joe Galligan repeated his 1990 win. Tom Piazza captured his third national title at 181. David Grant won the 198's finishing with a pr deadlift for his first title. Another Illinois lifter Dean Marlow set all nnew state marks in taking the 220's. Finishing out the supers was Vincent Vardine's best day ever with an 800 lb. squat good for a new national record. In the team division the Christian Edge of Hudson took top honors, with The Cutting Edge of Eagle Mills, New York took second while Son Light Power from Illinois finished third. A very special thanks to all of the loaders, spotters, and judges, as well as the girls at the scorers table expecially Pat Morrison who was the real energy behind the success of this contest. (results provided courtesy of Angelo)

ANPPC Team Winner *at the National meet was the Son Light Power Team. Some of the members included, left to right, bottow row - Mike Waddell, Dean Marlow, and George Temmerman; top row - LuAnn Schaecher, Dr. Darrell Latch, Tracee Green, and Mark Craig. (photo courtesy Angelo).*

World Strict Curl Congress
World Championships
14 Dec 91 - Selma, CA

Womens			
114			
R. Murphy	75**		
123		M. Alice	120
C. Santillan	55**	A. Marritt	120
148		148	
C. Grizofi	92.5**	Taz Couch	120
165		165	
K. Templeman	80**	F. Couch	168.5**
G. Curtin	80	L. Turner	140
Girls Teen		R. Flores	120
165		181	
K. Templeman	80**	B. Miller	160
Boys Teen		M. Copeland	140
148		V. Perez	125
C. Smith	110**	198	
165		J. Zapata	150
C. Storrer	110**	220	
165		D. White	140
S. McComas	120	275	
181		K. Brown	222.5**
C. Slawinski	112.5*	Super	
220		M. Sanchez	170**
C. Knee	130	Sub Masters	
Mens Open		R. Guzman	120**
132		Masters	
J. Lukman	132.5**	R. Creevy	130**

** - World Record, * - State Record. The 1991 WSCC World Strict Curl Championships was a fantastic success. All time world records were broken at this years toughest contest. The great names were here. The audience at times were in shock at the great lifts and gave standing ovations through out the contest. Perfect Body Gym in Selma, Ca. was the site for this great contest. Starting off with the mens 132 class drew the days closest battle, Joe Lukman upset with his last contest in September, trained hard for three months all out and lifted a alltime world record of 132.5 pounds. Mike Alice attempted to break the record but stalled half way up, Mike did however lift 120 pounds to edge Arron Marritt who also lifted 120 pounds but Mike weighed just one pound less to give him the second place Sculpture Awardd. The 148 class was won by the great bencher Tazmainian Devil Couch as he curled 120 pounds winning his class with only one attempt. The 165 class drew the greatest pound for pound curler of all time, Fred Couch whom attempted an incredible 168.5 pounds and lifted it with more to spare, Fred was the only lifter to lift more than his body weight and also took home the Best Lifter Award. Second Place went to a first timer Larry Turner who curl and unbeleivable 140 pounds. The 181 class saw the third alltime 181 pounder Brett Miller curl 160 pounds only 5 pounds from the world record. The 198 pound winner Joe Zapata took the gold. The 220 class saw first timer Doug White win with an impressive 140 pounds. Then the big 275 pound Ken Brown showed why he's the strongest 275 pound curler in the world when on his fifth attempt he popped up the alltime heaviest curl ever with a lift of 222.5 pounds. Ken also took home the Heavy Best Lifter Award. Heavy weight Mike Sanchez broke the WSCC world record in only his third contest. Look for the big man to hit the 200's real soon. Submaster & Co. meet promoter Raul Guzman set a world record in his first contest. Then the ledgendary Ritchie Creevy matched his own world record with a curl of 130 pounds. The womens class saw 4 world records fall. The most exciting was 17 year old Kim Templeman who broke both the womens and teenage records. The teen division saw two 16 year old boys from Selma break world records, 148 pound Clint Smith and Training partner Cam Storror. The heaviest curl in the teen division went to the 220 class winner Chad Knee. Special thanks goes to Raison Queen teen Taire Valenzala our trophy girl and announcer Taz Couch, Co Promoter Raul and Rose Guzman, the fantastic audiance, all lifters, judges for our best meet of the year. (Thanks to Taz Couch and Raul Guzman for the results of this competition.)

Submarine Base Championship
23 Jan 92 - Groton, CT

Lightweight	SQ	BP	DL	Total
M. St.Clair 191	275	265	340	880
C. Hilts 176	225	250	325	800
Heavyweight				
S. Brown 238	500	405	525	1430
P. McGeorge 229	435	340	485	1260
M. Schwagel 237	415	380	405	1200
E. Wilson 229	375	285	405	1065
Christinziano 220	350	235	415	1000

In only his first organized contest Steve Brown (18 years old) comes away with top honors. He may have gotten his 3rd squat (600lbs.) if he used a thick belt or wraps or maybe a suit. Off to the Navy wrestling team 1 Feb. Look for this guy in the future. Much to my disappointment only a small number of lifters turned out for the meet. If I can convince those in charge of the budget to put out for T-shirts look for another full power meet in June or July. (Thanks to Vince Christinziano for the results of this competition).

Omaha-Council Bluffs Drug Free BP
12 Oct 91 - Council Bluffs, IA

Natural Div.			
148		Submasters	
L. Ligouri	270	R. Caples	300
K. Engel		Masters	
165		R. George	325
R. Schneider	275	L. Ligouri	270
J. Meyers	250	V. Plowman	225
181		Women's	
D. Hurt BL	415	T. McIntosh	120
R. Caples	300	C. Weaver	75
220		Beginner's	
R. George	325	Lgt. Class	
275		R. Rawlings	215
J. Sempek	375	Mid Class	
Teen Div.		R. Schneider	275
165		Hvy. Class	
J. Guzan	275	Z. Simmones	310
181		SHW Class	
Z. Simmones	310	T. Perez	230

1st Place Team - Ron's Basement Crew - Ron Caples, Louiie Ligouri, Zeb Simones & Jeff Meyers. Special thanks to The Training Depot for the support to run this bench meet. With the use of their equipment and their facility which is ideal for a lifting competition and their enthusiasm, about supporting power meets. I am sure this will turn into a great annual competition. The meet went very well and without any problems and I would like to thank the judges and loaders who did a great job to get it to run so smoothly. Also, of course, to the lifters who competed a special thanks. Good Health and Good Lifting to you all. (Thanks to Meet Director Jeff Baird for these competition results).

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7th A.S.H. Invitational(Top 5)
11 Jan 92 - Alexandria, La.

114			
B. Green	950		
C. Ussery	830	S. Archer	1240
J. Tulles	770	B. Basco	1080
R. Schumacher	760	T. Moses	1060
K. Phan	705	S. Foster	1025
123		SHW	
T. Malone	1030	I. Castille	1370
C. Lindsay	845	G. Walker	1335
S. Norman	785	D. Rosto	1220
S. Pennyton	775	J. Hillstead	1215
N. Portane	755	J. Rush	1200
132		Women	
D. Gray	1000	105	
T. Lewis	965	N. Lowe	435
T. Howard	965	114	
J. Brozzell	825	K. Brunson	455
B. Seaward	775	R. Pitcher	380
148		April	345
C. Kirk	1145	B. Valentine	340
C. Robinson	1105	A. Roark	310
B. Armold	1050	123	
S. Bassett	1020	J. Kirk	580
R. Shaffer	1020	C. White	570
165		V. Loeber	505
E. Whatley	1135	D. Smith	380
D. Robinson	1095	Nicole	360
A. Howard	1085	132	
S. Kinder	1060	T. Mouterer	520
C. Green	1040	S. Mahoney	510
181		H. Cambron	500
A. Williams	1210	L. Ryder	490
C. Brown	1095	Shannon	395
J. Possirt	1030	148	
J. Dickens	1030	A. Sykes	605
R. Chandler	1025	K. Bynum	560
198		F. Jones	515
T. Moreau	1330	H. Haftmann	510
K. Herrington	1265	Carolyn	505
D. Street	1155	165	
M. Doffit	1075	Katona	540
K. LeBaron	1040	F. Alexander	520
220		T. Maxfield	520
B. Jones	1315	P. Frazier	475
J. Sanson	1230	181	
K. Mixon	1115	J. Goodman	645
C. Vincent	1090	T. Fleitas	550
C. Ellis	1065	198	
242		M. Jewel	775
C. Harkins	1360	Y. Colbert	540

Boys: 102 participants. Teams: ASH 51, Tioga 44, Winnfield 24, Caldwell 16, Pineville 11, ASH B 9, Bastrop 8, Lee 7, Natch 5, LaSalle 3, Buckeye 1, Tioga B 1, Breaux Bridge 0, N. DeSoto 0, Grant 0, Lee B 0. Outstanding Lifter Boys Light- Lory Malone, Tioga. Boys Heavy- Anthony Williams, ASH. Girls: 38 participants. Teams: ASH 38, Lee 35, Caldwell 15, Tioga 10, LaSalle 8, CHSPC 7. Outstanding Lifter- Jennifer Kirk, ASH. (Thanks to Duane Urbina for these competition results.)

Border Classic Bench Press
11 Jan 92 - Brownsville, Tx.

Teen			
125		Open	
J. Garcia	255	132	
A. Cantu	150	J. Garcia	255
C. Rodrequez	150	148	
150		S. Martinez	255
E. Marquez	225	165	
R. Ramirez	175	R. Musquiz	355
M. Pizana	165	H. Meier	300
J. Tafolla	150	A. Hinojosa	295
M. Sandoval	150	181	
175		P. Flores	340
R. Garcia	155	B. Downey	300
R. Lopez	155	F. Silva	285
200		R. Henry	
J. Ray	285	198	
J. Deleon	200	F. Garcia	400
Teen 200-Up		P. Luna	390
A. Hernandez	325	B. Preslong	325
S. Orsak	300	220	
J. Cortinas	260	J. McCoy	400
M. Torres	240	C. King	400
Submmasters		S. Orsak	300
C. King	400	242	
H. Meier	300	C. McBride	490
G. Diaz	225	B. Dyer	375
B. Kidd	195	J. Lasley	365
Female		B. Kidd	195
A. Thorsen	170	SHW	
M. Barbosa	95	M. Hayes	615
C. Martinez	105	S. Hatley	430

Meet Site - Porter High School. Meet Sponsor - Porter Power Team. Total number of lifters was 44. Highlights of the meet - Michael Hayes of San Antonio broke three Brownsville Bench Press Records and lifted the most weight ever recorded in South Texas (615) lbs. The previous record was (525) held by Greg Raider of Houston, Texas. Michael requested a fourth attempt to equal the Drug Free World Record. This record is held by Mike Hall at (630) lbs. Michael's attempt was unsuccessful but his attempt was rewarded with a standing ovation. Also setting records was Chris McBride of Austin, Texas. Chris broke two records in the 242 lbs. Open class (465 & 490 lbs.). The previous record was (445lbs.) held by John Hendrix of San Antonio. There was only one teen record set that was by Jorge Garcia of Edinburg, Texas. Jorge pressed (255lbs.). The previous record was held by Bobby Morgan of Ingleside, Texas (250lbs.). (Thanks to Tito Mata for results)

6th ADFPA Blizzard Fall Classic
Dec/91 - Anchorage, AK

Special Olympics	SQ	BP	DL	Total
B. Boyce	175	155	240	570
K. Harding	175	13	275	585
R. Bufford	135	105	200	440
Females				
139				
B. Vidal	235	115	260	610
139				
L. Larson	125	80	200	405
154				
C. Sholey	165	80	245	490
176				
L. Storm	275	150	350	775
Males				
165				
P. Fearn	405	270	460	1135
B. Schmitz	425	215	455	1095
J. Lane	350	225	440	1015
M. Bird	400	225	420	1045
J. Jameson	215	100	245	560
181				
L. Smith	325	230	375	930
B. Newton	465	290	450	1205
R. Louenstein	270	245	260	775
198				
A. Romang	305	230	375	910
220				
D. Bergener	500	330	525	1355
M. Anselm	405	305	425	1135
H. Washington	500			
242				
E. Field	475	345	535	1355
T. Fryar	475	240	575	1290
Masters				
242				
H. Soward	480	285	465	1230
165				
R. Carsten	325	215	370	940
220				
W. Debnam	360	250	360	970
220				
R. Anselm	350	225	375	950

This years meet was highlighted not by two (2) feet of snow as it has done in the past years, but three (3) special guest lifters from Howard's Gym. The special lifters were Burton Boyce, Ron Bufferd and Kip Harding, all three have Down Syndrome. On each and every lift they put 100 per cent effort and determination into the sport and were praised with standing ovations. Best lifters were: Open men-Doug Bergener. Open women-Bobbie Vidal. Men master-Hank Soward. Teen male-Butch Newton. Teen female-Liz Storm. Best Team: At last!! Polaris Athletic Club. It is the first time in six years we have beat Howard's Gym. I would like to thank: Sponsor - Carr Gottsten Properties, Judges - Don Sherwood, Denny Barleen, Mike Loman, Ted Jensen and R.J. Segers. Loaders and Spotters - Dave Dowler, Jim Peet, Jim Thoeni, Cris Damato and Shawn Case. Concessions - Old Bill Frick, Rhonda Frick, Desiree Frick, Bruck Frick, Nicole Wolfe and Beatrice Kozlowski. Score Keepers - Old Bill Frick and younger Bill Frick, and Jim Scott, who showed up to EAT!!! Without their help and cooperation there could not have been a 6th Annual Polaris Blizzard Fall Classic Powerlifting Championships. (Thanks to Polaris Club for results of this meet)

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ADFPA Nelius C. Rhodes Memorial
23 Nov 91 - Gulfport, MS

Women	SQ	BP	DL	Total
104				
P. Russell	198	137	253	588
111				
R. Benjamin	242	110		
129				
L. Harreson	181	99	302	585
154				
K. Lapoint	280	115	280	676
Mens Masters				
165				
M. Ferguson	319	2034	401	924
181				
J. DeStefano	462	253	561	1276
198				
J. Ayala	544	330	473	1347
220				
K. Francis	583!	319	643!	1545!
J. Williams	434	286	401	1122
Teen				
14-16				
148				
S. Owen	391*	176	402	968
17-19				
132				
J. Mann	286	209	374	869
198				
J. Bosarge	632	319	572	1518
B. Wong	456	231	522	1210
220				
D. McGrath	600	330	539	1468
SHW				
G. Blakeny	561	275	484	1320
Open				
165				
T. Brinkley	495	314	517	1326
181				
W. Williamson	479	281	539	1298
J. DeStefano	452	253	561	1276
L. Smith	396	314	501	1210
S. Tighe	374	237	424	1034
D. Holmes				
198				
B. Moore	550	319	638	1507
L. Tilley	517	314	550	1381
H. Ritter	500	270	511	1281
220				
J. Graham	742	368	682	1793
R. Hiebert	605	308	478	1391
T. Sirverson	484	308	550	1342
242				
G. Smith	484	258	539	1281
G. Moffett	611	341		
SHW				
R. Smith	638	352	561	1551

! American Masters record. * MS State record. Best Lifters: Thomas Brinkley- Men's Light, John Graham- Men's Heavy, Paula Russell- Women's. Team Champions: 1. Ft. Polk, 2. Rhodes Club Fitness. Meet Director- Doc Rhodes; Judges- Brother Bennet, Ray Hanser, Doc Rhodes, and Robert Hughes; Announcer- Beaux Gex; Scorekeepers- Judee Dedeaux, Kathy Tine, and Mr. Lapoint. Special thanks to Karen, Faith, Thad and Chad Rhodes, Judee and Christian Dedeaux, Andrea Dedeaux, Brother Bennet, Dennis Stanbro, Lynn Page, Frank Venturini, and Bo Madal for their help- admissions, concession, administration, spotting, and loading. Sam Owen, who is a fine young athlete, was the only competitor in the 14-16 age division. Lifting in the 148 lb. class, Sam squatted 391 (for a new state record), and deadlifted 402 to total 968 lbs. In the 17-19 division, James Mann deadlifted 374 to lift his total to 869 in the 132 lb. class. In the 198 lb. class, Joey Bosarge shattered the state squat record with a lift of 632 lbs. He also totaled 1518. Dennis McGrath squatted 600, deadlifted 539, and totaled 1468 to win the 220 lb. class. In the Masters, Mel Ferguson deadlifted 401 and squatted 319 to win the 165 lb. class. Joe DeStefano totaled 1276 to win the 181 lb. class. He had a nice squat of 452 and deadlifted 561. Jose Ayala, lifting in the 198 lb. class, squatted 544 and totaled 1347 to win the division. Karl Francis squatted a new American record of 583 and deadlifted 643, also a new American record. He totaled 1545 to win the 220 lbs. class. In the women's, Paul Russell (104) benched 137 and deadlifted 253. She also totaled 588. Kimberly Lapoint won the 154 lb. class with a total of 676. She squatted and deadlifted 280. In the 129 lb. class, Lynne Harreson deadlifted 302 and totaled 585. In the Open division, Thomas Brinkley (165) totaled 1325 with a 495 squat and 319 bench. Bruce Moore squatted 550 and deadlifted 638 to win the 198 lb. class. Bruce totaled 1507 in his first meet. Johny Graham totaled 1793 to win the 220 lb. class. He deadlifted 682 and had a big squat of 742! Greg Smith totaled 1281 to win the 242 lb. calss. Also in the 242 lb. class, Greg Moffett tore a pectoral muscle. Moffet was leading Smith by 208 lbs. when the injury occurred. In the SHW class, Robert Smith squatted 638 and totaled 1551. (Thanks to Rhodes Physical Therapy for the results of this competition.)

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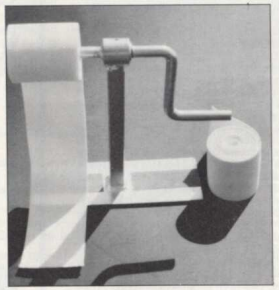

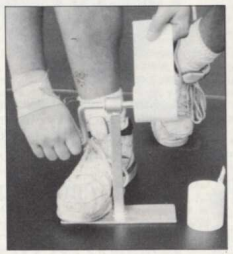

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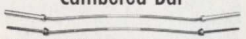

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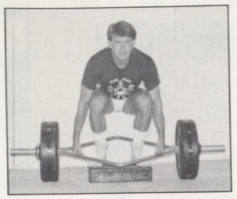

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