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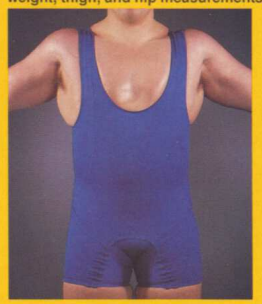

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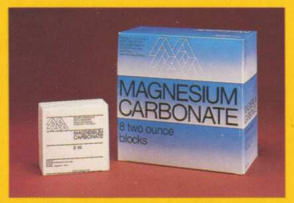

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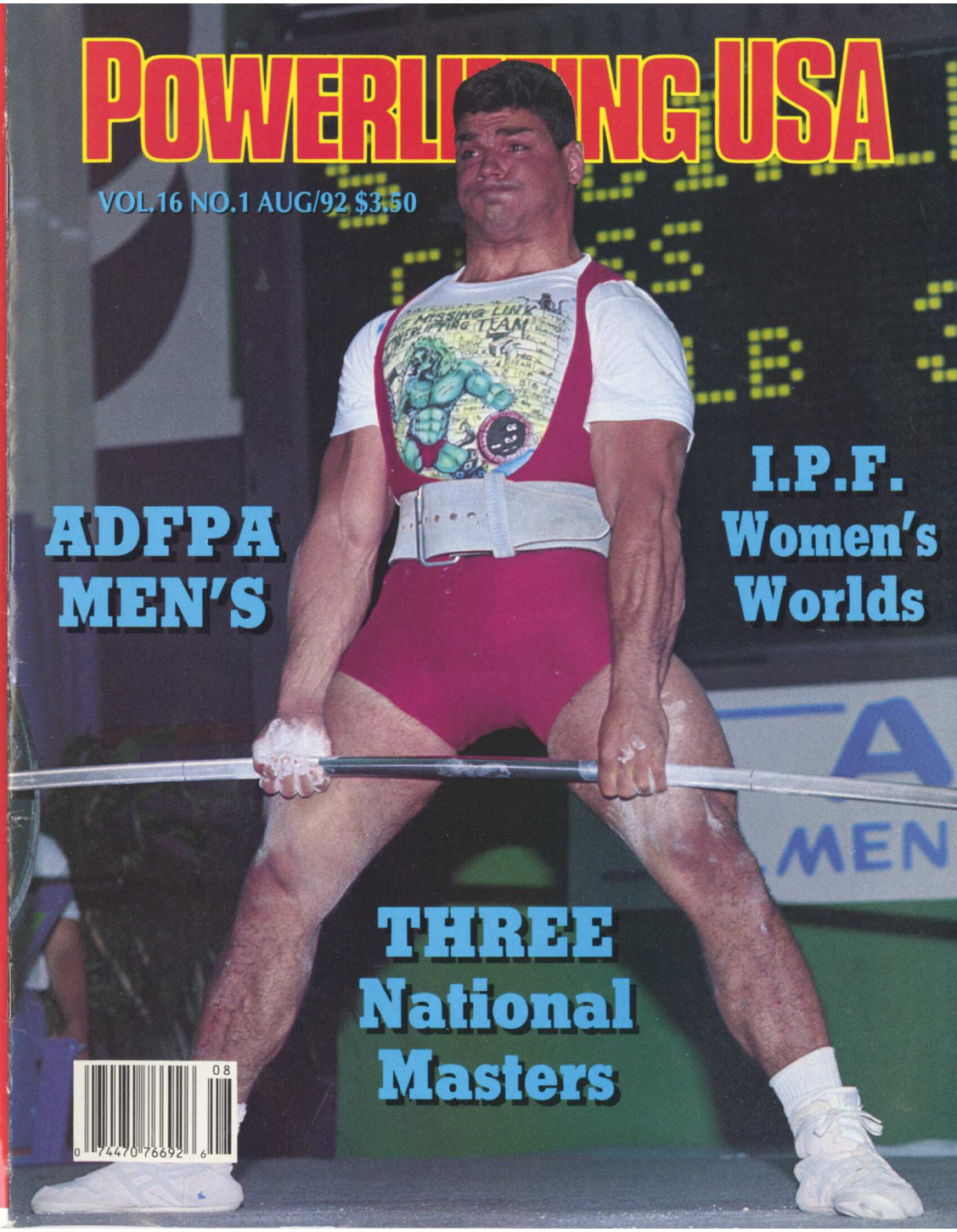

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ON THE COVER... 1992 Champion of Champions at the ADFPA Men's Nationals - Steve Scialpi (Lambert photograph)

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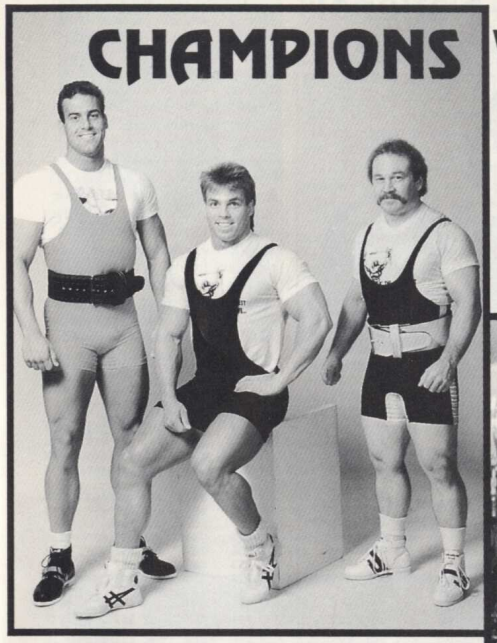

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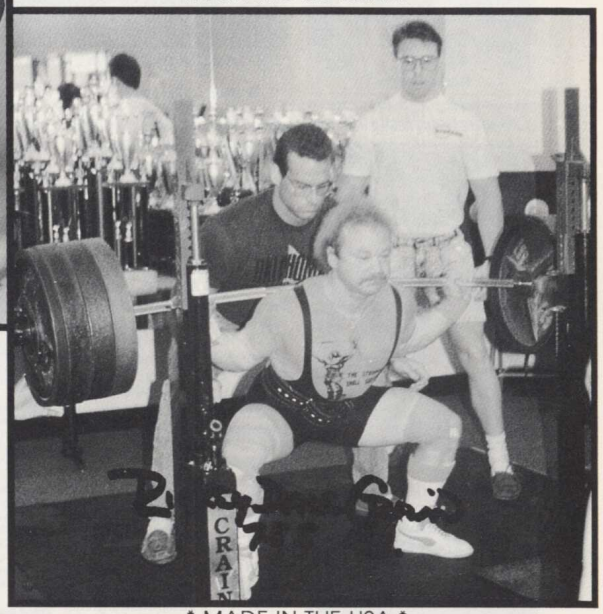

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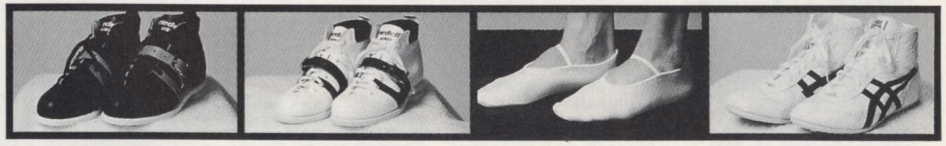

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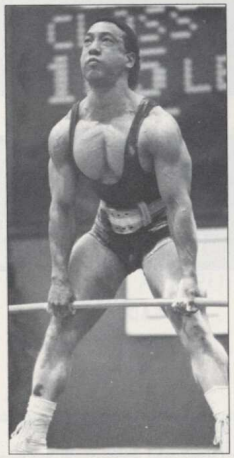
ADFPA Men's Nationals

as seen by PL USA Editor Mike Lambert

***Dave Weiss** pulled an American Collegiate record for the 123 win.*

***Ron Hoff** took the 132 title down the road to Cottage Grove, MN*



***Martin Beavers** came back just in time from a layoff that had been forced by an earlier injury.*

***Winners in the Lightweights** ... Beatty, Kupperstein and Blake (l-r).*

The setting for this year's ADFPA Men's Nationals was the $17,000,000 Moore Lake Racquet, Swim & Health Club facility, one of the legendary Northwest Racquet, Swim & Health Clubs of Harvey Ratner and Marvin Wolfenson, who also happen to own the NBA's Timberwolves. The 13 clubs boast a membership of over 100,000 and have an estimated worth of $180,000,000! Erin Feldges of Northwest Racquet brought the meet to Minnesota and offered such bounty as 13 power racks, completely stocked with bars, weights, etc. for each lifter in a flight to warmup in! The awards were magnificent - a crystal cup, watches, and medallions embedded in acrylic. The "mother" of all scoreboards was rented for the occasion ($1500 a day, plus operator!) and it displayed an incredible amount of information on each lifter. In between lifts, all the meet sponsors got their plugs in. The scale of the place was awesome - they must have had 100 Lifecycles. This site is worthy of a world championship event anytime!

The turnout of lifters was less than hoped for, but there was some hellacious competition. Case in point being the 114s - Keith Borque seemed pre-destined for victory after his powerful American Record squat of 443. He topped his subtotal lead with a PR deadlift, but the pulling power of stock clerk Doan Nguyen was not to be denied. His sensational 468 gave him the win and sent his handlers into celebration. Rushing up to congratulate him was the true sportsman from Louisiana, Mr. Bourque. Special Olympian Andy Leonard had his share of cheers from the crowd.

It came down to the last lift in the 123s, when Henry Garcia couldn't make weight for the 114s and started putting up big numbers in the heavier class, but Dave Weiss pulled the win out with a nice 462.

In the 132s, Minnesotan Ron Hoff showed his previous world championship stuff in running off with the title comfortably, with farm banker Monte Mason just up on Anthony Pallas Jr. of the ubiquitous Missing Link power team, and nuclear medicine technician Mark Mannisto.

At 148, it went down to the wire again for the winner - ADFPA Collegiate multi-record holder Eric Kupperstein, who underweighed the very game Derek Beatty of Virginia. Herb Blake looked strong, and was really just tuning up for the USPF Seniors, where he plans to go 132. Jeff Reinardy came from nearby Cannon Falls (home of the famous Safe Squat Shoe!) to finish 4th, edging Lloyd Weinstein, who had

ADFPA Men's Nationals/6,7 Jun 92/Fridley, MN

	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
114											
D. Nguyen	~~407~~	407	~~435~~	231	248	259	655	435	451	468	1124
K. Borque	385	424	443	209	231	~~242~~	672	413	435	446	1118
A. Leonard	308	~~330~~	330	181	192	~~203~~	523	~~385~~	385	407	931
123											
D. Weiss	~~369~~	391	402	248	259	~~270~~	661	418	457	462	1124
H. Garcia	413	424	446	220	~~242~~	~~242~~	666	418	451	~~457~~	1118
132											
R. Hoff	451	~~468~~	468	264	275	~~281~~	744	457	457	~~479~~	1201
M. Mason	~~429~~	~~429~~	429	253	275	~~286~~	705	429	457	~~473~~	1162
A. Pallas Jr.	~~435~~	435	~~468~~	231	~~253~~	253	688	435	457	~~473~~	1146
M. Mannisto	358	~~380~~	396	259	~~270~~	~~270~~	655	385	413	424	1080
148											
E. Kupperstein	534	~~551~~	551	297	303	308	859	551	567	~~589~~	1427
D. Beatty	473	501	534	314	330	~~341~~	865	534	562	~~584~~	1427
H. Blake	479	507	529	303	325	~~330~~	854	501	540	~~551~~	1394
J. Reinardy	518	~~540~~	~~551~~	242	253	259	777	523	545	573	1350
L. Weinstein	~~479~~	~~501~~	501	286	303	~~314~~	804	507	540	~~589~~	1344
J. Audia	462	485	~~501~~	314	341	~~358~~	826	461	501	~~512~~	1328
V. Jones	~~479~~	~~479~~	~~479~~								
165											
M. Beavers	578	~~595~~	---	396	413	~~424~~	992	523	540	556	1548
E. Hammer	545	~~589~~	600	319	347	363	964	490	529	~~534~~	1493
T. Brady	606	~~633~~	~~633~~	303	314	~~319~~	920	545	~~567~~	~~578~~	1466
R. Hollnagel	512	~~534~~	534	259	275	281	815	551	589	~~611~~	1405
B. Chong	501	~~529~~	~~529~~	297	~~314~~	~~314~~	799	402	---	---	1201
181											
G. Jones	~~655~~	~~655~~	655	396	~~418~~	~~429~~	1052	633	---	666	1719
G. Bloom	551	600	~~628~~	325	336	~~347~~	936	551	595	606	1543
M. Rodacker	534	556	573	347	358	~~374~~	931	545	573	600	1532
S. Friday	523	551	567	391	402	~~407~~	970	529	562	~~578~~	1532
198											
S. Scialpi	683	710	~~727~~	396	418	~~424~~	1129	683	760	782	1912
R. Wagner	760	799	~~810~~	385	402	413	1212	655	~~672~~	~~683~~	1868
D. Holmes	~~633~~	~~633~~	~~633~~								
220											
S. Cain	655	683	705	413	429	435	1140	683	716	~~749~~	1857
W. Wessels	650	677	699	451	~~473~~	~~473~~	1151	650	699	~~722~~	1851
D. Villeneuve	573	600	~~628~~	369	391	~~402~~	992	595	650	683	1675
K. Gillingham	600	~~617~~	~~617~~	391	402	~~407~~	1003	584	633	~~644~~	1636
M. Edelstein	~~611~~	~~611~~	611	385	402	~~407~~	1014	617	~~633~~	~~633~~	1631
D. Carroll	622	~~677~~	~~677~~	~~374~~	~~374~~	~~374~~					
A. Schumieglow	~~633~~	~~633~~	~~633~~								
M. Halterman	~~650~~	~~650~~	~~650~~								
W. Austin											
242											
A. Stewart	~~749~~	~~749~~	749	461	485	~~501~~	1234	704	722	755	1989
R. Donati	683	~~716~~	722	496	501	512	1223	694	722	~~749~~	1945
C. Koehrsen	~~644~~	650	~~683~~	~~402~~	402	~~418~~	1052	694	722	733	1785
G. Grosso	~~677~~	677	~~705~~	~~435~~	435	~~440~~	1113	633	~~655~~	~~655~~	1747
S. Horning	606	661	699	418	435	~~451~~	1135	562	584	~~611~~	1719
B. Washington	633	~~672~~	~~672~~	402	~~424~~	---	1036	600	644	~~688~~	1681
N. Best	633	~~661~~	~~661~~	402	~~435~~	~~435~~	1036	600	611	~~622~~	1647
275											
B. Gjermo	804	854	~~910~~	501	518	~~529~~	1372	699	~~716~~	~~716~~	2072
E. Arnold	~~804~~	804	~~854~~	473	~~501~~	~~501~~	1278	699	~~727~~	---	1978
M. Phillipi	683	722	~~744~~	440	457	473	1195	655	~~688~~	716	1912
B. Gillingham	650	672	683	~~473~~	479	490	1173	677	705	~~727~~	1879
R. Vivier	661	~~683~~	---	~~479~~	479	~~501~~	1140	556	595	~~628~~	1736
D. Rogers	628	672	~~683~~	~~507~~	~~529~~	~~529~~					
SHW											
B. Dempsey	799	837	848	496	523	~~529~~	1372	710	~~733~~	~~733~~	2083
J. Binkowski	749	777	~~793~~	468	~~490~~	~~490~~	1245	650	~~672~~	~~688~~	1895
P. Gisondi	655	~~705~~	705	424	457	473	1179	562	622	672	1851
L. Garro	672	716	~~744~~	~~374~~	---	374	1091	275	---	---	1366
V. Mafuli	777	~~815~~	815	369	~~402~~	~~402~~	1218	~~683~~	~~683~~	~~683~~	
J. Jahn	~~749~~	~~749~~	~~749~~								

***Greg Jones** - a solid win at 181.*

third place on his mind. New York plumber John Audia got more points more Missing Link's cause, and Vincent Jones of Maryland was injured and withdrew.

In the Middleweights, Martin Beavers had been on a training tear earlier in the year, getting ready for the North American Championships, squatting 660x2 weighing 167, but he hurt his back and had to go 2 1/2 months without a squat or deadlift (obviously he did train his bench during that time). He was left with only 10 weeks to prepare for the Nationals and just "felt" his way through his squats and pulls, without the stability he was used to. Eric Hammer squatted nicely to ease into 2nd, but the best squat was by Terry Brady, who hoped for much more. Ray Hollnagel, sometime *PL USA* author, got 4th, and in 5th was Blane Chong, a long time fixture in Hawaii Powerlifting history, now working on medical studies in Minnesota (and his aching back).

30 year old truck driver Greg Jones had a nice total for a 4 attempt day, but the pack behind him had all the fun, fighting for 2nd place, which went - in a popular decision - to a member of one of the Northwest Clubs - fired up Greg Bloom, just ahead of North Dakota's Mark Rodacker and Shawn Friday.

The 198s were a spectacle of power - first Wagner hypnotized the crowd with the ease that he squatted 799 with (somehow 810 would not go!), then Scialpi made up enormous ground in the deadlift to overtake Rob and some besides. Steve went on to pull 800 at a WNPF meet shortly after this meet. For his efforts, he was awarded the Northwest Cup Champion of Champions award for the lifter who exceeds a national record by the greatest margin, a beautiful crystal cup. Hard luck Darren Holmes could not get a squat in.

In the 220s, it shaped up as a battle between powerful Willie Austin, veteran Shawn Cain, and the surging newcomer William Wessels. Austin literally did the splits in the squat rack while warming up and was taken to the hospital in an ambulance (early reports indicate that the injury was muscular in nature and will likely heal up well). Wisconsinite Cain was left to face Wessels, whose lifting has blossomed to some big totals at 220 recently. Some people have written Shawn off because he's been around so long, but when you're making PRs, like his 705 squat at this meet, and his 744 deadlift earlier in the year, it's no time to quit. Wessels was off some of his top lifts of late, and Shawn just measured the distance to insure the win. Villenueve from Vermont was next up, over Karl of the Gillingham Brothers, and local lifter Mitch Edelstein. California State Chairman Doug Carroll did not get a bench locked out satisfactorily, while Schumieglow and Halterman saw too many reds in the squat.

Bull Stewart's wife has another set of twins on the way, which has kept him hopping, and he witnessed Willie Austin's warmup accident, and that took away his appetite for squatting. He got one in, but this is the first time in a while that he hasn't set any records at a meet. He hopes to gear up for the Worlds in Great Britain. Raoul Donati has improved and was not that far behind Bull. Tall Craig Koehrsen led the rest of the field, including Pennsylvania's Gary Grosso and Scott Horning, Maryland State Chairman Brian Washington, and California's Nick Best to the showers.

Compact, Bruce Gjermo let his squats do the talking at 275, over stalwart Eric Arnold, hard lifting Mark Phillipi of Las Vegas, Brad Gillingham of Minnesota, Bob Vivier of Wisconsin, and Deron Rogers of South Carolina, who ripped a bench shirt and couldn't get used to the replacement he came up with.

Plymouth, MA's Bob Dempsey was the solid SHW winner, over collegian John Binkowski, likable Peter Gisondi Jr., Larry Garro (painfully injured in the bench), unlucky Vae Mafuli (who couldn't lock back a deadlift), and the gigantic John Jahn of Florida, who miscalculated his squat attempts.

***Shawn Cain** handled the charge of William Wessels to take the 220s*

***Big Bull Stewart** had to worry about another set of twins on the way!*

***Steppin' Out** with a big squat is 275 class winner Bruce Gjermo.*

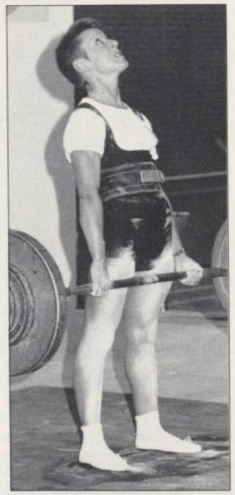
Winner of the ADFPA's special Brother Bennet award this year was jovial Charlie Schroeder of New York. The team championship was won by Missing Link from New York, followed by Team Minnesota. Best Lifters received watches, and the Top 3 on the 1st day of competition (114-181) were Doan Nguyen, Keith Borque, and Greg Jones. On the 2nd day, the winners were Steve Scialpi, Rob Wagner, and Bruce Gjermo.

Patrons of the event include Universal Gym Equipment, Viking Trophies, Paramount Fitness Equipment, Joe DiMaggio's, MedCenters, Advanced Chiropractic, Berne Scale, Subway, Bob Healy, Rick Fowler, Rib Cage, and Holiday Inn. Meet Director Erin Feldges thanks his staff for their efforts, as well as Northwest Director Jerry Noyce, Sol Brandys, and finally his wife Robyn for her support.

***Big Bob Dempsey** - SHW victor.*

IPF Women's Worlds

as told by USA Team Manager Greg Mathias



Helen Wolsey *of Great Britain was the winner at 97 lbs. (Brown photo)*

Claudine Cognac *of France took the 105 lb. class. (Rich Brown photo)*

Mary Jeffrey *was the first winner for the USA - at 114. (Brown photo).*

The ancient city of Ghent, Belgium was the site of the 13th IPF Women's World Powerlifting Championships, held May 28 - 31, 1992. The USA team was comprised of nine of our country's best, some veterans and two first-timers. Nine instead of ten women because our 'star' 165 lb. representative, Tami Dianda injured her knee two weeks before we were scheduled to leave for Belgium. We all missed her cheerful smile and awesome lifting.

Day 1, May 28th: The 44 kg competition was won by Helen Wolsey of Great Britain with a 337.5 kg total. Nathalie Janot from France took second with a 335.0 kg total, and Finland's Leona Jokitalo got the braonce medal with 330.0 kg. USA's Ann Leverett missed making this weight class and quickly tried to eat her way up and regain her strength in the few hours she had.

The 48 kg. gold medal went to Claudine Cognac from France with a 375.0 kg total, followed by Vuokko Viitasaari of Finland, 362.5 kg, and Malou Thill of Luxembourg, 350.0 kg. The USA had two lifters in this class, Ann Leverett and April Delmore. Ann did a nice job and finished 5th, while April showed strong possibilities and took 9th place.

Day 2, May 29th: The 52 kg competition was won in convincing fashion by USA's Mary Jeffrey with a 435.0 kg, thus adding another gold to her resume. Taking the silver was liisa Jurkko from Finland, followed by Solange Monge from France.

The 56 kg class was a real battle to the end between Canada's Joy burt (looking very lean and muscular), and USA's 1991 World Champion Carrie Graffam. In the end, Joy pulled an unbelievable 207.5 world record deadlift to crush the hopes of Carrie. Joy Burt ended up with a 470.0 kg total, Carrie finished with a respectable 450.0 kg's and the bronze went to Spain's Gema Orellana.

The 60 kg competition was yet another close battle for the top three placings. The gold went to Luxembourg's Marion Hammang with a 440.0 total. Competing in her second World Championships, Rachel Mathias from the USA completed only three lifts and totaled 430.0 kg, which added a silver to her 1990 gold medal from Sweden. Third place went to Ingjerd Pytte from Norway, with 427.5 kg.

By the end of the second day, the USA Team accumulated 30 more points to Day 1's 8 points, totalling 38. We were in second place, behind Finland.

Day 3, May 30th: The 67.5 kg class was easily won by Ekatarin Tanakova from Russia with a 497.5 kg total. The silver went to Irmgar Wohlhofler from Germany, 467.5 kg total and Myriam Busselot from host country, Belgium, got third place with a 455.0 kg total.

The 75 kg class was dominated by Sara Robertson, who lives in France but represents the USA. Sara had a 7 for 9 day and totaled 512.5 kg. Belgium's Ingrid Nelis totaled 447.5, followed by Russia's Lariss Tarakanova with 430.0 kg.

At the end of day three, USA gathered 12 more team points, giving us a total of 50. This propelled Team USA into first place over Russia by 7 points.

Day 4, May 31st: The 82.5 kg class was won by Monika Norberg of Sweden with a 465 kg total. Sabine Hermoniers of Belgium and Angelika Moser of Germany took second and third, respectively.

The 90 kg class belonged to New Zealand's Cathy Millen, who looked as awesome as her lifting. She was definitely all show AND all go! Cathy did a world record bench press of 132.5 kg, a world record deadlift of 250.0 kg and totaled a world record breaking 622.5 kg. The real battle in this class was for second place and it came down to the last deadlift. Shelby Corson from the USA beat Germany's Ulrike Herchenhein with a 507.5 kg total to Ulrike's 507.5 kg (Shelby won on bodyweight), an exciting match to the end. Barabara Crocker from USA fell victim to some of the most stringent judging I've ever seen and could not get a squat passed.

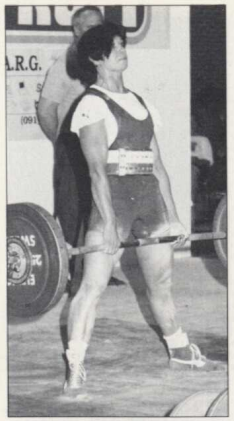
Everyone was glad to see USA's Juanita Trujillo come out of retirement and take the 90+ kg class with a big 560.0 total. Juanita is bigger and better than ever. She was followed by Heidi Munch of Germany with a 492.5 kg total and Je Wencatachellum of France with 475.

Finishing with 63 points, the USA won the team championship among the 20 nations represented by 118 competitors, who set 7 world records.

IPF Women's World Championship
27-31 May 92 - Ghent, Belgium (kg)

	SQ	BP	DL	Total
44 kg				
Wolsey GB	122.5	65	150	337.5
Janot FRA	122.5	67.5	145	335
Jokitalo FIN	135	57.5	137.5	330
Chmundshri IND	122.5	57.5	142.5	322.5
Koskinen FIN	142.5	57.5	120	320
Johnston NZ	122.5	42.5	137.5	302.5
Mridula IND	110	45	117.5	272.5
Somodi HUN	90	52.5	130	272.5
Vybochova CZ	85	45		
Hsu TAI				
48kg				
Cognac FRA	142.5	65	167.5	375
Viitasaari FIN	137.5	72.5	152.5	362.5
Thill LUX	127.5	67.5	155	350
Doncel SPA	120	62.5	167.5	350
Leverett USA	122.5	75	140	337.5
Cameron GB	122.5	67.5	145	335
Sundin NOR	135	60	135	330
Stepanova RUS	125	75	125	325
Delmore USA	117.5	60	137.5	315
Stallaert BEL	122.5	57.5	135	315
Vergezag FRA	107.5	55	132.5	295
Janson GER	107.5	55	112.5	275
Scherpf GER	105	55	115	275
52 kg				
Jeffrey USA	167.5	100	167.5	435
Jurkko FIN	157.5	75	157.5	390
Monge FRA	135	62.5	167.5	365
Wessmann SWE	142.5	77.5	145	365
Bolshakova RUS	140	60	160	360
Nelubova RUS	135	70	145	350
Chen TAI	135	67.5	145	347.5
Pajunen FIN	135q	65	140	340
Sonnhalter LUX	117.5q	72.5	162.5	332.5
Braun USA	125	75	132.5	332.5
Fasulo GER	125	67.5	125	317.5
Sleuyter BEL	107.5	55	142.5	305
Balko HUN	107.5	70	125	302.5
Sverakova CZ	95	50	115	260
Mal IN				
Bricq BEL				
Eschenasy GER				
56 kg				
Burt CAN	172.5	90	207.5	470
Graffam USA	175	85	190	450
Orellana SPA	145	67.5	187.5	400
Marx BEL	155	80	132.5	385
Hoglund FIN	132.5	80	132.5	385
Ivanova RUS	145	75	162.5	382.5
Wang AUS	135	82.5	160	377.5
Cristobal SPA	142.5	62.5	160	365
Jackle FRA	130	75	160	365
Vivijs BEL	140	62.5	162.5	365
Hollis GB	130	80	152.5	362.5
Baron FRA	130	65	165	360
Whittington GB	130	72.5	152.5	355
Huang TAI	147.5	67.5	140	355
Lin TAI	125	62.5	167.5	345
Ornicova CZ	117.5	57.5	127.5	302.5
Heikkala FIN				
Brekke NOR	145			
60				
Hammang LUX	165	92.5	182.5	440
Matthias USA	155	100	175	430
Pytte NOR	172.5	85	170	427.5
Tkachenka RUS	160	85	175	420
Garcia SPA	152.5	75	177.5	408
Blasbery GB	145	72.5	180	397.5
Harms HOL	147.5	72.5	177.5	397.5
Yamagishi JAP	157.5	80	160	397.5
Chen TAI	185	72.5	155	382.5
Andersson SWE	150	70	160	380
Kattan GB	137.5	75	160	372.5
Baranyai HUN	145	67.5	140	382.5
Okuno JAP	120	75	137.5	322.5
Sekotova CZ	85	52.5	117.5	255
Fischenko RUS				
67.5 kg				
Tanakova RUS	200	95	202.5	4975
Wohlhofler GER	177.5	105	185	467.5
Busselot BEL	175	85	195	455
Ceder SWE	185	97.5	172.54	455
Yamasaki JAP	180	100	160	440
Magula RUS	187.5	77.5	1754	440
Sjostrand SWE	160	87.5	182.5	430
Aanesen NOR	182.5	72.5	172.5	427.5
Jamin FRA	160	77.5	175	412.5
Spronk HOL	147.5	82.5	177.5	407.5
Vinje NOR	165	80	160	405
Coppen HOL	147.5	82.5	160	390
Hsu TAI	150	65	157.5	372.5
Lengyel HUN	120			
Nelis BEL				
75 kg				
Robertson USA	195	122.5	195	512.5
Nelis BEL	175	92.5	180	447.5
Tarakanova RUS	160	82.5	187.5	320
v.d.Meulen HOL	170	75	175	420
Harris GB	165	90	160	415
Christiane FRA	175q	65	170	410
Kuronen SWE	160	85	175	410
Moller NOR	170	70	165	405
Richter SWE	147.5	82.5	150	j380
Horvath HUN	140	70	140	350
Frangi ARG	disc			
82.5 kg				
Norberg SWE	185	90	190	465
Hermoniers BEL	175	90	187.5	452.5
Moser GER	190	102.5	160	452.5
Paatelainen FIN	165	92.5	170	427.5
Rantanen FIN	150	95	165	410
Hsu TAI	170	70	167.5	407.5
Saint GB	165	70	167.5	402.5
Frederickx BEL	150	65	180	395
90 kg				
Millen NZ	240	132.5	250	622.5
Corson USA	205	110	192.5	507.5
Herchenhein GER	200	117.5	190	507.5
Chao TAI	202.5	95	162.5	460
Pal IND	155	75	152.5	382.5
Crocker USA				
90+ kg				
Trujillo USA	227.5	122.5	210	560
Munch GER	200	102.5	190	492.5
Wnctchllum FRA	190	85	200	475
Feng TAI	190	80	180	450
Wu TAI	170	75	180	395

Team Championship competition point totals: USA - 63, Finland - 45, France - 44, Russia - 43, Belgium - 37, Sweden - 36, Germany - 36, Great Britain - 33, Chinese Taipei - 31, Spain - 24, Luxembourg - 22, Norway - 19, New Zealand - 17, India - 17, Netherlands - 13, Canada - 12, Japan - 10, Hungary - 6, Austria - 5, Czecho-Slovakia - 3. Best Lifter competition Malone point totals: Burt 431.46, Jeffrey 422.64, Millen 418.25, Tanakova 391.88, Cognac 390.86, Hammang 384.47, Wolsey 381.47, Robertson 372.69, Trujillo 318.41, Norberg 314.10.



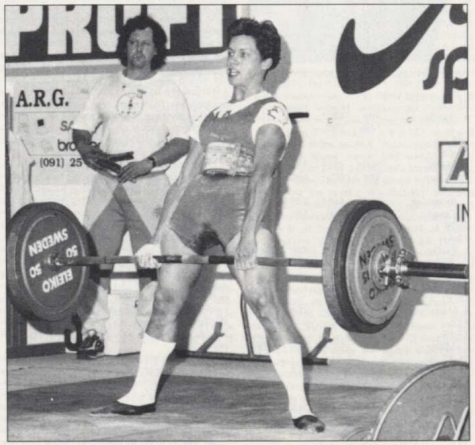
Marian Hammang *of Luxembourg was the winner in the 132s (Brown)*

Ekatarin Tanakova *of Russia was the new Lightweight Champ. (Brown)*

Sara Robertson *took the Middleweights for the USA. (Brown)*

Monika Norberg *of Sweden is the new 181 lb. class champ (Brown).*

Juanita Trujillo *took the Superheavyweights strongly (Mathias photo).*



Champion of Champions - Joy Burt *of Canada pulled a magnificent world record deadlift of 457 to defeat defending world champion Carrie Graffam of the USA (Brown photo). In bitter irony, Joy returned to her homeland to be greeted with an editorial that questioned the validity of powerlifting in general, though not Joy's performance specifically. 'Sports Scene' columnist Robin Short stated "... don't call it a world championship. Just because she outlifts a few lifters from other countries doesn't make her a true 'world' champin. After all, this thing is not even recognized. Heck, it's not even a legit sport in the eyes of the national and international sporting community." Comments regarding Mr. Short's column can be addressed to The Evening Telegram, Box 5970, St. John's, Newfoundland A1C 5X7.*

Team USA would like to thank all our support personnel: Head Coach - Dave Jeffrey, Supporters - Earl Leverett and Bill Shumaker, and especially Stuart Thompson who paid his own way, his services were invaluable.

USA Team: *top row, left to right, April Delmore, Barbara Crocker, Mary Jeffrey, Ann Leverett, Shelby Corson, Juanita Trujillo; bottom, Stuart Thomson, Racheal Mathias, Carry Graffam; missing - Sara Robertson (Mathias)*

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Cathy Millen *of New Zealand was spectacular at 198 (Brown photo).*

A special thanks from the team goes out to our sponsors: Crazee Wear - uniforms; clothing - the WBF, and Sampson & Delilah. Bodacious Boxers provided silk screened uniform logos. Pro-Stretch provided calf stretching apparatus, Spenco Medical Corp. donated cross-training insoles, and Harbinger gave the team great workout bags. A special thank you goes to Ginseng-Up Corp. for their cash sponsorship.

P.S. The team really appreciated Team Manager Greg Mathias' organization of the trip and genuine concern for each and every lifter.

A.P.F. National Masters, Juniors, and Teenage Championships

as seen by PL USA's Herb Glossbrenner

APF National Masters - Teen - Juniors
6,7 Jun 92 - Columbus, OH

Women 40-44	SQ	BP	DL	Total
198				
M. Sternberg	350	175	350	875
Men				
132				
45-49				
J. Addy	340	165	375	880
60-64				
N. Kawasaki	315	225*	375	915*
148				
50-54				
R. Dodson	370*	210	390	970
L. Cramer	350	230	320	900
165				
40-44				
J. Portman	405	290	440	1135
45-49				
J. Wells	415	305	405	1125
J. Kiser	400	270	375	1045
L. Donohue	330	265	390	985
H. Glossbrenner	295	235	225	755
60-64				
R. Phillips	365	230	480	1075
181				
45-49				
F. Wambsgans	545	320	605	1470
50-54				
J. Bayliss	465	300	500	1265
E. Angstrom	425	335	430	1190
60-64				
B. Ramsrud	480*	280*	545*	1305*
198				
40-44				
R. Spill	465	280	485	1230
45-49				
T. Buljat	660	290	590	1540
50-54				
J. Rouse	640	405*	585	1630
	*4th	425		
C. Wuest	420	280	425	1125
55-59				
R. Dalton	345	240	375	960
60-64				
D. Ghareeb	380	245	390	1015
E. McCullough	375	230	350	955
65-69				
L. McCauley	325	350*	515	1190
220				
40-44				
R. Everett	655	380	580	1615
45-49				
V. White	525	350	370	1245
G. Horton	450	320	450	1220
50-54				
R. Hale	505	360	505	1370
55-59				
C. Stevens	350	225	425	1000
60-64				
H. McEvoy	135	135	135	405
242				
40-44				
R. Cornett	850*	465	665	1980
B. Rogers	675	460	660	1795
J. Deverville	645	450	600	1695
45-49				
N. Bolich	560	360	580	1500
50-54				
H. Lemaster	405	225	315	945
55-59				
D. Eakin	425	300	510	1235
E. Anderson	255	375	255	885
60-64				
L. Gesbeck	275	125	350	750
65-69				
D. Rice	250*	180	320	750
275				
40-44				
E. Mohan	675	415	625	1715
G. Burch	635	360	550	1545
45-49				
R. Liss	535	385	525	1445

Rick Cornett *squatted with a monstrous 850 at 242 (Glitt photo)*

Nori Kawasaki *(Glossbrenner photo)*

50-54				
R. Ray Sr.	580	480*	580	1640
	*4th	500		
308				
45-49				
B. Meek	785*	485*	710*	1980*
M. Gruse	590	425	600	1615
50-54				
L. Browning	515*	405*	530*	1450*
B. Coyer	415	280	505	1200
SHW				
40-44				
L. Pestka	625	285	490	1400
D. Biggans	500	285	335	1120
Girls Teenage				
114				
18-19				
S. Moore	225	95	260	580
132				
13-15				
C. Miller	290*	155*	235	680
16-17				
K. Collins	$60	115	215	490
148				
16-17				
N. Patterson	250	115	260	625
Male Juniors				
20-23				
123				
E. Gregg	320	170	370	860
220				
T. Pastorello	475	inj	- - -	- - -
242				
R. Ray, Jr.-BL-	625	460	570	1655
275				
J. Orick	625	460	525	1610
Male Teenage				
114				
13-15				
S. Kovaskitz	225	140	280	645
16-17				
M. Kinsell	305	210*	330	845
123				
18-19				
M. Hartman	450	245	470*	1165
132				
16-17				
J. Dean	330	210	365	905
18-19				
B. Rapp	390	240	455*	1085
148				
16-17				
M. Koekemoer	460	250	440	1150
T. McIntosh	355	185	365	905
18-19				
R. Celli	430	315*	470	1215
	*4th	330		
C. Bates	490	285	425	1200
C. Stonebraker	485	245	465	1195
N. Paczkowski	455	205	405	1065
165				
13-15				
J. Jobe	250	150	350	750
16-17				
D. Benton	340	200	400	940
18-19				
P. Murphy	380	230	390	1000
181				
16-17				
R. Jones	430	245	375	1050
220				
18-19				
D. Benton	555	380	635	1570
242				
13-15				
J. Stout	300	200	375	875
18-19				
M. Rowland	665	420	600	1685
J. Grove	650	385	600	1635
275				
18-19				
B. Weide	520	330	525	1375

Man Mountain Dean Glitt had a nagging shoulder injury which kept him from lifting in his own meet. Instead he channeled his energy into a brisk lively gait, scurrying here and there attending to the smallest detail. The 330 pounder from Circleville, Ohio chose the beautiful Holiday Inn located just off I-70 in Columbus, OH as the meet site for the APF National Master, Juniors and Teenage Championships. A potpourri of the nation's strongest oldsters and youngsters converging in the two day event made a weekend of serious competition, camaraderie and fun.

An untimely hamstring pull a couple of weeks earlier nullified my hopes of a good comeback in powerlifting after devoting my time to winning 10 US Master and Veteran overhead titles as well as the unforgetable experience of winning the World Masters in Puerto Rico back in 1987. I learned the hard way that two months is not enough time to prepare after such a long hiatus from the premier 'strength' sport. I did however enjoy the reunion of my former Central Indiana teammates and was elated to see my friends Hale and Everett win championship titles.

There were, of course, humorous moments. Could you believe my audacity to challenge Mike Dishman, a 340 pounder with a 62 inch chest to a taco eating contest? The big bouncer from New Castle, IN looks like a Luke Iams reincarnated with a disposition like a pet grizzly and a heart as big as all outdoors. Larry McWhorter, deadlifter extraordinare, yearned to compete here but he was a few years shy. He did manage, with the help of Dishman, to get into my lifting suit. Wayne Marlow, 1 year shy of Masters competition with 215 lbs. of beef on the hoof, couldn't get my suit over his knees. Ronnie Ray the Texan beefeater, accomplished the impossible and got into a size 28. Yes, it fit his thigh perfectly.

Backstage visitor 4' 4" Phil Hile confided in me that he thought he was the 'cutest' of all the famous powerlifting dwarfs. Phil talked of Russian - Zhuravliev's 1251 quantum leap in winning the 114 European title and also informed me that 16 year old Viet Tran who scored 1200 at the NASA Natural Nationals was now 123. Phil made history when he won powerlifting's version of the "triple crown" - the USPF, APF and ADFPA National 114 titles in the same summer.

Jo Ellen Glitt took me under her wing and tolerated me being a scoretable nuisance which made it much easier keeping updated despite twice being informed the previous day that the big wall scoreboard provided that information. Flamboyant Maris Sternberg handled the mike in her usual energetic and encouraging manner. If

Mr. & Mrs. Ron Everett*... married at the '91 APF Worlds in Las Vegas.*

Bill Ramsrud *was one of the big record setters (Glossbrenner photos)*

Elvira is 'mistress of the dark' then most certainly Maris is the first lady of APF powerlifting.

This time Ernie Frantz remembered who I was and wife Diane, always with a smile, kept steadfast vigilance at their Frantz products and equipment table. Ernie kept busy and even videotaped the event which will be available for individual purchase at a later date. Straps for the deadlift, on an experimental trial basis were allowed for the Masters but 'anti-gravity belts' were banned. Some took advantage and used them, others didn't. The officials were most encouraging to the lifters and they responded with that little extra effort which in turned made the white lights flash bright and often.

Someone forgot to tell leviathan Super-Dennis Biggans about the all-you-can-eat buffet at Ponderosa. He chowed down elsewhere, paid considerably more, and went to bed hungry!

The huge trophies stacked on two corner adjacent tables were undoubtedly the catalyst providing the inspiration for many top performances.

A new item of P/L equipment was given its first trial run. Ray Madden, a fine master powerlifter in his own right, put his creation to the test. It was designed to eliminate stepping back and setting up in position with the bar. This presents no problem for some, but is difficult for others. The main intent is to conserve the lifters energy saving time and preventing further adjustment under the weight. The MONOLIFT bar supports swing back inward out of the way after the bar is lifted upward with feet positioned beforehand thereby getting a quicker signal to start and descend. The inventor designed it with the intention to benefit the lifter and not to be a detriment. Some are open to new ideas and while others do not respond positively to change. Only time will tell if it catches on in popularity.

I might add the spotters did an extraordinary job during the competition. They were alert and prevented possible injuries. If there were any errors in loading I was not aware of it.

Maris was the only lady master lifter. She was well off her world records but suited up, took token lifts and once again emerged a winner.

Pennsylvanian John Addy unopposed took the 45-49, 132 title. John was upstaged (as so were many others) by 63 year old Nori Kawasaki. Ten years ago the 131 pounder suffered nerve damage from jogging. The condition may well have been triggered by jumping out of airplanes while he was in the Army's 508th Airborne Division. Nori limped quite noticeably without the crutches he normally uses. Once he was on the platform he became an entirely different person. He smashed no less than 5 WRs starting with a 315 squat. Twice, like a Kamikaze pilot he dropped down with 335, but couldn't recover. He upped his BP world record to 225 and came close to Joe Liberatore's deadlift mark with his 375 3rd. His 915 total busted the old record by 18.5 lbs.

Only the 50-54 group were represented in the 148's. Russ Dodson of Ohio challenged world champ Les Cramer and emerged the victor. Les moved the bar up from mid-back in the warm-up area to the proper position and got a nice 350 out on the platform. Dodson lost a little ground to the former 'POWERMAN' editor on the bench, but maintained a 15 lb. advantage going into the deadlift. Unable to catch him Les took a token 320 for 2nd while Russ went on to pull 390. Cramer, among others, entered a bid for these championships next year in sunny Florida.

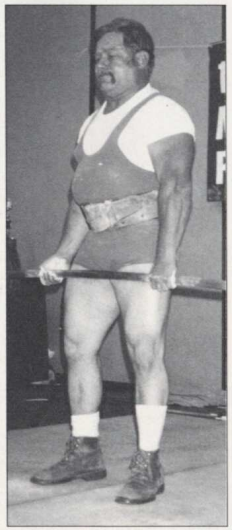
44 year old Portman of Kentucky sure was lucky, no one showed up to contest him, so he got the 40-44, 165 win. Jerry Wells of Dayton, OH, always a good bencher, had improved his other lifts with unrelentless persistence over the past 20 years and was an easy winner. Kiser of Virginia beat another home state lifter Donahue for runnerup in the 45-49's. Ross Phillips (60-64) was the 165 winner and even tried a 3rd attempt 510 WR deadlift. Shades of Roy Mason!

The '81s featured some impressive fellows. Fabian Wambsgans made a whopping 1470 which included a simply hellacious 605 DL. No-shows Bob McKee and John Varrone may have pushed him into making the big 635 he missed. West Virginian Bayliss, 52, had a tight battle with Ed Angstrom, another Ohioan, until he blew it wide open with his 500 DL. Looking more like a reserved Southern gentleman with a major role on TV soap 'Dynasty' Bill Ramsrud, 63 from Bend, Oregon, blew the 60-64 APF Masters Records to smithereens. He kept his nervous energy in control just like Ed Coan and unleashed it on the barbell. His 1305 result earned him the 'Master of Masters' title along with his win. Descriptive superlatives fall short of his magnificence.

Next came the 198's. Rick Spill missed only once in his nine attempts and carried the 40-44 bracket championship back to 'ole Virginy. Tom Buljat, 45, realized the Ernie Frantz records were out of reach, but his 1540 was never the less impressive and he tried weights that could have boosted his total 120 lbs. more. At 50-54, Chicagoan Jim Rouse had the highest numbers and elite credentials to back them up. He squatted big and then posted a WR 425 BP on a 4th. Jim still holds the IPF 165 class WR bench at 479.5 set over a decade ago. He must have been pleased with his 1630 total here because every time I saw him he was grinning like a Cheshire cat! Charlie Wuest took 2nd place honors back to the Big Apple and is no doubt by now 'spreading the news'.

Ray Dalton of Ohio earned the win at 55-59 while Don Ghareeb battled Eugene McCullough at 60-64. The 61 year old Arizonan came up wanted until the barbell was on the floor and then hauled up his first place trophy. Larry McCauley squatted only as a formality and then went to work on the bench. He blasted up 325 and 350 for world records and even dared to storm 385! He proved he is no slouch on the deadlift hoisting 515 and getting the nod from ref Pickleheimer.

The 220's had their share of burly beefers. Nobody wanted any part of powerhouse Ron Everett. He had his share of supporters who train at his gym in Daleville, IN. spurring him on.'On' he was. His squats looked effortless taking them deep into the hole and exploding upward as though the plates were made of aluminum. His 655 3rd looked so easy 700 would have undoubtedly been a 'piece of cake'. He made three benches in rapid succession the last of which indicated the power for at least 20 lbs. more. 550 and 580 deadlifts were easy and would have undoubtedly made his day nine for nine except he



Ron Hale *pulling in another National title (Glossbrenner photo)*

Mark Hartmann *(Dean Glitt photo)*

got his grip off with 600 and it tilted and stopped halfway up. His 1615 sum was warmly received and richly deserved, earning him the 40-44 crown. Vince White the rotund 48 year old from WV reminds you of R2-D2, the compact robot of Star Wars fame. He won at 45-49. Ron Hale was the Sr. National Champ back in 1969, Number 1 in the USA then at middleweight, and came real close to becoming the first middleweight to officially bench 400. A phone call to Buddy Duke in Adel, GA before he left Indiana gave him the inspiration to get him real fired up. He enjoys his wife Barbara's excellent cooking and twanged the scales weighing in at 203.2 (a personal best). He seemed a bit disgrunted with he could chew with his big jumps in the squat. He became the meet's only 'fatality' and was unable to continue after injuring himself. There were two extremely strong 22 year olds in Ronnie Ray Jr. of Texas and Jason Orick of Anderson, Indiana. Ray who inherited his father's strength genes has a father any aspiring young lifter would be proud of. He lifted perfectly just like his dad and squatted 625 deep and strong and rammed up 460 in the bench as well. At 236 he is a chip, or rather I should say 'chunk' off the ole block. Orick came in at 270 and wore his colorful 'SUPERMAN' T shirt to squat. He was able to back it up with a best of 625 then traded off with Ray and made 460 bench also. He had grip problems deadlifting and after getting some experienced advice from the ole master himself - Ernie, finally got 525 on his do or die third.

The girls teen turnout like the Juniors was light. There were only four and in different age and weight brackets. Thereby they all went home a winner. Stacie Miller at 19 was the smallest at 114. Cute as a china doll she pulled a good 260 in the deadlift equal to Natalie Patterson's winning effort at 148. Karen Collins attempted a 125 bench record but missed while the youngest of them all Candy Miller set World Records with her 290 squat and gutsy 155 BP at 131 bwt.

Along came the teen boys. A determined bunch they were, working hard for their lifts and receiving good support from the enthusiastic crowd. Seth Kovaskitz, the youngest at 14, came from Tennessee and lifted like an ole pro. He got all worked up to pull his 280 3rd, which he did. Matt Kensell, 16, took a nice set-up arch but raised his hips with a 205 WR try. Undaunted he increased to 210 and made a good lift. The majority of the participants deadlifted more than they squatted which in my opinion shows true strength and is what the body is mechanically designed to do.

Ohioan Mark Hartman, 19, won the best lifter award for his excellent 1165 total at 123 and put the final decoration on his victory cake with a WR 470 DL which used every last bit of his energy. Further tries with 480 stalled.

Stonebreaker, 19, was in tough company in the 18-19 148 group. Some great competition. He made a valiant effort to win with 490 DL but failed and settled for 3rd. Chad Bates used his big 490 squat and 285 bench to take a commanding lead going into the final lift. Ryan Celli came out on top with a tieing 455 DL winner then pulled the biggest DL of the trio - 470! Celli was a bench pressing machine and broke the mark three times. He had an impressive cushion for pushin' and made a determined 330 on a 4th.

Hoosier Pat Murphy, 18, had some experienced coaching and wisely avoided the aforementioned trio, weighing 151. He jumped to 390 DL after a 365 miss on balance and scored his first 1000 total, not bad for only 6 months lifting. His parents were there to share the pride of his accomplishments.

Danny Benton 220, 18-19, chalked up a good 1570 and had the biggest deadlift of the whole day - 635! Jon Grove took on Mark Rowland at 242. They both weighed in almost identically in bodyweight. Mark was up 50 lbs. after the bench. He maintained that margin through the deadlift records before Brian mounted the platform. In fact, the most difficult task for Meek was wedging his massive shoulders comfortably under the Monolift! Larry Browning and Bob Coyer made it one-two at 50-54

Next came the supers. A couple of leviathans they were indeed! Lee Pestra, a petite 324, squatted well but with a severe shoulder injury benched light and cautiously. If that wasn't bad enough he got a severe cramp in his left thigh and kept the ice bag on it until he pulled a careful 490 to give him 1400 and most importantly the win. The runner-up was a newcomer - Dennis Biggans (a most appropriate name as he was indeed unquestionably a big 'un!) tipped the scale beams at 390.5. I wouldn't venture to guess what size lifting suit he wore, but it was undoubtedly a severe test for the strength of the Frantz fabric. He looked more comfortable when lifting than when sitting down. I am sure we will see more of this big guy. Whew!

Second Day - The Juniors and Teenagers.

The 'Junior' division had only four participants. This is the APF classification for those from age 20 (no longer a teenager) through age 23. This is not meant to take away from the fine performance of these individuals, but it is an unnecessary division and should be dropped immediately. The early twenties is 'prime time' for young improving powerlifters and they are fully capable of competing with adults. This was tried twenty years ago with overhead lifting and found to be unnecessary there as well. Think about it! I can really see no use for a 308 class either. Twelve classes is too many. There are not enough good supers around anymore to make this category practical. This is only my opinion.

Eric Gregg, 21, was light in the 123's and will continue to show marked improvement as he grows and gains more bodyweight. Tony Pastorello also 21 at 220 bit off a bit more than he could chew with his big jumps in the squat. He became the meet's only 'fatality' and was unable to continue after injuring himself. There were two extremely strong 22 year olds in Ronnie Ray Jr. of Texas and Jason Orick of Anderson, Indiana. Ray who inherited his father's strength genes has a father any aspiring young lifter would be proud of. He lifted perfectly just like his dad and squatted 625 deep and strong and rammed up 460 in the bench as well. At 236 he is a chip, or rather I should say 'chunk' off the ole block. Orick came in at 270 and wore his colorful 'SUPERMAN' T shirt to squat. He was able to back it up with a best of 625 then traded off with Ray and made 460 bench also. He had grip problems deadlifting and after getting some experienced advice from the ole master himself - Ernie, finally got 525 on his do or die third.

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90% of these teenagers qualified to participate later this year in the WPC Jr. Worlds in South Africa. This is an opportunity of considerable financial burden to the qualifiers with the APF Treasury a bit low to cover their travel expenses. It does present a most exciting and rare opportunity to see some beautiful country and travel to exotic foreign shores. Those who can afford it or even sacrifice a bit to make the trip will find it an experience of a lifetime!

In retrospect, I give a thumbs up to Dean Glitt, a generous, warmhearted and most unselfish individual. He undoubtedly made many personal sacrifices and worked many long hours seeing to every detail to make this a meet to be remembered. This included a selection of outstanding awards - a welcome addition to any athlete's trophy shelf. A local TV station was there to cover the event the second day, and there was also good pre- and post-meet newspaper publicity. I thank Dean for the hospitalities extended me and to Mrs. Glitt who also gave unselfishly of her time to do a terrific job at the scoretable. The loaders and spotters were exemplary in the execution of their duties. I think the day before weigh-in is an excellent idea and certainly prevents the strain and discomfort of making weight more rewarding when you get to eat and get a restful night's sleep before.

I might suggest that an extra pair of squat stands in the warmup area would have made warming up less of an ordeal. The warm-up area should have been in a larger, less congested area. The people are unquestionably the finest in the APF, an organization that is truly for the athlete. Perhaps too much so ,if there is such a thing. I felt the officiating was most consistant, but perhaps a bit too lenient. I feel the idea of allowing straps for the masters in the deadlift is ludicrous and should be immediately abandoned. No records should be considered by this method and the idea to have two sets of deadlift records, with or without should be immediately dismissed. Let's keep things from getting ridiculous. Strength is something to be cherished and not made a mockery of. There are enough supportive aids in powerlifting as it is without allowing straps. What will come next if this continues, having the spotters 'assist' the lifter up through the sticking point? C'mon...!

Next year we may end up in sunny Florida or even in the Bronx. Wherever it may be, count on one thing - I'll be there! *Herb Glossbrenner*

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Mr. & Mrs. Dean Glitt *- The Meet Directors (Herb Glossbrenner photo)*

POWERLIFTING USA MAGAZINE TOP 100

275 lb./125 kg.

for USA lifters competing June 1991 to May 1992

	SQUAT	BENCH	DEADLIFT	TOTAL
1	942 Karwoski, K...7/28/91	670 Lain, K...4/25/92	840 Chaillet, M...3/15/92	2248 Warman, S...11/21/91
2	920 Warman, S...11/21/91	640 Tokarski, C...4/12/92	826 Warman, S...11/21/91	2182 Karwoski, K...7/28/91
3	910 Lowe, G...3/28/92	620 Collins, H...12/14/91	804 McDonald, F...9/29/91	2120 Lowe, G...3/28/92
4	845 Gjermo, B...4/11/92	600 Robinson, G...11/9/91	804 Wohleber, D...4/11/92	2105 Villanucci, V...7/6/91
5	837 Arnold, E...6/23/91	580 Isaac, T...2/1/92	771 Villanucci, V...7/6/91	2100 Chaillet, M...3/15/92
6	837 Santos, J...7/28/91	575 Nichols, D...5/2/92	765 Boucher, P...11/23/91	2100 Nichols, D...5/2/92
7	835 Chaillet, M...3/15/92	573 Gaittana, B...3/14/92	765 Nichols, D...5/2/92	2095 Gjermo, B...4/11/92
8	826 Nichols, B...3/5/92	565 Brown, K...9/22/91	760 Ufford, K...11/2/91	2055 Pool, D...12/28/91
9	821 Leiato, A...2/29/92	565 Nimmons, S...12/7/91	760 Lowe, G...3/28/92	2050 Santos, J...7/28/91
10	821 Wohleber, D...4/11/92	556 Mallard, D...3/14/92	755 Ashton, M...2/1/92	2039 Arnold, E...6/23/91
11	821 Schott, T...4/14/92	555 Leiato, A...11/23/91	744 Smith, G...8/17/91	2039 Knowlton, K...7/6/91
12	815 Castro, T...10/6/91	555 Pool, D...12/28/91	735 Gjermo, B...4/11/92	2035 Boucher, P...11/23/91
13	815 Sempek, J...3/28/92	555 Berube, D...4/25/92	733 Knowlton, K...7/6/91	2035 Leiato, A...11/23/91
14	810 Borden, D...7/6/91	550 Flowers, E...11/9/91	733 Santos, J...7/28/91	2030 Malchow, K...9/28/91
15	810 Foreman, R...8/24/91	550 Harris, C...12/14/91	727 Karwoski, K...7/28/91	2011 McDonald, F...9/29/91
16	810 McDonald, F...9/29/91	550 Rogers, D...2/1/92	727 Martin, B...12/14/91	2000 Ashton, M...3/14/92
17	810 Florio, J...3/15/92	550 Ugapo, T...2/1/92	725 Rainey, J...6/22/91	2000 Ufford, K...3/21/92
18	805 Malchow, K...9/28/91	550 Miller, E...3/14/92	725 Reeves, J...3/21/92	1995 Borden, D...7/6/91
19	805 Righetti,...12/91	550 Naperkowski, J...5/2/92	722 Borden, D...7/6/91	1995 Wohleber, D...4/11/92
20	804 Knowlton, K...7/6/91	545 Tuulaupua, P...3/21/92	722 Kretsch, B...11/23/91	1973 Faamausili,...10/13/91
21	804 Soto, G...7/6/91	545 Shuman, B...3/21/92	716 Arnold, E...8/17/91	1950 Reeves, J...3/21/92
22	804 Villanucci, V...7/6/91	540 Green, M...10/20/91	710 Shaw, D...6/29/91	1945 Edmiston, S...3/5/92
23	804 Faamausili,...10/13/91	540 Rogers, J...3/8/92	710 Burwell, C...12/7/91	1945 Tate, D...4/25/92
24	800 Boucher, P...11/23/91	535 D'Arczo, A...4/25/92	705 Soto, G...7/6/91	1940 Gilespie, B...11/9/91
25	800 Pool, D...12/28/91	534 Burrell, D...7/27/91	705 Russell,...9/21/91	1925 McCants, R...1/25/92
26	800 Moore, B...3/28/92	534 Fletcher, C...10/12/91	705 Malchow, K...9/28/91	1918 Nichols, B...3/5/92
27	793 Fields, G...12/14/91	534 Tolbert,...5/16/92	705 McCants, R...10/5/91	1915 Fields, G...12/14/91
28	780 Kamman, B...7/19/91	529 Villanucci, V...7/6/91	705 Wetzel, M...11/2/91	1910 Kamman, B...7/19/91
29	775 Gillespie, B...11/9/91	525 Miller, D...6/22/91	705 Roberson, G...11/8/91	1910 Fiorio, J...3/15/92
30	775 McCants, R...1/25/92	525 Siegler, M...8/10/91	705 Edmiston, S...3/5/92	1906 Burwell, C...12/7/91
31	775 Tate, D...4/25/92	525 Lamy, T...2/29/92	705 Becker, L...3/5/92	1906 Mallard, D...3/14/92
32	771 Moller, J...3/7/92	523 Lewis, E...11/2/91	705 Thompson, K...5/2/92	1901 Schott, T...12/7/91
33	771 Paton, J...3/22/92	520 Aumiller, C...7/27/91	705 Reeves, M...5/3/92	1901 Paton, J...3/22/92
34	766 Edmiston, S...3/5/92	520 Malchow, K...9/28/91	705 Minter, I...5/15/92	1901 Minter, I...5/15/92
35	766 Ashton, M...3/14/92	520 Butler, M...10/19/91	700 Gillingham, B...10/26/91	1900 Moore, B...3/28/92
36	760 Allen, T...3/5/92	520 Toranzo, J...12/15/91	700 Pool, D...12/28/91	1895 Soto, G...7/6/91
37	760 Mallard, D...3/14/92	520 Sullivan, S...12/21/91	700 Steen, R...5/2/92	1884 Shuman, B...6/23/91
38	760 Nichols, D...5/2/92	520 Given, R...2/1/92	700 Davis, W...5/3/92	1884 Thompson, K...6/23/91
39	750 Coachman,...6/91	520 Crowley, D...2/22/92	694 Wheatley, J...11/2/91	1879 Moller, J...3/7/92
40	750 White, J...10/26/91	520 Reeves, J...3/21/92	690 Sanders, B...2/28/92	1875 Barno, D...3/7/92
41	750 Damond, J...12/7/91	520 Messenger, J...4/25/92	688 St Victor, J...8/7/91	1873 Meek, B...12/7/91
42	750 Nickens, L...2/1/92	520 Villagomez, P...5/17/92	688 Miller, D...3/5/92	1873 Martin, B...12/14/91
43	750 Brick,...2/22/92	518 Moller, J...3/7/92	685 Duggan, J...10/26/92	1870 Wetzel, M...11/2/91
44	750 Miller, D...3/1/92	515 Ufford, K...3/21/92	683 Saroka, J...8/17/91	1862 Foreman, R...8/24/91
45	750 Long, J...3?1/92	515 Gjermo, B...4/11/92	683 Stoughton, S...11/23/91	1860 Hernandez, C...9/28/91
46	750 Blank, R...3/28/92	512 Karwoski, K...7/28/91	683 Patterson, R...1/19/92	1860 Lavarro, L...11/2/91
47	749 Burwell, C...12/7/91	512 Beeler, F...12/14/91	683 Paton, J...3/22/92	1860 Brick,...2/22/92
48	749 Smith, J...12/14/91	512 Adamovich, D...3/21/92	680 Seagraves, R...5/9/92	1860 Blank, R...3/28/92
49	749 Rech, E...2/15/92	510 Lavarro, L...11/2/91	677 Israelson, M...7/6/91	1857 Kretsch, B...11/23/91
50	744 Machin, C...4/4/92	510 Tate, D...5/16/92	677 Romey, C...12/7/91	1851 Allen, T...3/5/92
51	738 Ricafrente, D...10/8/91	507 Faamausili,...10/13/91	677 Phillipi, M...5/17/92	1851 Tolbert,...5/16/92
52	736 Cooper, R...11/9/91	507 Lucci, T...3/21/92	675 Childer, K...7/27/91	1850 Coachman,...6/91
53	735 Hernandez, C...9/28/91	505 Russell, B...6/11/91	675 Failla, R...11/2/91	1846 Chambers, J...11/8/91
54	733 Shuman, B...6/23/91	505 Rice, T...9/9/91	675 Jones, V...3/29/92	1840 Israelson, M...7/6/91
55	733 Roberson, G...11/8/91	505 Bell, S...10/19/91	672 Chambers, J...11/8/91	1840 Gillingham, B...10/26/91
56	733 Meek, B...12/7/91	505 Gillespie, B...11/9/91	672 Gruse,...11/21/91	1825 Vivier, R...4/11/92
57	730 Fernandez, M...8/10/91	505 Robinson, R...5/10/92	672 Meek, B...12/7/91	1818 Phillipi, M...5/17/92
58	727 Israelson, M...7/6/91	501 Knowlton, K...7/6/91	672 Springer,...1/25/92	1815 Miller, D...3/1/92
59	725 Barno, D...3/7/92	501 Chambers, J...11/8/91	670 Moore, B...3/28/92	1813 Ricafrente, D...10/8/91
60	725 Ufford, K...3/21/92	501 Warman, S...11/21/91	670 Tate, D...4/25/92	1813 Smith, J...12/14/91
61	725 Reeves, J...3/21/92	501 Ashton, M...3/14/92	666 Dimiduk, M...6/26/91	1810 Wheatley, J...9/21/91
62	722 Thompson, K...6/23/91	501 Cassetta, E...3/22/92	666 Rech, E...2/15/92	1810 Rainey, J...11/9/91
63	722 Kretsch, B...11/23/91	501 Davis, E...5/9/92	666 Foreman, R...3/5/92	1807 Becker, L...3/5/92
64	722 Crayton, J...2/1/92	501 Clayton,...5/23/92	665 Carver, G...6/1/91	1805 Bell, S...10/19/91
65	722 Minter, I...5/15/92	500 Clark, D...6/1/91	665 Leiato, A...11/23/91	1805 Duggan, J...10/26/91
66	720 Ambrosino, P...10/13/91	500 Husted, R...11/17/91	661 Brink, G...6/29/91	1805 Weaver, R...2/1/92
67	720 Pape, C...3/14/92	500 Lee, G...12/1/91	661 Faamausili,...10/13/91	1805 Sanders, B...2/28/92
68	720 Davis, G...5/24/92	500 Hammonds, D...2/8/92	661 Smith, J...12/14/91	1805 Seagraves, R...5/9/92
69	716 Becker, L...3/5/92	500 Johnson, J...2/22/92	660 Kamman, B...7/19/91	1802 Roberson, G...11/8/91
70	710 Bailey, D...6/26/91	500 Blanks, C...2/22/92	660 Gillespie, B...11/9/91	1802 Crayton, J...2/1/92
71	710 Wheatley, J...9/21/91	500 Barno, D...3/7/92	660 Machin, C...11/17/91	1802 Rech, E...2/15/92
72	710 Wetzel, M...11/2/91	500 Skiver, T...3/7/92	660 Smith, E...2/1/92	1802 Machin, C...4/4/92
73	705 Irby, M...8/24/91	500 Bellino, J...3/8/92	660 Jelinek, B...3/14/92	1800 Rogers, D...2/1/92
74	705 Adams,...10/26/91	500 Vivier, R...4/11/92	655 Culnan, S...6/23/91	1800 Long, J...3/7/92
75	705 Halliday, T...3/14/92	490 Arnold, E...6/23/91	655 Irvine, J...11/21/91	1785 Springer,...1/25/92
76	705 Bergeron, J...3/15/92	490 Bernal, N...8/10/91	655 Nickens, L...2/1/92	1785 Ugapo, T...3/29/92
77	705 Jones, V...3/29/92	490 Howard, T...11/23/91	655 Barkman, M...3/14/92	1780 White, J...10/26/91
78	700 Walker, R...8/10/91	490 Bryant, C...1/25/92	655 Mahoney, T...3/15/92	1775 Damond, J...12/7/91
79	700 Dimiduk, M...10/5/91	490 Higgins, T...2/9/92	650 Franek, E...6/8/91	1775 Castro, T...5/17/92
80	700 Lavarro, L...11/2/91	490 Brick,...2/22/92	650 Knight, S...6/22/91	1770 Nettles, D...12/28/91
81	700 Weaver, R...2/1/92	490 Pecararo, F...2/23/92	650 Coachman,...6/91	1765 Dimiduk, M...10/5/91
82	700 Vivier, R...4/11/92	490 Saunders, C...3/21/92	650 Brown,...8/14/91	1765 Failla, R...11/2/91
83	690 Sanders, B...2/28/92	490 Seagraves, R...5/9/92	650 Bowman, N...9?7/91	1765 Mahoney, T...3/15/92
84	683 Pledger, J...9/21/91	485 Gillingham, B...8/10/91	650 Hanselman, C...10/6/91	1760 Jenkins, E...12/28/91
85	683 Romey, C...12/7/91	485 Harris, T...9/20/91	650 Bell, S...10/19/91	1760 Smith, E...2/1/92
86	683 Britton, J...3/5/92	485 Hernandez, C...9/28/91	650 Knicely, R...10/19/91	1760 Bergeron, J...3/15/92
87	683 Christian,...4/25/92	485 Weems, D...11/3/91	650 Lavarro, L...11/2/91	1752 Stoughton, S...11/23/91
88	683 Messenger, J...5/15/92	485 Simmons, M...11/23/91	650 Medak, A...11/9/91	1752 Romey, C...12/7/91
89	678 Garcia, G...7/20/91	485 Martin, B...12/14/91	650 Fields, G...12/14/91	1747 Tate, M...2/1/92
90	677 Phillipi, M...5/17/92	485 Crum, J...1/18/92	650 Harte, W...12/14/91	1747 Adams,...5/9/92
91	676 Huesman, R...4/4/92	485 Rabon, C...1/18/92	650 Washington, B...2/1/92	1745 Sempek, J...3/28/92
92	675 Huizar, B...6/1/91	485 Tate, M...2/1/92	650 Nichols, B...3/5/92	1745 Jones, V...3/29/92
93	675 Ryan, P...12/14/91	485 Barkman, M...3/14/92	650 Barno, D...3/7/92	1741 Culnan, S...6/23/91
94	675 Smith, E...2/1/92	485 Causey, D...3/21/92	650 Florio, J...3/15/92	1736 Holliday, T...3/14/92
95	675 Washington, B...2/1/92	480 Magin, M...7/14/91	650 Blank, R...3/28/92	1736 Messenger, J...5/15/92
96	675 Mahoney, T...3/15/92	480 English, T...7/20/91	650 Adams,...5/9/92	1733 Cooper, R...11/9/91
97	672 Culnan, S...6/23/91	480 Johnson, A...2/22/92	645 Fernandez, M...8/10/91	1730 Patterson, R...1/19/92
98	672 Chambers, J...11/8/91	480 DeJohn, V...5/3/92	644 Bailey, D...6/26/91	1725 Fernandez, M...8/10/91
99	672 White, S...11/8/91	479 Santos, J...7/28/91	644 Ricafrente, D...10/8/91	1725 Nickens, L...2/1/92
100	672 Blankenship, S...11/9/91	479 Ramsey, A...11/2/91	644 Schott, T...12/7/91	1725 Washington, B...2/1/92

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NEXT MONTH...TOP SHWs

Corrections: Scott Smith should have been ranked 8th rather than 9th on the TOP 100 220 lb. class list. Paul Buchbauer actually competed as a 181 lb. submaster in the WNPF Lifetime Drug Free Nationals, rather than a 165 lb. submaster. Bill Parks should have been credited with 2nd (435) and Mark Dimiduk with 3rd (429) in the bench press at the Temple Hills Open, 242 lb. class. Dan Mlodozeniec should have been credited with a 605 bench on the TOP 100 220 lb. class listing. Gary Hansen's 600 bench at 275 in February of 1991 should have appeared on the TOP 100 listing for that class and time period. In the ADFPA Bench Press meet held in New York, Rick Sorletti shoudl have placed 1st in the novice with a 358, and 2nd in the lifetime. Joyce Orme placed 1st and set a state record in the 122 lb., 45-54 masters class with 154. In the ADFPA North Carolina State meet, masters 45-49, William Dickerson did not set state records. Leon Lyczkowski still holds them. Nick Lavitola reports that he went 840 500 780 2120 at 242 at the APF North American Championships and those lifts were not on the TOP 100 for that class. At the Conrad Cotter Bench Press Bonanza, Le Le's name was mispelled as Lee Lee - sorry. The 242 lb. results of Dave Harless (744 496 623 1863) and Doug Klein (562 308 540 1410) were not reported in our published version of the ADFPA Ohio Championships. We apologize to all these fine competitors.

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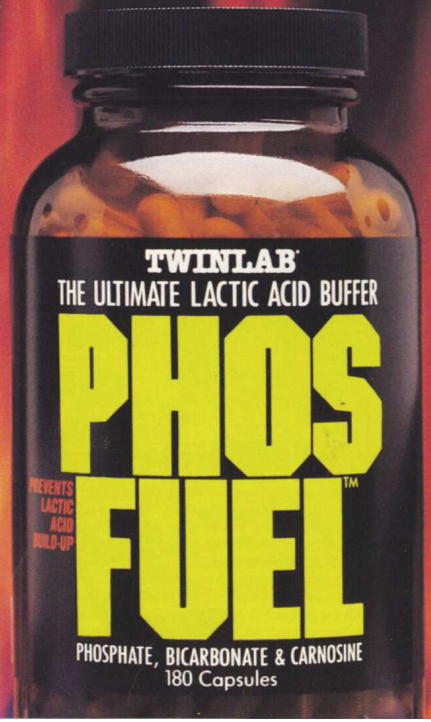

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STARTIN' OUT

A special section dedicated to the beginning lifter

Common Sense Training

by ROB WAGNER, M.Ed., C.S.C.S., Strength & Fitness Coordinator, University of Pennsylvania

In drug free lifting one of the major adversaries is overtraining. Ah, if there was only a magic way to avoid it! You would never leave weight in the gym; you would hit those numbers you planned on at the meet; and just imagine having no injuries. As most of us have experienced, there is no magic in drug free training, but there is some help, namely, using your common sense. This is one of the hardest things to do it seems, especially when you get into the meat of your training. If only I could have placed 10 lbs. on my total for every time I went outside the confines of my workout because I was feeling good or there was a big crowd in the gym. Unfortunately, it took some injuries and some poundage left in the gym that convinced me that I needed to use my common sense.

Before I was able to fully use my common sense, I experimented with some different training cycles and routines on myself, as well as other athletes that I was working with. From these experiences I have found that the key in avoiding overtraining involves the thorough planning of your training cycle and then following that plan. By laying out and following a specific plan, including length of cycle, assistance exercises, reps, sets, and most importantly the intensity of the workouts, you too can avoid the overtraining adversary.

The planning of the length of the cycle should be the first step in developing your common sense training program, since it will dictate the involvement of other factors. I suggest that you shoot for a cycle between 12 and 5 weeks. Things to consider when planning the length of the cycle are: 1. When do you plan to peak? 2. Are your training through the meet? 3. Is this the first meet of the season? Once you have decided this, you may want to use these guidelines. Utilize a shorter cycle if you are training through a meet or you are peaking at the end of the competitive season. The longer cycles should be used when you are getting ready for the first meet of the year or coming out of a long lay-off situation.

To determine the intensity to be used in the weekly workouts, you may want to implement a percentage based system of training. For those not familiar with this type of training, it involves the use of percentages of your current one rep maximum in a certain lift and applies those percentages in a peaking type approach, where you will start from the lower percentages and work up to the higher percentages. You will apply these percentages to the powerlifts only when starting off. In later cycles you may wish to utilize them for your assistance work also. The percentages can range from 50%-95% and each percentage can be assigned a certain number of reps to be used as guidelines in your training that can be broken down into any number of sets depending on what you prefer. (see Chart 1).

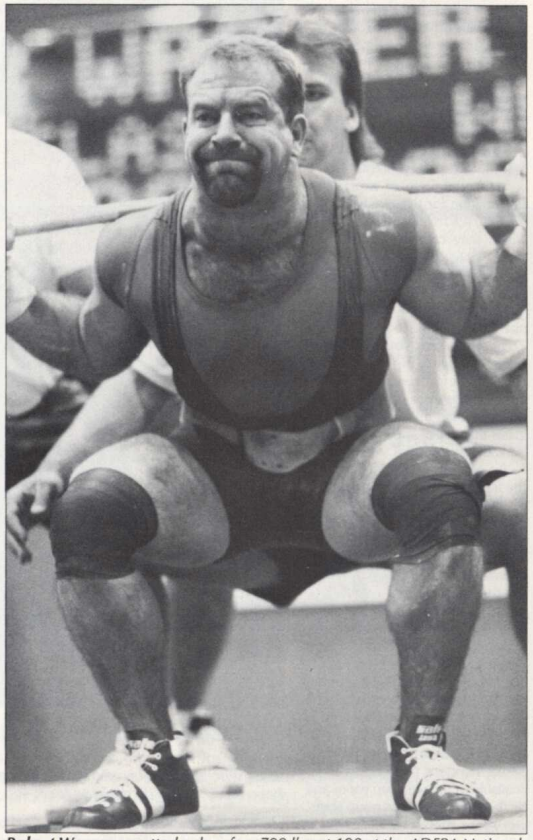
Let me explain how you use the assigned reps. If you're in the middle of your cycle, a certain workout may call for 75% for that particular exercise, you may see the assigned rep equals 15 reps. If you enjoy pain, you may wish to attempt 1x15 and that would be all the reps and sets you would perform for that exercise at that percentage (including your warm-ups). The better alternative is to use one of these approaches 2x7, 3x5, or 7x2. The chance of injury decreases with the lower number of reps performed in one set and it allows you to concentrate on a few reps at a time, enhancing your form.

So far we have taken care of the cycle length, the intensity, the reps, and the sets. The assistance exercises used will depend on the individuals' needs and likes, but the amount of assistance work in each week of the cycle should be planned out. The sets of assistance work should be reduced as you near the meet, to the point where you may be doing 4-5 sets of assistance work per body part in the last week. The assistance work sets at the beginning of the cycle maybe as high as 15 sets per body part. Other common sense factors that should be acknowledged include getting proper rest (at least 7-8 hours a day/ night), monitoring your diet and taking care of those nagging injuries with ice or whatever modalities are available.

When it comes to drug free lifters there are no short cuts. The lifter is faced with tough training and commitment if he/she wants to be successful. However, by using your common sense and planning out all of the aspects of your training cycles, both the training and commitment will pay off. Your success will be due to steering clear of the largest obstacle in drug free lifting - overtraining. If you have any question or comments, drop me a line at: Robert Wagner, 227 North Rosborough Ave., Ventnor, New Jersey 08406.

CHART 1

50-59%: 30 reps
60-69%: 25 reps
70-75%: 15 reps
76-85%: 10 reps
86-90%: 6 reps
91-95%: 2 reps.



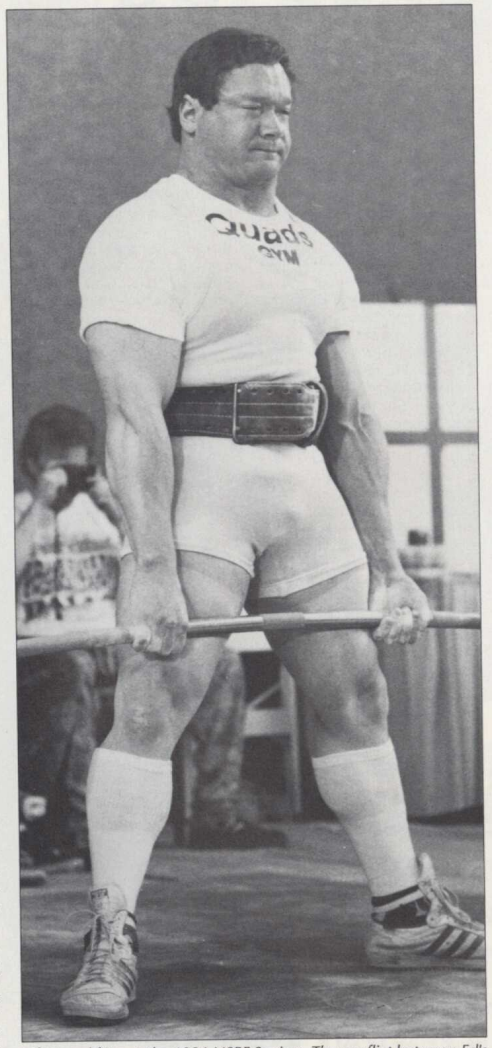
Robert Wagner squatted a drug free 799 lbs. at 198 at the ADFPA Nationals

More From Ken Leistner

I have never been positively responsive to authority. Being raised in a household where the "immigrant mentality" provided the daily perspective, I came to appreciate the need for order, discipline, organization, and a "right way" of doing things. Unfortunately, while I received all of the positives, I came to have a palpable dislike for people telling me what they thought the right thing was. I could and did deal well when my father imparted information and/or orders to me, but the bureaucratic structures of schools, coaching staffs, the service, the government (having had a government job), and self proclaimed experts always hit a responsive, and negative chord.

I am of the belief that, in most cases, the fewer rules the better. This is not to say that I believe that everyone could, if left to their own devices, govern themselves or get through the day without demonstrating a lack of consideration for others. Many are too self centered or unwilling to think through the consequences of their actions, and no doubt, anarchy would rule. However, common sense and a willingness to be fair should serve as the guidelines for any organization. When dealing with an activity like powerlifting, one is involved with individualistic souls interested in a very unusual form of expression. Powerlifting for the overwhelming majority is a hobby, an activity with which they can "have their own time". While organizing the activity is necessary in order to have standards by which to compare performances, all of the powerlifting organizations have far too many rules. To make matters worse, whenever there is money to be made, corruption in some form no doubt follows. I use the term 'corruption' to mean no more than an alteration of the ideals that usually pull one into the bureaucratic morass.

An organization should provide the framework so that the majority of lifters can compete with each other regularly and with the anticipation that few unexpected things will occur that might negatively influence their performance. Rules for the performance of the lifts, direction of all aspects of any meet, and the keeping of accurate records, should be clear, standardized, and simple to understand. Here are the lifts, here is what constitutes a "good" lift, here are the reasons why a lift would not be acceptable; here is how the lifter is weighed in, here is how the platform must be prepared, here are the weights to be available in the warmup room and on the platform and warmup areas, etc. Attire should be standardized within reason. An inoffensive yet non-lifting related term emblazoned on one's T-shirt would neither detract from the lifting, nor affect the audience reaction to it. While some bureaucrats have made it clear to me that "uniform standards must be maintained", this is the part where common sense, alluded to earlier, comes into play.



***Ed Coan** lifting at the 1991 USPF Seniors. The conflict between Ed's desire to lift in the 1992 USPF Senior Nationals and the IPF rule banning any lifters who compete in the same meet with a lifter such as Ed, who has been banned due to a drug test failure, has apparently been resolved by Ed's decision to lift as a guest competitor this year.*

The bottom line is that any organization that purports to support the lifter and expects participation from the lifter, must be ready, willing, and able to support the lifter in a manner that allows the individual to do their best at all times, or at least allows the majority to do their best at all times. This should apply to the novice lifter viewing their first meet and to the experienced world level competitor. Without this, there is no reason for the organization to expect the support of the lifter.

All organizations are guilty of throwing their common sense out the window and demonstrating the capricious nature that is often brought about by the lure of money or perceived power. Some recent examples:

- A national meet where the platform consisted of three pieces of plywood duct taped together.
- A national meet where lifts, that are obviously not legal, get passed to add "prestige" to the organization.
- A world meet where lifters are charged a fee to view lifting in sessions other than their own.
- A situation where a well known and world class lifter is denied entry to a senior national meet because the world organization does not want that individual to lift.
- A drug free organization where it is made known that a particular lifter did, in fact, use anabolic drugs for a number of years while participating in another sport, yet is allowed to enter, win, and reign as a "lifetime" drug free champion.

I could go on and on. The common denominator is that organizational leadership either abdicated their role or forgot that the sport exists for the benefit of the lifters. I am sadly reminded of standing outside of Malverne High School one rainy afternoon, getting ready for football practice. As a second year teacher and coach, still somewhat idealistic and enthusiastic, I was shocked when an experienced teacher walked by and commented that "these kids should all stay home and give us a break". It struck me at that point that "the only reason the school and teachers are here is because of the kids". If the school doesn't exist to benefit the children of the community, there is no need for the school. Apply this to powerlifting; if the organization does not function to benefit the lifter(s), there is no need for the organization.

What, you may ask, does the lifter need to benefit? Having spoken to numerous lifters over many, many years, no more than what it takes to lift well against one's peers under standardized conditions. I was competing at the Harlem YMCA in the mid-sixties and the call to the AAU, the governing agent of the sport at that time, was to "hold meets that are run fairly and well so that we can lift at our best". This isn't exactly rocket science, yet if one attended any of the national meetings of the various organizations, you would come away believing that world wide economic policy was being considered for ratification. Everyone on "the board", every person with a title, everyone with an economic stake, has their own agenda and that takes time, energy, and ultimately, at least most of the time, doesn't particularly benefit the lifter. The majority of lifters aren't the ones going to the worlds or nationals. The men and women in the local gyms and basements are the ones who need to be addressed; need well run local, state, and regional meets to train for and aspire to; need to know that if they "come up through the ranks", they too can some day, or might some day, compete at a national level meet. They need to feel as if the meets they do lift in are well run and run for their benefit, without the picayune hassle of the "lack of common sense" rules, and without being raked over financially. It should not cost over one hundred dollars, a considerable amount for the working man with a family, or a student, to join numerous organizations and pay out of line entry fees. They should not be subjected to meets that run until the middle of the next morning, or be herded around like so many sheep.

Lifters at all levels also need to know that they have the backing of their own organization. Any lifting federation has to be there for all the athletes, local and world level. Let me make a statement about what might be called the "Ed Coan Affair". I may not know all of the details, and I will apologize if I unfairly or inaccurately portray the events. As I know it, Ed Coan has been suspended from international competition due to his failing of a drug test at the world championships. The rules governing international competition clearly state that if one does in fact "fail" a drug test in an IPF world meet, that lifter does get suspended from international competition for a specified period of time. There is no argument here.

The IPF has, in effect, dictated that Ed Coan cannot, or should not, be able to compete in the USPF Senior National Championship. There is nothing in the rules that I am aware of that states that suspension from an international, IPF sanctioned meet, brings about suspension from one's national meet(s). In fact, this is really news to me!

In order to enforce their "whim", the IPF has informed the USPF that any lifter that competes in a meet where the suspended lifter, in this case Mr. Coan, participates, those lifters too, will be suspended from IPF sanctioned, international competition. Unless there are facts that I am not aware of, this makes no sense to me, or any other lifter, regardless of association affiliation, that I've spoken to.

Why should any of the talented and hard working USPF lifters be denied their opportunity at a world championship when they've competed within the rules? Certainly, Mr. Coan is responsible for any of the consequences that come from his past or present actions. This, I am sure, he is aware of, and I have heard nothing relative to his disagreement on the matter. How could the international organization, any international organization, dictate to a national body, how they should or should not run their organization, when they are not violating any rules that now exist?

I always maintained that the IPF was the tail that was determined to wag the dog. I felt this way, and said so in 1982, and feel no differently now. The United States is an integral part of the IPF. The USPF deserves no special treatment, but also deserves no additional penalties from the IPF. The rules exist and if they're being followed, that's the end of the matter. I don't know Ed Coan well, having not seen him since the mid-1980s but he is known as a sportsman and I am sure he would not want to jeopardize the opportunities of his fellow lifters relative to a world team berth. I also know that he would like to lift in the national championships, even though he knows that he can't go to the world championship meet. It is his right to do so and it is being denied. I am concerned that the USPF is not backing him, or more accurately, don't understand why they are not backing him. It is not because he is this country's best and most visible lifter, but rather, because he is a USPF lifter that needs the support of his national organization when he is complying with USPF rules. Why isn't the organization complying with their own rules?

From Bob Hoffman, to Jim Witt, through Joe Zarella and the explosion of new organizations which have splintered and, in many ways, hurt powerlifting, I have been there. The Ed Coan Affair is but one more example of bureaucratic bullshit. Is there a solution for those who just want to train hard and enthusiastically because they know they will have a few meets to lift in each year?

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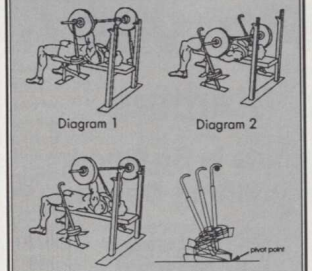

Diagram 1 Diagram 2

Diagram 3 Diagram 4

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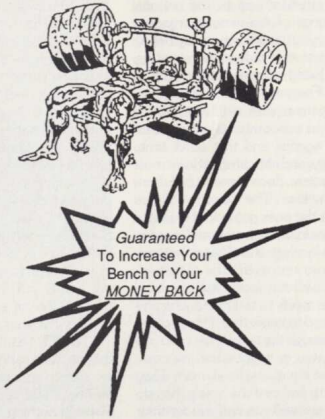

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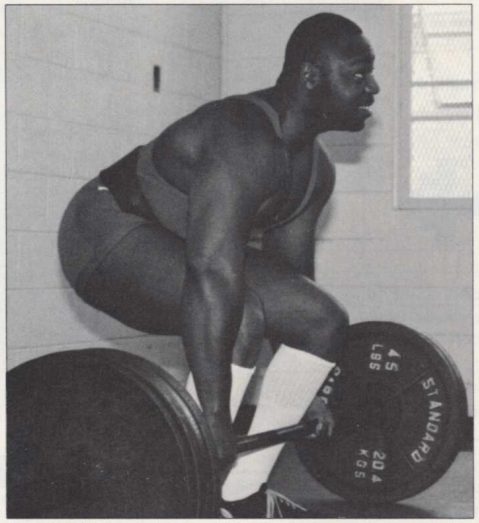
Dr. Judd
ELDRED BYRD
as interviewed by Dr. Judd Biasiotto

Powerlifting has become for some a sport of obsession where athletes will do anything to win, regardless of the risks. And like so many other sports, the differentiating element between losers and winners is not the natural ability of the athlete, but drugs, however, in Albany, Georgia, 175 miles south of Atlanta, the name Eldred Byrd has skyrocketed from relative obscurity to great acclaim. A drug counselor at the Albany Pardon and Parole District 14, Byrd has won 4 state championships, 3 Region championships, and one National title. At 5' 7" and 196 pounds, Byrd has squatted 640, bench pressed 420, and deadlifted 620 for a total of 1680. He has won the prestigious Georgia Iron Man title 4 times and 12 other titles along with about 75 other trophies and plaques. What makes Byrd so unique, however, is not just his lifting talents but his non-dependence on drugs in a drug-oriented culture. "If Eldred used drugs there is no doubt in my mind that he could be World Champion within a year." says Curt Leslie, a former World Champion himself. That is one reason why I respect him so much; he competes against those who use drugs, but refuses to take them himself.

Through his steady emergence as one of the top powerlifters in the country, Byrd is proving that an athlete can be successful without the use of drugs. With that theme in mind, World Class Enterprises made its way to Albany to get a better look at the Eldred Byrd story.



***ELDRED BYRD** trains his deadlift in this photograph by Martin Miller*

W.C.: Do you believe that if steroids were eliminated that we'd find different names in the rankings?

***Byrd**: Without question. Ben Johnson is a perfect example of the advantage that drugs can give an athlete. While on steroids, Johnson ran a 9.83 hundred meters. Since he's been clean, he's run no better than 10.40. In other words, with steroids he was the best of all time, without them, he's not even a threat to the other World Class sprinters. Believe me, there are a lot of guys in powerlifting that would experience the same thing.*

W.C.: Have you ever been tempted to try steroids?

***Byrd:** Never. For one thing, they are dangerous, but even more significant to me is that using steroids is cheating. The essence of sports is putting the natural ability of one athlete against another. When you use drugs, you are taking an unfair advantage. You not only cheat yourself, but all of the athletes you compete against. I refuse to prostitute my convictions just to win a world title. Besides, if you win a world title using drugs, it's a hollow title as far as I'm concerned. It means nothing. The funny thing is, as much as I'm against using steroids, a lot of people think I'm taking them. I guess they feel that I'm totaling too much weight for the little body I have. Every time I compete in a drug free meet, I'm tested. I think I've had every test there is for steroid use.*

W.C.: Does that bother you?

***Byrd:** Not at all. I think drug testing is one of the best things that has ever happened to powerlifting. If I have to be tested in every meet I compete in, I can accept it, if that's what it takes to clean up the sport. I just wish they had better tests, because I know there are guys who are not drug free but are beating the tests.*

W.C.: What are your future goals in the sport?

***Byrd:** At present, I'm writing a powerlifting text that's geared primarily to the novice and intermediate lifter. I do not want to sound conceited, but I honestly believe the book will make a significant contribution to the sport. As far as lifting goes, I don't see myself quitting in the near future, but I would like to get even more involved as a judge and P.R. spokesperson. I also want to continue my efforts to teach the younger lifters that there is an alternative to using steroids. That alternative is proper rest, nutrition, and exercise. Last, but certainly not least, is to dedicate my life to God's work.*

W.C.: How did you get started in Powerlifting?

***Byrd:** Two of my frat brothers, Tommy Dopson and Curtis Leslie, talked me into trying out for the Albany State College powerlifting team. I was working out at the college one day and Tommy came into the gym. He saw me bench press 320 pounds at 145 pounds. This was in 1981. I think he said I had pressed a drug free state record. Later, Tommy and Curtis talked me into competing. It was the Georgia State Championships. Man! I was so nervous that I stayed in the bathroom for almost the entire meet. Tommy and Curtis had to talk me through, but in the end we all did well. I took second place at 148, Tommy took 2nd in the 165, and Curtis took first at 181. After that meet we were like bothers. We became inseparable.*

W.C.: I heard you mention frat brothers. Are you referring to something like Animal House?

***Byrd:** Well, yes and no. Tommy, Curtis, and I were members of Phi Beta Sigma. Our chapter was a very physical chapter. Among the athletes were bodybuilders like Tim Young and Bruce Washington, track stars like Mark Crutcher, Reginald Hunter, James Nicholson, and Marvin Howard, and football players like Ernest Adam, Henderson Hill, and Edward Mosely. We were known throughout the Southeast as Beta Psi, "the Hell Raisers". Our motto was "culture for service and service to humanity" We liked to party, but we also liked to help others in need through community service. We always tried to set a good example for other chapters.*

W.C.: I know your wife has been a big part of your success in powerlifting.

***Byrd**: I was already competing in powerlifting when I met Stephanie. She became an important part of my life and blended right in with my training routine. She understands the enormous amount of time that my training requires. From her I get the support and encouragement I need through the rough times as well as the good times. I love her for all she does for me. Without her, my life and career would seem empty.*

W.C.: Has anyone else made a significant contribution to your powerlifting success?

***Byrd:** Without a doubt, Alvin Blakley, Kelly Crawford, Fred Williams are the ones that keep me on my toes. These are the guys that train with me and motivate me. They travel with me and give me tremendous support. I love these guys like real brothers.*

W.C.: How about your training routine?

Byrd: My workout is simple, utilizing the bench press, squat, and deadlift for pure power movements. On the bench press, I do 6-7 sets of triples and doubles. My squats are also done in triples and doubles. No singles. Deadlifts are worked moderately heavy, doing sets of 4 with 3 to 4 repetitions. On alternate days, workouts consist of barbell and dumbbell curls, incline bench press, one arm dumbbell rows, tricep pushdowns, Nautilus leg machines, abs, and calves. This develops strength in the smaller muscle groups.

POWER PROFILE

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

BILL HARTMANN

as told by his friend Tom Harris

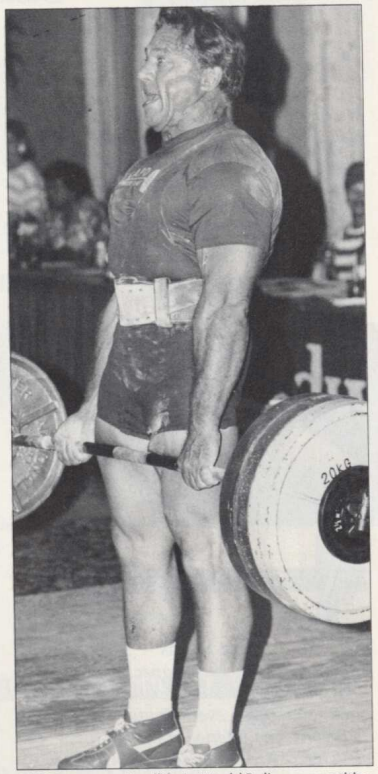
On May 17th, 1992, Bill Hartmann became the first man over the age of 60 to lift over 700 lbs. He accomplished this at the USPF National Masters Powerlifting Championship when he pulled a 705 deadlift, immediately following that with a successful 733. Bill has always been an exciting lifter and once again had the crowd screaming. When he started the pull, the bar didn't even slow for a second, in fact, I think it accelerated as he continued with the lift. Not only did he set the record for the deadlift, he also set a new record for the total.

Bill retired from the Los Angeles Police Department as a Lieutenant in June of 1980, after serving the city for 26 years. At that time he intensified his training in powerlifting, making it a full time avocation, with a goal of becoming the strongest man in his weight and age category.

In 1982 Bill set his first world record, in the over 50 masters class. That was only the beginning of things to come. He continued accumulating records in almost every contest he lifted in to the point where he now has set over 25 world records and over 150 national masters records. He also holds all the records for his class in the California Police Olympics and the Police and Fire World Games.

Bill's lifting career has not been without the usual setbacks, such as a torn bicep, torn shoulder tendons, latissimus dorsi and rotator cuff muscles. After each setback, however, Bill would emerge victorious and shatter new records. This is mainly due to Bill being very knowledgeable about his own body and what it takes to heal it. He knows how to lift smarter not harder.

Lifting has not been the only commitment Bill has made to the sport. During the past ten years he has been involved extensively in the administration of the sport nationally and internationally. He is an IPF Category One referee and is currently serving the U.S.P.F. as Technical Committee Chairman, Referee Test Coordinator, Referee Committee member, and California Record Keeper. Bill also served on the IPF Technical Committee and was involved in rewriting the IPF rule book. In addition to his volunteer services to the organization Bill always avails himself to inexperienced lifters to help them improve in the sport and to teach them their responsibility of putting something back into the sport to perpetuate it.



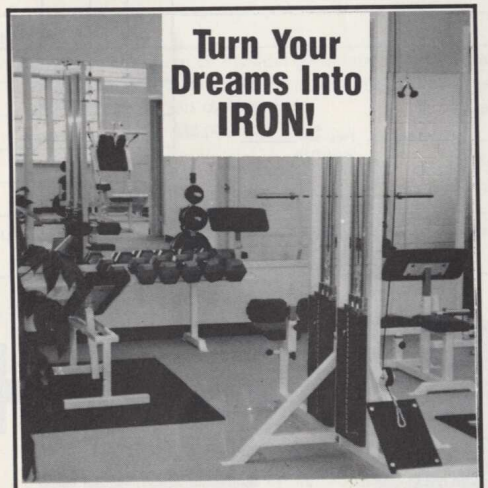
***Bill Hartmann** deadlifts in World Police competition*

I have been training with Bill for 12 years now. We train when most people are still sound asleep, dreaming of that big deadlift. A lot of lifters have trained with us, seeking Bill's expert advice. He has always been there when someone needed his help. Usually training partners don't stick around too long because they don't want to work so hard that early in the morning. When you train with Bill, you have to be ready to work, but also be ready to have a good time. Bill's great sense of humor keeps the gym a fun place.

Bill's latest love in life is flying. He is currently taking flying lessons, and has purchased his own airplane. By the time this goes to press Bill will be a licensed private pilot. Just as with his lifting, Bill has dedicated himself to becoming a very proficient pilot. He studies everything he can and is an outstanding student.

Bill has received a lot of awards in his life, but one that will be at the top of his list forever was his being named Athlete of the Decade by Los Angeles Police Department in 1991, and elected to the LAPD Hall of Fame.

Bill will again lift at the California Police Summer Games. I'm sure more records will fall. Bill will again, unassumingly, collect his gold medal and go home. When you think about anyone 61 years old, with a total around 1800 lbs., how unassuming can one be?



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U.S.P.F. National Masters

USPF NATIONAL MASTERS
15,16,17 May 92 - Raleigh, NC (kg)

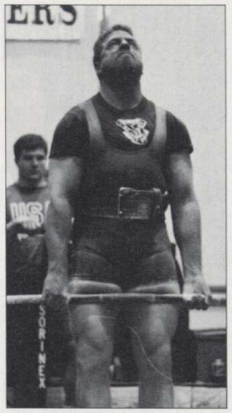
Women	SQ	BP	DL	Total
48kg-40-44				
C. Hayworth	65	42.5	110	217.5
52kg-40-44				
M. A. Price	125*	77.5*	137.5	340
G. Lord	115	65	137.5	317.5
M. Saumweber	52.5	40	90	182.5
55-59				
A. Boyer	80*	60*	117.5*	257.5*
56kg-35-39				
D. Kyle	87.5	42.5	97.5	227.5
60kg-35-39				
S. Hamblin	130	95	160	385
55-59				
J. Alcouloumre	75*	47.5*	105*	227.5*
67.5kg-40-44				
W. J. Wright	125	55	150	330
45-49				
M. Serre	117.5	50	152.5	320
D. Trogdon	102.5	40	112.5	255
60-64				
A. Comber	62.5	21.5	80	175
75kg-35-39				
J. Lentz	162.5	115	170	447.5
40-44				
S. Oldham	130	70	150	350
82.5kg-35-39				
L. A. Rogers	192.5	102.5	205	500
45-49				
G. Buerki	155	90	185	430
90+kg-45-49				
R. Jolicoeur	117.5*	60	122.5	300

Best Master Lifter: MaryAnn Price. Best Sub-Master Lifter: Lu Ann Rogers. Best Sub & Master Bench: Jan Lentz. * Denotes American Record.

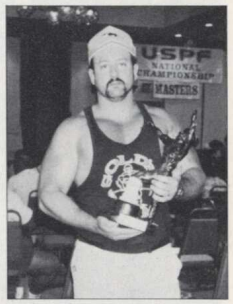
Men's				
52kg-45-49				
A. Galant	145	95	155	395
56kg-40-44				
F. Higgins	185	125*	182.5	492.5
60kg-35-39				
C. Y. Kim	165	122.5	215	502.5
45-49				
I. Burgess	152.5	105	160	417.5
70-74				
D. Field	55	45	87.5	187.5
67.5kg-35-39				
J. Schailey	205	140	205	550
40-44				
L. Christ	202.5	127.5	220	550
G. Beaulieu	185	140	185	510
45-49				
R. Scott	182.5	90	197.5	470
L. Eggleston	175	97.5	182.5	455
D. Pratt	155	122.5	177.5	445
R. Warner	145	95	185	425
T. Flores	160	92.5	167.5	420
R. Shelton	150	92.5	172.5	415
50-54				
R. Beyer	155	87.5	172.5	415
J. Allen	120	87.5	165	372.5
67.5kg-55-59				
D. Maier	177.5	92.5	205	475
60-64				
R. Cortes	180*	130*	220*	530*
D. Giller	155	115	200	470
75kg-35-39				
J. Blair	172.5	97.5	182.5	452.5
40-44				
A. Cale	232.5	130	240	602.5
R. Posey	227.5	137.5	227.5	592.5
G. Olson	230	120	242.5	592.5
S. Butor	207.5	112.5	237.5	557.5
N. Polatz	192.5	122.5	212.5	527.5
45-49				
J. Smoker	227.5	130	242.5	600
J. Wells	200	137.5	175	512.5
L. Donahue	155	117.5	175	447.5
50-54				
B. Brent	230	90	242.5	562.5
K. Hughes	205q	100	212.5	517.5
H. Woodring	145	95	190	430
60-64				
E. Hamblin	205*	125	240	570
70-74				
R. Mason	130	37.5	237.5*	405
		4th—	240*	
82.5kg-35-39				
D. Cooke	272.5	177.5	245	695
H. Bindert	265	122.5	240	627.5
D. Zaft	170	157.5	195	522.5
40-44				
R. Gosha	227.5	165	222.5	615
R. Heeley	230	132.5	240	602.5
F. Ramirez	227.5	137.5	227.5	592.5
M. Mitchell	240	130	217.5	587.5
R. Lovelace	217.5	145	215	577.5
J. Flaherty	197.5	135	245	577.5
45-49				
M. VanCleave	280	145	260	685
K. Hartman	197.5	107.5	237.5	542.5
50-54				
J. Capps	187.5	117.5	195	500
55-59				
P. Wilson	207.5	152.5	215	582.5
D. Ramos	215	132.5	205	552.5
60-64				
D. Boyer	150	97.5	190	437.5
E. McCulloch	150	102.5	160	412.5
T. Roberts	132.5	75	152.5	360
80+				
H. Soudieres	80	77.5	102.5	260
90kg-35-39				
D. Hall	305	187.5	300	792.5
D. Carnes	277.5	177.5	287.5	742.5
R. Moody	282.5	157.5	245	685
S. O'Kelley	245	192.5	247	685
P. Sutphin	247.5	155	252.5	655
40-44				
D. Haisenleder	267.5	165	252.5	685
J. Boyer	260	177.5	235	672.5
S. Bergath	250	140	245	635
C. Hunt	230	152.5	245	627.5
R. Marsh	232.5	132.5	247.5	612.5
J. McAllister	205	150	227.5	582.5
M. Lowe	215	140	220	575
W. Thacker	217.5	117.5	200	535
45-49				
R. Bell	200	142.5	222.5	565
B. Lindsey	200	150	210	560
A. DeLaGazza	177.5	130	212.5	520
D. Reamy	160	90	160	410
55-59				
R. Strange	240	167.5	260	667.5
60-64				
R. Penna	220	130	200	550
W. Medart	110	90	125	325
65-69				
R. Monahan	142.5	65	155	362.5
90kg-70-74				
C. Lee	145	117.5	192.5	455
100kg-35-39				
C. Garcia	312.5	105	272.5	690
T. Martin	260	162.5	250	672.5
D. Duesbury	227.5	115	237.5	580
G. Puckett	210	117.5	210	537.5
40-44				
M. Gallagher	315	160	297.5	772.5
N. Washington	285	165	292.5	742.5
H. Gengler	272.5	192.5	260	725
M. Brown	247.5	162.5	277.5	687.5
D. Hall	260	147.5	247.5	660
J. Gregory Jr.	250	142.5	250	642.5
T. King	245	142.5	235	622.5
S. Butler	200	125	205	530
45-49				
D. Hamblet	285	182.5	307.5	775
W. Link	305	170	272.5	747.5
C. Taylor	240	165	257.5	662.5
T. Harris	227.5	150	255	632.5
B. Bolster	210	115	220	545
J. Dove	155	107.5	165	427.5
100kg-50-54				
R. Rood	275	175	272.5	730
K. Freyer	220	145	205	570
J. Huckabay	210	147.5	210	567.5
A. Arrington	222.5	122.5	205	550
W. Low	160	117.5	212.5	490
W. Bunch	165	122.5	185	472.5
55-59				
D. Mills	287.5*	147.5	282.5	717.5
R. Thomas	272.5	182.5	242.5	697.5
R. Bennett	232.5	147.5	250	630
60-64				
F. Lange	190	115	210	515
K. Pardue	165	117.5	202.5	485
M. Huff	170	107.5	197.5	475
D. Bourland	160	115	200	475
65-69				
E. Nagy	130	130	140	400
110kg-35-39				
G. Thompson	340	257.5	295	892.5
R. Field	247.5	155	272.5	675
N. Britt	235	147.5	242.5	625
40-44				
B. Rogers	307.5	205	292.5	805
L. Shepard	287.5	175	282.5	745
C. Leviner	275	177.5	280	732.5
J. Goney	260	162.5	230	652.5
C. Beane	235	120	227.5	582.5
R. Morgan	192.5	137.5	217.5	547.5
45-49				
N. Bolieh	262.5	167.5	272.5	702.5
J. Hamiter	237.5	162.5	247.5	647.5
W. Dickerson	232.5	155	232.5	620
50-54				
R. Ray	287.5	227.5*	280	795
J. Hickam	212.5	120	205	537.5
55-59				
C. Walker	220	180	252.5	652.5
L. Gibson	242.5	160	222.5	625
60-64				
B. Hartman	277.5*	167.5	332.5*	777.5*
B. Rankin	165	102.5	215	482.5
125kg-35-39				
I. Minter	327.5	215	320	862.5
J. Messinger	310	192.5	285	787.5
B. Norman	272.5	155	255	682.5
45-49				
E. Gilbert	310	167.5	300	777.5
K. Bicki	255	132.5	227.5	615
50-54				
C. Fennelle	210	182.5	235	627.5
55-59				
H. Hudson	247.5	145	232.5	625
125+kg-35-39				
T. Wicks	280	165	295	740
40-44				
R. Wheeler	320	210	287.5	817.5
W. Slish	275	150	275	700
K. Bivans	277.5	170	250	697.5
A. Ritch	272.5	160	232.5	665
R. Couch	215	110	205	530
45-49				
N. Addison	295	210	275	780
B. Thomas	245	177.5	152.5	575
50-54				
J. V. Robertson	250	125	250	625
65-69				
B. Walmroth	160	120	160	440

Bench Press			
Women's		40-44	
52kg-40-44		J. Boyer	177.5
M. A. Price	77.5	L. Champion	175
M. Saumweber	40	W. Thacke	117.5
55-59		45-49	
A. Boyer	60	B. Lindsey	150
67.5kg-60-64		R. Sidebottom	150
A. Comber	32.5	D. Fry	125
75kg-35-39		55-59	
J. Lentz	115	R. Hoagland	100
40-44		60-64	
S. Oldham	70	R. Penne	130
90+kg45-49		W. Medart	90
R. Jolicoeur	60	70-74	
Men's		J. McIntire	130
60kg-35-39		100kg-35-39	
C. Y. Kim	122.5	E. Akins	197.5
45-49		S. Thompson	160
I. Burgess	105	45-49	
70-74		D. Hamblet	182.5
D. Field	45	V. White	172.5
67.5kg-35-39		J. Dove	107.5
J. Schailey	140	50-54	
40-44		R. Rood	175
G. Beaulieu	140	K. Freyer	145
L. Christ	127.5	55-59	
45-49		R. Thomas	182.5
R. Warner	95	60-64	
60-64		D. Bourland	115
R. Cortes	130	110kg-35-39	
D. Giller	115	G. Thompson	257.5
75kg-40-44		J. Kenney	205
A. Cale	130	40-44	
45-49		C. Leviner	177.5
J. Wells	137.5	45-49	
L. Donahue	117.5	N. Bolich	167.5
82.5kg-35-39		J. Hamiter	162.5
D. Zaft	157.5	W. Dickerson	155
40-44		50-54	
R. Gosha	165	R. Ray	227.5
R. Lovelace	145	55-59	
F. Ramirez	137.5	C. Walker	180
J. Flaherty	135	L. Gibson	160
80+		60-64	
H. Soudieres	77.5	R. Curley	167.5
90kg-35-39		125kg-50-54	
S. O'Kelley	192.5	C. Fennelle	182.5
D. McMillan	190	55-59	
G. Key	160	H. Hudson	145

* denotes American Record. Best lifter Men: lt. weight, Freddie Higgins; middle weight, Roy Mason; heavy weight, Bill Hartman; Champion of Champions - Roy Mason. Bill Hartmann pulled 733 DL and totaled 1700, becoming the 1st person over 60 ever to do these feats. Best Male Submaster-Gil Thompson; Bench-Gil Thompson. Approximately 200 lifters with over 280 entries. Thanks to Don and Fran Haley, Jan Shendow, USPF Medical Staff, Joe Raynor, Leslie Smith, Sam and Marlene Pardue, Kristie Hamblet and all the lifters and their friends and families who came and made this championship a success. (Thanks to Sandy King for providing the results)



***Marty Gallagher** took the 220s in the 40-44 age group (King photo)*



***Eddie Akins** successfully defended his Submasters Bench Pressing title.*

VIDEOTAPES

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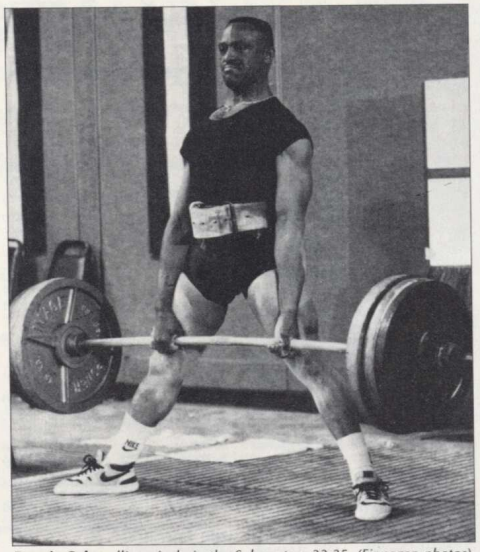
N.A.S.A. National Masters

NASA National Masters
16,17 May 92 - Dallas, TX (kg)

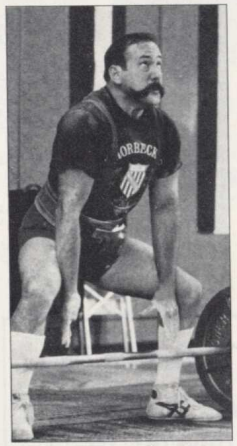
	SQ	BP	DL	Total
33-35				
148				
Mustari	220	147.5	250	617.5
	4th	150		
Schroeder	170	95	202.5	467.5
181				
D. Cole	287.5	135	292.5	715
198				
Walden	297.5	175	272.5	745
Kubik	230	182.5	222.5	635
Wansley	295			
275				
Pierce	272.5	155	282.5	710
Jones	295	157.5	250	702.5
Blee	272.5	155	272.5	700
SHW				
Toomey	242.5	192.5	235	670
36-39				
114				
Kennedy	157.5	92.5	160	410
		4th	165	
148				
Rohan	177.5	130	217.5	525
Belt	177.5	112.5	157.5	447.5
165				
Wonyetye	255	130	260	645
Simmons	215	132.5	212.5	560
181				
Wilson	255	162.5	277.5	695
Thysser	212.5	147.5	220	580
Dovria	200	140	210	550
198				
Pierce	252.5	185	237.5	675
220				
Gipson	307.5	190	320	817.5
Tinsman	220	160	260	640
Nichols	250	155	232.5	637.5
Ussery	242.5	165	230	637.5
Lewis	215	152.5	215	582.5
242				
Holmes	250	162.5	227.5	640
Taylor	265			
275				
Tolbert	305	240	292.5	840
	4th	242.5		
SHW				
Barrett	320	205	295	820
40-44				
148				
Crouse	137.5	105	187.5	430
165				
Schmidt	175	120	182.5	477.5
Meier	175	125	175	475
181				
McDermott	237.5	147.5	210	595
Thomas	230	125	207.5	562.5
Sweeney	227.5	115	217.5	560
Koplin	195	130	212.5	537.5
Leal	200	107.5	230	537.5
Gassirgro	192.5	137.5	205	535
Baker	187.5	110	182.5	480
Holder	180	105	192.5	477.5
198				
Rhoades	250	150	240	640
Barnum	197.5			
220				
Frecsko	147.5	130	195	472.5
242				
Walker				
275				
Ownes	250	177.5	227.5	655



Donnie Cole pulling nicely in the Submasters 33-35. (Finnegan photos).

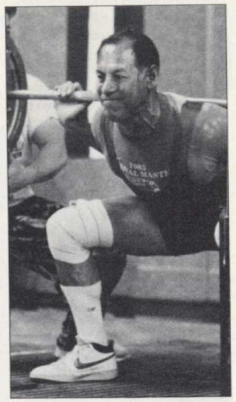
Hoit	215	167.5	245	617.5
SHW				
Dorsey				
45-49				
148				
Whitney	190	110	220	520
165				
Christian	197.5	122.5	250	570
Mayfield	185	92.5	185	462.5
181				
Lynn	212.5	117.5	205	535
198				
Magusar	200	137.5	237.5	575
220				
Taylor	205	142.5	205	552.5

Jack Wilson returned to national prominence in the 181 lb., 36-39 group



Thorbecke's Lives! *Mike Wonyetye carries on the tradition of this legendary powerlifting club from Arizona*

Vogt	185	115	202.5	502.5
242				
Pope	235	177.5	277.5	690
Ladd	240	157.5	260	657.5
275				
Chapa	250			
SHW				
Avery	215	147.5	200	562.5
50-54				
148				
Hopper				



Max Peek *in the 55-59, 148 lb. class*

181				
Baumahl	172.5	155	187.5	515
198				
Herbein	205	117.5	230	552.5
242				
Duree	257.5	125	255	637.5
275				
Coleman	175	147.5	272.5	595
Matthews	160	112.5	190	462.5
SHW				
Lewis	137.5	102.5	170	410
55-59				
148				
Peck	175	92.5	187.5	455
181				
Berge	137.5	87.5	217.5	442.5
242				
Shackleford	200	142.5	190	532.5
Bryne	115	67.5	145	327.5
275				
Twet	62.5	130	150	342.5
60-64				
165				
Ortiz	145	j95	132.5	372.5
198				
Mullin	227.5	132.5	237.5	597.5
Rosenfield	192.5	142.5	200	535
220				
Remley	212.5	132.5	212.5	557.5
242				
Rice	100	82.5	122.5	305
Bench Press				
33-35				
181				
Mata	157.5			
198				
Kubik	182.5			
Chaney	117.5			
220				
Yenkevich	155			
275				
Jones	157.5			
Blee	155			
SHW				
Toomey	192.5			
36-39				
165				
Simmons	132.5			
181				
Thyssen	147.5			
198				
Lockhart	192.5			
Pierce	185			
220				
Udvari	200			
Ussery	165			
Nichols	155			
Lewis	152.5			
242				
Prince	182.5			
Taylor				
275				
Tolbert	242.5			
Owens	202.5			
40-44				
165				
Meier	125			
Schmidt	120			
181				
Pittman	160			
McDermott	147.5			
Koplin	130			
198				
Barnum				

220	
Smith	162.5
Fresko	130
242	
Ray	
45-49	
181	
Lynn	117.5
220	
Taylor	142.5
Vogt	115
242	
Pope	177.5
SHW	
Avery	147.5
50-54	
148	
Zwick	127.5
Hopper	116
181	
Baumahl	155
198	
Herbein	117.5
242	
Wellburn	152.5
275	
Matthews	112.5
55-59	
198	
Eskins	130
275	
McIntyre	152.5
Twet	130
60-64	
181	
Lee	140
198	
Rosenfield	142.5
220	
Remley	132.5
65-69	
242	
Davis	130

(Thanks to NASA for results of this competition).

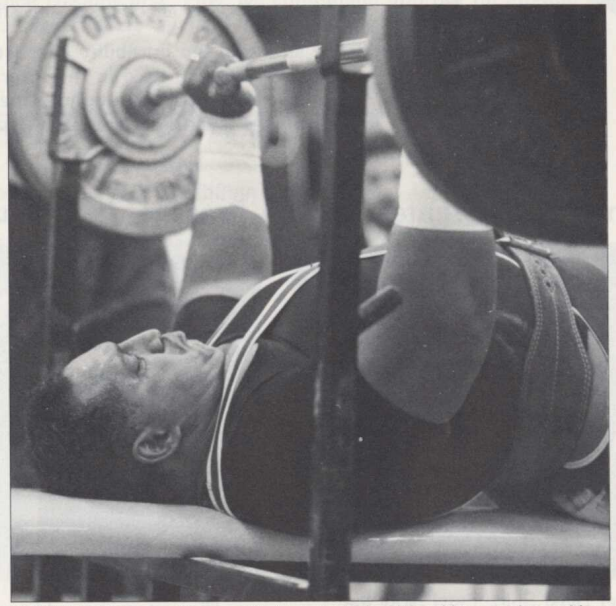
INTERVIEW

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

JOHN MAGEE

as interviewed by Doug Daniels

There are many top master lifters, but what makes John Magee stand out from the crowd is that not only is he a top competitor in the powerlifting ranks, but he's also a force in Olympic lifting. The last few years have brought speculation on how top powerlifters would fare if they would direct their talents to the Olympic arena. John Magee has been following this route for two decades and is still going strong. The following is an interview with the 300 pound, 42 year old Gary, Indiana native in which he discusses his background in both strength sports and his goals for the future in drug-free competition.



JOHN MAGEE is one of the most likable individuals in Powerlifting or Olympic lifting.

PLUSA: How did you get started in lifting?

John: *In high school gym class, the teacher challenged everyone to lift a 250 lb. barbell overhead. I was the only one who could lift it. Even the teacher couldn't. From then on, I had the lifting bug. I started bodybuilding at first until a friend took me to the famous Duncan YMCA in Chicago. There I met Phil Grippaldi and Fred Lowe, who were famous Olympic lifters. I was 20 when I started Olympic lifting. A few years later I was talked into starting to powerlift because I had a good bench press.*

PLUSA: What titles have you won in your career?

John: *I've won the state power title 9 times, the olympic title 10 times. I've won the NASA Masters 4 times. I was second in the Open Nationals. In '92 I won the North Americans. In '91, I won the Pan Am masters title in Olympic lifting. I also have set numerous masters records on the national level.*

PLUSA: What kind of lifts are you capable of right now?

John: *My best squat is 750, bench 475, deadlift 655 with a total of 1890. In the Olympic lifts, I go 286 in the snatch and 363 in the clean and jerk for a 650 total.*

PLUSA: How does training for each sport help or hinder the other?

John: *The only conflict is in the bench press. I need to have loose shoulders to hold the bar on my chest, so I have to back off on the benches. Lately, I've been working on flexibility and trying to get my bodyfat level down. I think that will enable me to still bench and remain loose. The olympic and front squats I do really help my power squat. I do step ups on a 18 inch high bench. These really get my front quads and glutes. I go 380 x 2 in these.*

PLUSA: What's the secret to your longevity?

John: *I've been fortunate. I've never had a serious injury. I stretch and warmup. I've also discovered that when I squat with regular gym shoes, my knees hurt. I now squat in special lifting shoes and have no pain.*

PLUSA: How do you train differently now as opposed to when you were younger?

John: *Nowadays, I train with more intensity. Our lifters don't train hard enough. The Bulgarians rose to prominence because they workout twice a day and still recover. If we would train more, we'd be stronger too. Too much priority is placed on technique instead of brute strength. The Europeans are just bigger and stronger.*

PLUSA: Could you give me an idea of how you train for power?

John: *I train 4 days on and take 3 days off. The first day I squat, front and back. Then I deadlift, off the floor and off the block. I also do shrugs for my traps. The second day, I bench sets of 5 with a close grip. Next are inclines, tricep pressdowns, and curls. I finish with light squats of 450 x 20. On the third day, I do standing presses and seated presses for 3 sets each. I follow with pulldowns and rowing. The last day, I bench with my competition grip and squat again with 500-550 for max reps. I close with step-ups.*

PLUSA: Who are your major influences in lifting?

John: *In Olympic lifting it's David Rigert, Vasili Alexeev, and Phil Grippaldi. In powerlifting, it's Ed Coan, Kaz, and my main influence - Dave Passanella. He showed courage and the will and desire to accomplish anything. His death was tragic.*

PLUSA: I understand you give seminars?

John: *Yes, I've given seminars to local high schools and colleges. I talk about drug-free athletics and family. I love people and love to get out and talk to them.*

PLUSA: Do you have any advice to other master lifters?

John: *When you are a master lifter, you can't be on or off. Either you lift or not. It takes hard work regardless of age. The only thing you lose with age is your speed, not your ability to gain strength.*

PLUSA: Do you have any advice to powerlifters who want to get into Olympic lifting?

John: *I think lifters would do quite well if they work on flexibility. They've already got the leg, back and hip power. Powerlifting is fun but there's nothing like lifting overhead. A lot of people can deadlift 600 lbs., but how many can jerk 300 overhead?*

PLUSA: What are your goals for the future?

John: *I want to break the masters record in the jerk at 413. I also want to win the World Masters. In powerlifting I want to break the records in the squat and total. I'd like to thank Mike Lambert of PL USA, my training partner, Al Ortiz, all the members at The Last Rep Gym, and it's owners, Eric and Sandy MacDougall. With their support, dreams come true. If you're in our area, visit the Last Rep at 18259 West Street in Lansing, IL, 708-895-9818.*

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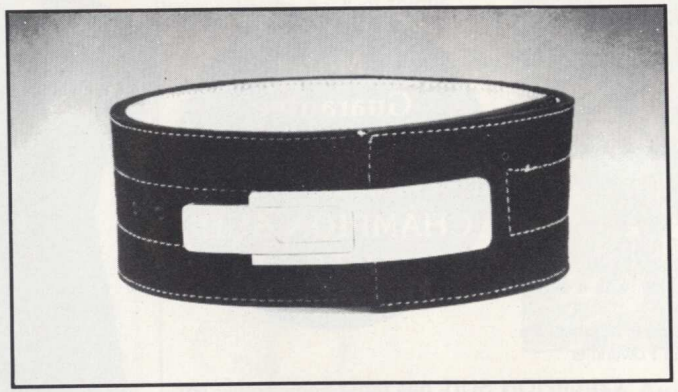

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INTERVIEW

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

DOAN NGUYEN

as interviewed for PL USA by BOB GAYNOR

BOB: Doan, give us some personal information on yourself?

DOAN: *My name is Doan Nguyen. I was born in Vientiane, Laos on June 10, 1964. I moved to Aberdeen, Washington in 1976. I have been married for 3 years and have a beautiful daughter who was born last December 26th.*

BOB: What is your occupation?

DOAN: *I work for Price Plus Grocery Store as a receiving clerk.*

BOB: How did you get started in weight training?

DOAN: *I started lifting my sophomore year in high school. A friend of mine asked me to compete with him at a meet in Tumwater, Washington. I placed 2nd with a total of 655 pounds. From there I went on to win two State High School titles in the 114 lb. weight class. In 1983 I won the USPF Teenage National title. Since graduating from high school I earned the title in 1986 as ADFPA Mens National champion, 2nd 1987 USPF Junior Nationals, 1st 1987 USPF Mens Nationals, 3rd 1987 Junior World, 3rd 1988 ADFPA Mens Nationals, and 1st 1991 & 1992 ADFPA Mens Nationals.*

BOB: Doan, what are your best competitive lifts?

DOAN: *To date my best competitive lifts are: Squat 418, Bench 251, Deadlift 468.*

BOB: What are your future goals?

DOAN: *My goal in powerlifting is to stay healthy and encourage young lifters to stay drug free, and work hard for what they want instead of taking an easy way out.*

BOB: What are your thoughts on steroids and drug testing?

DOAN: *I feel that there are too many organizations that claim to be drug free, but don't do a good enough job on drug testing. They should test the top three lifters in each weight class. I have nothing against people who take steroids as long as they don't compete in drug free meets. They prove nothing to themselves or anyone else by winning a drug free title with the aid of steroids.*

BOB: Do you follow any special diet?

DOAN: *I have no special diet. I just eat natural healthy foods. I do take amino acids while in training.*

BOB: Doan, tell us how you train?

DOAN: *To be honest I have no off season or in season training routine. If I plan to compete I start out with cardio-vascular conditioning until 8 weeks before the meet when I begin a cycle. Each cycle is different depending on how my body feels and how each lift progresses.*

BOB: What advice would you give beginners?

DOAN: *My advice to beginners is to take their time and allow their body to grow into it slowly instead of rushing. Work hard and don't give up. That is the best way to avoid injury and insure a long lifting career.*

BOB: Do you have any heroes?

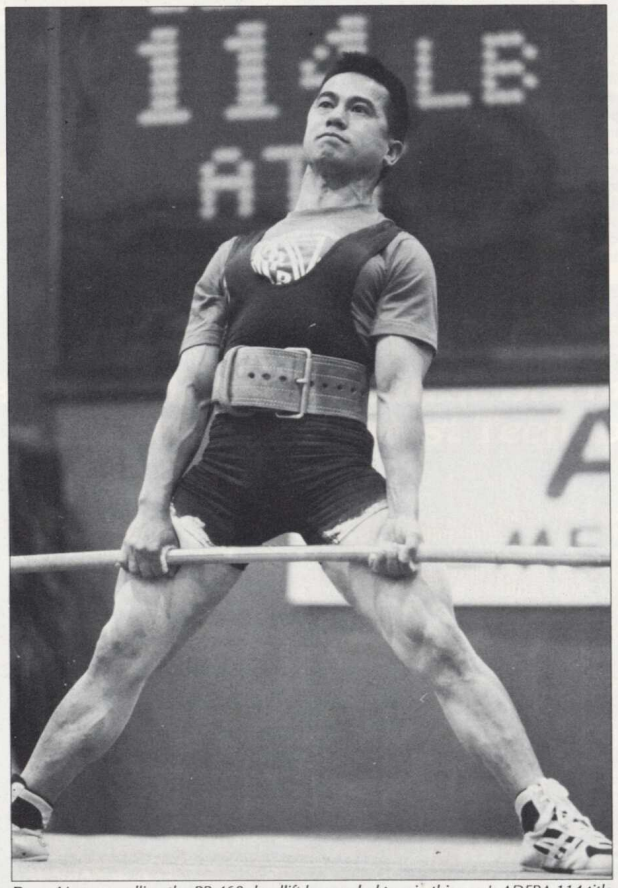
DOAN: *My dad is my hero. He has made many sacrifices for me and the rest of our family. If it weren't for his courage and loving care I wouldn't be the person I am today. The person I most admire in powerlifting is Hideaki Inaba, a 17 time IPF World Champion from Japan. He is an amazing lifter, especially when you consider his age and how long he has competed in the same weight class. I would like to meet him some day.*

BOB: Do you have any hobbies beside powerlifting?

DOAN: *In my spare time I love to fish as much as I love to lift weights. Between trips to the gym and trips to the river my wife wonders if I will ever come home.*

BOB: Doan, are there any other comments you would like to make?

DOAN: *I would like to thank my wonderful wife for helping me train from 1986 until last year when our daughter was born. I also want to thank everyone in Grays Harbor for their support, especially Dave Westby for organizing fund raisers for the last two Nationals and the next World Meet. Best wishes to all lifters, stay healthy and train hard. A special thanks to Bob Gaynor and Mike Lambert for this opportunity.*



Doan Nguyen *pulling the PR 468 deadlift he needed to win this year's ADFPA 114 title*

TRAINING

Poundage, Sets, and Repetitions

by 1954 World Weightlifting Champion, Doug Hepburn

Poundage, sets, and repetitions represent three fundamental components of a strength building program. An incorrect application of any of the above three factors invariably culminates in failure to attain the highest level of physical strength, regardless of age.

Basically, the mode of implementation of the above components: sets, reps, and resistance, is dependent upon the physio/psychological structure of the trainee and no two individuals are identical in this respect. So it follows that whomever is involved in the instruction of a would be strength champion must first acquire a thorough comprehension of the inherent attributes and associated potential strengthwise. It is recommended that all aspiring "self trained " persons undergo an in-depth self evaluation in this regard. Further, it is of vital importance that the trainee has a full understanding as to the purpose, and effect, of sets, reps, and poundage as applied in their regimen of training.

Additional factors of similar importance, perhaps more so in the majority of instances in respect to senior athletes, is the frequency of training sessions and the intensity of effort expended therein.

Doug Hepburn is lifting world records for his age in training recently.

It is evident to this writer that the recuperative factor in later age individuals undergoing intensive training is of primary importance and consequently a substantial lengthening of the time elapsed between sessions is essential. The duration of the aforementioned time period could vary due to individual makeup. Generally, however, I have concluded that not less than two days rest between heavy exercise represents the optimum for seniors.

There is, however, an alternate procedure that I have employed on occasion wherein a short duration daily strength building or sustaining program may be implemented that will produce an appropriate result. This procedure is utilized in the instance of an individual in the process of recuperating from a mild virus infection such a stubborn cold and who is committed to a strength oriented competition in the near future.

The object here is to, at the least, maintain the desired level of strength without subjecting the body to over-fatigue as would surely occur if undergoing an intense and prolonged exercise program while in a recuperative condition. It is this writer's belief that the application of the above condensed regimen of training may also be effective and assistant in the elimination of the condition of "staleness"- due to overtraining.

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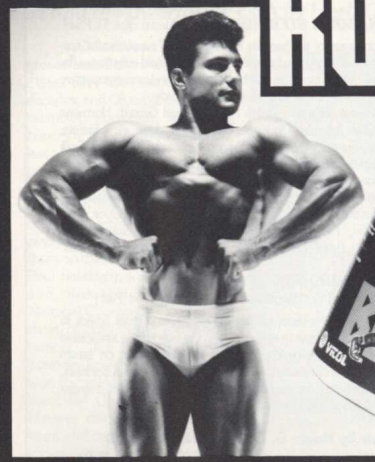

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Ask the Doctor

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: My question is about training. It seems to me that many conflicting sources of advice exist in Powerlifting. Some say train this way. Some say train this other way. I am very tall. When I first got interested in powerlifting, people kept telling me let my bodyweight go to 300 pounds plus or forget it. Then again, Roger Ekstrom of Sweden, Magee of Canada and Brad Kretsch of the USA are 6'3" and 6'4" and they were all three successful lifters at 275 pounds and less. I learned two things in powerlifting: 'cycling' and 'light' and 'heavy' training. Some say 'enter four meets a year.' Others enter six meets year. Some say 'train on eight week cycle.' Some say 'train on twelve meet cycle.' You have been world champ yourself. What do you think of all this? Do you believe in 'light' and 'heavy' training. I believe that all these methods were started in the States. When does a lifter start training this way? Do you believe that there is a good book to clear the confusion on how to train for long range gains. **Jeff**

DEAR JEFF: *None of the lifting or competition advice given by lifters and pundits is written in stone. In many cases it's what's worked for them and so they recommend it. In the end, each lifter has to determine which physical and psychological parameters work best for him or her. As well, changes in routines and diet are necessary depending on what stage or training you're in (for example, you may vary your training as you get closer to a competition). For many successful lifters, exploring and trying various methods is the key to long term improvement. Each reasonable way to train should be followed long enough to be able to determine its usefulness. I wouldn't worry about your weight - eat healthy and train intelligently and your weight will find itself. You can be a world class lifter and still be lean. Some lifters find it difficult to increase their weight beyond a certain point or find it unhealthy to do so. This may be a factor in the weight that lifter competes at. As far as books on powerlifting, I'd read as many as I could to learn what others recommend or have found useful. Then I would try some routines that seem promising.* Powerlifting USA *is also an excellent source of information - offering advice and routines monthly. In the end, however, knowledge, determination, and an open mind will lead you to the best long term gains.* ***Mauro***

DEAR MAURO: About 6 or 7 years ago I had an injury to my right shoulder from water skiing when I was slammed on to the beach. My shoulder felt numb at the time, but I thought I could just shake it off like when you turn your ankle and they tell you to just walk it off. Well, soon after that I couldn't throw a ball or bench press without pain. As I worked around the injury it became better in time. I did a lot of incline dumbbell work and within 3 or 4 months I felt like I was back to normal. Later on when I played college football it would flare up and I would feel a tinge of pain now and again. During this time I was using 6 - 8 week cycles of orals and injectables in the spring and fall. Maybe this tended to mask the pain somewhat. I don't know. I've been powerlifting since 1984 and competed up to 1987, then stopped and concentrated on some bodybuilding training for 3 years until 1990 when I started competing in powerlifting again. I stopped using the sauce at the end of a cycle in December 1989 and hadn't used anything until just recently. Through the spring of '91 my shoulder really started acting up and it started to be real painful to do any kind of pressing movement, especially the barbell bench. After reading your column in the January 1991 issue of *PL USA* about the individual with a similar shoulder problem and your remedy for him, I decided to try the same thing and my doctor agreed to it. It seemed to help immediately and I worked my shoulder lightly through the coming weeks. Since I had a meet coming up, I didn't start using anything heavy until about 3 weeks before and the shoulder felt great and held up fine. Since then I'm feeling a little bit of pain, but not enough to hold me up. After the meet I went back to working the area with high reps and light weight. I have another meet coming up and since I want to be ready, I obtained a bottle of Testosterone Cypionate from my doctor (fortunate person) and I will be using 200 mg or 1cc per week for 10 weeks as therapy for my shoulder. My question is: will the Test Cypionate help the growth of the muscle in this area or will it just mask the pain? Any other suggestions would be appreciated. **Rick**.

DEAR RICK: *I'm glad the cocktail worked the first time. Unfortunately your right shoulder may be a weak link for some time to come - you may have to get used to working around it as much as you can and treat it with some respect whenever it begins to act up. I know that I have to. The ten week cycle of cypionate will actually strengthen the tendons, ligaments, muscles and joints, making them better able to withstand the stress of heavy lifting. Thus the use of anabolic steroids gets rid of the pain by allowing the structures in and around your shoulder to take the heavy lifting without getting stressed out and inflamed. However, when using really heavy weights, and when overworking the shoulders, you may still feel a twinge in your right shoulder since it's potentially more prone to injury than your left shoulder. As well, when you aren't on steroids you may find that heavy lifting will stress out your right shoulder unless you're extremely careful not to overdo it. All the best in your training. Let me know if I can be of any further help. Sincerely,* ***Mauro Di Pasquale, M.D.***

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Ex-Powerlifter MARCUS HENRY Makes Olympic Weightlifting Team

as told to Powerlifting USA by Herb Glossbrenner

While Powerlifting has grown steadily in the United States over the past couple of decades, and Olympic lifting has, relatively speaking, withered here, the door to the Olympics has remained closed to the power fraternity. In response, some powerlifters have tried to convert to the overhead lifts, but only a few men have switched over successfully. You can count them on the fingers of one hand. Paul Salisbury, a 1750 man at 198, was able to become a National Champion, but fell far short of challenging for World honors. Jim McCarty, a 165 pounder from Indiana, reached won the middleweight class at the 1984 USA Olympic trials. He was not selected for the team and continued to do both sports rather than concentrate on one or the other. Back in the Sixties Homer Brannum and the late Larry Mintz captured the USA Sr. National titles in both, but fell short of international level in weightlifting.

Marc lifting in Peoria. (Glossbrenner)

However, at the Olympic Trials, May 30th in Peoria, IL, USA Powerlifting scored a major breakthrough when former powerlifter Marcus Henry, a 6'3" 371 pounder, created quite a stir - shattering all past performances and ending up with a sixth place ranking among the USA participants on the rating formula to determine the USA's 10 man team and two alternates who will participate this summer at the Olympic Games in Barcelona, Spain.

Henry, acclaimed as the "second coming" of Paul Anderson, was discovered a couple of years ago by former National Powerlifting champion Terry Todd. He graduated in 1990 from high school in Silsbee, Texas where he participated in football, basketball and track & field. His enormous natural strength was evident by his achievements in powerlifting - a 953 squat, 551 bench press as well as a 727 deadlift, a Jr. World Record.

Mark, who lifts for York Barbell, is a second year member of the resident athlete training program in Colorado Springs. Under the tutelage of Dragomir Cioroslan he has improved by leaps and bounds. Cioroslan was the bronze medalist for Rumania in the 165 lb. class at the Olympic Games of 1984 in Los Angeles.

He was launched into international competition last year at the 1991 Junior World Championships, where he finished 6th. Mark nearly made the highest showing ever by a US participant at this competition - a third overall, but a successful attempt in the clean and jerk was ruled invalid for "press-out"! During the course of the year he registered USA Junior records of 358 snatch and 446 in the clean and jerk and a 799 two lift total.

At the final proving grounds in Peoria, big Marcus eclipsed the Olympic qualifying standard of 793 by a big margin. His competitors were Mario Martinez, USA's 1984 Olympic silver medalist at super-heavyweight and the U.S. Record holder with 415.6 snatch 512.6 clean and jerk and 914.9 total. Marcus also had another powerful opponent - Jeff Michels - a victim of the tenacious drug testing at the 1983 Pan Am Games in Caracas, Venezuela. He survived all the bad publicity as well as the added stress of losing his father at the same time. Michels once snatched 413, clean and jerked 490 and totaled 898. Now he is 30, scales 280, and had nudged big Mark into third place at this years Nationals.

Michels took an early lead, securing 374 in the snatch lift. Martinez lifted 369, and after missing this personal best on a second attempt, Henry came roaring back to tie him with this weight on his final try. Martinez then missed 386 twice.

In the clean and jerk, Michels elevated 446 in his impeccable form while both Martinez and Henry rammed up their 452 openers. The weight was a personal best for Mark. Jeff, due to a slight technical error missed 457 overhead and had to sit back and weight to see if the big fellow could bump him from the team.

Martinez went first and easily manhandled 463. Then came Mark's turn. There could be no mistakes. He lifted the same 463 effortlessly. With that lift his position on the Olympic team was confirmed and Michels was bumped to an alternate position.

There comes a time when the changing of the guard is imminent, and after Martinez failed to lift 474, Marcus - puffing like a runaway locomotive - came roaring out to tackle the same weight. The colorful rubber bumper plates that filled both ends of the barbell bent with the strain as it crashed to his chest and the massive legs, like hydraulics engaged in fast forward, took over and he bounded erect. The weight went to arms length so fast that it was misdirected and fell to the floor behind him.

No matter, score a victory for powerlifting. USA had a pure strength athlete heading for Spain to vie for the dream of sportsmen everywhere - Olympic Gold! Only time will tell if big Henry has the ambition and dedication to inscribe himself in the annals of weightlifting history. Barcelona is only the first step. This is only the beginning chapter of greater things to come. Now, on to Barcelona and the 25th Olympiad!

A quote from Marcus Henry after winning his spot on the Olympic Weightlifting Team: "In powerlifting, any construction worker can come in and in a year be competitive. In this sport, you've got to be an athlete. I can dunk a basketball. I can run a 5.2 40. I was an offensive lineman in football and I pulled a lot, so I'm quick" drew some comments from Dr. Ken Leistner. Excerpts of his thoughts follow: "Marcus is a very talented young man, and I'm sure his youth will serve as some excuse for his thoughtless remarks about powerlifting.

Powerlifting like any other sport, has certain specific requirements. Strength and technique are paramount among these. Any basically strong person can train for a year and, if they remain injury free, note progressive improvement in the three lifts. To state that they could be competitive ignores the need for advantageous leverages, and ability to utilize one's leverage factors efficiently through the development and refinement of individual technique. Like olympic lifting, this takes time. Olympic weightlifting obviously requires a great deal of technique, but to state or imply that almost *anyone* can be a successful powerlifter is ridiculous. To imply that "successful" means competing on the national level is even more ridiculous. Just ask the many strong men and women who train consistently year after year and still haven't been able to do that well.

Mr. Henry is no doubt a very excellent athlete. He has been blessed with a nervous system that has allowed him to move quickly and skillfully in many movements. This is a requisite of olympic weightlifting. If it is again stated that in tests done at the 1968 Mexico Olympic Games, the olympic weightlifters were the fastest group of athletes over twenty or forty yards, or they had the best vertical jumps, I will only say that I would expect that. These skills and actions reflect the physical requisites of the sport and if you are using the best in the world as your population sample, I would expect that they would be "quick" and "explosive". But don't tell me that the practice of olympic lifting made them so neurologically and muscularly explosive. Rather, olympic lifting is one of the ways in which they could express these physiological abilities, and through hard, long, consistent training, they could do so exceptionally.

Most importantly, it is wise, considerate, and ultimately proper, to give respect to all athletes who work hard to improve and/or succeed. Many of the olympic lifters in this area have worked for many years at their sport and they are not explosive, not particularly strong, and not by anyone's standards, very good. They did not develop these magical qualities Mr. Henry might assume comes from doing the olympic lifts because they basically lacked the physiological "stuff" that would have allowed success in the sport. They, like other athletes in other sports, deserve respect for having the determination to return week after week to pursue their dream, just as powerlifters and skiers do. Denigrating any group of athletes shows a marked disrespect, wins no friends, and serves no positive purpose."

TRAINING

DRUG FREE TRAINING
Lose Weight - Gain Weight

DAWN SHARON - Four Top Totals In One Year

Continued from Last Issue - by Greg Reshel

The System Works... *back in 1987 at the APF Worlds (above), Dawn squatted 584, benched 292, deadlifted 562, and totaled 1438, competing in the 198 lb. class. On June 13th, 1992 she did a WPC World Record 617 squat, benched 318, deadlifted a WPC World Record 577, and totaled a WPC World Record 1512, weighing 165!!*

Drug free training as you try to lose weight is not that difficult. Maintaining strength as you lose weight without drugs is a far more difficult proposition. The majority of the population loses weight by dropping a significant amount of muscle. In this country the average man in his thirties will carry approximately 18% of his total weight in body fat, the average woman in her thirties will carry 25%. Studies have shown that the average weight loss diet will cause a person to be lighter in pounds but fatter in total percentage of bodyweight by 1-4% depending on length of diet, type of diet, and amount and type of exercise performed during dieting.

A strength athlete will strenuously exert his muscles while dropping weight. This exercise protects the specific muscles being worked from the rigors of catabolism. The athlete will lose weight, but not from those muscles being worked. To protect muscle mass during dieting an athlete must target the muscle groups that he/she needs to protect most and work them in a brief intense fashion to get the specific muscle protecting anti-catabolic response that comes with exercise.

How to diet is another very complicated question. The answer depends on the specific goals of the athlete, the time frame involved, body type of the athlete, and some specific biochemistry that varies from person to person. Let us try to simplify to get the proper perspective. Some common sense examination will tell you how fat and how large your body likes to be. Do you gain weight easily? Were you fat as an infant? Were you fat as a teenager? At present are you eating a high fat diet or going long periods without eating? Relatively speaking are you carrying more fat than average at present or less fat and how does this correlate to your present style of eating?

Each and every healthy person has a set range of percentage body fat that their body likes to remain within. To force your bodyweight down with the primary weight loss being body fat you must increase your metabolism, maintain mineral homeostasis, and keep serum blood sugar levels as constant as possible while reducing fat consumption.

To get from a reasonably muscular 202 lbs in July 1991 to a considerably more muscular 180 lbs in October 1991 with minimal loss of leverage and strength, Dawn Sharon dropped the average percentage of fat calories in her diet to 14% and increased her total consumption of carbohydrates to reach 65% of her dietary calories. To increase her metabolic rate, Dawn increased her average daily calories from 2900 to about 3700 calories. To maintain mineral homeostasis Dawn ate lots of green leafy vegetables and supplemented her diet with a balanced chelated capsulated multi-mineral capsule. Dawn tried to maintain even blood sugar levels by eating the foods with a high amount of fat first in her meals to slow down the uptake of her carbohydrates. When Dawn was just eating carbs for a meal she tried to eat primarily low glycemic (less than a value of 60) carbs or at least eat the lowest value carbs first to again slow the absorption of the carbohydrates in her stomach.

This way of consuming food will prevent some of the rapid blood sugar spikes that occur with fast uptake of high glycemic carbohydrates such as broad, cereal, bananas, carrots, rice, and potatoes. The other half of the sensible approach to the consumption of carbohydrates is to eat something at least every three hours. A low-fat diet should be approached on a 90 minute schedule with some food being consumed every 90 minutes to maintain steady supply of carbs and nutrients. By preventing blood sugar spikes we try to eliminate the rapid insulin response that overreacts to a rapid rise in blood sugar. This over-reaction will cause fat storage as insulin pushes blood sugar out of the bloodstream and any excess will store as fat.

Dawn primarily trained her back, hips, and legs while rotating the training of shoulders, arms, and pecs every 4 week cycle, The following program is an approximation of Dawn's training from 202 lbs at the APF Nationals in July 1991 to 180 lbs in October 1991 while maintaining most of her muscle mass and actually increasing her total performance. Bear in mind that a drug free athlete and especially a female athlete will lose muscle fairly rapidly if it is not worked during a weight loss cycle. Therefore we needed to maintain a regular schedule of muscular stimulation for all the primary muscle groups as well as the secondary groups that are key to Dawn's style of lifting.

Dawn trained 5 days per week-Monday, Tuesday, Wednesday, Friday, and Saturday. She used a three week rotation cycle. The seven three-week cycles were arranged by intensity of load as follows: 1st; High volume - Light Load - Fast Pace; 2nd: High Volume - Moderate Load Fast Pace; 3rd: Moderate Volume - Heavy Load Moderate Pace; 4th; High Volume - Light Load - Fast Pace; 5th; Moderate Volume - Heavy Load - Slow Pace; 6th; Low Volume - Moderate Load - Moderate Face; 7th; Low Volume - Heavy Load - Slow Pace The culmination of the last cycle was the WPC World Championships. Dawn lifted in a meet weighing 187 lbs at the end of the 6th cycle. She was not able to recover with the heavy load on the last training cycle. We learned that with this particular type of program (we use many other types). She must have the last heavy cycle end three weeks out from the meet and peak off a moderate load cycle. Without the aid of anabolics she needed a light load cycle before a moderate load cycle to be fully peaked. As it worked out Dawn totalled 1430 with a big squat and bench in the 6th cycle and weighing 187 lbs. She could only manage 1350 at 180 lbs three weeks later. She was fresh in the deadlift only, having held back at the first meet. The three week rotation looked like this.

1ST CYCLE

a. Upper Back and Shoulders (3 people - 40-50 minutes): Wide Grip Shrugs 5 sets of supersetted with Alternate Dumbbell Presses - 4 sets of 6 reps; Railroads - side lateral raises with no rest period, one giant set of 10lb, 15lb, 20lb, 25lb, 20lb, 15lb, 10lb dumbbells for 10, 8, 6, 3,5, 5, 15 reps; Wide Grip Upright Rows 3 sets of 10 reps Overhead Flyes - 3 sets of 10 reps Seated Bent-over Lateral Raises - 4 sets of 8 reps; V-lateral Raises 3 sets of 10 reps Dumbbell Pullovers 4 sets of 12 reps Wide Grip Lat Pulldowns - 4 sets of 8 reps.

b. Legs and Low Back: Squat (narrow) - 5 sets of 3 reps at 145-225lbs; Good Mornings - 3 sets of 6 slow with 95-115lbs; Deadlifts (behind back) - 4 sets of 10 reps 145 lbs; beg Extensions - 3 sets of 15 reps @ 40-100lbs; Leg Curls - 5 sets of 8 reps @ 70-120lbs; Reverse Hypers - 3 sets of 15 reps.

c. Chest: Incline Dumbbell Press - 4 sets of 8 @ 30-70lbs; Decline Barbell Press - 4 sets of 10 reps @ 95-155 lbs; Bench Press - 10 sets of 3 @ 135-165lbs; Cable Crossovers - 3 sets of 12 reps @ 30-50lbs; Dips - 3 sets of 8 reps @ bdywt; Rear Delt Machine - 3 sets of 8 reps @ 50-90lbs.

d. Arms: Tricep Extensions (Flat Bench to Back of Head) 6 sets of 8-10 reps @ 50-100lbs; Tricep Pushdowns - 3 sets of 12 reps @ 40-90lbs; Dumbbell Curls - 5 sets of 6 reps @ 20-35lbs; Straight Bar Curls - 3 sets of 10 reps @ 30-45lbs; Straight Bar Cable Curls - 3 sets of 10 reps @ 50- 80lbs.

e. Squat and Deadlift: Squats - (narrow) 6 sets of 5 reps @ 145-405 lbs (wide) 5 sets of 2 reps @ 325-485lbs with no more than 2 minutes rest; Pinch-knee Deadlifts (in rack from just below the knee) 5 sets of 5 reps @ 135-385lbs; Abs - Crunches and Oblique crunches.

2ND CYCLE

a. Upper Back and Shoulders (3 people - 40-50 minutes): Wide Grip Shrugs - 3 sets of 32 reps @ 185lbs supersetted with; Military Presses - 4 sets of 6 reps @ 95-125lbs -Side Lateral Raises - 4 sets of 8 reps @ 15-25lbs; Narrow Grip Upright Rows - 3 sets of 10 reps; Seated Bent-over Lateral Raises - 4 sets of 8 reps; one-arm Dumbbell Rows - 4 sets of 6 reps @ 25-60lbs; Parallel-Grip Lat Pulldowns - 4 sets of 8 reps.

b. Legs and Low Back: Leg Press (wide and high) - 6 sets of 12 reps @ 200-800lbs added weight; Leg Curls - 5 sets of 8 reps @ 70-120lbs; Low Pulley Rows - 3 sets of 8 reps @ 50-100lbs; Reverse Hypers - 3 sets of 15 reps.

c. Chest: Supported T-Bar Rows - 4 sets of 6 reps; incline Cable Crossover - 4 sets of 8 reps @ 30-50lbs; Decline Barbell Press (to Collarbone) - 3 sets of 6 reps @ 45-95lbs; Bench Press - 5 sets of 8 reps @ 115-155lbs; Pec Deck - 3 sets of 12 reps @ 60-120lbs; Dips - 5 sets of 3 reps @ bdywt + 10-45lbs; Rear Delt Machine - 3 sets of 8 reps @ 50-90lbs.

d. Arms: Tricep Extensions (Flat Bench to Back of Head) - 6 sets of 10 reps @ 50-100lbs; Bench Dips - 5 sets of 12 reps @ bdywt; Preacher Curls - 4 sets of 6 reps @ 30-55lbs; Vertical preacher Curls - 3 sets of 10 reps @ 30-45lbs; Straight Bar Curls - 3 sets of 10 reps @ 50lbs.

e. Squat and Deadlift: Squats - (narrow) 8 sets of 3 reps @ 145-485lbs (wide) 3 sets of 5 reps @ 325lbs with no more than 2 minutes rest; Pinch-knee Deadlifts 5 sets of 8 reps @ 135-285lbs; Abs - Crunches and Oblique crunches

3RD CYCLE

a. Upper Back and Shoulders (3 People - 40-50 minutes): Narrow Grip Shrugs - 4 sets of 8 reps @ 135-295lbs; supersetted with Seated Bent-over Lateral Raises - 4 sets of 12 reps @ 20lbs; Railroads - side lateral raises with no rest period, one giant set of 10 lb, 15 lb, 20 lb 25 lb, 20 lb, 15 lb, 10 lb dumbbells for 10, 8, 6, 3, 5, 5, 15 reps; Plate Raises - 3 sets of 8 reps slow @ 10 lbs; Dumbbell Pullovers (decline bench) 4 sets of 12 reps; Wide Grip Lat Pulldowns to Sternum 4 sets of 8 reps @ 160lbs; Narrow-grip Upright Rows (Cable) - 3 sets of 10 reps @ 70lbs.

b. Legs and Low Back; Squat (Front) - 5 sets of 3 reps at 115-195lbs; Deadlifts (Pinch Knee) - 4 sets of 10 reps @ 145-255lbs; Leg Curls - 5 sets of 8 reps @ 70-120lbs; T-Bar Rows - 4 sets of 6 reps @ 45-135lbs; Reverse Hypers - 3 sets of 15 reps.

c. Chest: Incline Press - 4 sets of 8 reps @ 115-170lbs; Decline Dumbbell Press - 4 sets of 10 reps @ 35-55lbs; Bench Press - 6 sets of 3 @ 135-215lbs; Dips - 5 Sets of 8 reps @ bdywt; Flat Bench Flyes - 3 sets of 10 reps @ 15-20lbs; Rear Delt Machine - 3 sets of 8 reps @ 50-90lbs.

d .Arms: Tricep Extensions (Flat Bench to Back of Head) 6 sets of 8-10reps @ 50-100lbs; Tricep Pushdowns (rope) - 3 sets of 12 reps @ 40-90lbs: Dumbbell Hammer Curls - 5 sets of 6 reps @ 20-35lbs; Straight Bar Curls - 3 sets of 10 reps @ 30-45lbs.

e. Squat and Deadlift: Squats - (narrow) 6 sets of 5 reps @ 145-485lbs and 1 set of 3 reps at 505-525lbs (wide) 5 sets of 2 reps @ 325-485lbs with no more than 2 minutes rest; Deadlifts - singles to 405-425lbs followed by 58 reps at 335lbs; Abs - Crunches and Oblique crunches.

4TH CYCLE

a. Upper Back and Shoulders (3 people - 40-50 minutes): Wide Grip Shrugs 5 sets of 8 @ 135-245lbs supersetted with Alternate Dumbbell Presses - 4 sets of 6 reps @ 35lbs; Incline Forward Lateral Raises - 4 sets of 12 reps @ 15-20lbs; Wide Grip Upright Rows - 3 sets of 10 reps; Overhead Flyes - 3 sets of 10 reps; Seated, 45- Forward, Front Raises - 4 sets of 8 reps; V-lateral Raises - 3 sets of 10 reps; Stiff Arm Barbell Pullovers - 4 sets of 8 reps; Narrow Grip Lat Pulldowns - 4 sets of 8 reps @ 70-120lbs.

b. Legs and Low Back: Squat (narrow) - 5 sets of 3 reps at 225-245lbs; Good Mornings - 3 sets of 6 slow with 95-155lbs; T-Bar Rows - 4 sets of 5 reps @ 45-145lbs; One Arm Dumbbell Rows - 3 sets of 12 Tops @ 35lbs; Leg Curls - 5 sets of 8 reps @ 70-120lbs; Reverse Hypers - 3 sets of 15 reps.

c . Chest: Incline Heart Shape Dumbbell Press - 4 sets of 8 reps @

(article continued on page 60)

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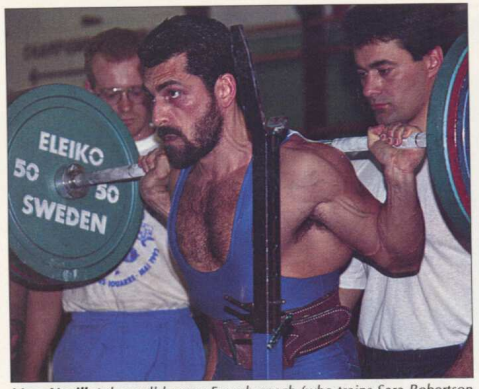

Marc Vouillot the well known French coach (who trains Sara Robertson in Paris), squatting 507 at the FFF Nationals (Georges Gerard photograph)

F.F.F. French Championships
9,10 May 92 - Meaux (kg)

Women	SQ	BP	DL	Total
I. Breton 47.5	82.5	52.5	110	245
E. Lemoullec 54.1	145	75	145	365
S. Lohner 54.7	105	60	130	295
R. Cadres 59.9	150	70	170	390
D.Debuisson 62.5	150	75	152.5	377.5
W.C. Liege 62.2	130	65	145	340
Jarjembowski68.9	140	80	165	385
B. Godard 68.4	145	70	150	365
I. Beau 69.6	120	70	140	330
Women Masters 1				
F. Guinard 49.7	95	57.5	137.5	290
N. Vouillot 57.6	110	55	135	300
Women Masters II				
A. Soulard 52.2	85	60	115	260
Teen Men				
N. Caetano 67.5	185	80	200	465
G. Hoarau 71.7	185	112.5	215	512.5
V. Catanzaro78.1	197.5	95	220	512.5
S. Skirlo 81.6	187.5	90	232.5	510
Junior Men				
P. Lemoullec58.8	187.5	82.5	197.5	467.5
L. Ledroit 63.9	225	120	160	505
V. Eldin 66.6	160	110	202.5	472.5
T. Duprat 65.3	160	125	185	470
L. Joa 81.4	220	112.5	250	582.5
C. Rivaux 73.7	215	122.5	215	552.5
D. Handala 88.6	292.5	150	257.5	700
L. Ricaud 86.4	240	145	240	625
P. Martins 97.2	220	155	260	635
S. Piquet 105.5	270	150	270	690
Senior Men				
P. Legard 51.7	177.5	80	195	452.5
F. Brouillet 55.3	175	97.5	195	467.5
B. Vincent 59.6	222.5	125	246	592.5
E. Debuisson59.1	200	115	205	520
M. Duhem 74.8	245	150	230	625
M. Jaa 74.9	215	137.5	245	597.5
C. Corelli 74.3	215	137.5	240	592.5
F. Mompo 74.8	235	147.5	210	592.5
M. Vouillot74.8	230	122.5	230	582.5
M. Bouftaine80.5	270	145	270	685
D. Carlot 80.9	242.5	122.5	275	640
L. Amblas 82	235	145	260	640
Marie-Sainte87.9	272.5	195	272.5	740
Tocqueville 89,6	220	137.5	255	612.5
C. Maree 99.8	270	170	280	720
Ardissonne 108.2	280	185	255	720
P. Barbara 122.1	330	202.5	300	832.5
O. Denis 122.7	270	205	300	775
Men Masters I				
D. Delaporte67.4	200	125	220	545
G. Dufour 66.8	185	107.5	220	512.5
D. Lebreton 82.5	225	130	260	615
B. Mokadem 88.1	120	160	242.5	622.5
M. Marie 90	215	127.5	265	607.5
L. Clauss 98.7	230	125	247.5	602.5
Men Masters II				
C. Baret 63.7	142.5	105	185	432.5
R. Doubel 64.5	192.5	140	220	552.5
J. Quemard 74.6	207.5	120	212.5	540
D. Rosine 81.3	230	150	235	615
Bouchakour 79.8	200	150	230	580
A. Mallevre107.4				
Men Masters III				
M. Ledroit 67.3	202.5	97.5	205	505
A. Buttigieg 73.9	200	137.5	220	557.5
A. Grihault 73.2	205	110	230	545
J. Le Quernec 89	190	140	232.5	562.5
M. Roche 96.4	210	112.5	235	557.5
Men Masters IV				
R. Garcia 74.9	150	80		
R. Perrot 80.8	150	110	212.5	472.5
B. Lemoine 90	222.5	142.5	220	585
M.Decarpigny 89	160	132.5	202.5	495
A. Perez 99	205	130	225	560
Men Masters VI				
V. Tidona 59.5	140	102.5	170	412.5
A. Guillot 89.3	182.5	115	200	497.5
G. Nigard 88	175			
J.L. Deyris 108.5	160	140	185	485

Secretaire: Mme Evelyne Feron. Judges: Mme Raymonde Cadres - Mrs Michel Leroy - Louis-Marie Asselineau - Patrick Mathias - Pierre Lanez - Yannick Laguide - Christian Gatuing - Stephane Hatot - Joe Lebreton - Stephane Gerard - Daniel Vachat - Etienne Touze -p Christian Depitout - Albert Buttigieg. The organization for this year of the 3F French championships was committed to the powerlifting Section of the Club A.S.M.F. (Association Sportive Municipale Fertoise), in La Ferte Sous Jouarre, managed by Mr. Bernard Le Moullec, well known by a number of *Powerlifting USA's* readers. Indeed, one can often meet him on the World Drug Free Powerlifting Federation competitions, coaching his daughter, Edith Le Moullec, who won in 1990 at Meaux, the world title in her category. Since 1988, she has taken part in all WDFPF World championships. As Meaux, La Ferte Sous Jouarre - whom it is 25 km distant - is situated in Ile De France, to 70 km from Paris, on the northeast, and close to the new Euro Disneyland Resort. It is a very nice small town, flowed through by the Marne river. As usual at the national championships, the general assembly of the French federation was seated under Georges Gerard's presidency. He was surrounded by his principal collaborators, Evelyn Feron, Daniel Vachat, Jean Villenave, Joseph Ponnier, Albert Buttigieg, Stephane Hatot, and many more besides. About 70 athletes, women and men, with a good level, who contested the titles. Many fine performances were accomplished. Among the women, Edith Le Moullec, Raymonde Cadres, Myriam Jarjembowski, dominated. In the teen classes, Nelson Caetano, Gaston Hoarau, Vincent Catanzaro, Catanzaro, Sylvain Skirlo made promising first plays. Junior's classes: Pascal Le Moullec, Laurent Ledroit, Lionel Joa, Denis Handala, Ludovic Ricaud, Sylvain Piquet competed well. Among the seniors, the best lifters were Bernard Vincent, Marc Duhem, Mouloud Boufraine, Miguel Marie-Sainte, Philippe Barbara. Masters classes: one will hold the attention for Daniel Lebreton, Daniel Rosine, and many more besides. (Results of this competition were submitted by Georges Gerard).

W. Washington Special Olympics
25 Apr 92 - Marysville, WA

Men	SQ	BP	DL	Total
132 lb				
J. Marick	- - -	100	150	250
165 lb				
B. Woodall	! ! !	120	185	305
181 lb				
M. Martinsen	265	185	275	725
T. Goad	- - -	- - -	250	250
198 lb				
R. Larson	425	315	520	1260
P. Lydic	140	170]	250	560
242 lb				
C. Harrison	- - -	190	400	590
T. Lawton	- - -	120	225	345
SHW				
B. Thompsom	- - -	145	260	405
S. Merritt	- - -	125	250	375
Womens				
C. Bloomquist	- - -	85	180	265

Howard's Bodybuilding and Fitness Center of Marysville hosted the 5th annual Western Washington Special Olympics Powerlifting Regional Qualifier. Owner, Howard Honziker has so generously offtered the use of his facility and equipment to make this a first class competition. Thank you to the following people who volunteered their time to spot, load, judge, score and expidite this competition: Dave Neyens-Special Olympics coach; Laurie Neyens-Special Olympics Program Director; Brad Craig-National Physique Committee N.W. Zone Chairman; Howard Hunziker-gym owner; Gary Reed-productions; Stu Reed-loader - spotter extraordinaire, Ron & Diane Selia and Jim Pavlicek. Thank you to the enthusiastic audience we had cheering on these truly great competitors. The lifters at this competition qualify for the Washington State Special Olympics Powerlifting Championships to be held at Fort Lewis. (Thanks to Jim Pavlicek for providing the meet results).

NASA Greater Arkansas Open
23 May 92 - Conway, AR. (kg)

Youth	SQ	BP	DL	Total
Bell	37.5	22.5	40	45
Womens				
123				
Holmes	57.5	37.5	100	195
Pure				
165				
Favorite	205	125	182.5	512.5
Murphy	165	125	195	485
181				
Sherwood	237.5	122.5	127.5	597.5
198				
Johnson	237.5	120	212.5	570
Carlton	100	115	215	530
Male	170	115	172.5	467.5
220				
Walker	237.5	182.5	215	535
242				
Hodge	205	130	205	540
Natural				
220				
Seal	227.5	127.5	237.5	582.5
275				
Stockwell	265	165	215	645
High School Pure				
114				
Hodge	117.5	60	115	292.5
148				
Morgan	105	85	160	350
198				
Johnson	237.5	120	212.5	570
Masters I				
165				
Bell	235	155	242.5	640
Scroggins	142.5	115	137.5	417.5
Sub Masters				
181				
Sherwood	237.5	122.5	237.5	597.5
198				
Male	170	115	172.5	467.5
Teenage				
181				
Strecker	152.5	130	182.5	465
220				
McCoy	125	75	160	360
242				
Franks	112.5	72.5	137.5	320
Pure Novice				
181				
Summers	187.5	142.5	217.5	547.5
220				
McDonald	160	130	227.5	517.5
242				
Sawyer	205	145	225	575
Bench Press				
Women				
114				
Warren	50			
148				
Scroggins	42.5			
Teenage				
114				
Schapp	75			
198				
Witherington	125			
Natural				
148				
Baxter	122.5			
181				
Smithson	120			
275				
Clayton	227.5			
Masters				
165				
Bell	1545			
Scroggins	115			
220				
Tillery	145			

(Thanks to NASA for results of this competition).

ANPPC Drug-Free New York Bench
3 May 92 - N. Tarrytown, NY

Teenage			
Chamberlain	174	260	
A. Vito 193		260	
Women			
C. Garcia 154		135	
S. Tedesco 140		85	
Mens Open			
132			
W. Miranada		265	
D. Legg		170	
148			
B. Petach		325	
165			
M. Pellegrino		270	
R. Legg		255	
181			
S. Capello		335	
D. Weiss		315	
198			
J. Sherman		380	
M. Nathanson		315	
220			
K. Slack		480	
B. Campbell		440	
F. Romano		360	
242			
F. Oghogu		405	
C. Brown		400	
275			
L. Farmer		410	
M. Young		405	
SHW			
T. Jacobs		480	
L. Starace		375	
Masters			
R. Granko 181		350	
T. Shaw 186		340	
T. Cinelli 247		350	
L. Starace 296		375	
M. Vitale 314		300	

Best lifter: Kenny Slack. Best Team: Flex Fitness center. (Thanks to Angelo for providing results).

ANPPC Drug Free New York State *Bench Press Championships were held outdoors, in Tarrytown, NY. Here, Felix Corona (right), ANPPC New York State Chairman, congratulates Basil Petach, 148 lb. record holder (Angelo)*

Louisiana Police Summer Games
2 Jun 92 - Baton Rouge, LA

198	SQ	BP	DL	Total
J. Norwood	500	340	475	1315
220				
P. Hough	650	425	560	1635
242				
L. Coleman	420	340	605	1365
R. Buckingham	475		575	1050
275				
S. Cowgill	500	390	400	1290
SHW				
R. Holt	505	350	610	1465
K. Moody	715		615	1330

(Thanks to Cpl. John Norwood, Baton Rouge Police Department, for providing these results).

CDFPA Spring Class Two & Under
31 May 92 - Vancouver, BC

Special Olympic	SQ	BP	DL	Total
181				
K. Ullyot		150*	365*	515*
198				
L. Issac		105*	200*	305*
T. Chadsey		80	155	235
Men's Open				
165				
S. Schlimmer	400	200	475	1075
J. Benson	245*	270*	360*	875*
J. Hein	300	170	385	855
B. Stone	280	165	325	770
198				
J. Thurston	415	240	475	1130
T. Fryer	340	220	385	945
220				
L.O. Merriman	485*	355*	550*	1390*
S. Mahar	425	250	465	1140
A. Krynen	385*	200*	400*	985*
242				
W. Pontius	495	315	550	1360*
		4th	575*	
R.O. Smith	450	320	520	1290*
D. Fogle	295	295	320	910
275				
D.A. Turk	410*	375*	425*	1210*
Spec. GuestLifter				
242				
T. Sawchuk	545*	335*	500	1380*

* Denotes new BC record. Special Awards – Open Category. Best Squat–L.O. Merriman; Best bench press– L.O. Merriman; Best deadlift–Steve Schlimmer; Best overall lifter–L.O. Merriman; Special Awards – Masters Catagory. Best squat–L.O. Merriman; Best bench press–Jack Benson; Best deadlift–L.O. Merriman; Best overall lifter–L.O. Merriman. Once again Chilliwack was host to a great time and some great lifting, as Ward's Gym played host to the CDFPA's Spring Class Two meet. The Special Olympians set the stage with Ken Ullyot establishing three new BC records in the 181 lb. class. Larry Issac followed with three new records in the 198 lb. class. Trenton Chadsey showed improvement over his last outing. Special mention goes out to Tony Fryer who gives up his week-ends to coach the Special O. boys. Three gold stars to you Tony. We're proud of you. The 165's were taken handily by Steve Schlimmer. Steve showed us some solid lifting and promises great things for the future. Jack Benson was the oldest lifter in the meet. Two newcomers to powerlifting fought it out for third and fourth in the 165's. John Hein got third with Bill Stone hard on his heels for fourth. I hope we'll see more of these guys. Josh Thurston added another medal to his collection with first in the 198's. Tony Fryer moved up to the 198's for the first time, and continues to improve with each meet. L.O. Merriman cleaned house in the 220's with first place in the open and masters. We'll have to keep our eyes on this guy. Scott Mahar made some serious improvements over his last meet to grab second place. Third place open/first place teenage was captured by Andrew Krynen in his first meet. Andrew will have lots more to show us in the future. The 242's saw a real battle where our special guest lifter put up the biggest total and set three new BC records. First place was captured by big William 'Mike' Pontius who set two new records in the process. Big Bad Bob Smith was a close second as well as first in the masters division. Robert set a new masters total record. D.A. Turk came out of a long retirement from powerlifting to set the standards for the 275's, both seniors and masters. We hope to see more of you big Guy. Special thanks to our guest lifter, Terry Sawchuk. (Thanks to Hugh Ward for providing the results of this contest).

Paul Hough *trying a 690 squat, weighing 210, at the Louisiana State Law Enforcement Summer Games.*

USPF Maryland State
17 May 92 - Hyattsville, Md. (kg)

Women	SQ	BP	DL	Total
56kg				
B. Phillips	110	47.5	115	272.5
D. Volpicella	70	52.5	125	247.5
67.5kg				
J. Duer	107.5	47.5	135	290
I. Parks	97.5	47.5	112.5	257.5
Men				
52kg				
D. Szwed-j	102.5	50	150	302.5
56kg				
S. Burgess-j	137.5	82.5	150	370
60kg				
M. McKnight	182.5	102.5	190	475
T. Essick-j	127.5	82.5	150	360
R. Cakinni-j	90	62.5	132.5	285
67.5kg				
J. Smith-m	132.5	120	195	447.5
L. Johnson	145	105	195	445
P. Russell-j	112.5	70	142.5	325
75kg				
F. King	202.5	137.5	212.5	552.5
M. Rogers	212.5	125	200	537.5
M. Sichelman	200	110	215	525
C. Delp-j	175	112.5	195	482.5
J. Ryan-j	147.5	117.5	142.5	407.5
Jim Ryan-j	137.5	102.5	142.5	382.5
82.5kg				
B. Rayes-j	137.5	60	132.5	330
P. Hobson-j	92.5	47.5	120	260
90kg				
T. Neal	242.5	157.5	247.5	647.5
B. Calhoun	237.5	177.5	210	625
D. Sandberg	197.5	142.5	207.5	547.5
100kg				
B. Foster	220	142.5	235	597.5
L. Phillips-m	222.5	130	227.5	580
G. Miller	182.5	120	212.5	515
A. Wenzel	205	120	175	500
C. Larson-j	92.5	62.5	120	275
110kg				
B. Phillips	295	180	297.5	772.5
P. Anderson-j	295	172.5	250	717.5
J. Ferguson	240	195	245	680
Super				
G. Carver	265	150	292.5	707.5
B. Meyers	265	177. 5	255	697.5

j - junior; m - masters. Best lifter: Open - Brad Phillips; Women's Open - Belinda Phillips; Masters - Sonny Smith; Junior - Pat Anderson. Best Men's team - Maryland Athletic Club; Best junior team - St. Mary's Ryken High School. This is the 3rd year State USPF Championships were held at the Prince George's Plaza Community Center. We would like to thank all those who made this meet successful, pleasant and safe: Skip Gormley, Eugene Julien, and Matt Mills, the meet directors; Matt Mills and John Mogavero, the meet announcers; Bob Sams, Eugene Julien, Brian Washington, John Mogavero, Dick Smith, Charlie Lockhart,; the referees; Ricardo Douglas, William Douglas, Anthony Stanbley, Joey Queen, and David Lee, the spotter-loaders; and a special appreciation goes to Lily Giannini, Mary Beth Gormley, Angie williams, Nedra Wingate, Eric Tweed, Lois Provenza, and Mike McQuay (the facility director) whose tireless efforts provided the much needed behind the scenes help. (Thanks to Mary Hoffman for providing these results).

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SCOTT WERNER
Bench Press Routine

How many times has the following happened to you? You just finished a great chest workout at Chaillet's Fitness & Strength, and you head out to the local mall for some food. While you're waiting in line for something to eat, someone comes up to you and asks you that famous question, "How much can you bench?" And isn't it always true that no matter what you tell this person, they have a "friend" in your weight class that can do about a million pounds more than you. Well, with the following workout, maybe we can see to it that you are the one everyone is talking about.

Before we get started, I would like to stress three key points that should be monitored through your entire cycle. 1) Make every rep identical. Your set with 135 should be exactly like your set with 225, which should be exactly like your rep with 300. 2) Make sure your entire body is tight. This starts with your feet, continues through the hips, and ends at the shoulders. 3) Do not overtrain. You only need to work your chest once a week. Remember, quality is more important than quantity.

The following program is designed for a lifter with a 300 lb. bench. If you follow the program your bench should increase to 320 lbs. Hey, don't laugh, 20 lbs. in eight weeks isn't shabby.

I suggest that you do your chest and shoulders on Saturdays and your triceps on Tuesdays. It would also be beneficial if you worked your lats on Thursdays.

Week One: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 225 x 4, 225 x 4, 225 x 4. Saturday assistance: Dumbbell Flyes- 45 x 8, 45 x 8, 45 x 8; and Incline Bench- 180 x 7, 205 x 5, 220 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 200 x 3, 210 x 2.

Week Two: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 225 x 4, 225 x 4, 230 x 4. Saturday assistance: Dumbbell Flyes- 50 x 8, 50 x 8, 50 x 8; and Incline Bench- 180 x 7, 205 x 5, 220 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 200 x 3, 210 x 2.

Week Three: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 230 x 4, 230 x 3, 230 x 3. Saturday assistance: Dumbbell Flyes- 50 x 8, 50 x 8, 55 x 6; and Incline Bench- 180 x 7, 210 x 4, 225 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 205 x 3, 215 x 2.

Week Four: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 230 x 3, 235 x 3, 240 x 3. Saturday assistance: Dumbbell Flyes- 55 x 8, 60 x 6, 65 x 4; and Incline Bench- 180 x 7, 210 x 4, 225 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 205 x 3, 215 x 2.

Week Five: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 235 x 3, 240 x 3, 245 x 3. Saturday assistance: Dumbbell Flyes- 55 x 8, 60 x 6, 65 x 4; and Incline Bench- 180 x 7, 210 x 4, 225 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 210 x 3, 220 x 2.

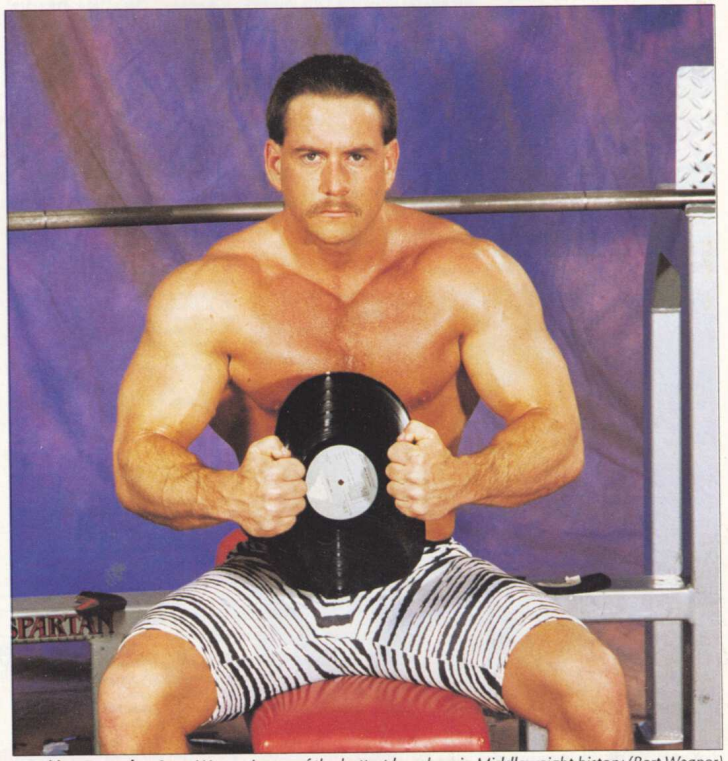
Week Six: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 245 x 3, 270 x 2, 290 x 2. Saturday assistance: Dumbbell Flyes- 60 x 8, 65 x 6, 70 x 4; and Incline Bench- 180 x 7, 210 x 3, 230 x 2. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 210 x 2, 225 x 1.

Week Seven: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 250 x 2, 280 x 2, 300 x 2. Saturday assistance: Dumbbell Flyes- 70 x 8, 75 x 6, 80 x 4; and Incline Bench- 180 x 6, 210 x 3, 235 x 2. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 210 x 2, 235 x 1.

Meet: 135 x 10, 185 x 6, 205 x 4, 225 x 1, 255 x 1. Lift 1- 285. Lift 2- 305. Lift 3- 320.

This workout should help to increase your bench press, but, remember, the key to a successful bench is not the numbers on a sheet of paper. The key is slow, consistent progress. However, it always helps to have a good training partner yelling at ya! Good Luck.

If you need any further assistance regarding this workout, you can write to me at: Scott Werner, 4205 Drake Ct., Waldorf, Maryland 20603.



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APF Illinois State
24 May 92 - Peoria, IL

Women	SQ	BP	DL	Total
114				
K. Deline	200	75	200	475
148				
T. Bannister	200	150	255	605
165				
V. Lester	350	220	370	940
J. Schroeder	335	150	320	805
Teen				
132				
D. Duffy-16	300	165	265	720
165				
J. Brown-16	385	195	385	965
198				
T. Stapleton-19	475	360	500	1335
J. Long-18	300	240	400	940
Master				
181				
J. Taylor-40	520	280	535	1335
198				
D. Galloway-46	405	230	440	1075
220				
D. Zenzen-40	450	300	465	1215
Class II				
148				
J. Bogue	300	170	300	770
165				
S. Stuckhausen	450	255	430	1135
C. Lyerla	335	250	410	995
B. Johnson	360	210	385	955
181				
L. Trammell	500	335	475	1310
T. Bauer	405	320	405	1130
M. Crow	360	220	420	1000
198				
E. Clark	520	400	540	1460
S. Harmon	545	325	555	1405
D. Morrissey	500	320	555	1365
C. Shoemaker	475	275	515	1265
D. Galloway	405	230	440	1075
220				
M. Rogers	610	360	560	1530
D. Holt	540	365	540	1430
J. Herrman	510	340	560	1410
275				
L. Boverie	575	455	525	1555
T. VanVleck	440	265	480	1185
Open				
148				
M. Flangan	430	245	420	1130
S. Vilando	325	225	430	980
165				
T. Denton	560	290	565	1415
S. Stuckhausen	420	255	430	1135
181				
J. Taylor	520	280	535	1335
L. Trammell	500	335	475	1310
198				
R. Wilson	580	340	550	1470
E. Clark	520	400	540	1460
J. Harmon	545	325	555	1405
D. Morrissey	500	310	565	1365
C. Shoemaker	475	290	575	1265
220				
R. King	725	375	655	1755
F. Santoro	610	365	590	1565
M. Rogers	610	360	560	1530
S. Fish	580	390	505	1475
D. Holt	540	365	540	1430
J. Herrman	510	340	560	1410
242				
S. Workley	705	380	715	1800
B. Strohsdorfer	610	350	650	1600
275				
T. Payne	630	425	565	1620
L. Boverie	575	455	525	1555
SHW				
G. Baum	525	400	555	1480

The APF/WPC santioned State Championships was a very well received meet, all the lifters said that the judging was very consistent and fair. The turnout for the contest was good and very competitive. The Women's Division was figured by formula which made it hard to judge your lifts in fighting for placings. In third place there was a kind of an upset. Kandace Deline from Gordon's Gym in Washington, IL. totaled 475 lbs weighing 109 lbs. Thats a great total but the really remarkable thing is that she is only 11 years old. Her coaches Greg Rodon and (father) Dave Deline say lookout ladies Kandace is on the move just wait till she is a full teenager. Second place went to Jennifer Schroeder who entered at the last minute literally, but that's only after her coach Joy King talked her into it. (Good job Joy). She was credited with a 805 lb. total, could you imagine where she would be if she trained for it. First place went to Vickie Lester from Brads Gym in Galesburg, IL. She is coached by world class lifter Brad Stevenson, her 940 total was one of the most controlled 9 for 9 days I've seen in a long time. In the Teen Men's Division, Dan Duffy was edged out by John long for third place, but there's always next time. Second went to another Frantz's Gym team member John Brown. First place went to Tony Stapleton from Pool's Gym. Tony had a very hard fought 3rd attempt squat to stay in the meet. Masters Division: this is for the older guys, well, if they are older they don't act like it. In third place was a newcomer to the sport and the oldest of the group, Peoria Police Officer Dennis Galloway. He trains at Denton's Gym in Bartonville, IL. Second place saw the come back of Dick ZonZen from Frantz's Gym. The winner of the Masters was James Taylor who turned 40 the day of the contest. In Class II 148 lb division, John Bogue took it all with a very fine effort. The 165's, Steve Stuckhausen pinched out a fine total for the win. The 198's saw Ed Clark of Fairfield, IL., take the win. In the 220's there was a battle between Jim Herrman and David Holt for 2nd when the smoke cleared David came out on top. Mike Rogers took the 1st place award. The 275's was the heaviest class in the class II's. Tom VanVleck grabbed 2nd. First place went to Big Lance Boverie from Wood River, Il. He has a lot of potential in powerlifting, he just needs a little coaching. In the Open Mike Flangan and Steve Vilando battled it out for the title, but Mike came out in front. The 165's saw the World Powerlifting Alliances sub masters champion Tom Denton pull out the win as well as best lifter for the light weights. Tom is the owner of Denton's Gym in Bartonville, Il. The 181's winner was also the masters winner, James Taylor was the lightest at only 166. The 198's saw Ronnie Wilson from Brad's Gym, fighting for the 1st place award with Ed Clark. Nice fight Ron. The 220's was a very impressive class. The 2nd place award went to Frankie Santoro who is coached by world class powerlifter Jeff Huber. This was Frankie's first contest. His lifts were very controlled. Look for some big numbers coming from him in the future. First place went to Rick King as well as the best lifter award in the heavy weights. Rick had a class call with 740 in the squat, he just had a little control problem. The 242's saw Scott Workley pull the biggest dead of the meet of 715 lbs. The 275's saw Tony Payne and Lance Boverie fight for the title. Last but not least the Supers saw A.P.F. Illinois State chairman Gary Baum. I would like to thank all of the spotters, loaders and judges as well as my co-meet Director Dave Deline. Thanks to Mike Boyer, Josh Egli, expeditor and scorekeepers Steve Parkhurst and Darean Maloy, B. Stevenson, Doug Gordon, Big Tony Vaughn and Dr. Darrell Latch of the Son Light Power Gym for all his help spotting, loading and cleaning up after. Special thanks to Maris Sternberg for her announcing and her helpers Buffy and Stacie. Results by Greg Gordon, owner of Gordon's Gym in Washington, Il. (309-745-5111).

POWER PEOPLE

Claudia Wagner, who successfully combines drug free bodybuilding and powerlifting, recently appeared on the cover of the Dutch publication NATURAL BODY (Bert Wagner)

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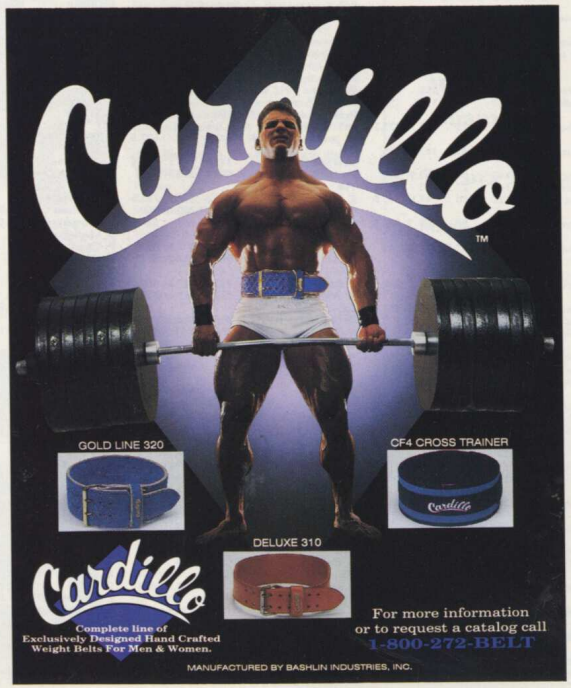

USPF N. Carolina State
7,8 Mar 92 - Asheboro, NC

Jr. Girls	SQ	BP	DL	Total
14-15				
105				
M. Hurley	90	42.5	102.5	235
K. Smith	92.5	45	95	232.5
C. Williams	72.5	27.5	72.5	172.5
114				
M. Edwards	92.5	45	95	232.5
D. Thomas	75	27.5	87.5	195
123				
S. Kinlaw	97.5	42.5	100	240
132				
B. Kaplen	95	45	100	240
M. Durham	67.5	32.5	92.5	192.5
198				
M. Hall	102.5	52.5	105	260
16-17				
97				
G. Pritchard	75.	32.5	87.5	195
105				
M. Hodges	90	45	100	235
114				
M. Gaines	92.5	42.5	110	244.5
198				
R. Siler	157.5	70	115	342.5
18-19				
165				
S. Allred	132.5	57.5	137.5	327.5
198				
D. Gilmer	145	62.5	155	362.5
Masters Women				
40-44				
114				
C. Hayworth	72.5	45	112.5	230
Women's Open				
97				
S. Solner	95	42.5	87.5	225
105				
C. Gaskey	112.5	45	120	227.5
123				
D. Hagan	137.5	67.5	137.5	342.5
K. Means	120	55	127.5	287.5
132				
J. Field	160	110	165	435
M. Leviner	107.5	67.5	115	290
S. Pleslusky	115	50	122.5	287.5
S. Parks	102.5	65	117.5	285
148				
K. Teal	137.5	85	157.5	380
R. Lanning	137.5	80	147.5	365
165				
H. Scheer	110	65	135	310
181				
D. Barnesen	130	82.5	147.5	360
SHW				
B. Lowery	152.5	92.5	152.5	397.5
Junior Men				
14-15				
114				
A. Gatewood	137.5	62.5	155	355
N. Hulka	115	65	115	295
123				
S. Wilson	142.5	75	160	377.5
132				
M. Parrish	85	42.5	107.5	235
148				
G. Hodges	145	87.5	162.5	395
D. Theesen	145	77.5	160	382.5
C. Bowman	125	70	147.5	342.5
165				
J. Craven	142.5	80	150	372.5
198				
T. Winslow	165	87.5	192.5	445
16-17				
114				
A. Purvis	110	75	162.5	347.5
132				
M. Routh	182.5	77.5	195	455
M. Tucker	152.5	105	162.5	420
R. Millikan	142.5	77.5	147.5	367.5
148				
M. Shelton	147.5	92.5	160	400
C. Lawson	125	77.5	182.5	385
L. Stout	142.5	87.5	150	380
165				
D. Caulder	165	82.5	165	412.5
D. Johnson	130	77.5	150	357.5
J. Ledford	127.5	67.5	125	320
G. Trotter	100	50	92.5	242.5
198				
B. Cannon	150	85	182.5	417.5
S. Furr	115	92.5	137.5	345
220				
T. Bowers	227.5	160	227.5	615
242				
P. Young	200	155	215	570
SHW				
J. O'Neal	142.5	67.5	145	365
18-19				
123				
C. Nettles	140	97.5	162.5	400
148				
D. Riddle	192.5	102.5	205	500
165				
M. Williams	230	130	227.5	587.5
181				
B. Ellington	227.5	127.5	217.5	572.5
D. Candell	202.5	105	207.5	515
198				
B. Clodfelter	255	122.5	240	617.5
O. Gaines	170	90	170	430
220				
D. Holyfield	205	102.5	207.5	515
B. Silver	142.5	100	165	407.5
242				
C. Sales	145	155	145	445
275				
H. Brown	267.5	167.5	270	705
R. Williams	197.5	172.5	232.5	602.5
20-23				
132				
B. Turner	110	97.5	170	377.5
148				
P. Dees	202.5	125	220	547.5
165				
M. Jenkins	245	147.5	235	627.5
181				
B. White	240	142.5	255	637.5
M. Chaner	182.5	145	212.5	540
198				
K. Webber	267.5	192.5	272.5	732.5
C. Stephenson	255	160	245	660
S. Harper	245	147.5	255	647.5
242				
J. Raynor	335	222.5	302.5	860
J. Dills	245	150	212.5	607.5
275				
T. Burr	215	150	182.5	547.5
C. Whittington	185	147.5	205	537.5
SHW				
D. Troxler	312.5	217.5	320	850
Masters I				
40-49				
132				
R. Anderson	165	105	137.5	402.5
165				
J. Gardenas	190	100	170	460
181				
G. Hogan	265	142.5	265	672.5
V. Horne	175	107.5	185	467.5
R. Hammond	180	115	172.5	467.5
198				
J. Covington	192.5	115	227.5	517.5
220				
C. Beane	235	115	212.5	562.5
SHW				
A. Ritch	260	170	230	660
B. Thomas	255	175	160	590
Masters II				
50+				
J. Allen	127.5	87.5	160	375
181				
F. Arant	127.5	92.5	192.5	430
220				
T. Cable	220	137.5	237.5	595
R. Murphy	185	137.5	192.5	514.5
275				
L. Lyczkowski	260	140	235	635
L. Gagliano	185	162.5	200	547.5
Class II & below				
114				
B. Zak	130	95	165	390
A. Gatewood	137.5	62.5	155	355
W. Allen	120	70	157.5	347.5
123				
C. Nettles	140	97.5	162.5	400
J. Chrisco	160	97.5	137.5	395
132				
R. Anderson	165	105	137.5	402.5
148				
L. Stout	142.5	87.5	150	380
165				
L. Carson	207.5	142.5	215	565
P. Dees	202.5	125	220	547.5
D. Hyatt	185	145	197.5	535
A. Thomas	175	117.5	227.5	520
181				
B. White	240	142.5	255	637.5
C. Wilkins	240	130	250	620
R. Covington	225	130	240	595
B. Ellington	227.5	127.5	217.5	572.5
198				
C. Stephenson	255	160	245	660
W. Williams	232.5	150	260	642.5
B. Thomas	227.5	172.5	235	635
B. Clodfelter	255	122.5	240	617.5
P. Capps	240	147.5	222.5	610
G. Caulder	200	135	235	570
K. Davenport	225	145	200	570
S. Cox	195	125	205	525
220				
M. Ward	257.5	180	247.5	685
M. McKinney	265	252.5	265	682.5
T. Spainhgur	255	145	270	670
S. Ikner	245	155	245	645
J. Ferpee	232.5	152.5	240	632.5
L. Craven	232.5	140	247.5	620
J. Hunt	250	135	230	615
242				
K. Jones	250	162.5	252.5	665
N. Britt	237.5	150	245	632.5
P. Young	200	155	215	570
B. Womble	215	127.5	215	557.5
K. Ferrerro	205	122.5	227.5	555
275				
H. Brown	267.5	167.5	270	705
J. Thompson	250	205	250	705
D. Falbaum	265	177.5	245	687
B. Welch	215	170	227.5	612.5
T. Burr	215	150	182.5	547.5
C. Whittington	185	147.5	205	537.5
SHW				
B. Hayes	307.5	190	257.5	755
K. Chriscoe	290	147.5	260	697.5
C. Pearce	260	155	235	650
J. Ashworth	237.5	140	255	645
A. Thompson	237.5	165	220	622.5
Men's Open				
114				
B. Zak	130	95	165	390
123				
C. Nettles	140	97.5	162.5	400
J. Chrisco	160	97.5	137.5	395
132				
C. Y. Kim	162.5	117.5	185	455
R. Anderson	165	105	137.5	402.5
148				
N. Mills	237.5	107.5	240	585
M. Puckett	212.5	117.5	227.5	557.5
165				
M. Sechrest	275	150	245	670
S. Autry	267.5	132.5	262.5	662.5
M. Jenkins	245	147.5	235	627.5
P. Dees	202.5	125	220	547.5
D. Hyatt	185	145	205	535
181				
L. Rorie	257.5	212.5	240	710
D. Cooke	255	167.5	237.5	660
B. White	240	142.5	255	637.5
198				
K. Webber	267.5	192.5	272.5	732.5
T. King	282.5	200	250	732.5
T. Higgins	305	150	257.5	712.5
T. Booth	267.5	160	272.5	700
T. Gurley	277.5	155	257.5	690
J. Inlow	262.5	157.5	262.5	682.5
B. Woodword	237.5	175	252.5	665
S. Harper	245	147.5	255	647.5
220				
V. Robinson	320	170	320	810
T. Cain	277.5	165	260	702.5
M. Ward	257.5	180	247.5	685
T. Spainhgur	255	145	270	670
242				
J. Raynor	335	222.5	302.5	860
K. Thompson	322.5	205	272.5	822.5
J. Dills	245	150	212.5	607.5
275				
J. Thompson	250	205	250	705
M. Teal	297.5	170	235	702.5
D. Falbaum	265	177.5	245	687
SHW				
D. Troxler	312.5	217.5	320	850
K. Chriscoe	290	147.5	260	697.5
A. Thompson	237.5	165	220	622.5
Mens Bench		242		
114		B. Rush		215
L. Benson	127.5	K. Thompson		205
132		275		
C. Y. Kim	117.5	E. Adams		187.5
148		SHW		
M. Puckett	117.5	J. Jones		182.5
N. Mills	107.5	A. Thompson		165
165		Masters Bench		
W. Lynch	167.5	181		
M. Sechrest	150	L. Brode		160
D. Hyatt	145	V. Hoine		107.5
L. Carson	142.5	198		
181		D. Renn		157.5
L. Rosie	212.5	J. McIntire		102.5
C. Wilkins	130	242		
198		K. Gurley		167.5
T. King	200	E. Wright		147.5
T. Gurley	155	275		
J. Imlow	145	C. Orr		205
S. Cox	125	L. Gagliano		162.5
220		L. Lyczkowski		140
E. Mosley	212.5	SHW		
J. Gaukler	155	B. Thomas		175

Approximately 290 entries with over 100 Jr. entries. King's Gym won Open and Class II Team titles - 6th year in a row. Jr. Team title was won by the Randleman Iron Tigers - 3rd year in a row. Best Lifters: Men-Joe Raynor: Sr.-Joe Raynor: Women-Julie Field: Bench-Lee Rorie: Master-Tommy Coble. (Thanks to Sandy King for results)

Greensville JC's "B" Intra-Unit
30 May 92 - Jarratt, VA

148	SQ	BP	DL	Total
T. Lavache	385	250	315	950
165				
V. Martin	350	250	500	1100
181				
C. Claboine	365	295	475	1135
W. Key	350	315	460	1125
R. Hall	405	315	315	1035
D. Johnson	340	250	425	1015
198				
R. Coleman	475	335	480	1290
L. Hawkins	450	350	450	1250
C. Dowell	450	315	460	1225
220				
M. Phillips	515	315	575	1405
J. Alston	445	355	555	1355
242				
P. Connors	700	425	575	1700
D. Taylor	495	320	575	1390
275				
G. Snowden	525	360	600	1485
SHW				
W. Brantley	600	370	550	1520
J. Kane	450	390	590	1430

The success of this event will surely lead to more competitions in the future. "B"-Unit won 5 first places with "C"-Unit taking 3. We look forward to "A"-Unit participating in our next meet. (Thanks to John Beale, Recreation Supervisor, "B" Unit, at Greensville Correction Center, 901 Correctionway, Jarrat, VA 23870 for providing these contest results to *POWERLIFTING USA*).

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ADFPA S.C.I. Rockview Open
24 May 92 - Bellefonte, PA

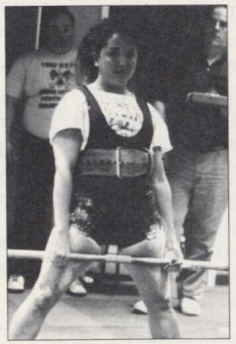
114	SQ	BP	DL	Total
S. Brant	405*	165	390	960
148				
Z. Lonery	420	250	510	1180
E. Nieves	460	260	410	1130
165				
E. Solomon	460	290	640	1490
D. Douglas	580	bomb		
181				
L. Johnson	460	315	bomb	
G. Lockett	525	360	615	1500
R. Scott	550	340	575	1465
T. Johnson	490	340	565	1395
198				
N. Channer	625	355	610	1590
R. Arrington	635	bomb		
220				
G. Powe	600	300	600	1515
T. McFerren	750*	430	600	1780
242				
L. Jewell	560	330	570	1460
R. Waters	535	330	625	1490
275				
G. Davis	720	390	580	1690
J. Shivers	550	350	550	1450

* new state record. On May 24, 1992, SCI-Rockview held its second A.D.F.P.A. meet of the year in preparation for the upcoming varsity season. 16 competitors competed in the event with one guest lifter from Fitness Unlimited of Lock Haven, PA. There were two state records broken while two more were attempted. Sam Brant (Little Fella) 114 lb. class squated 405 lbs. to establish a new state record as the previous record was 402 lbs. Tony (Mighty Dog) McFerren 220 lb. class squatted 750 lbs. to establish a new state record as he held the previous record of 740 lbs. Both lifters have indicated that they will exceed these records in the next competition. Elias (Rock) Solomon was the outstanding lightweight lifter as he totaled 1490 lbs. from the 165 lb. class. Tony (Mighty Dog) McFerren was the outstanding heavyweight lifter totaling 1780 in the 220 lb. class. Coach Bruce Carter says the team is still young but holds a great deal of promise for the future. Pennsylvania lifters now have a place to compete to challenge the best. All inmate lifters tested via polygraph after the meet, passed the testing. Officials for the meet were: Al Siegal, Brenda Siegal, Fred Glass; Announcer: Monroe Kuhns Robert Smith Hawk Morris; Scorekeepers: Larry buck, Dave McDonald Mike Runco; Timekeepers: Emmet Gray, Steve Lee, Sal Rosales; Flight Board spotter/loaders; Fred Hyatt, Don Monahan, Burley Haslett; Expediters: Elmer Taylor, Beill Dalioa, Eddie McCrary; Cameramen: Scott Komondor, James Holloway, Tony Bonace. Note: Special thanks to the culinary dept. and operations staff for their contributions to this event. (Thanks to SCI-Rockview for the results).

2nd North Central Florida Teenage
May 92 - Keystone Heights, FL.

123 class	SQ	BP	DL	Total
18-19				
T. Long	195	185	275	655
132 class				
16-17				
G. Brooker	205	135	315	655
148 class				
14-15				
S. Crews	155	145	195	495
18-19				
J. Anderson	330	235	400	965
165 class				
14-15				
Z. Bass	165	170	275	610
181 class				
16-17				
B. Kinton	185	195	275	655
220 class				
16-17				
J. Parker	250	225	315	790

Junior World Team Berths went to Matt Jenkins (165) above and Jennifer Rey (123) below, off their victories at the USPF Jr. Nationals. They will be representing the USA at the IPF Jr. Worlds in Australia this September (Sandy King)



Open Div.				
165 class				
J. Minor	400	255	470	1125
181 class				
M. Magee	275	195	300	770
198 class				
T. Curtis	525	335	500	1360
E. George	250	200	315	765
242 class				
T. Tomlison	580	265	515	1360
L. C. Long	405	315	500	1220
Bench Only		181		
Teenage Div.		S. Roberts		320
114		198		
J. Silvers	65	C. DeSue		350
148		242		
D. Lugo	215	R. Boynton		410
165		A. Bedizel		405
M. Pregony	215	SHW		
Open Div.		R. Silvers		385
148		Masters		
A. Jones	335	W. George		150

Thanks to Dale Seymour for allowing us to hold the meet at his Keystone Fitness Center and to Roy Silvers for providing the contest results.

Cross County Pull
23 May 92 - Mattoon, IL

Master		165	
D. Latch	540	M. Craig	480
R. Deason	505	C. Bates	365
C. Zurawski	350	181	
Submaster		M. Raya	520
J. Ewing	440	R. Sanders	515
Teenage		J. Driscoll	480
M. Craig	480	198	
T. Rorhs	490	S. Wattles	500
R. Goosens	360	S. Parkhurst	440
Women		T. Bender	390
A. Noble(68)	210	220	
R. Romirez	165	J. Beatty	605
123		D. Marlow	580
S. Beninato	355 BL	242	
148		D. Latch	540 BL
J. Oliveq	465	B. Yates	525
B. Hutchinson	385	275	
		S. Spurgeon	575

Teams: Son Light Power Gym 42–Mt. Vernon H & F 31. The 8th Cross County Pull Championships were held once again at the Cross County Mall. Though the participants were down in number the caliber of lifting was still high. Chet Zurawski, 50, missed twice on his opener but came back like a tiger to finish third in the Masters. Audrey Nobbe, looking great at 68, pulled a pr in taking the Women's Division. Steve Beninato also pulled a pr 4th to wake up the crowd at a bwt. of 111. Another treat was the comeback of Scott Wattles, who after two years of operations and disappointments won the 198's in style. The real battle of the day was in the 220's, where John Beatty pulled a pr to take the win from Dean Marlow. Dean's 610 for the win didn't quite go. (Thanks to Darrell Latch for providing results).

Border Brawl Novice Bench Press
16 May 92 - Rock Isl., Quebec, Can

Women			
105			
M. Belanger BL	80		
Men		P. Lavigne	320
Teen (18-19)		Open	
181		181	
S. Grenier	330	P. Stone	280
Jr.		D. Boutin	280
148		198	
E. Dufresne	215	F. Leblanc	355
198		220	
Y. Allaire BL	390	S. Bergeron	330

Novice Powerlifting Women	SQ	BP	DL	Total
105				
M. Belanger BL	150	80	190	420
Teen				
13-15				
M. Rouleau-181	265	180	315	760
16-17				
G. Maurice-132	145	150	185	480
18-19				
B. Gatien-148	355	245	390	990
Sheppard-165 BL	365	250	500	1115
S. Grenier-181	440	330	475	1245
Junior				
132				
P. Belanger BL	350	160	360	870
198				
D. Whittier	430	220	460	1110
Open				
148				
M. Perron	370	200	400	970
181				
D. Stone	420	280	480	1180
D. Boutin	440	280	415	1135
198				
F. Leblanc BL	520	355	520	1395
D. Whittier	430	220	460	1110
220				
S. Bergeron	500	330	450	1280

(results by the courtesy of Jean-Marie Bergeron)

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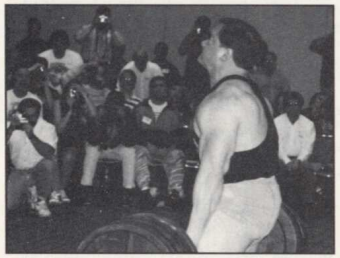

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★ Shout your support to behemoth Anthony Clark as he barely misses a 1000 pound squat. (You'll see him blow up an easy 900)

★ Root on world champion Mary Jeffrey as she sets a new repetition bench press record of 35 reps with her bodyweight of 115 pounds.

★ Reach for your hanky as you witness the powerfully moving speech of wheelchair-bound Paul Anderson.

★ Share in history as you watch a special 15 minute video presentation of the life and times of Paul Anderson. This alone is a collector's item.

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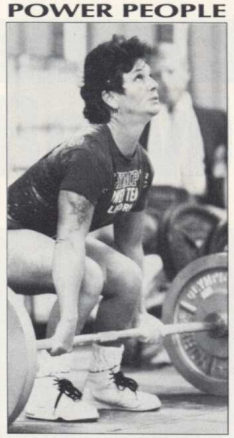

Mary Ann Price won Best Woman Lifter at the USPF National Masters and set 3 American records there.

ADFPA Sharp's Bench Press Classic
26 Apr 92 - Chicago Heights, IL

132		J. Matishak	410
T. Garcia	215	J. Thorsen	410
J. Kelly	215	B. Sill	385
148		P. Rute	370
R. Barton BL	360	M. Marcotte	365
B. Dickey	320	275	
S. Craig	310	T. Howard	475
B. Tipping	305	M. Jones	450
R. Sappenfield	235	G. Krueger	400
P. Cleary	225	J. Neal	385
J. Giorgi	180	M. Millon	375
165		R. Breier	365
J. Gaffin	380	J. Rute	350
S. Laurie	340	R. Glaum	315
M. Kischkel	335	R. Van Eck	315
B. O'Connell	335	SHW	
B. Lastrilla	330	S. Ellis BL	520
D. Russo	325	J. Griffin	520
M. Schaefer	315	Teens	
S. Smason	310	Dickey	280
B. Leiman	300	Jefferson	350
181		Cankar	355
R. Ford	400	Suchunski	265
M. Bamonti	380	Scigovsky	275
C. Brown	370	Bushno	270
I. Jackson	365	Runhaar	270
M. Evans	365	Pena	250
B. Kinney	330	Varela	180
C. Elkins	315	Giorgi	170
S. Bogdan	310	Moralis	185
198		Masters	
J. Aver	435	148	
B. Evans	390	S. Craig	310
J. Ridings	385	Ron Sapenfield	235
M. Capriotti	385	181	
F. Weismuller	380	T. Harris	315
J. Bruss	380	M. Matuck	290
C. Cankar	355	B. Hostetter	280
G. Anderson	350	B. Lopez	260
220		198	
J. Anguiano	440	B. Evans	390
P. Thurston	435	F. Weismuller	380
A. Maldonado	430	N. Lobue	340
R. Sibigtroth	415	M. Scarpino	340
C. Mattews	410	220	
P. Kletz	395	R. Maddalone	390
A. Romano	365	B. Usher	250
J. Trembczynski	355	242	
J. Skreko	325	J. Matishak	410
J. Thomas	310	P. Rute	370
242		275	
P. Ragland	475	G. Krueger	400
S. Groth	460	SHW	
R. Cox	440	W. Alexander	365

Over 100 lifters competed and 300 spectators cheered them on at the Chicago Heights Park District Recreation Center. Two platforms, sculptured trophies, fair judging, and great enthusiasm for great lifting made this meet so much fun. Thanks to Zulanas Distributors, Distributors of Sharp's non-alcoholic brew, for once again sponsoring the meet. Thanks to Chicago Heights Park District and all the guys from "Weasel's Gym" for all their help. A big thank you to Len "Golden Throat" Bole for his usual wonderful announcing job. It was a great meet, thanks to all. (Thanks to Meet Director Dave Dunne, Chicago Heights Park District, for sending these results)

Animal House Open
23 May 92 - Milwaukee, WI

	SQ	BP	DL	Total
148				
J. Schiller	526	303	566	1395
181				
J. Grade	471	288	403	1162
165				
D. Sharon	541	318	471	1330
308				
A. Sharon	729	541	729	1999
G. Reshel	263	582	561	1406

Asher Sharon and Joe Schiller used the meet to post a qualifying total for the A.P.F. Seniors in July. Lifting at 148 lbs Joe Schiller had a great day, breaking personal records in all his lifts, topping with a 566 deadlift - 70 lbs over his previous personal best. Joe looks solid this year as he prepares to contest the APF Nationals. In the 165 lbs class, Dawn used the meet as a tune-up for an exhibition she will give in a June meet. On her 3rd attempt squat, Dawn handled a smooth easy 601 lbs (33 lbs over the current world record). That squat hit parallel and was turned down by the two side judges. Dawn is looking to be the lightest woman squatting over 600 lbs. She has a new style for the lighter bodyweight and is pushing it to the limit. Dawn pulled only one easy deadlift for a total. 181 lbs Master lifter Jeff Grade broke his personal records in the squats and the deadlift, and put his personal best total up to 1162. Jeff did not use a bench shirt, if he had used one he probably would post a 1200 plus total. Greg Reshel - 1st time in his new bench shirt, posted a 582 lbs bench press weighing 284 lbs, a new WPC world record bench press in the 308 lbs class. Asher Sharon, lifting for a qualifying total, was dismayed to find out too late that he had grown out of his bench shirt. He knew that he was 3 weeks out of a peak and felt that 730 - 540 - 730 ³ 2000 would meet his qualifying total of 1989. With this in mind he lifted as close to his plan as the miswheighted plates would allow. The qualifying total was reached on second attempts with room to spare. Asher is looking to break 600 lb. in the bench this year at 308 lb bodyweight. (Thanks to Greg Reshel for results)

Mr. Altoona Bench Press
16 May 92 - Altoona, PA

Womens			
J. Eastep	195		
Teen		R. Myers	285
R. Swigert	375	R. Evans	260
J. Swab	260	198	
T. Evans	265	J. Smith	360
132		D. Warner	340
J. Schlecht	260	220	
S. Decoskey	210	J. Edwards	475
A. Fink	200	W. Porter	400
148		242	
C. Wolfe	310	T. Snowberger	460
165		C. Woodlin	350
Blattenberger	400	SHW	
181		G. Mosser	470
S. Croft	330	J. Mosser	225

Team: Blair County Bad Boys. Best Lifter- Dave Blattenberger. This was the first time that a bench press meet was held in conjunction with the Mr. Altoona Bodybuilding Contest. Although the turnout was less than expected, the meet went smoothly and a fun time was had by all. Jake's Gym owner, Scott Glass, would like to thank the judges and spotters, and especially meet director, Dave Blattenberger, for all of his help. (Thanks to Pennsylvania Health Club for results.)

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(article continued from page 39)

20-55lbs; Decline Barbell Press - 4 sets of 30 reps @ 95155lbs; Bench Press - 10 sets of 3 @ 135-195lbs; Cable Crossovers - 3 sets of 12 reps @ 30-50lbs; Dips - 3 sets of 8 reps @ bdywt; Rear Delt Machine - 3 sets of 8 reps @ 50-90lbs.

d. Arms; Tricep Extensions (Flat Bench to Back of Head) 6 sets of 8-10reps @ 50-100lbs; Tricep Pushdowns - 3 sets of 12 reps @ 40-90lbs; Dumbbell Curls - 5 Sets of 6 reps @ 20-35lbs; Straight Bar Curls - 3 sets of 10 reps @ 30-45lbs; Reverse Curls - 3 sets of 10 reps @ 50lbs.

e. Squat and Deadlift: Squats - (narrow) 5 sets of 2 reps @ 345-405lbs (wide) 5 sets of 5 reps @ 325lbs with no more than 2 minutes rest; Pinch-knee Deadlifts (in rack from just below the knee) 5 sets of 5 reps @ 135-385lbs; Abs - Crunches and Oblique crunches.

5TH CYCLE

a. Upper Back and Shoulders (3 people - 40-50 minutes): Wide Grip Shrugs - 5 sets of 8 @ 155lbs supersetted with Alternate Dumbbell Presses - 4 sets of 6 reps @ 35 lbs; Wide Grip Upright Rows 3 sets of 10 reps; Seated Bent-over Lateral Raises - 4 sets of 8 reps; V-lateral Raises - 3 sets of 10 reps; Wide Grip Lat Pulldowns (to sternum) - 3 sets of 8 reps @ 155lbs; Narrow Grip Upright Rows (cable) - 3 sets of 12 reps @ 70lbs.

b. Legs and Low Back: Leg Presses (wide and high) - 6 sets of 8 reps at 200-1000lbs; Low Pulley Rows - 4 sets of 10 reps 80-120lbs; Leg Curls - 5 sets of 8 reps @ 70-120lbs; Reverse Hypers - 3 sets of 15 reps.

c. Chest: Decline Barbell Press - 4 sets of 10 reps @ 95-155lbs; Bench Press - Reverse Pyramid 1,3,5,8,15 reps @ 245-155lbs; Machine Flyes - 3 sets of 12 reps @ 70-90lbs; Rear Delt Machine - 3 sets of 8 reps @ 50-90lbs.

d. Arms: Tricep Pushdowns - 3 sets of 12 reps @ 40-90lbs; Supinated Grip Tricep Extensions (Single Arm Cable) -4 sets of 10 reps @ 30lbs; Dumbbell Curls - 5 sets of 6 reps @ 20-35lbs; Straight Bar Curls - 2 sets of 10 reps @ 30-45lbs; Straight Bar Cable Curls - 3 sets of 10 reps @ 50-80lbs.

e. Squat and Deadlift: Squats - (narrow) 6 sets of 5 reps @ 145-445lbs (wide) 5 sets of 2 reps @ 325-485lbs; Deadlifts - 5 sets of 2 reps @ 275-355lbs; Abs - Crunches and Oblique crunches.

6TH CYCLE

a. Upper Back and Shoulders (3 people - 40-50 minutes): Alternate Dumbbell Presses - 4 sets of 6 reps; Wide Grip Upright Rows 3 sets of 10 reps; Seated Bent-over Lateral Raises - 4 sets of 8 reps; V-lateral Raises -3 sets of 10 reps; Wide Grip Lat Pulldowns - 4 sets of 8 reps.

b. Legs and Low Back: Squat (narrow) - 3 sets of 5 reps at 225lbs; Finch knee Deadlifts - 3 sets of 8 reps 145lbs; Leg Curls - 5 sets of B reps @ 70-120lbs; Reverse Hypers - 3 sets of 15 reps.

c. Chest: Bench Press - Triples to 205lbs then 3 sets of 1 rep at 225lbs; Decline Barbell Press - 4 sets of 5 reps @ 155lbs; Pec Deck - 3 sets of 12 reps @ 70-140lbs; Pear Delt Machine - 3 sets of 8 reps @ 50-90lbs.

d. Arms: Tricep Extensions (Flat Bench to Back of Head) 4 sets of 8 reps @ 70lbs; Tricep Pushdowns - 3 sets of 12 reps @ 40-90lbs; Straight Bar Curls - 3 sets of 10 reps @ 30-45lbs; Straight Bar Cable Curls - 3 sets of 10 reps @ 50-80lbs.

e. Squat and Deadlift: Squats - (narrow) 6 sets of 3 reps @ 145-485lbs; Deadlifts (Sumo) - 5 sets of 1 rep @ 315lbs clocked on a stopwatch with a target of 0.5 sec; Abs - Crunches and Oblique crunches.

MEET CYCLE

a. Upper Back and Shoulders: Alternate Dumbbell Presses - 4 sets of 6 reps; Side Lateral Raises - 3 sets of 10 reps @ 20lbs; Seated Bent-over Lateral Raises - 4 sets of 8 reps @ 15lbs; Wide Grip Lat Pulldowns - 4 sets of 8 reps.

b. Legs and Low Back: Leg Presses (narrow) - 5 sets of 8 reps at 200-800lbs; Leg Curls - 5 sets of 8 reps @ 70-120lbs; T-Bar Rows - 3 sets of 8 reps at 45-135lbs; Reverse Hypers - 3 sets of 15 reps.

c. Chest: Bench Press - singles to 240lbs with 2 sets of 12 reps at 165lbs; Decline Barbell Press - 4 sets of 5 reps @155 lbs; Cable Crossovers - 3 sets of 12 reps @ 30-50lbs; Rear Delt Machine - 3 sets of 8 reps @ 50-90lbs.

d. Arms: Tricep Pushdowns - 3 sets of 12 reps @ 40-90lbs; Dumbbell Curls - 5 sets of 6 reps @ 20-35lbs; Straight Bar Cable Curls - 3 sets of 10 reps @ 50- 80lbs.

e. Squat and Deadlift: Squats - (narrow) 6 sets of 2 reps @ 145-505lbs; Deadlifts (Sumo) 5 sets of 1 rep @ 315lbs; Abs - Crunches and Oblique crunches.

In another article we will outline Dawn Sharon's path to 165 lbs from November 1991 until June 1992 where she will challenge the WPC World Records in a sanctioned exhibition meet. She Is targeting her peak to give an all out performance for the top total in history by any formula currently in use.

For questions or information contact: POWER EXCEL, 2197 S. Kinnickinnic Suite #706, Milwaukee, WI 5320, (414) 769-1211 or Fax # (414) 769-1760.

ADFPA Mississippi State & Classic
16 May 92 - Hernando, MS

State	SQ	BP	DL	Total
Women				
116				
L. Renick	205*	125*	245*	575*
Men				
123				
B. Husky	280	225*	325	830
148				
S. Finely(T)	375*	250]*	375*	1000*
165				
J. Vining	410	330	475	1215
198				
M. Lawrence	470	335	450	1255
G. Watt Jr.	455	300	500	1255
R. Foster (M)	370*	260*	315*	945*
220				
R. Erb	650	480*	570	1700
R. Spencer	455	265	470	1190
R. Cherry(T)	430	320*	500*	1250*
S. Tutuor(T)	475*	280	430	1185
275				
A. Reynolds	510	395	575*	1480
SHW				
R. Smith	615	365	570	1550
A. Cherry(T)	545*	350*	475*	1370*
Classic				
165				
D. Belanger	525	315	500	1340
220				
N. Johnson(M)	500	340	660	1500
Bench/Women				
116		M. Bragg		230*
N. Belanger	60	220		
Men/114		R. Erb		480*
J. Scroggins	145*	P. Liles		430
132		N. Johnson		340
M. Ross	210	242		
165		R. Stanovich		435*
J. Walendzick	330*	SHW		
181		J. Kearns		425
B. Kellum	215	C. Schuetz		395

* state record. T-Teen, M-Master. Sanction 5-92-10. Refs: Bill Grilliette, Perry Liles, Sharon Liles, Carl Schuetz, Brian Husky, Hattin Grilliette. Scoring: Bert Craig, Laura Grilliette, Christy Hawkins. Loaders/Spotters; Kenny Barrett, Stephen Downs, Coach Novich. 28 state records set at the competition. Thanks to Blann's Fitness Center and Horn Lake High School for helping to make this compeition possible. (Thanks to Meet Director Bill Grilliette for these results).

ADFPA Region VII
25 Apr 92 - Des Moines, IA

3 yr. Drug Free	SQ	BP	DL	Total
114				
D. Bevenour	205*	150	270	625
165				
D. Wonder	450	285	425	1160
198				
D. Sullivan	450	260	450	1160
J. Barker	340	230	415	985
Lifetime				
114				
D. Bevenour	205	150	270	625
132				
R. Krumm	315*	270	380*	890*
148				
M. Kilburg	435*	270	460*	1165*
165				
D. Wonder	450	285	425	1160
181				
B. Spain	415	295	475	1185
198				
M. Chaney	600	410	540	1550
J. Wearth	580	330	530	1440
J. Barker	340	230	415	985
220				
J. Bockoven	650	375	660	1700
M. Duvall	660	355	560	1575
242				
P. Tewes	515	280	600	1395
D. Ketterer	340	270	425	1035
J. McMurin	275	250	440	965
275				
K. Newcomb	505	375	460	1340
SHW				
E. Schmitz	700	350	625	1675
Teen				
123				
J. Kennedy	180	1 35	230	545
148				
M. Kilburg	435	270	460	1165
165				
J. White	485	265	405	1155
Women				
114				
K. Swaney	185	105	185	475
132				
T. Tewes	170	110	190	470
Masters				
198				
G. Labelle	275	280	325	880
220				
C. Smith	640	395	600	1635
242				
R. George	410	365	515	1290

ADFPA 11th Annual Drake Relays Mid America Bench Press/ Deadlift/ Ironman Extravaganza

Bench Press				
3 Yr. Drug Free				
132				
M. Douglas	190			
148				
Christopherson	195			
165				
B. Boughn	380			
J. Carroll	325			
R. Halpine	280			
J. Halpine	260			
181				
R. Earl	375			
P. Boyd	370			
R. Gomez	305			
198				
R. Howell	425			
B. Campos	415			
P. Baker	405			
T. Lawrence	400			
S. Jacobson	360			
242				
R. Haynes	450			
275				
T. Beauchamp	365			
J. Hartwell	245			
SHW				
M. Dallas	600			
J. Sardo	450			
Lifetime				
132				
M. Douglas	190			
148				
B Perkowski	285			
J. Olive	250			
Christopherson	195			
165				
B. Boughn	380			
R. Halpine	280			
J. Halpine	260			
181				
R. Earl	375			
P. Boyd	370			
J. Probasco	350			
R. Gomez	305			
198				
R. Howell	425			
M. Chaney	410			
P. Baker	400			
T. Lawrence	400			
S. Jacobson	360			
M. Weber	320			
B. Coco	310			
G. Labelle	280			
220				
J. Rerucha	385			
S. Utterback	370			
D. Neilson	365			
T. Turner	330			
Deadlift				
3 Yr. Drug Free				
181				
R. Gomez	460			
198				
G. Labelle	325			
220				
J. Rerucha	605			
L. Buehler	455			
275				
J. Hartwell	470			
Lifetime				
242				
R. Haynes	450			
K. Kissell	365			
275				
T. Wessels	410			
T. Beauchamp	365			
SHW				
M. Dallas	600			
Iowa				
148				
C. Bencke	225			
198				
P. Baker	405			
T. Lawrence	400			
220				
S. Holmes	390			
S. Utterback	370			
K. Gammell	300			
Novice				
114				
Q. Weber	95			
165				
J. Gronberg	160			
S. Carner	135			
198				
D. Sullivan	260			
SHW				
J. Scott	135			
High School				
114				
R. VanWinkle	110			
132				
A. Damrow	225			
165				
S. Cook	225			
181				
J. Wlochal	195			
198				
A. Loop	185			
220				
D. Dove	250			
275				
E. McMurry	260			
J. Hartwell	245			
Masters				
181				
M. Weber	320			
M. Martin	235			
198				
S. Saluzzi	400			
G. Labelle	280			
220				
L. Buehler	320			
J. Oetter	265			
242				
R. Haynes	450			
T. Huerta	385			
SHW				
R. Ruffcorn	410			
148				
J. Olive	455			
181				
R. Gomez	460			
P. Boyd	450			
220				
J. Rerucha	605			
K. Gammell	420			
242				
D. Ketterer	425			
275				
E. McMurry	465			

IRONMAN	BP	DL	Total
3 Yr. Drug Free			
114			
Q. Weber	95	200	295
181			
R. Gomez	305	460	765
198			
S. Duff	375	555	930
G. Labelle	280	325	605
220			
L. Buehler	320	455	775
242			
J. McMurin	250	440	690
275			
J. Hartwell	245	470	715
SHW			
J. Sardo	450	600	1050
Lifetime			
114			
R. VanWinkle	110	190	300
165			
J. Halpine	260	350	610
S. Carner	135	300	435
J. Groneburg	160	210	370
181			
R. Earl	375	450	825
P. Boyd	370	450	820
R. Gomez	305	460	765
198			
K. Denison	325	515	840
220			
J. Rerucha	385	605	990
D. Neilson	365	425	790
R. Dove	250	400	650
275			
D. Gillogly	330	585	915
SHW			
J. Scott	135	300	435

* Iowa state record. April 25 1992, marked powerlifting history with lifters from 26 states participating in three of the biggest lifting events ever hosted in Iowa. I understand that you have to go back to the 1970's to find a meet of this magnitude (sanctioned, that is) in the state of Iowa. We were very "lucky" that we had that special combination of lifters at this meet that made the contest fun. Many of the lifters stayed around to help clean up and that was greatly appreciated. A special note of thanks must go out to Ray Hamill, Ron Gomez, Rom White, Tom Robinson, Vern Rash, Dale Baker, Don Connett, Chet Cammarie, Frances Foggia, Connie Gordon, Louise and Michael Foggia, Tom O'Brien, Bob and Debbie Chaney, and the many students that took the day off to help with all the preparations for this meet. It is because of your combined efforts that we can bring quality drug-free contests to Iowa. I know that we as a group have come under fire in the past because of the johnny come latelys, and the unsanctioned group, but we have helped together to move drug-free powerlifting out of the shadows and into the forefront of lifting in Iowa. As one noted lifter stated, "It's funny now that it's fashionable to be 'drug-free' now that everyone is jumping on the bandwagon. We've been having drug-free meets since the early 80's. Now, all of a sudden, all the other lifters and so-called promoters have seen the light. Well you can see why they're in the sport." Time does not allow me to not all the great performances of the day, but I would like to make note of a few performances. In the Region VII contest, David Bevenour set a record in the squat with

POWER PEOPLE

Nate Bolich won 1st place at the USPF National Masters, 45-49, 242s

a fine 205 lift in the 114's. In the 132's, Randy Krumm made new state records in the squat, deadlift, and total with lifts of 315, 380, and 890 respectively. In the 148's, Mark Kilburg set records in the squat with 435, 460 in the deadlift, and a fine 1165 total. Jeff Bockoven had a neck and neck battle with Max Duvall, with 242 on his way to a 1395 total. Elmer Schmitz and Ken Newcomb won the SHW and 275 lb. classes, respectively. Elmer hit a nice deep 700 lb. squat. Kathy Swaney and Tammy Tewes both lifted well in the 114 and 132 womens divisions on the way to winning their respective classes. In the Open Division of the Mid America meet there were some very highly qualified lifters from all over the Midwest. In the 165, Butch Boughn benched 380 to outdistance his next closest competitor by 55 pounds. Robert Earl, a long time supporter and super nice guy, did a strong 375 to edge out Pat Boyd at 370. Ray Howell took the 198's with a fine 425 with Bob Campos hot on his tail with a 415. Big Ray Haynes did a strong 450 at 242. Ray is up from the 220's and the extra weight is helping his lifting. Mike Dallas traveled 12 hours to lift in our contest and did a great 600. Our area is blessed with some of the best drug free benchers in the nation, but Mike outshined them all. At 5' 8", 330 pounds, he is a massive individual. I look for records to fall soon in the SHW division. 14 year old Quinton Weber stole th show winning the novice 114 bench press and Iron Man. Quinton is a delight to watch and he is a fine young man. In the Iron Man division, Steve Duff made 375 and a fine 555 to total 930 on his way to winning the Iron Man. Ron Gomez won his usual 8 trophies and did a fine 305 bench and 460 deadlift to win the Iron Man with a 765 total. The contest went well and all the lifting was concluded and trophies were handed out by 7 pm. The only disappointing aspect of the day was that only a few Des Moines lifters participated in our contest. Some of the out-of-town lifters asked about them and I couldn't tell them why they chose not to compete. Politics seems to have made its way into lifting in Iowa, and it seems to be bad. Lifters, mark November 21 on you calendar for our fall version of Mid America Bench Press and Deadlift Extravaganza. All new trophies and awards, you won't want to miss this one! (Thanks to Wally Esper for these results.)

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Mind Blowing Results!!!

Latest Discovery!!

N.J. Police Powerlifting Team Lineup: Top Row: L to R Ron Trivinia, Tom Kralle. Chief Jim Leason, Dan Dougherty, Sergeant Russ Smith. **Bottom Row: L to R** Troy Kenuk, Jim Mondelli, Physical Director - Val Vasilef

Coming from the Chief

Chief Jim Leason of the N.J. Powerlifting team of Runnemede Police Dept. Says " I guess our secret body building and powerlifting weapon is out. Especially since the recent article appeared in the World Gym Mag about the **tremendous muscle and lifting gains** we're making. I've been getting calls about Russian Bear and our lifting from all the country.

We All Swore to Secrecy

Chief Leason say's "When Val Vasilef joined my police Dept as the Physical Director, our power lifting team swore to secrecy not to divulge what special product (Russian Bear) we'd be taken along with Val's Isotonic Power and muscle building routine.

Super Gains and Killer Strength

Val Vasilef N.D. winner of over 80 physique, power and weight lifting titles including ★ Mr. America ★ Also a researcher in sport science and hi-tech nutrition Say's " I told the Chief, prepare yourself and the police team for an experience that would be absolutely **Mind Blowing** in **Super Fast Muscle Growth** and **Killer Strength.** Russian Bear as a nutritional support is like nothing that you've ever tried or can be compared to along with my training program.

The chief said, "I've been pumping iron for 30 years. I've tried everything from sea protein to you name it of different products. They were just a waste of time and money. I became very skeptical and didn't believe in any product. My dad (Lats Leason) started me training at the age of 12. So I've been around and seen it all. That is.. until I started taking Russian Bear as a nutritional support along with Val's training program.

The results are something **Short of a miracle!...It's truly fantastic!...It really Works!.** My dad who's 66 swears by Russian Bear and Val's Training program. He went from 110lbs. on lat pull downs to using the whole stack of 200lbs. I am breaking my records each time I bench. Ive gained over 140 lbs. on my bench. **My arms grew to 19½ inches in almost no time.** Now I'm pushing for 20 inches. It's really amazing that the entire team is breaking their records on a continuous basis. No one has reached a plateau yet! There's no stopping us!"

My Gains Never Stop!

Team mate Sergeant Russ Smith say's "I've increased energy and strength. I use to feel tired at the end of my workout but now I could put in another workout and often do. My gains never stop!" Team mate Ron Trivinia say's **"I've seen drastic changes in my muscle , strength and intensity** of my workout. My energy is so great I feel I could train all day. I've increased my bench by an incredible 135 lbs.

Russian descendant Val Vasilef say's "I can hardly believe my own gains. Because I'm an extremely hard gainer. Just a while ago my weight was down to a puny cut up look of a 180 lbs for my TV series. But now I've gained 30 lbs of Real Solid Muscle. (See Val on photo above, bottom right) By using Russian Bear as my nutritional support together with my training program **my strength and Muscle Growth Never Stops!"** Russian Bear Contains 60 natural ingredients formulated from the best of USA's and SOVIETS sport science technology. Russian Bear is available in 25 day packs or 140 tablets at your gym or health food store. For product info: (609) 228-1150. Vitol 8 Brown Ave. Blackwood, NJ 08012

Southern USA Bench Press
25 Apr 92 - Adel, GA

Masters 40-49		J. Ayers	335
J. May 49	340	A. Dowdry	235
T. Thomas 49	270	T. Scott	225
C. Chambers 42	280	181	
D. Downing 44	265	D. Aikens	400
Female		D. Millander	385
P. Yates	130	J. McAllister	365
R. Dillard	100	J. Felin	335
Open Men's		T. Lewis	335
114		198	
L. Burgany	210	W. Shirler	230
148		D. Glover	315
B. Dunn	335	220	
165		J. Weaver	430
R. White	350	C. P. Hart	335
D. Brassell	335	C. Helton	280
181		Teen 13-16	
D. Aikens	400	114-148	
D. Millander	385	R. Chambers	80
220		165-198 17-19	
J. Weaver	430	J. Fellin	335
C. Helton	280	M. Whitley	275
242		B. Hall	245
S. Crumbly	405	220-SHW 13-16	
R. Boynton	405	J. Langerfelt	340
Novice Men		B. Douglas	335
114		T. Ramsey	285
L. Burgamy	210	Max Rep	
148		Contest	
B. Dunn	335	Lite 114-148	
P. Lee	315	B. Dunn	33
W. Critfenden	270	B. Hamilton	20
B. Hamton	205	Med. 165-198	
165		D. Millender	42
R. White	350	J. Ayers	32
D. Brassell	335	C. Moore	23

The Valdosta Mall served as a perfect site for the 2nd Annual Southeastern Cup Bench Press and Max Rep Classic. This years contest was sponsored by the Valdosta Mall, the Valdosta Parks and Recreation Dept. and the South Georgia Fitness Center of Adel, and proved to be the premier event held at the mall to date. It was a two platform event, held on the raised portion of the fountain level of the mall. 38 competitors came to not only bench press as much as possible for a single rep, but many chose to enter the max rep contest to test their skills with the bar loaded to their body weight. In the masters division, Jimmy May of St. Simon Island, GA. edged out Tom Thomas of Adel for first place. Each competitor had the same birthday and both were 49 years of age. Jimmy's 340 at 215 b.w. proved a little too much for Thomas as he wasn't really to put it all together on this day, managing only his opener - a cool 270. In the female division 119 lb. Regina Sullard of Adel completed a second attempt bench of 100 but a 3rd attempt of 120 proved a bit too heavy as Pam Yates of Yates Gym (Lake Park, GA) had three successful easy benches to finish with a 125 at 130 b.w. to edge Regina for the gold. In the max rep event, held on stage after the bench press contest, the crowd was well pleased as they help count out what proved to be endless repetitions with each lifter. First place finisher were given $50.00 mall gift certificate with 2nd place receiving a $30.00 certificate and third receiving a $20.00 certificate. A special thanks goes to the Valdosta Mall, Valdosta Parks and Recreation Dept. for their efforts and support for help sponsoring the event. Thanks to good ole David Sewell for another good job at the microphone, along with members of the South Georgia Fitness Center that helped with the spotting/loading and judging of the event. Look for you again next April. (Thanks to Buddy Duke for providing us with these results).

Sports Club Touch & Go Bench
16 May 92 - Woodlyn, PA

Womens			
K. Henry	165	Bubba	350
High School		M. Villano	350
F. D'Ambrosio	370	E. Gonzales	280
Masters		B. Appelbaum	275
J. Gownley	420	220	
Under 140		J. Irving	385
J. Rosetta	275	G. Poulathas	380
180		S. Austin	350
A. Insogna	345	P. Cimini	350
C. No	335	240+	
D. Butz	305	B. D'Antonio	475
T. Covert	280	E. Suplee	420
L. Rieco	275	J. Gownley	420
200		T. Harnwell	375
G. Williams	390	F. D'Ambrosio	370

Team: 1. Ryans Gym 2. Sports Club. This was the third year for the Touch & Go Meet at the Sports Club, and it hosted some top notch local talent. Jason Rosetta took the win for the third straight yar with an impressive 275 at 130. Alan Insogna showed great poise for a first time lifter with an easy 345 at 176. At supers, Big Bob D'Antonio did some exciting lifting, registering a 475 with a pause and giving 500 a good ride. Eric Suplee of Sports Club won. Big Eric snarled and roared his way to a personal best at 420. Thanks to all who helped: Mark Liciardello, Joe Pulcinella; Sports Club staff - Mark Zec, Steve, Mike Zec, Becca and Dan. (Thanks to Meet Director Steve Pulcinella for providing these contest results.)

POWER PEOPLE

PL on TV... *ADFPA Chairwoman of Publicity Felecia Manganiello and Women's Athletic Representative Frank Caramico appeared on 'The Regina Goode Show' on Westchester New York cable. The ½ hour show was hosted by Charles W. Smith. Topics discussed included drug use, teenagers, beginners, training cycles, the new ADFPA rule book, and supportive gear by Inzer and Titan was also demonstrated. Felecia demonstrated the lifts, while Frank mentioned drug free lifters like Mike Hall and Cyndi Regan. A powerlifting segment is planned as a monthly feature for future shows, and Ms. Goode has shown an interest in filming, on site, the ADFPA Deadlift Nationals and the 1993 ADFPA Women's Nationals. Tapes of the show are available through E N T Television, Regina Goode, 914-683-1905 or 201-333-6573 for comments, new equipment, or ideas. (Louis Manganiello).*

MDSA Open/Closed North Dakota
16 May 92 - Goodrich, ND

Closed	SQ	BP	DL	Total
Teen				
165				
B. Durick-16	420	280	400	1100
R. Felchle-17		245		
220				
A. Johnson-17	380			
Men				
165				
R. Eckert		320		
198				
J. Dorsher	440	300	520	1260
D. Bishop		365		
242				
P. Johnson		350		
Submaster				
C. Schneider	620		625	
Master				
198				
J. Haga-46			445	
SHW				
J. Lindsley-47	515	415	535	1465
Tag Team BP-DL				
SHW				
K. Sorenson	430			
C. Schneider		625		1055
Master BP-DL				
Lindsley-47	415	535		950
Open				
Men				
181				
M. Dahlke		340		
198				
T. Ewy		370		
220				
D. Sturgeon	420	340	420	1180
SHW				
K. Sorenson		430		
Submaster				
242				
D. Jacobson		305		
275				
T. Blenker		275	420	

Judges: Corry Schneider, Aaron Johnson, John Dorscher, Keith Sorenson, and Darwin Jacobson. Announcer: Darwin Jacobson. The meet was held at the Goodrich High School. I would like to thank all the women who worked in the kitchen - the food was fantastic! The loader-spotters were Mark Miller, Mike Dahlke, and Danny Dorscher. The crowd was estimated at 140 and they were very appreciative. A lot of MDSA records were set. Darwin Jacobson lifted as a guest lifter. Jack Lindsley and Corry Schneider were awarded special trophies that will never be duplicated as long as the MDSA exists. Just for fun, Jack Lindsley deadlifted 570 without a belt. Corry Schneider was whisker close with a big 655 deadlift. Tim Blenker did some fine lifting despite having torn his pec a few years back. Terry Ewy broke the Minnesota MDSA record at 198 and had a close miss at 380. Terry and I will be putting on the MDSA Octoberfest Bench Press Championships on October 10 in Marshall, MN. The determination award would have to go to Rick Eckert. Rick hurt his leg playing softball the week of the meet, and despite having crutches and obvious pain, benched 320 with a close miss at 330. Thanks to Corry Schneider for all the work he did getting us the building and setting up the meet site. (Thanks to Meet Director Darwin Jacobson for providing these results.)

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Medina County Open Bench Press
16 May 92 - Medina, OH

Womens			
T. Coghill	165	148	
C. Laney	140	L. Miller BL	400
Special Olympic		E. Schemine	295
R. Hines	270	J. Hofstetter	295
B. Davitt	175	165	
B. Stewart	130	L. Dick	335
B. Hale	160	T. Cole	320
C. Ruhrkraut	145	D. Miller	300
Teen		J. Shuttlworth	260
T. Cole	320	D. Smith	250
E. Stevens	390	R. Vizzini	245
A. Fazio	240	181	
A. Letterly	300	M. Worth	350
D. Smith	250	S. Coghlan	325
J. DeMarco	180	J. Mitchell	320
S. Hammerick	175	M. Cerny	315
Submaster		B. Rothgery	310
D. Weems	485	B. Lee	300
R. Brewer	460	198	
L. Anderson	420	M. Hough	380
E. Schemine	295	T. Laffey	325
M. Cerny	315	A. Letterly	300
C. Ruhrkraut	145	220	
Masters		L. Doubrava	460
P. Marofsky	415	T. Tinge	445
B. Lee	300	A. Freeman	415
D. Miller	300	P. Marofsky	415
J. Mitchell	320	S. Rhoads	405
J. Shuttlleworth	260	M. Rose	405
Open		R. Hines	270
114		242	
C. Laney	140	R. Brewer	460
K. Kelly	85	E. Stevens	390
J. Brown	65	S. Juchnowski	320
123		275	
J. DeMarco	180	D. Tate	510
132		D. Weems	485
W. Domitrovich	270	B. Beck	410
A. Fazio	240	SHW	
M. Crooks	190	L. Anderson	420

Meet Directors: John Kelly, Kevin Kelly, and Brian Gaugler. Scorekeepers: Tab Kelly, Sue Kelly, and Dan Cole. Judges: Rob Stein, Ron Pawlus, Mike Schwandt, and Stuart Patrick. Our six-foot Outstanding Lifter trophy went to drug-free Larry Miller. For our first bench contest we found the lifters to be top notch, some coming from as far as Pennsylvania. Our T-shirts were designed by Willie "the Wiz" Hightower, and the trophies were made by Maxim trophies of Akron. A special thanks to Gary Downing for donating his Massotherapy services to the lifters. I'd also like to thank all who helped out at the contest. (Thanks to John Kelly for the results.)

1992

2

WORLD

FIREFIGHTERS GAMES

LAS VEGAS, NV

U.S.A.

USPF World Firefighters Games II
17,18 May 92 - Las Vegas, NV (kg)

Women's Open	SQ	BP	DL	Total
148 lb				
M. Williams	125	80	155	360
Women Seniors				
132 lb				
A. Cuevas	137.5	85	147.5	370
198 lb				
D. Pryor	197.5	97.5	185	480
Grand Masters				
165 lb				
T. Slocombe	95	95	145	335
181 lb				
W. Clayton	137.5	102.5	145	385
198 lb				
J. Gile	160	105	190	455
G. LaBelle	147.5	107.5	137.5	392.5
C. Malek	85	75	130	290
Masters				
165 lb				
L. Distretti	207.5	125	227.5	560
R. Hodge	175	95	212.5	482.5
T. Barrett	175	117.5	182.5	475
R. Tassiker	175	87.5	200	462.5
M. Harood	100	85	175	360
R. Myre	110	102.5	147.5	360
L. Bell	65	82.5	135	282.5
181 lb				
A. Ivie	200	107.5	195	502.5
C. Johnson	112.5	105	130	347.5
198 lb				
R. Hayes	150	92.5	177.5	420
D. Schaffer	137.5	80	185	402.5
220 lb				
W. Carroll	170	147.5	200	517.5
242 lb				
A. Paiva	287.5	192.5	260	740
275 lb				
J. Schaffer	170	105	190	465
275 lb+				
W. Andrews	305	157.5	287.5	750
Seniors				
148 lb				
S. Jackson	160	102.5	147.5	410
165 lb				
S. Bennett	227.5	142.5	215	585
K. Consiglio	202.5	117.5	205	525
J. Distretti	187.5	132.5	205	525
S. Barker	162.5	115	192.5	470
R. Jimenez	160	115	192.5	467.5
181 lb				
M. Egherman	227.5	137.5	240	605
R. Belland	170	120	200	490
K. Berglof	160	107.5	210	477.5
198 lb				
T. Kimball	227.5	147.5	225	600
D. Doglietto	225	140	227.5	592.5
220 lb				
B. Stevenson	327.5	192.5	310	830
T. Nilsson	285	140	320	745
M. Musto	272.5	172.5	285	730
L. Sanchez	272.5	170	250	692.5
220 lb				
T. Brien	225	145	255	655
T. Clemit	215	150	242.5	607.5
242 lb				
M. Elder	295	182.5	272.5	750
R. Riddell	255	110	277.5	642.5
C. Krzaczek	25	125	65	215
275 lb				
J. Richard	265	187.5	285	737.5
G. Mitchell	237.5	167.5	237.5	642.5
275 lb+				
J. Angeli	325	215	260	800
J. DeFries	215	195	230	640
Open				
148 lb				
M. Navarro	187.5	130	192.5	510
J. Rodriguez	192.5	110	182.5	485
T. Sosa	125	102.5	157.5	385
165 lb				
C. Holton	217.5	112.5	182.5	512.5
J. Skatt	165	115	210	490
181 lb				
D. Larson	212.5	145	195	552.5
S. Marovich	205	137.5	197.5	540
198 lb				
G. Scarazzin	292.5	172.5	280	745
B. Skibyak	250	162.5	262.5	675
F. Jones	260	160	250	670
F. Rowell	200	130	212.5	542.5

This was the second World Firefighters Games. No records from the first games exist, so all lifts are recorded as record attempts fot this annual event. Best Lifters: A. Cuevas (Women) J. Gile, (Grand Master), A. Paiva (Master); B. Stevenson (Senior), G. Scarazzini (Open). Meet Sanction: 921085. (Thanks to Meet Director, James D. Wright, USPF Nevada State chairman, for results)

NASA Arizona State
23,24 May 92 - Phoenix, AZ (kg)

Women	SQ	BP	DL	Total
114				
Medina	67.5	52.5	97.5	217.5
123				
Weaver	80	45	100	230
181				
Banzhof	70	37.5	75	182.5
Pure				
148				
Detranaltes	205	122.5	217.5	545
Grant	145	112.5	172.5	430
181				
Fonseca	227.5	112.5	230	590
Askew	205	150	227.5	582.5
Jennings s/o	137.5	75	152.5	362
198				
Chaves	212.5	157.5	227.5	597.5
242				
Reyes	257.5	172.5	295	715
Pauly	260	170	227.5	647.5
Nicoll	272.5	130	250	637.5
SHW				
Festin	245	175	202.5	622.5
Edy	195	110	160	465
Pure Novice				
114				
Goldberg	82.5	65	115	262.5
148				
Schmidt	160	112.5	192.5	465
Grant	145	112.5	172.5	430
165				
Deponte	165	100	205	470
Blandin	157.5	102.5	172.5	437.5
181				
Askew	205	150	227.5	582.5
Wilder	127.5	97.5	182.5	407.5
198				
Terrazas	205	145	220	570
Ott	200	115	222.5	537.5
220				
Clemit	210	152.5	250	612.5
Priddy	210	162.5	217.5	590
Morris	182.5	122.5	210	515
242				
Carlin	215	172.5	225	612.5
Teen				
165				
Carver	200	107.5	195	502.5
Guertin	155	137.5	182.5	475
181				
Marshall	255	135	230	620
198				
Crippen	175	90	130	395
High School				
148				
Schmidt	160	112.5	192.5	465
165				
Guertia	155	137.5	182.5	475
Blandin	157.5	107.5	172.5	437.5
198				
Crippen	175	90	130	395
220				
Byers	217.5	130	210	557.5
Self	145	112.5	175	432.5
Natural				
132				
Penic	200	125	195	520
148				
DeTranaltes	205	122.5	217.5	545
165				
Wonyete	256	125	268.5	649.5
181				
Askew	205	150	227.5	582.5
198				
Chaves	212.5	157.5	227.5	597.5
220				
Hintz	305	187.5	245	737.5
242				
Carlin	215	172.5	225	612.5
275				
Fizer	295	190	305	790
Juniors				
198				
Chaves	212.5	157.5	227.5	597.5
220				
Bartel	260	170	205	635
242				
Krueger	235	127.5	212.5	575
Sub Masters				
165				
Wonyete	256	125	268.5	649.5
198				
Maiers	182.5	120	227.5	525
242				
Reyes	257.5	162.5	295	715
Carlin	215	172.5	225	612.5
Masters I				
132				
McKeerer	112.5	77.5	160	350
198				
Fitgibbon	162.5	110	175	447.5
242				
Francis	240	157.5	250	647.5
Eldredge	25	145	25	195
275				
Simmons	180	120	195	500
Masters II				
165				
Stainbrook	25	128.5	25	177.5
181				
Gainey	155	102.5	190	447.5
Bench Press				
Women's				
114				
Maller	55	38		
Medina	52.5	Chaves		157.5
Pure		242		
165		Eldredge		145
Stainbrook	127.5	Sub Masters		
181		181		
Jennings	75	Sukovaty		152.5
198		198		
Chaves	157.5	Maiers		120
242		242		
Griffen	170	Griffen		175
Reyes	162.5	275		
275		Manno		182.5
Manno	182.5	Masters I		
Pure Novice		181		
148		Ortiz		147.5
Grant	112.5	198		
181		Villarreal		135
Askew	150	242		
198		Eldredge		145
Villarreal	135	Masters II		
Teen		165		
165		Stainbrook		127.5
Guertin	137.5	181		
High School		Gainey		102.5
165		Juniors		
Guertin	137.5	198		
		Chaves		157.5

(Thanks to NASA for the results of this meet).

Iron Island Deadlift
16 May 92 - Oceanside, NY.

P Susco-241	644	J. Kowalski-213	540
L. Belsito-154	418	C. Newins-234	523
M. Hope-192	590	Northridge-205	473
J.Almadovar155	451	J. Shapiro-215	496
T. Tedesco-218	617	L. DePalma-186	385
E.Weinstein-178	501	A. DuClair-169	418
S.Berenberg114	209	W. Ellinger-189	518
K. Conway-177	314	H. Reuhl-193	330
B. Buckhout184	512	D. Pressa-197	468
P. Cavallaro212	584	J. Drake-209	440
B. Grater-97	248	R.Landsman154	336
J. LaMotta-201	402	C. Mahnken174	253
R. Berenson-197	363	R. Mezzadri174	402
M. Manzo-177	473	D. Metzger-287	501
R. Walsh-216	473	C. Rogers-161	325
S. Pickman-183	396	M.Stuchiner224	374
T. Jacoby-147	374	B. Beaston-144	198

Best Lifters: Pat Susco, Outstanding Lifter; Mike Hope, Outstanding Intermediate Lifter; Steve Pickman, Outstanding Novice Lifter. On May 18, 1992, the First Annual Iron Island Deadlift Contest for gym members only, was held on the premises of the Iron Island Gym in Oceanside, N.Y. Managing partner Ralph Raiola, with ample assistance from head judge Richard Seibert directed platform management. Loaders Frank Ellinger, Tom Metzger, and Scott Farber worked harder than any of the lifters. Sol Leistner and Marc Marowitz kept the scoreboard current while judges included former top lifters Rich Seibert (Jr. World O-Lifting Team), Kathy Leistner, and Brian Daly. 33 gym members ranging from rank novices who had never seen a deadlift until two weeks prior to the meet, to national level performers such as Pat Susco vied for 38 trophies. Beautiful sculpted awards were supplied by Don-Len Inc. of Conshohocken, PA. In holding a closed meet for gym members, the joy of participation becomes evident. Novices were assisted by the most experienced lifters and all were equally 'psyched' for their attempts. The old and the young found a common ground and means of spending a wonderful Saturday afternoon. Over 150 spectators packed the gym and cheered lustily as those they saw weekly in the gym tried their best. This is truly what powerlifting is all about. Highlights of the meet included a 'heavy workout' by APF national contender Pat Susco. His 644 easy opener was followed by a hand ripping drop of 699 and 724 though they were easily pulled to completion. Newcomer Mike Hope who had never seen a contest, toyed with his second attempt of 589 and pulled 639 but could not lock his shoulders back. At 191 pounds, he has a great future. Mike Manzo and Joey Almadovar are muscular young men with great poise and potential. My nurse, Linda Jo Belsito mastered 418 while weighing within the 154 class limit. Olympic lifter Tom Tedesco made a mockery of 617 with his great mental control. Raw novices Sherry Berenberg, Chris Mahnken, Joe LaMotta, and Randy Mezzadri looked great as did all of the other lifters. A great time was had by all, and at least three contestants have already indicated that they have laid out their goals for the 1993 Deadlift Contest. (Thanks to Dr. Ken Leistner for the results and the report).

Whitefish Athletic Club Bench III
2 May 92 - Whitefish, MT

C. Teigan	165	Heavy Wt.	
L. Parker	150	B. Bentley	420
J. Gallo	- - -	G. Soule	335
Masters		T. Myers	310
J. Griffin	400	Light Wt.	
G. Soule	335	J. Griffin	400
T. Myers	310	T. Wiley	365
		S. Nelson	

(Thanks to Tim Myers for these meet results).

Northern States Bench Press
22 Mar 92 - Lewiston, ME

Women		M. Sellinger	292
114		B. Haskell	270
K. Costedio	72	198	
123		S. Audet	358
P. Gelina	137	P. Collins	347
J. Herlihy	132	A. Mott	253
K. Wade	110	220	
132		A. Millett	385
T. Stevens	127	R. Austin	347
B. Levesque	110	242	
148		T. Spellman	556
V. Higgins	181	S. Rowe	341
A. Veilleux	99	I. Blood	192
L. Rainey	93	275	
165		T. Atlas	551
K. Smith	132	D. Boucher	396
M. White	121	J. Gaudet	214
Men Open		Masters	
132		R. Austin	347
J. Boucher	253	M. Oleksiak	292
148		S. Rowe	341
A. Cyr	325	G. Duckworth	242
M. Danforth	286	J. Wallace	253
H. Nguyen	264	Teens	
165		B. Haskell	270
S. Derocher	341	J. Machowski	214
M. Danforth	341	J. Cross	231
M. Oleksiak	292	S. Davis	203
181		S. Wallace	253
T. Darby	303		

Special awards: Women's Teams: Midcoast Fitness: Men's Team: Gilly's Gym: Women's Best Lifter; Vicki Higgins; Men's Best Lifters; Tim Spellman; Master's Best Lifter: Richard Austin; Teen Best Lifter: Brian Haskell. (Thanks to Meet Director Steve Veilleux for sending these results).

Joey Almodovar one of the competitors at the 1st Iron Island Deadlift Championships (Ann Tuite)

Main Street Gym Meet
2 May 92 - Medford, WI

Women	BP	Women	Curl
K. Clark	145		
S. Schlecht	160	K. Burke	60
K. Zimmerman	125	Teen 132	
C. Kuester	130	K. Sterling	90
K. Burke	115	Teen 155	
Teen 132		C. Krause	135
K. Sterling	160	B. Brunner	105
Teen 155		T. Nelson	100
C. Krause	305	J. Schilling	95
J. Schilling	230	M. Eggert	82.5
T. Nelson	170	Teen 181	
M. Eggert	145	C. Korn	130
Teen 181		K. Woyak	125
D. Johnson	270	S. Viergutz	105
A. Bushor	230	H. Anderson	100
S. Viergutz	220	D. Johnson	110
K. Woyak	220	C. Mikalauski	100
H. Anderson	190	A. Bushor	100
C. Korn	185	Teen HWT	
C. Mikalauski	170	D. Stanke	130
Teen HWT		M. Dent	115
D. Stanke	235	Masters	
M. Dent	240	D. Weinstock	145
Master		B. Barbour	110
B. Barbour	345	K. Kraft	115
D. Weinstock	345	Men 132	
K. Kraft	240	J. Peterson	100
Men 132		154	
J. Peterson	230	T. Young	120
154		T. Netzer	115
T. Young	355	G. Orth	105
T. Netzer	275	S. Ames	105
S. Ames	230	165	
G. Orth	225	A. Tritz	140
165		J. Netzer	137.5
J. Netzer	280	E. Hanson	130
A. Tritz	275	176	
176		M. Albertus	145
M. Albertus	370	T. Barniak	130
M. Ponce	355	D. Netzer	125
S. Burgeson	310	S. Burgeson	120
T. Barniak	300	M. Ponce	120
D. Netzer	280	187	
187		D. Johnson	145
D. Johnson	390	G. Tuertges	145
J. Andres	370	T. Steffes	145
D. Dobbertin	340	J. Andres	140
G. Tuertges	315	D. Dobbertin	130
T. Brey	310	T. Brey	130
T. Steffes	290	S. Rueth	110
S. Rueth	260	209	
209		S. Frischmann	140
S. Frischmann	390	R. Woyak	135
R. Rogney	350	T. Baker	135
R. Woyak	340	R. Rogney	125
T. Baker	320	220	
220		F. Nowak	160
F. Nowak	405	D. Collar	145
D. Collar	400	M. Grote	100
M. Grote	255	231	
231			
M. Gregory	390	M. Gregory	130

Our third Bench Press and Strict Curl went off without a hitch as 51 lifters pushed and pulled their way through a fun filled day at the Main Street Gym in Medford, WI. Each lifter received a Main Street Gym duffle bag as an award for their personnel lifting efforts. The top three benchers were: 1st-Tom Young, 2nd-Dave Johnson, 3rd-Mark Albertus. The top three curlers were: 1st-Chris Krause, 2nd-Andrew Tritz, 3rd-Jeff Netzer. The top three lifters overall were: 1st-Tom Young, 2nd-Dave Johnson, 3rd-Mark Albertus. The Team Championship was won by Bralan's Gym of Wausau, WI. It was represented by Dennis Weinstock, Chris Krause, Fred Nowak and Tom Young. We had a unique team championship format: each team had to have four lifters. Each lifter had to be from a separate weight class and/or division. The total of each lifter's best bench and curl was divided by the teams total body weight. The reason for the big success of the meet was because of the dedicated workers; Steve Ching-registration, Mark Willer-concessions, Bob Meyer Mike Baker, Todd Baker, Kevin Doberstein, Jeff Netzer, Tim Netzer-Judges; Ed Stoddar, Dennis Netzer, Less McNell, Guy Nelson-Spotters: Ann Schuebert, Sarah Schrock, Renee Germain, Julie Koch - scorekeepers. (meet results provided by Ken Kraft).

Yorkshire NE Sr. Championship
5 Apr 92 - Huddersfield, England (kg)

52	SQ	BP	DL	Total
J. Clay	155	105	155	415Q
56				
D. Fleming	170	107.5	185	482.5Q
P. Kemp	180	80	107.5	367.5
60				
M. Flores	195	102.5	200	497.5Q
67				
J. Leech	205	105	220	530Q
S. Sutton	170	82.5	210	482.5
75				
W. Read	235	145	270	650Q
A. Singh	192.5	120	220	532.5
M. Coopey	180	90	200	470
82.5				
V. Bedue	230	142.5	260	632.5Q
T. Litt	240	140	245	625Q
M. Hunnam	225	150	235	610Q
D. Scott	215	145	225	585
90				
D. Carter	280	175	317.5!	772.5Q
D. Keeton	255	130	265	650Q
S. Biranyl	200	150	220	570
100				
P. Reynolds	325	165	320	810Q
C. Woodhead	250	155	260	665
110				
B. Reynolds	320!!	216,5*	332.5	880$Q
	4th-**	220.5		

Records: ! - YNE Senior; !! - YNE U/23: * - YNE Senior & YNE U/23: ** - Commonwealth U/23, British U/23 & YNE U/23: $ - Commonwealth U/23, British U/23, YNE Senior & YNE U/23. Q - British Senior Qualifying Total. Best lifter: Brian Reynolds; MC's: Jon Charleton & John White; Referees: Jon Charleton, Phil Stringer, Ian Hampson, Dave Wallis & Jon Ryder. At 52 kg. European Champion John Clay only took light openers to reach his qualifying ttal for the British Seniors. Slighly overweight Peter Kemp went a conservative 9 for 9 with a pb deadlift. At 75kg. current British champ Winston Reid took no third attempts in hitting a good 650 total, while at 82½ overweight Vernon Bedue and Tim Litt (who went 9 for 9 easily) should provide good competition for Winston at the British. Dave Carter in the 90's pulled a hefty 317½ at his second attempt for a YNE Senior record and just missed 322½ on his third. Cunningly weighing at just over 100 kg, Brian Reynolds set many more records, including a very easy 220½ 4th attempt bench. Special thanks to the loaders, who maintained a good flow on the platform. (Thanks to Jon Ryder for providing the results of this meet).

POWER PEOPLE

Lynch's Gym won the team trophy at both the state powerlifting and bench press meets in Indiana, bottom, left to right, Mark Szweda, Greg Simmons, Mark Smuda, Brian Costello, top, Ken Luczkowski, Paul Deguch, Bob Sidebottom, John Szalewski (courtesy Ted Flemming)

NASA Gulf Coast Classic
9 May 92 - Beaumont, TX (kg)

Women	SQ	BP	DL	Total
114				
Smith	80	32.5	105	217.5
Pure				
148				
Glaman	70	142.5*	70	282.5
Masington	205*	140	185	550
McWilliams	137.5	87.5	182.5	407.5
181				
Madere	250	170	227.5	647.5
Kaiser	237.5	145	260	642.5
198				
Byler	212.5	147.5	240	600
220				
Huffman	272.5	195	260	727.5
242				
Shoemaker	307.5	150	262.5	720
SHW				
Gutierrez	155	77.5	170	402.5
Pure Novice				
148				
Hoth	142.5	100	160	402.5
198				
Byler	212.5	147.5	240	600
220				
Molina	272.5	165	245	682.5
Broussard	227.5	127.5	175	530
Brent	182.5	160	182.5	525
Baker	172.5	122.5	227.5	522.5
242				
Hartford	165	120	210	495
275				
Walker	272.5	162.5	227.5	617.5
High School				
165				
Cudd	200	130	2025	532.5
Majeski	135	102.5	155	392.5
275				
Helton	200	115	225	542.5
Juniors				
165				
Hawkans	170	92.5	175	437.5
181				
Massey	235	172.5	197.5	520
Natural				
198				
McCoy	235	172.5	267.5	680
220				
Hargens	230	150	232.5	612
242				
Scheffler	220	137.5	237.5	530
Submasters				
148				
McWilliams	137.5	87.5	182.5	407.5
220				
Hargens	230	150	232.5	612.5
SHW				
Garney	250	170	240	660
Masters I				
220				
Kryos	232.5	117.5	257.5*	607.5
Gouin	160	115	200	475
Bench				
Pure				
148				
Glaman	142.5*	Natural		
165		198		
Arterberry	160	McCoy		172.5
181		242		
Madere	170	Polk		187.5
220		275		
Huffman	190	Brieht		182.5
242		Tabarlet		140
Doublin	192.5	Submaster		
275		198		
Talbert	245!	Robinson		170*
Pure Novice		220		
198		Howard		162.5*
McLead	125	275		
242		Hutcheso		140
Moultry	200!	Masters I		
275		220		
Reece	245!	Kryos		117.5
Juniors		242		
148		Breight		182.5
Harding	112,5	Key		142.5

* state record. ! American record. Thanks to Johnny Graham, Done Cole, James Kaiser, Carol Smith, Susan Key for all their support. (Thanks to Jim Duree for providing these meet results.)

Application for Registration in

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UNITED STATES POWERLIFTING FEDERATION

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IF UNDER 18 HAVE PARENT INITIAL

I certify that the above answers are correct and that I am eligible in accordance with the rules of the U.S. Powerlifting Federation.

SIGNATURE X

Florida State Deadlift
3 May 92 - Lakeland, FL

Women(Malone)			
M. Blagoff	290	180	
G. Chastang	270	K. Mason BL	650
Teen(Schwartz)		C. Jacobs	595
H. Wong	525	B. Strickland	485
A. Posey	275	B. Jensen	455
Masters 40-49		200	
(Schwartz)		W. Conoly	560
D. Crowley	685	A. Nibert	560
M. Halbrook	610	C. Nelson	560
D. Hunt	515	A. Velazquez	555
K. Bivens	580	D. Hawkins	450
Masters 50-59		230	
(Schwartz)		P. Taraba	670
T. Trevorah	510	R. Mancusi	600
J. Best	370	B. Beekley	580
Open		260	
130		M. Reeves	705
K. Snell	405	W. Davis	700
A. Grier	345	S. Lacey	610
160		T. O'Donnell	570
R. Tubbs	520	Unlimited Open	
J. Minor	500	D. Crowley	685
G. Lightsey	420	K. Bivens	580
M. Randolph	330	D. Condon	500

Best lifter: Keith Mason; Team: All American Gym. This event is held poolside at Kokomos, a popular bar and grill in Lakeland. An outdoor bar and vocal crowd provided excellent support for the lifters, who came through with outstanding pulls. Ken Snell opened easily with 405 weighing 118, but couldn't lock out 455 on 2 close tries. This was followed by best lifter Keith Mason popping up a 650 opener, but unable to lock out 700. Keith weighed 178, the 200 lb. class was a real battle, with the top three places all pulling 560 and decided on bodyweight. Fourth place was 555! Wayne Conoly pulled out the victory, arriving from an eight hour work shift ten minutes before weigh-in ended. Paul Taraba won the 230 lb. class easily with a solid 670. Wellington Davis pulled 700 in the 260 lb. class, but couldn't hold off Marvin Reeves, who made his 705 third attempt his easiest looking lift. Dan Crowley pulled 685 nicely, but with no serious competition in the unlimited class couldn't quite succeed with an over 700 attempt. Dan also won the masters over 40 class. Tom Trevorah made his first platform appearance in some time, winning the masters over 50 with 510, and trying triple bodyweight on his final attempt. Tom is our state A.D.F.P.A. chairman, and we hope to see him lifting as well as promoting in the future. Trophies were beautiful sculptured deadlift figures, as usual at this meet. Thanks to Lou Baltz and All American Gym for another outstanding contest. (Thanks to Frank Kostyo for another meet report).

USPF Oklahoma High School
2 May 92 - Tulsa, OK

114	SQ	BP	DL	Total
J. Clark	275	145	275	695
S. Brown	175	170	255	600
E. Massad	200	135	245	580
K. Keaton	215	90	240	545
M. Martin	175	135	210	520
E. Johnson	175	110	230	515
K. Ray	160	120	215	495
123				
S. Bird	300	200	350	850
T. Runcarz	300	195	260	755
B. Osborn	305	160	250	715
N. Catron	265	135	300	700
B. Hogshooter	225	125	285	635
132				
K. McDaniel	315	210	405	930
R. MacKenzie	340	185	360	885
C. Madron	350	185	340	875
G. Varrette	300	180	335	815
T. Mikles	250	225	335	810
R. Carter	250	120	300	670
M. Tate	220	130	260	610
K. Wilson	225	115	260	600
P. Palmer	130	120	220	470
148				
M. Tilley	365	200	420	985
M. Evett	325	175	380	880
T. Pilcher	315	170	380	865
K. Fields	260	195	335	790
C. Sanders	285	155	335	775
J. Humphrey	285	150	335	770
K. Tornberg	285	170	315	770
S. West	250	170	280	700
W. Lee	220	145	330	695
T. Goodwin	200	150	300	650
K. Keith	215	165	255	635
J. Currington	165	95	200	460
165				
J. Carr	415	225	375	1015
J. Breedlove	400	260	340	1000
A. Jones	315	180	415	910
C. Foster	315	180	375	870
T. Rider	330	165	330	825
T. Cochran	300	170	350	820
D. Guthrie	300	175	335	810
J. Shoemaker	275	215	315	805
C. Jenner	225	225	325	775
B. Rangel	250	200	320	770
M. Bryant	280	160	325	765
J. Moore	280	135	330	745
181				
J. Giaudrone	485	240	335	1160
B. Simmon	420	230	450	1100
M. Tunnel	380	245	380	1005
C. Nail	330	260	400	990
J. Owens	315	225	365	905
L. Sullivan	330	175	400	875
J. Jones	340	190	330	860
J. Coehron	285	170	335	790
J. Green	200	200	260	660
198				
O. Pigeon	450	275	500	1225
C. Burns	425	275	420	1120
B. Fields	375	245	415	1035
J. Harland	390	230	400	1020
J. Vaughan	410	215	375	1000
B. Carr	290	200	300	790
S. Hale	185	205	310	700
220				
G. Cochran	450	265	515	1230
T. Pennington	385	250	405	1040
J. Peters	370	250	415	1035
A. Easley	425	205	400	1030
D. Fisher	345	210	395	950
C. Lee	275	230	380	885
J. Roley	230	200	330	760
242				
S. Clapp	430	280	430	1140
T. Stone	360	260	350	970
N. Davis	300	200	375	875
D. Allford	300	190	295	785
SHW				
D. Tagg	450	230	440	1120
C. Hamilton	485	215	315	1015
J. Hauber	330	225	400	955
S. Cue	330	220	375	925
M. King	300	215	350	865
B. Ballinger	360		480	840

Team: 1. Kansas (1A-3A), 2. Holdenville, 3. Clayton. 1. Webster (4A-5A), 2. Edison, 3. Sand Springs. Outstanding Lifters: Light- Stacy Lee Bird, Heavy- James Giudrone. (Thanks to Hollie Evett for providing the results of this contest).

NASA New Jersey Championships
2,3 May 92 - New Brunswick, NJ

Open Women	SQ	BP	DL	Total
132				
L. Jello	265	115	300	680
148 Pure Novice				
J. Ruelan	385	310	480	1175
Pure				
R. Rawn	430	285	470	1185
Natural				
P. Soloman	400	245	535	1180
M. Valinoli	370	240	460	1070
165 natural				
P. Cano	545	365	535	1445
SubMasters				
F. Warner	385	280	500	1165
181 pure				
S. Colson	460	290	485	1235
198 Pure Novice				
A. Pierson	520	325	570	1435
P. Bracio	535	310	545	1390
K. Fidler	510	340	450	1300
J. Kauffman	475	310	505	1290
E. Collaku	455	275	490	1120
Pure				
D. Burke	610	350	630	1590
K. Fidler	510	340	450	1300
Teen I 14-16				
S. Taulane	480	280	520	1280
Submasters				
B. Rupertus	525	325	550	1400
Masters I 40-49				
K. Fidler	510	340	450	1300
220 Pure				
J. Hicks	520	315	500	1335
Natural				
M. Moncayo	610	360	575	1545
J. Hicks	520	315	500	1335
K. Leitch	500	350	- - -	- - -
220 submaster				
J. Hicks	520	315	500	1335
242 Pure				
C. Marte	585	370	600	1555
Natural				
H. Hollborn	615	375	635	1625
Teen I 14-16				
J. Sauro	400	325		
Submasters				
K. Toth	650	375	635	1660
H. Hollborn	615	375	635	1625
275				
Pure Novice				
T. Hubler	475	375	500	1350
Masters I				
T. Hubler	475	375	500	1350
Women's				
New Jersey State				
97				
M. Bott	225	110	220	555
114				
Teen I 14-16				
B. Fuller	185	115	225	525
123 Pure				
J. Gonzalez	240	255	350	845
Pure Novice				
Teen I 14-16				
R. Strunk	260	160	315	735
Teen II 17-19				
B. Filloramo	260	205	310	775
Pure Novice				
148				
J. Ruelan	385	310	480	1175
Pure				
J. Ruelan	385	310	480	1175
Natural				
J. Ruelan	385	310	480	1175
Woman				
K. Raso	200	155	310	665
D. Liptak	220	95	265	580
Pure				
165				
J. Torres	380	335	440	1155
Natural				
P. Cand	545	365	535	1445
Women				
C. Craft	240	125	285	650
Submasters				
K. Ahern	440	280	450	1170
F. Warner	385	280	500	1165
Pure				
181				
J. Poinsett	440	330	555	1325
D. Fuller	475	300	505	1280
Natural				
J. Poinsett	440	330	555	1325
Submasters				
J. Allyn	425	305	500	1230
Pure Novice				
198				
G. Moore	475	350	440	1265
G. Johnson	440	345	465	1250
Z. Vegh	420	250	510	1180
M. Howard	410	260	430	1100
Pure				
T. Abode	545	300	540	1385
A. Burroughs	510	335	500	1345
R. Liptak	500	290	520	1310
J. Znaczko	470	275	500	1245
Natural				
R. Zurick	610	455	500	1565
C. Tiritilli	555	345	520	1390
J. Znaczko	470	275	500	1245
Teen I 14-16				
S. Taulane	480	280	520	1280
Teen II 17-19				
T. Abode	545	300	540	1385
Submaster				
B. Rupertus	525	325	550	1400
G. Moore	475	350	440	1265
J. Znaczko	470	275	500	1245
M. Howard	410	260	430	1100
Masters II 50+				
R. Rhatican	275	200	350	825
220				
Natural				
J. Poznanski	550	315	565	1430
Teen II 17-19				
J. Poznanski	550	315	565	1430
Masters I				
E. Pardo	460	330	440	1230
M. Shettino	430	300	450	1180
242				
Pure Novice				
R. Oenherder	355	310	460	1165
Pure				
L. Addesso	600	380	550	1530
R. Bott	600	300	500	1400
R. Oenherder	355	310	460	1125
Natural				
L. Addesso	600	380	550	1530
R. Oenherder	355	310	460	1125
Submaster				
K. Toth	650	375	635	1650
Masters I				
L. Addesso	600	380	550	1530
J. Kauanaugh	515	375	450	1340
S. Casale	445	275	515	1235
275				
Pure				
M. Morgan	600	350	550	1500
Submasters				
M. Morgan	600	350	550	1500
J. Sullivan	550	375	475	1400
Bench Qualifier				
114				
Women		J. Patton	290	
N. Fiocco	115	Masters I		
Teen II		K. Fidler	340	
N. Fiocco	115	220		
148		Pure Novice		
Pure Novice		B. Haskin	440	
J. Ruelan	310	G. Kwaitkowski	345	
M. Issel	300	Pure		
C. Misir	260	B. Haskin	440	
Pure		G. Kwaitkowski	345	
J. Ruelan	310	J. Hicks	315	
M. Issel	300	Teen II		
S. Smalley	300	M. Somers	340	
Natural		R. Langer	300	
J. Ruelan	310	Submaster		
S. Smalley	300	J. Passalaqua	385	
M. Valinoti	240	G. Kwaitkowski	345	
Women		J. Hicks	315	
B. Miller	175	G. Alward	275	
Teen II		Masters I		
M. Lorenzoni	285	A. Gentzel	275	
M. Hegarty	270	242		
165		Pure Novice		
Pure Novice		S. Brenowitz	435	
B. Vetrano	355	C. Henriques	405	
S. Brunetti	300	Pure		
J. Mellon	300	B. Jarmulowicz	460	
Pure		K. Blackston	435	
B. Vetrano	355	J. Sangiovanni	360	
J. Torres	335	Natural		
S. Brunetti	300	B. Jarmulowicz	460	
J. Mellon	300	M. Porlardo	440	
Natural;		K. Blackston	435	
P. Cano	365	J. Sangiovanni	360	
J. Kowalsky	350	Submasters		
S. Brunetti	300	K. Toth	375	
Teen II		R. Esserman	355	
A. Mandel	300	Masters I		
Submasters		J. Sangiovanni	360	
J. Kowalsky	350	275		
F. Warner	280	Pure Novice		
198		J. Wolf	400	
Pure Novice		Pure		
G. Johnson	345	J. Wolf	400	
K. Fidler	340	Natural		
B. Goldman	315	T. Hublier	375	
J. Kauffman	310	Submasters		
Pure		J. Sullivan	375	
K. Green	420	R. Esserman	355	
K. Fidler	340	Masters I		
C. Wintenberg	325	T. Hubler	375	
Natural		SHW		
R. Zurick	455	Pure Novice		
K. Green	420	J. Tahmoosh	525	
C. Wintenberg	325	K. Nyholm	450	
Teen I		Pure		
C. Wintenberg	325	J. Tahmoosh	525	
S. Taulane	280	D. Kady	380	
Teen II		Natural		
N. Paulides	375	D. Scrocco	420	
M. Babin	335	Submasters		
E. Cedeno	310	K. Nyholm	450	
Submasters		Masters I		
L. Fusco	350	D. Scrocco	420	

Team Placings: Open (1) Powerpak; (2) Metro Fit; States (1) Kodiak; (2) Golds Gym Milltown; Bench (1) Powerhouse; (2) Golds Gym Milltown. Outstanding lifters: Open light--Paul Cano; Heavy- Dave Burke; States- Light-Paul Cano; Heavy-Rudy Zurick; Bench- Light-Ed Moldauer; Heavy-Joe Tahmoosh. The 2nd annual NASA NJ State Championships went off with out a hitch, with 180 entries total. The meet was a tremendous success. Our bench and open divisions drew lifters from over 6 surrounding states. It is quite clear that NASA is growing nationwide, but here in the northeast we are experiencing an explosion. Our lifters are saying that drug free is the way to be, and NASA meets are where to lift! September's New Jersey Regional promises to be a huge meet. My thanks to all who lifted and helped. (Thanks to John Mattei for the results).

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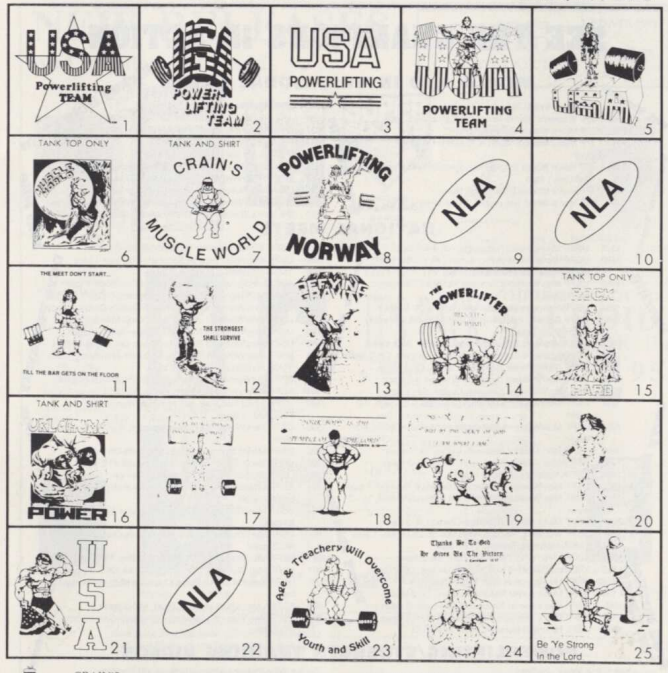

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Summer Southern States
4,5 Apr 92 - Miami, FL

Women	SQ	BP	DL	Total
148				
M. Silensky	245	125	330	700
Novice				
165				
J. Hobson	450	260	475	1185
C. Zawatski	450	230	430	1110
181				
P. Bowers	425	300	465	1190
B. Hendrix	415	260	415	1090
198				
E. Lestino	560	315	500	1375
W. Lanier	475	390	535	1350
R. Burgess	485	–	–	–
220				
P. Donahue	460	405	480	1345
V. Amat II	500	370	455	1325
242				
M. Baker	600	455	630	1685
J. Rini	600	450	560	1610
275				
J. Jara	650	400	600	1650
C. A. Hill	625	445	570	1640
E. Kranski	635	365	600	1600
J. White	450	385	550	1385
Open				
132				
E. Milian	500	245	480	1225
148				
A. Chion	425	295	435	1155
165				
T. Ane	460	325	505	1290
181				
M. Hapsas	600	355	545	1500
F. Durand	550	415	500	1465
B. Hendrix	415	260	415	1090
198				
W. Lanier	425	390	535	1350
K. Tillman	545	265	525	1335
220				
B. Carrigan	405	305	495	1205
B. Waring	415	305	450	1170
242				
M. Dimiduk	755	445	690	1890
J. Hudak	340	280	400	1020
SHW				
K. Bivans	600	390	525	1505

The steel hit the floor at 10:00 am and the action started! The first day included Open and Masters, with Ernesto Milian weighing in at 132 1/4. In all the years I've been competing in powerlifting, no one has been more impressive than Ernie. I would like to thank him for his support and judging at Southern States. Bodybuilder's lookout! There's a new competitor on the block and his name is Angel Chion. Angel has competed in various Bodybuilding meets including Southern States Bodybuilding. This is his second competition in Powerlifting and looks to have a promising future! Angel weighed in at 137. Competing at 165 and 181, Tony Ane took first at 165. I'd like to mention Tony is active in the A.D.F.P.A. and should feel really proud of his results that day. Fernando Durand placed second and was very impressive! In first place was Mike Hapsas. Mike weighed in at 180. The 198's had Willie Lanier as a Master and Open lifter, taking second place. Kieth Tillman took first place. Bob Warring took second place in the 220's and Bill Carrigan finishing with a first. The 242's were next and before I begin, I'd like to thank Joe Hudak for his support that day! Joe took second place. Way to go Joe!. The day ended with Mark Dimiduk. Mark I'm holding you on your word to bring a team down from Maryland! At superheavy Karl Bivans took first place. Thanks Karl for the judging and support. Sunday's lifting was very competitive with women and novice on this day. Taking first place was Mary Silencky. The 165's had James Hobson taking first place, second place went out to Chuck Zawatski. Chuck, please don't call me for any more directions (ha,ha). Bill Hendrix took second place in the Masters/Novice division. Peer Bowers took first place, Eric Lestino is the only man I know to incorporate laughter into his psyche. Eric took first place at 220 and Ron Burgess took second. The 220's had the big D, alias Paul Donahue taking first place. Paul, next year I will not accept anything less than a 550 squat, 450 bench, and a 550 dead. Victor Amat the second took second (this is not a play on words). Victor also went nine for nine! the 242's had Mark Baker taking first in his division and also overall. Way to go Mark! Joe Rini took second place. Jesus Jara took first place. Jesus you finally made it into the big league, congratulations! Big C.A. Hill took second place. Edward Kranski took 3rd place. I'd like to thank my very good friend Juan Rio for his determination and hard work at setting up and getting this meet off the ground. Thanks Juan! Also Chuck Merritt for his fantastic scorekeeping and support and friendship. My wife for believing in me and all the spotters and loaders who without their help this meet would not have taken place! Mary, thanks for all the help, God Bless You! (Thanks to Rick Failla for results).

ATCF Powerfest II
26 Apr 92 - Adrian MI

148	SQ	BP	DL	Total
Samuels-Bey	330	255	365	950
Richardson	275	185	390	850
Contreras	225	- - -	- - -	225
165				
Hagerman $	465	225	500	1190
Magilton $	325	270	400	1050
Dein	370	225	450	1045
Dungerow	365	225	455	1045
Kelly	250	255	420	925
Gagnier	295	225	400	920
Dothard	265	245	400	910
181				
Dent *	505	280	560	1345
Jackson-EL	395	300	450	1145
McQuern	385	230	430	1045
Arneson	330	260	450	1040
Marsh	355	220	425	1000
Ross	325	205	450	980
Blaylock	315	235	405	955
Deatrick	300	225	345	870
Johnson	- - -	- - -	- - -	- - -
Grover	- - -	- - -	- - -	- - -
198				
Smith $	575	365	535	1475
Woods	450	325	600	1375
Williams	450	335	565	1350
LaClear	300	245	425	970
DeJonghe	320	170	365	855
McDonald	315	305	- - -	620
220 & over				
Snyder $	515	355	550	1420
Russell $	450	350	540	1340
Burleigh	450	375	500	1325
Cottec	380	360	500	1240
Fields	405	265	505	1230
Lomas	400	265	515	1180
Apger	325	235	405	965

$ - N.A.S.A. Sanctioned Lifter. * - Best lifter overall. Powerfest II held at Adrian Temporary Correctional Facility in Michigan was a big success. Once again, thanks go out to Warden Overton and his staff for allowing this meet. Sports Coordinator George White, in conjunction with Recreation Director C. Vallie and Athletic Directors Bill Deo and Matt Harpst of the Recreation Department once again pulled together a good meet. They keep getting better. Lifters did an excellent job with a lot of guys hitting personal best records. See you next time Bros. Finally, special thanks to Rich Krause of Lorillard Distributors for meet T-shirts and Trophies. (Thanks to Red Hagerman for providing the results of this meet).

NASA Ohio State (kg)
2,3 May 92 - St. Clairsville, OH.

Women	SQ	BP	DL	Total
148				
Bosier	100	65	127.5	292 5
165				
McGowan	137.5	75	125	337.5
Men's Pure				
148				
Dye	185	105	190	480
Hampton	112.5	- - -	- - -	112.5
181				
Rothgery	255	140	227.5	622.5
Dodd	197.5	132.5	205	535
198				
Rothgerty	310	172.5	250	732.5
Manson	240	127.5	207.5	575
220				
Stiles	317.5	180	265	762.5
Hall	275	145	250	670
Burleson	250	155	227.5	632.5
242				
Prithard	227.5	175	237.5	640
275				
Miller	282.5	190	280	752.5
Competti	272.5	160	227.5	660
SHW				
Star	305	160	225	690
Pure Novice				
148				
Riley	185	102.5	205	492.5
Justus	150	117.5	145	412.5
Hampton	112.5	- - -	- - -	112.5
165				
Gramblelt	215	100	227.5	542.5
Miller	200	127.5	190	517.5
Froling	135	115	177.5	427.5
181				
Kichan	217.5	137.5	217.5	572.5
Nauman	217.5	132.5	212.5	562.5
Younts	200	125	205	530
198				
Nichols	255	137.5	212.5	605
Manson	240	127.5	207.5	575
Loman	210	130	220	560
220				
Marzano	255	160	185	600
Brown	220	152.5	215	587.5
242				
Concard	245	170	242.5	657.5
275				
Ward	227.5	140	227.5	595
SHW				
Wolfe	270	165	250	685
Natural				
220				
Stiles	317.5	180	265	762.5
Andrews	232.5	160	237.5	630
275				
King	247.5	130	247.5	625
SHW				
Star	305	160	225	690
HighSchool Pure				
148				
McIntosh	155	82.5	177.5	415
Edwards	127.5	60	127.5	315
181				
Bayless	142.5	77.5	140	360
198				
Winkler	182.5	132.5$	212.5	527.5
Juniors				
148				
Riley	185	102.5	205	492.5
Yun	160	107.5	157.5	425
165				
Miller	200	127.5	190	517.5
Stoer	145	75	175	395
181				
Rothgery	255	140	227.5	622.5
Kichan	217.5	137.5	217.5	572.5
Dodd	197,5	132.5	205	535
198				
Giovinazzo	240	145	250	635
242				
Briner	200	110	227.5	537.5
Sub Masters				
148				
Dye	185	105	190	480
165				
Collins	245	150	245	640
Bullock	185	102.5	230	517.5
198				
Hryb	230	137.5	237.5	605
220				
Elmendorf	245	127.5	235	607.5
242				
Adkins	235	142.5	242.5	620
275				
King	247.5	130	247.5	625
SHW				
Zedeker	255	170	275	700
Masters I				
181				
Shook	202.5	110	182.5	495
Voress	170	107.5	177.5	455
198				
Clark	267.5	150	260	677.5
Semer	225	137.5	227.5	542.5
220				
Yeager	180	102.5	195	477.5
275				
Miller	282.5	190	280	752.5
SHW				
Wolfe	270	165	250	685
Masters II				
165				
Klein	60	110	182.5	352.5
198				
Miller	137.5	105	170	412.5
WestVirginia				
Women				
123				
Goodwin	72.5	45	112.5	230
132				
Jordan	102.5	47.5	115	265
148				
Lidel	130	45	145	320
Van Hoose	87.5	70	105	262.5
Men's Pure				
165				
Grigsbey	217.5	110	240	567.5
Jones	227.5	122.5	212.5	562.5
220				
Roach	245	142.5	250	637.5
275				
Collins	257.5	172.5	257.5	687.5
Pure Novice				
220				
Templeton	237.5	137.5	212.5	587.5
242				
Hayes	185	170	215	570
SHW				
Roach	230	110	217.5	557.5
Natural				
275				
Russell	322.5	180	327.5	830
Sub Masters				
165				
Miragliotta	195	125	190	510
220				
Hamilton	230	197.5	272.5	700
Roach	245	142.5	250	637.5
275				
Collins	257.5	172.5	257.5	687.5
Bench Press		220		
Women		Andrews		160
242				
Hrutkay	55	Mount		192.5
123		Bayless		177.5
Dempsey	57.5	275		
Kelly	52.5	Larkey		200
165		Russell		180
McGowan	75	HighSchool		
Men's Pure		Pure		
148		148		
Robers	152.5	Smith		90
165		Juniors		
Persinger	182.5	123		
181		Spellman		110
Yacacravo	180	148		
Smith	110	Robers		152.5
198		181		
Rothgery	172.5	Gardi		150
Woodson	150	Dodd		132.5
Lucas	105	242		
220		Cameron		170
Porter	167.6	Sub Masters		
242		148		
Martin	187.5	Miller		132.5
Keith	180	165		
Hogan	170	Lowder		117.5
275		181		
Collins	172.5	Smith		110
Delbert	165	198		
SHW		Woodson		150
Starr	160	Lucus		- - -
Pure Novice		220		
148		Porter		167.5
Durham	130	Fisher		137.5
Justus	117.5	Elmendorf		127.5
165		275		
Smith	- - -	Matheny		190
181		Collins		172.5
Gardi	150	Delbert		165
Helms	142.5	SHW		
Anderson	140	Zedeker		170
Bennett	132.5	Masters I		
198		132		
Seager	165	Stewart		145 A
Hart	145	198		
Heasley	145	Lucas		105
220		242		
Porter	167.5	Keith		180
Van Hoose	142.5	Bayless		177.5
Fisher	137.5	Hogan		170
242		Ledford		167.5
Martin	187.5	275		
Pritchard	175	Dillon		192.5
275		Masters II		
Matheny	190	148		
Delbert	165	Dodson		90
Natural		165		
148		Klein		110
Robers	152.5	181		
		Jones		127.5
		Clayton		117.5

(Thanks to Dan Black for providing the results).

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1989 USPF Men/Women's National Collegiates-Dallas-2 tapes
1989 USPF Men/Women's High School Nationals-Dallas-2 tapes
1989 USPF Men/Women's Junior Nationals-Shawnee-2 tapes
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1989 USPF Men/Women's Teenage Nationals-Shawnee-2 tapes
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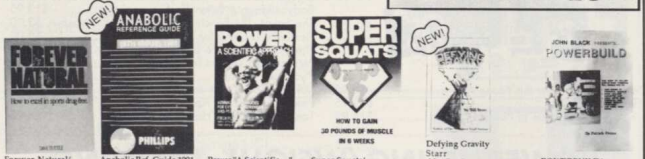

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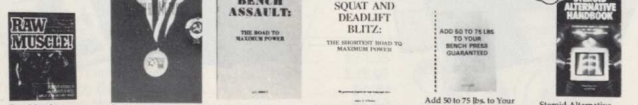

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NASA High School Nationals
25,26 Apr 92 - Dallas, TX (kg)

Women	SQ	BP	DL	Total
97				
Smith	92.5	35	92.5	220
Bell	70	35	80	185
105				
Pircher	97.5	47.5	105	250
Browder	90	42.5	107.5	240
Johnson	87.5	37.5	105	230
Haisty	80	32.5	100	212.5
Robicheaux	80	42.5	85	207.5
114				
Blazier	105	42.5	115	262.5
Cauley	100	40	112.5	252.5
Wing	87.5	47.5	110	245
Vickary	82.5	40	107.5	230
Smith	72.5	37.5	102.5	212.5
Barrett	65	35	77.5	177.5
123				
Edwards	127.5	60	147.5A	335
Bowshier	127.5	67.5	137.5	332.5
Bell	125	55	110	290
Williams	117.5	52.5	102.5	272.5
Gonzales	75	37.5	107.5	220
Cheeks	82.5	37.5	97.5	217.5
Fields	80	40	85	205
132				
Cowart	122.5	47.5	130	300
Nicholson	107.5	50	120	277.5
Chandler	102.5	57.5	112.5	272.5
Paschal	95	55	100	250
Carwile	75	30	97.5	202.5
Pierce	70	35	97.5	202.5
148				
Perkins	117.5	50	127.5	295
Able	105	32.5	122.5	260
Carpenter	92.5	45	117.5	255
Sharp	92.5	50	110	252.5
Reeves	90	37.5	102.5	230
165				
Brown	157.5	60	172.5	390
Pigeon	107.5	52.5	140	300
Able	120	47.5	120	287.5
181				
Russow	162.5	62.5	147.5	372.5
Saldana	140	77.5	145	362.5
Wright	117.5	52.5	120	290
Parr	110	47.5	122.5	280
198				
Trahan	132.5	70	132.5	335
Welch	90	50	125	265
Chapin	90	52.5	117.5	260
198+				
Jewell	155	70	145	370
Smith	130	62.5	132.5	325
Johnson	107.5	72.5	127.5	307.5
Constance	112.5	62.5	112.5	287.5
Men FR-SO				
114				
Herrera	125	70	147.5	342.5
Reed	102.5	67.5	132.5	302.5
Johnson	105	55	127.5	287.5
Rogers	105	52.5	112.5	270
Brewer	85	60	112.5	257.5
123				
Hugh	155	95	167.5	417.5
Humphrey	137.5	65	150	352.5
Cobb	132.5	65	140	337.5
Holland	117.5	72.5	145	335
Witt	115	52.5	145	312.5
Mays	117.5	55	132.5	305
Staffa	102.5	62.5	130	292.5
Mayces	142.5	- - -	- - -	- - -
132				
Lombard OL	197.5	120	212.5	530
Devine	200	92.5	187.5	480
Melancon	170	100	180	450
Monroe	155	102.5	180	437.5
Gold	155	112.5	177.5	432.5
Hawkins	155	97.5	162.5	415
Palmer	147.5	105	155	407.5
Erter	137.5	67.5	157.5	362.5
Walters	132.5	67.5	157.5	340
Spencer	110	60	135	305
Staffa	97.5	65	125	287.5
148				
Davis	205	122.5	197.5	525
Dillard	185	105	192.5	482.5
Smith	187.5	87.5	207.5	482.5
Miner	175	82.5	182.5	427.5
Williams	127.5	90	172.5	390
Johnson	152.5	87.5	147.5	387.5
Ballard	145	75	160	380
Keller	127.5	90	140	357.5
Thomas	115	77.5	145	337.5
Harp	122.5	75	137.5	335
Wilson	115	67.5	142.5	325
Hofsess	112.5	55	137.5	305
165				
Ramos	202.5	97.5	220	520
Corbin	175	100	212.5	487.5
Wilrye	150	130	195	475
Bass	170	82.5	180	432.5
Green	145	97.5	160	402.5
Harris	132.5	72.5	172.5	377.5
Baker	117.5	85	137.5	340
Shirklane	162.5	90	- - -	- - -
181				
Reid	212.5	125	220	557.5
Steen	205	112.5	192.5	510
Algie	155	122.5	195	472.5
George	180	97.5	172.5	450
Painter	152.5	105	185	442.5
Monk	147.5	95	190	432.5
198				
Stinnett	225	140	230	595
Hutchins	227.5	117.5	237.5	582.5
Sit	227.5	107.5	220	555
Smith	210	100	225	535
Penny	227.5	102.5	202.5	532.5
Munoz	227.5	92.5	212.5	532.5
Rump	185	97.5	180	482.5
Thomas	182.5	97.5	180	482.5
Kercheval	182.5	127.5	192.5	472.5
Berry	187.5	92.5	175	455
Many	167.5	90	182.5	440
Spence	137.5	70	157.5	365
220				
Hesson	200	147.5	247.5	595
Allen	237.5	127.5	215	580
Moody	212.5	110	227.5	550
Dean	215	115	215	545
Nugent	185	102.5	200	480
Wickers	175	70	185	430
Kring	155	107.5	182.5	415
Johnson	147.5	85	160	392.5
242				
Mateo	240	160	262.5	662.5
Stratton	245	160	212.5	617.5
Calhoun	220	125	260	605
Flory	187.5	125	240	552.5
Calvin	220	110	205	535
Schmidt	192.5	90	205	487.5
Eason	175	110	192.5	477.5
Anderson	185	87.5	205	477.5
Mayfield	170	100	187.5	457.5
275				
Burrows	232.5	140	275	647.5
Bradford	227.5	145	252.5	625
Walleson	192.5	120	182.5	495
Pollins	185	75	150	410
Martin	155	72.5	165	392.5
Men JR-SR				
114				
Green	162.5	70	192.5	425
Dininger	137.5	67.5	157.5	362.5
Herrera	125	70	147.5	342.5
123				
Mays	231 W	112.5	227.5	570
Sandoval	177.5	92.5	187.5	457.5
Bennett	147.5	95	177.5	420
Hugh	155	95	167.5	417.5
Stuart	160	92.5	160	412.5
Johnson	145	77.5	157.5	380
Castillo	80	72.5	115	267.5
132				
Holmes	212.5	105	230	547.5
Davis	187.5	95	197.5	480
Devine	200	92.5	187.5	480
Mattorand	165	117.5	175	457.5
Boyd	170	110	175	455
Miner	165	90	182.5	437.5
Gold	142.5	112.5	177.5	432.5
McGee	160	92.5	175	427.5
Hawkins	155	- - -	- - -	- - -
148				
Collins	227.5	137.5	230	595
Fillhyan	210	146 A	232.5	587.5
Pharms	182.5	115	227.5	525
Smith	177.5	107.5	217.5	502.5
Scurlock	182.5	110	207.5	500
Dillard	185	105	192.5	482.5
Pierce	160	105	192.5	457.5
Middleton	157.5	77.5	177.5	412.5
Gonzales	142.5	105	150	397.5
165				
Majors	245	160	265	670
Smith	232.5	162.5	215	610
Webb	252.5	115	217.5	585
Maxwell	197.5	92.5	220	510
M.Williams	207.5	110	202.5	502.5
Miller	187.5	112.5	195	495
Gray	210	115	167.5	492.5
Culley	190	77.5	210	477.5
M.Williams	182.5	87.5	200	470
Jensen	167.5	130	182.5	462.5
Mayces	125	75	150	350
181				
Hall	250	135	237.5	622.5
Jones	227.5	122.5	255	605
Walker	207.5	150 A	237.5	595
Birdow	215	110	227.5	552.5
Sprinkle	187.5	142.5	217.5	550
Robert	195	125	205	525
LaBlanc	167.5	107.5	240	515
Chism	197.5	100	205	515
Temple	190	117.5	205	512.5
Sit	187.5	105	192.5	485
White	170	85	217.5	472.5
Williams	182.5	100	185	467.5
Batiste	147.5	102.5	205	467.5
198				
King	272.5	155	262.5	690
Cahill	255	137.5	255	647.5
Jones	245	147.5	237.5	630
Artis	242.5	137.5	242.5	622.5
Carr	232.5	122.5	265	620
Stinnett	225	140	230	595
McMullin	245	127.5	220	592.5
Bowers	225	117.5	247.5	590
Ziegler	240	122.5	227.5	590
Graham	227.5	117.5	240	585
Pearce	205	150	227.5	582.5
Thibow	220	122.5	237.5	580
Smith	225	100	225	535
Brewer	200	120	225	535
Davis	205	130	192.5	527.5
Applegath	127.5	87.5	165	380
220				
Leonard	272.5	162.5	250	685
Stitten	250	147.5	265	662.5
Penny	245	135	275	655
Temples	242.5	165 N	235	642.5
Woodbridge	265	132.5	237.5	635
Sinegal	197.5	107.5	275	580
Taylor	220	125	217.5	562.5
Bazemore	197.5	125	227.5	550
Crowder	227.5	112.5	210	550
Bilak	192.5	117.5	220	530
Briggs	182.5	125	210	517.5
Jewell	200	112.5	202.5	515
242				
Hayes	320	150	307.5	820
Winard	290	192.5	255	740
Munoz	295	170	257.5	722.5
Whatley	277.5	182.5	257.5	717.5
Ivy	277.5	157.5	227.5	692.5
Collins	280	145	242.5	667.5
Reeder	245	152.5	225	622.5
Calhoun	220	125	275	620
Shockley	220	140	230	590
Dixon	235	130	212.5	577.5
Navarro	217.5	130	227.5	575
Turnbill	215	120	222.5	557.5
Diantonio	215	117.5	200	532.5
Shires	205	110	207.5	525
Block	182.5	117.5	200	500
275				
Nickens	340	167.5	272.5	780
Christain	310	170	285	765
LeBlanc	282.5	165	237.5	685
Cooley	270	157.5	250	677.5
Haynes	267.5	125	265	657.5
Walker	292.5	125	215	632.5
Truman	272.5	132.5	185	590
Badora	245	107.5	222.5	575
Clendenning	232.5	122.5	205	560
Helton	200	112.5	230	542.5
Caricati	227.5	100	197.5	525
Wyles	165	97.5	185	447.5
SHW				
Bonnick	387.5	185	237.5	810
Wesley	320	172.5	280	772.5
Garmon	292.5	167.5	277.5	737.5
Sylvester	245	155	265	665
Castille	240	157.5	250	647.5
Williams	205	170	227.5	602.5
Michael	245	110	240	595
Randall	272.5	127.5	180	580

(Thanks to NASA for the results of this contest)

T-Town Bench Press
12 Apr 92 - Toledo, OH

132		200	
K. Harris	265	C. Thomas	320
F. Verdi	230	220	
148		G. Belardo	505
M. Meyers	200	T. Keeler	405
165		242	
D. Myers	295	D. Harless	525
D. Rensi	285	P. Heffern	430
181		T. Pearson	390
D. Hughes	405	SHW	
J. Szmania	385	D. Tate	500
M. Chaffee	355	B. Bushey	440
198		Masters	
M. Grimaldi	400	181	
M. Duque	365	K. Szmania	310

(Thanks to The Weight Station and meet directors Linda Nelson and Mary Faulkner for results)

ADFPA Minnesota High School
16 May 92 - Bloomington, MN

114	SQ	BP	DL	Total
J. Banks	210	120	280	610
123				
C. Hall	250*	150*	290*	690*
M. Kleman	240	155	270	665
132				
A. Gernes	245	180!	310	735
S. Myre	240	150	270	660
G. Parranta	185	175	300	660
148				
C. Lindholm	330	215	390	935
A. Stockland	300	250	355	905
J. Olson	250	205	390	845
B. Lundell	300	190	350	840
165				
R. McNamara BL	410	225	450	1085
M. Quast	315	175	380	870
I. Klements	265	225	365	855
M. Steinke	235	175	250	660
181				
A. MacGuffie	410	250	500	1160
N. Kelvie	390	240	385	1015
E. Pagel	310	165	360	835
B. Teerlinck	215	190	315	720
198				
T. Smith	380	235!	440	1145
B. Madvig	405	290	440	1135
A. McDonald	350	225	400	975
G. Prich	400	225		
220				
J. Cahill	565	315	615	1495
A. Pagel	450	215	430	1095
J. Dibile	365	230	450	1045
J. Welvaert	380	215	375	970
275				
S. Ellis	425	300	425	1150
275+				
M. Sjothun	465!	350*!	465*!	1280!
D. Beyer	390	260	390	1040
18-19 Light				
165				
B. Zimmerman	485	280	465	1230
Bench				
High School				
114				
D. Honican		I. Klements	225	
132		181		
J. Gusso	175	J. Remer	340	
G. Parranta	175	B. To	245	
148		198		
A. Stockland	250	A. McDonald	225	
B. Lundell	190	18-19		
165		275		
M. Buetow	215	D. Dulski	350	

* American Teen record. ! Minnesota state teen record. The following qualified for the Teen Nationals in Chicago: Jeremy Banks 15, Jim Cahill 18, Brad Madvig 17, Robert McNamara 16, Michael Sjothun 16, Taylor Smith 17, and Brett Zimmerman 19. (Thanks to Mike Hartwell for faxing these results to PL USA at 805-987-4275).

APA 5 Star Bench Press
12 Apr 92 - Groton, CT

Women			
D. Slaga	160*	G. Manson	315
B. Mundinger	155*	A. Myers	260
Teen		M. Latham	235
T. Frankopoulos	250*	Men's	
E. Rich	245	148	
S. Spear	215	K. Murphy	240
Sub-Master(L)		165	
J. Fusaro	315	S. Moeller	335
D. Gaston	345	J. Fusaro	315
J. Pina	315	P. Woods	135
Sub-Master(H)		198	
B. Walker	375	A. Jessuck	365
B. Conley	350	P. Sisson	325
M. Gambro	335	220	
Masters(40-49)		G. Boisjoly	350
A. Colonis	345	T. Lafond	- - -
4th	350	243+up	
E. Dean	315	B. Walker	375
J. Kosztala	290	L. Ventura	365
GrandMasters		Guest Lifter	
(50 and up)		J. Mugovero	445

* Denotes Copnnecticut A.P.A. Records. Donna Slaga set a new record with 160 in the women's 132 class while Bonnie Mundinger set one with her lift of 155 in the 148's. In his first contest, sixteen year old Tony Frankopoulos set a state record with 250. In the Men's Masters, angelo Colonis(49) broke records ending with a new 4th attempt record of 350. Second place team went to Jack's Iron and Aerobics of Westbrook and for first place with three wins in a row, American Health and Racquet of New London. I would like to thank World Gym of Groton, CT., for the use of their facilities at this time I would like to announce my retirement from lifting competition. Six years ago it was a bulging disc at L4 and L5 in the low back, now it's a nerve problem in the neck causing dramatic weakness in the left arm. After earning 193 career awards I thought for sure to easily pass the 200 mark. Oh, well! I will continue to run the best meets possible, always with the lifter in mind, etc. (Thanks to APA State Chairman and Director Joe Mugovero for results)

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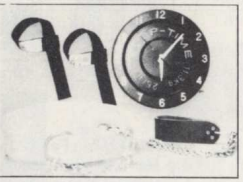

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American Bench Championships
25 Apr 92 - Dedham MA

Women			
C. Petrarca	255	P. Weinstein	255
4th	275	M. Goffredo	250
B. Street	175	Open 148	
S. Cragg	180	E. Fantagzzi	370
J. Doherty	160	B. Ducharme	305
M. Schofield	140	G. Spano	300
P. Bellabarba	125	J. Coco	280
V. Casas	110	W. Paskell	270
S. DiMarco	100	Open 165	
Teenage-Lt.		J. Dematteo-BL	*475
J. Saphire	360	J. Shepherd	350
W. Grasso	330	C. Alden	340
J. Keenan	235	S. Vallan	285
B. Cunningham	225	Open 181	
R. Lopez	200	C. Watts	430
J. Libowitz	190	R. Kielczweski	400
J. Dagastino	160	J. Saphire-teen	360
Teenage-Hvy.		M. Lanzo	320
J. Glenn	400	Open 198	
P. Kinder	35]	J. Bartlett-BL	485
M. Puglia	370	E. Paskell	470
M. Fink	340	C. Carvalho	420
J. Barrett	275	T. Branch	415
J. Cox	215	R. Tillson	215
Sub-Master		(Spec. Olympic)	
J. Johnson Sr.	430	Open 220	
P. Schuren	415	D. Lee	450
B. Cloney	415	B. Ford	440
D. Brennick	390	T. Eiks	420
J. Shepherd	350	J. Barrett	275
M. Goffredo	250	Open 242	
Master		F. Liatsis	520
J. Dufresne	435	S. Caizzi	500
R. Sanderson	370	S. Lucas	460
D. Long	340	J. Johnson	430
G. Chabot	325	D. Stocklan	425
R. Leonard	300	B. Cloney	415
J. Coco	280	Open 275	
R. Lecesse	255	A. D'Arczo	535
C. Tringale	250	J. Reeves	515
G. Cummings	250	Open SHW	
Open 132		M. Balzarini	470
T. Doucette	300	J. Baronian	450
J. Delbonis	270	J. Barrett	340

Special Olympian-Russell Tillson, 215. Team Places: Muscle Mill-Fitchburg, MA 1st. Fitchburg Weightlifting Club. *–Champion of Champions. On April 25, 1992 nearly 80 lifters and approximately 150 spectators filled World Gym in Dedham, Massachusetts. By viewing the results, one can see that the competition was fierce. Women's winner Christine Petrarca is a national level body builder who at a weight of 180 lbs. pressed 275 lbs. Second place finisher Beth Street is an accomplished powerlifter, ranked among the best in the world. Teenage class winners were John Saphire in the lightweight division and Jason Glenn in the heavyweight division. John Saphire recently set an ADFPA bench press record with a 385 lb. bench at a bodyweight of 165 lbs. (5-16-92). Sub-master John Sheperd took 1st in his division and also placed 2nd in the Open division (165 lb.). Masters class winner Randy Leonard pressed 300 lbs. and it must also be mentioned that Randy is 71 years old. Second place went to Jack Dufresne of Muscle Mill Gym. The competition in the Open division was best described as 'World Class'. In the 132 lb. class Tim Doucette represented World Gym of Foxboro, Massachusetts. Edwin Fantagzzi won the 148 lb. class and just missed 380 lbs. on his 3rd attempt. The 165 lb. class went to Jeff DeMatteo. Jeff opened with a 450 lb. bench and made it look easy. He then pressed 475 lbs. which by the way is an unofficial World Record. A 490 lb. 3rd attempt was close but he could not lock it out. Jeff was also best lifter in the lightweight class as well as the outstanding lifter of the meet. Weighing light at 168 lbs. Chris Watts won the 181 lb. class and Rick Kielczweski was 2nd. Teenager, John Saphire finished 3rd in this class and he only weighed 167 lbs. In the 198 lb. class Jack Bartlett, Best Lifter in the heavyweight class edged Elwin Paskell. The 220's went to David Lee with a 450 lb. effort while Bill Ford finished in 2nd with a 440 lb. bench. The 242's went to Freddie Liatsis co-owner of the Muscle Mill in Fitchburg, Massachusetts. Freddie edged out Steven Caizzi 520 lbs. to 500 lbs. Winner in the 275 lb. class was Rhode Islander Anthony D'Arczo. First place in the supers went to Mike Balzarini. This was Mike's first bench meet and we hope to see more from him in the future. Second place went to Jay Baronian from Olympic Gym in Wakefield, Massachusetts. Also, Special Olympian Lifter Russell Tillson bench pressed 215 lbs. Good Luck Russell, keep improving. As the Bench Press competition concluded, a 'World Class Exhibition' began. Dan Austin, Ed Coan, Kirk Karwoski, Dom Sardo and Abe Roman were all available. These phenomenal athletes all contributed to the success of the competition. They helped arrange the meet site, judge, sign autographs and answer questions. Dan and Kirk performed the lifts they do best and Ed Coan, Dom Sardo, and Abe Roman spent their time judging, spotting and presenting awards. As part of the demonstration, Dan Austin completed a deadlift workout with a top set of 655x3. Dan did not wear a belt, lifting suit or deadlifting shoes. Kirk Karwoski completed his squat workout with straps down and loose wraps by squatting 750x5. Special thanks must go to Kirk for his support on the eve of the meet and to Debra Pinkofsky for her support from Day 1. I must also thank Arthur Nedder, Chris Larsen, John Malvesti, Marc Rioux, Mary Sardo, Kim Kaufman, Jill Pinkofsky, Kris Johnson, George Kyriacos (video man) and Beth Torrence for their administrative help. Thanks again to Rich Porro who with 2 hours sleep did everything from weight-ins to spotting during the exhibition. For all concerned, Dennis Brennick is alive and kicking and will return in October for the 'World Gym Classic'. Thanks Dennis. Without these people, my meets would not be the same. For anybody interested, video tapes are available for $20.00 plus shipping and handling. Call Bob Kaufman at (617) 329-8087. (Thanks to Meet Director Bob Kaufman for providing the results).

Northern Indiana Bench Press
9 May 92 - Decatur, IN

148 Sub-Masters		R. Dixon	275
D. Weiant	250	242 lb Open	
165 lb.Novice		K. Babb	455
J. Franze	200	Sub-Masters	
165 lb. Open		K. Babb	455
N. Richards	235	Teenage	
181 lb. Open		C. Gudakust	440
J. Christian	240	275lb Open	
220 lb. Masters		K. Matuska	310
F. Gudakust	325	Supers Open	
Sub-Masters		G. Williams	365

Best Lifters: Kurt Babb & Chad Gudakust. Thanks to Steve Garner for the use of the gym and thanks to Denis, Ron, Gary, Chad, Fred, and Kevin for all your help. Without your help this meet could not have happened. (Thanks to Meet Director Kurt Babb for providing the results of this meet).

NASA North Carolina State
9,10 May 92 - Greensboro, NC

	SQ	BP	DL	Total
Pure				
123				
Medlin	145	95	202.5	442.5
275				
Adams	305	192.5	295	792.5
Pure Novice				
123				
Best	127.5	57.5	122.5	307.5
181				
Wilborn	160	135	187.5	482.5
198				
Farmer	185	127.5	187.5	500
220				
Bowman	217.5	147.5	237.5	605
Bush	217.5	130	217.5	565
Graham	172.5	137.5	212.5	522.5
242				
Whittington	170	135	215	532.5
275				
Burnette	192.5	155	227.5	575
Natural				
123				
Medlin	145	95	202.5	442.5
165				
Wilson	235	145	240	620
181				
Mancini	237.5	152.5	220	610
220				
Helms	295	192.5	272.5	760
Payne	250	167.5	250	667.5
H.S. Pure				
123				
Best	127.5	57.5	122.5	307.5
132				
Torres	117.5	75	157.5	350
220				
Ritch	125	65	112.5	307.5
Teenage				
123				
Medlin	145	95	202.5	442.5
198				
Farmer	185	127.5	187.5	500
Juniors				
165				
Winfrey	137.5	82.5	172.5	392.5
181				
Johnson	220	125	222.5	567.5
Sub Masters				
220				
Helms	295	192.5	272.5	760
Masters 1				
148				
Wood	115	72.5	157.5	350
Masters 2				
275				
Gagliano	160	162.5	192.5	527.5
Bench Tour		220		
Men's Pure		Oliver		187.5
165		242		
Lynch	165	Putman		190
Vandernick	157.5	Juniors		
181		165		
Farrington	165	Lynch		160
198		Sketcher		105
Pernell	172.5	198		
Quail	137.5	Pernell		172.5
220		242		
Britt	150	Bucy		125
242		Teenage		
Sharp	192.5	181		
Martin	172.5	Alderman		97.5
275		198		
Crisp	192.5	Martin		132.5
Guyer	185	Farmer		127.5
SHW		220		
Baldwin	250	Hawn		140
Pure Novice		High School		
148		Pure		
Keese	137.5	220		
165		Hawn		140
Lynch	165	Sub Masters		
181		148		
Bingham		Keese		137.5
198		181		
Quail	137.5	Farrington		165
220		220		
Reno	192.5	Helms		192.5
Rose	172.5	Rose		190
Cruz	160	242		
Britt	150	Lynch		175
242		275		
Dalton	175	Bumgardner		190
Ryan	175	Masters 1		
275		220		
Crisp	192.5	Neely		167.5
SHW		Masters 2		
Hubbard	185	242		
Natural		Gurley		150
198		275		
Pernell	172.5	Gagliano		162.5
		Hensley		107.5

(Thanks to NASA for results of this competition)

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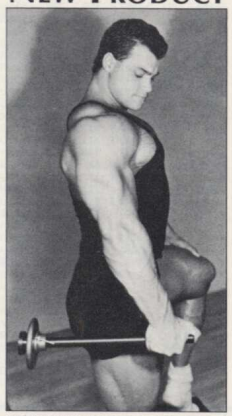

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GNC/Carrot Country Sports Gala
Bench Press Competition
2 May 92 - Brandon FL

Women				
C. Roydhouse	225			
D. Bryant	185			
Teenage				
B. Pomerane	275			
Over 40				
D. Denham	500			
L. Arthurs	440			
J. Sykes	405			
D. Beeson	315			
J. Bertalan	215			
Over 50				
F. Flack	425			
E. Gillie	365			
B. Johnson	235			
123				
K. Snell	240			
H. Washington	240			
148				
M. Davis	340			
D. Maltese	320			
165				
B. Smallwood	305			
C. Bentley	300			
181				
H. Jones	380			
A. Stevens	375			
S. Bell	375			
R. Richardson	370			
198				
J. Bertalan	215			
220				
L. Arthurs	440			
245				
D. Denham	500			
D. Dew	380			
275				
B. Bradford	410			
C. Flerson	370			
Unlimited				
R. Harris	510			
R. Burns	450			

Best Lifter - Doug Denham. On May 2, GNC of Brandon, formerly known as Carrot Country Natural Food Market, celebrated its 22nd anniversary in Brandon, by throwing a huge sportsfest. Some of the day's activities included: a dog show; a comedian/robot; a guest posing exhibition by No. 7 nationally ranked competitor Rozann Keyser; a swimsuit competition; and Lifestyle Fitness Center's 2nd annual bench press championship. Also included was a large tent with 25 booths of health and sports nutrition companies offering tasting and sampling of their products. Tree of Life, the nation's largest national food distributor sponsored a free Bar-B-Q. Special guests were: 5-time world powerlifting champion, Eddie Coan; 1991 Southeastern USA champion Rozann Keyser; 1991 Mr. All South and 1991 Mr. South Carolina Gary Cali; 1991 Miss Florida Fitness Deborah Toole; 1973 Mr. America Dr. Gregory Hirschlor (now a homeopathic researcher); and 1985 Mr. Tampa Coach Kelly Williams. The swimsuit competition was a big hit with 7 georgeous girls vying for $1500 in prizes. First place: Susan Booker; 2nd place: Diane Dahn and 3rd place: Gretchen Seller. One of the highlights of the day was Lifestyle Fitness Center's 2nd annual bench press competition. Over 35 contestants competed in every APF weight class for 1st-3rd trophies. There was strong competition in all divisions of teen, men, women, over 40 and over 50. Several lifters benched over 500 lbs. and with world champion Eddie Coan as one of the three officiating judges, no one contested the results! On a beautiful sunny Florida spring day, over 900 people showed up to enjoy the GNC-Carrot Country activities. (report by Chris Davis, submitted by Hank Carter)

Carrot Country Celebs*, left to right, Gary Cali - 1991 Mr. ALL SOUTH/Mr. SOUTH CAROLINA; Deborah Toole - 1991 Ms. FLORIDA FITNESS, Ms. HOT STUFF; Ed Coan - 5 time World Champion/7 time Sr. National Champion; Rozann Keyser 1991 SOUTHEASTERN USA champion, ranked No. 7 in nation (courtesy Hank Carter)*

USPF California Junior State
16 May 92 - Venice, CA (kg)

	SQ	BP	DL	Total
Men 14-15				
114 lb.				
Z. Urbanos	75	42.5	110	227.5
132 lb.				
T. Napolitano	127.5	62.5	140	330
148 lb.				
L. Elliott	192.5	110	200	502.5
242 lb.				
J. Lynn	185	107.5	170	462.5
Men 16-17				
123 lb.				
J. Rodriguez	102.5	60	130	292.5
132 lb.				
E. Maynard	132.5	72.5	125	330
165 lb.				
D. Vittori	210	137.5	210	557.5
		4th	215	
P. Weinrauch	157.5	100	177.5	435
198 lb.				
S. Sauer	192.5	110	192.5	495
M. Vocich	105	87.5	152.5	350
220 lb.				
M. LeGrand	222.5	110	225	557.5
Men 18-19				
123 lb.				
W. Walton	97.5	85	132.5	315
148 lb.				
G. Garcia	187.5	102.5	212.5	502.5
J. Santoro	192.5	112.5	195	500
165 lb.				
P. Oh	182.5	112.5	185	490
198 lb.				
L. Risler	185	112.5	205	502.5
220 lb.				
R. Teixerra	227.5	145	227.5	592.5
M. Tullius	182.5	152.5	250	585
Men 20-23				
148 lb.				
K. Nunez	192.5	145	192.5	530
165 lb.				
L. McCullom	215	147.5	227.5	590
181 lb.				
D. Thomas	185	122.5	212.5	520
J. Kirkpatrick	180	130	180	490
M. Tullius	165	105	217.5	487.5
220 lb.				
R. Rudman	165	135	260	560
		4th	272.5	
D. Harper	187.5	142.5	182.5	512.5
242 lb.				
P. Nichols	172.5	125	205	502.5
Women 14-15				
132 lb. & over				
R. Elliott	110	37.5	100	235
Women 16-17				
132 lb. & under				
S. Wright	97.5	40	100	227.5
132 lb. & over				
N. Faulkner	92.5	42.5	100	235
Special Olympian				
Men 16-19				
D. Sandoval		82.5	135	217.5
J. Payan		37.5	87.5	125
J. Galindo		47.5	57.5	105
Men 20-23				
J. Miller		37.5	77.5	115

Best Lifter Light - Dominic Vittori; Heavy - Michael Tullius. 1st place Team: Saddleback. Announcer: Charles LaMantia; Scorers: Kellie LaMantia, Darlene Galindo, Roberts Walter: Referees: Jack Hughes (head judge), Fil Pitassi, Rozanne Pitassi, Chris Kostas, Kevin Meskew: Expeditor: Travis Childress; Spotters/Loaders: John Wright, Jeff Rosenthal, Kenelm Booth. A special thank you to the coaches from the Saddleback team. State Records: 14-15 Lord Lester Elliott - squat, tied record in the bench press, deadlift. 16-17 Dominic Vittori - squat and deadlift. 20-23 Rick Rudman deadlift. (Thanks to Darlene Galindo of Muscle Beach Venice for these results).

CPU Men's Canadian Championships
16 May 92 - Winnipeg, Manitoba (kg)

	SQ	BP	DL	Total
60 kg				
D. Gurvey	147.5	100	190	437.5
67.5 kg				
V. Simpson BL	222.5	132.5	265	620
75 kg				
K. Fougere	262.5	147.5	262.5	672.5
C. Archdekin	240	157.5	272.5	670
J. Becker	257.5	140	267.5	665
B. Hindley	222.5	122.5	240	585
V. Corville	212.5	145	222.5	580
R. Vankesteren	212.5	115	240	567.5
82.5 kg				
W. Forsey	267.5	137.5	295	700
B. Markham	277.5	157.5	255	690
B. Obratoski	260	160	260	680
G. Knox	220	150	260	630
M. Lange	252.5	135	242.5	630
T. Perry	227.5	155	245	627.5
D. Kram	217.5	147.5	222.5	587.5
R. Postnikoff	195	115	235	545
90 kg				
S. Barker	272.5	140	257.5	670
M. Giffin	242.5	175	252.5	670
J. Kolb	230	177.5	260	667.5
P. Hillman	257.5	137.5	255	650
J. Suru	225	167.5	225	617.5
100 kg				
R. Gibbs	285	182.5	265	732.5
M. Eldridge	252.5	125	320.5	697.5
110 kg				
G. Eldridge	310.5	190.5	312.5	812.5
S. Kaufman	310	187.5	275	772.5
E. Ferstl	280	172.5	290	742.5
R. Rousseau	270	157.5	295	722.5
125 kg				
E. Brost BL	320	215	300	835
B. King	245	152.5	272.5	670
SHW				
M. Peak	297.5	182.5	292.5	772.5

BL - Best lifter (results courtesy Mike Armstrong)

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Montana High School Bench Press
26 Apr 92 - Anaconda, MT

Girls Div.		K. Berlin	260
Under 125		S. Kremer	260
T. Griffin	110	C. Sabo	255
Over 125		173	
K. Spaulding	100	J. Whetstone	285
Boy's Div.		C. Shaw	275
123		B. Stimac	260
A. J. Ryan	200	E. Torkelson	255
J. Livingston	195	J. Williams	250
K. Mayes	190	M. Musselman	220
R. Richter	175	181	
132		T. Wright	325
B. Morris	235	J. Adams	300
S. Thurston	235	B. Henderson	295
C. Kellogg	195	B. Mehrens	290
R. Jense	10]	B. LaMeres	275
K. Jense	190	P. Evans	270
140		T. Little	255
L. Powers	245	R. Leland	190
M. McCauley	235	198	
A. Claar	220	B. Kueffler	325
R. Black	215	S. Pursley	325
R. Leland	210	S. Joyce	300
D. Crnich	180	B. Gist	280
148		D. Storey	275
C. Mackin	285	G. Schmitt	260
R. Smith	240	J. Embleton	260
R. Janzer	190	220	
156		I. Barrett	380
T. Post	290	D. Shively	300
M. Russell	240	J. Cummings	275
C. Klein	240	M. Worl	275
M. Webb	225	E. Manzanarez	260
B. Smelko	215	G. Stewart	250
165		Heavy weight	
M. Wald	310	R. Schotz	345
B. Zorner	280	K. VonFeldt	340
C. Anderson	270	J. DuBois	295
		B. Salois	270

Most Weight Lifted: Isaac Barrett. Best lifter under 165 - Matt Wald. Best lifter over 165 - Travis Wright. Most improved lifter - Steve Thurston. State records were set by Brandon Morris, Chris Mackin, Matt Wald, Jason Whetstone, Travis Wright, and Isaac Barrett. Brad Kueffer tied the state record. We had 65 lifters for this contest which made for some very competitive classes. To prove that they are getting better the lifters broke six state records. Matt Wald, Chris Mackin, and Travis Post all came very close to lifting twice their bodyweight, which is an incredible feat. Isaac Barrett defended his title from last year by lifting an incredible 380. The amazing part of his lift is that he competed the day before in the State Powerlifting meet where he placed 2nd in his weight class which was open to adults. He is very strong and a great competitor. I wish to thank all of my sponsors, judges, helpers, and coaches who made this such a smooth meet and we look forward to providing the opportunity again next year. (Thanks to Meet Director Chris Marchion for report and results and Tim Myers for the results also).

ADFPA Illinois State High School
9 May 92 - West Springs, IL

123	SQ	BP	DL	Total
K. Ingram-14	200	90	190	480
M. Pogofsky-16	135	90	190	415
N. Tharp-15	100	70	160	330
E. Griffen-14	255	155	265	675
132				
B. Biesboer-14	200	130	225	555
M. Schack-15	145	100	180	425
148				
E. Arroyo-17	320	170	365	865
M. Heenan-16	330	195	325	850
P. Lambert-14	290	205	320	815
A. Lambert-17	450			450
165				
S. Harmon-18	400	235	460	1095
M. Lauer-15	285	180	320	785
R. Arroyo-14	270	170	315	755
181				
P. Rodriguez-17	425	245	425	1095
K. Douglass-15	410	215	420	1045
J. Tornheim-16	355	235	385	975
E. Lesser-16	350	215	405	970
L. Early-16	290	140	315	745
198				
E. Clark-17	465	320	500	1285
B. Proudfoot-17	480	260	480	1200
B. Radulovich-16	450	225	485	1160
D. Dahlkamp-17	430	270	405	1105
A. Bertolotti-16	385	230	385	1000
220				
P. Barsamian-18	610	320	590	1500
J. Saenz-17	520	320	520	1360
D. Lovat-17	445	315	400	1160
242				
R. Contreras-16	545	290	505	1340
B. Daly-16	455	290	380	1125
J. Lachica-17	375	300	400	1075
275				
J. Albrecht-17	335	235	360	930

Girls: Laura Early, Kris Ingram, Marcy Pogofsky, Maureen Schack, Nicole Tharp. Teams: Eisenhower, Glenbrook South, Joliet Catholic, Sacred Heart-Griffen. (results courtesy Bill Seno).

USPF Portland State Championship
18 Apr 92 - Portland, OR (kg)

Jr./Schwartz	SQ	BP	DL	Total
M. David-16	185	115	200	500
B. Martin-23	250	162.5	245	635
R. Love-19	142.5	120	182.5	445
C. Passanante-22	160	112.5	192.5	465
Masters 50+				
W. Pierson-51	200	105	227.5	532.5
D. McDanial-50	157.5	97.5	177.5	432.5
W. Williams-76	52.5	85	57.5	195
W. Church	87.5	67.5	125	280
Masters 40-49				
G. Olson-42	250	137.5	247.5	635
B. Kohlleppel-44	287.5	165	225	707.5
J. Hill-45	265	172.5	277.5	715
B. Hill-44	170	132.5	192.5	495
R. Hall-46	182.5	117.5	200	500
Womans (M)				
S. Gill-42	107.5	55	125	287.5
C. Morgan-45	65	57.5	75	197.5
Class II & below				
148				
R. Rodriguez	232.5			
165				
E. Lumpking	205	150	202.5	557.5
S. Seip	212.5	100	215	527.5
181				
C. Muir	192.5	117.5	217.5	527.5
G. Hair	180	110	200	490
J. Warren	147.5	80	190	417.5
198				
C. Ewing	150	120	175	445
220				
B. Martin	250	157.5	227.5	635
J. Langley	227.5	150	240	617.5
C. Litzau	215	120	227.5	562.5
242				
I. Johnstone	195	150	232.5	577.5
D. Thompson	200	115	217.5	532.5
275				
G. Wik	220	132.5	200	552.5
Open				
148				
B. Harnish	192.5	122.5	217.5	532.5
R. Rodriguez	232.5			
165				
M. DeBeliso	250	132.5	255	637.5
E. Lumpkin	205	150	202.5	557.5
S. Seip	212.5	100	215	527.5
220				
B. Martin	250	157.5	227.5	635
J. Langley	227.5	150	240	617.5
242				
J. Conley OL	330	205	287.5	822.5
D. Thompson	200	115	217.5	532.5
275				
G. Wik	220	132.5	200	552.5

I would like to thank all the lifters for competing at our meet. Thanks to them, we now have a set of USPF records in Oregon to go by. Also, thank you to Don Haley for going out of his way to help us and come to our meet. Keep you eyes peeled for more meets in the future. (Thanks to Tracy Mayoral for providing the results of this meet).

3rd ASRAB Blind-Novice-Open (kg)
16 May 92 - Calgary, Alberta, Canada

Open Womens	SQ	BP	DL	Total
75kg				
A. Patrick	145	95	160	400
D. Dow	145	60	167.5	372.5
Blind-Mens				
75kg				
K. Lakhani	160	97.5	187.5	445
90kg				
R. Caria	102.5	82.5	147.5	332.5
100kg				
J. Carroll	60	52.5	120	232.5
Novice-Mens				
K. Langstaff-84.1				
Open-Mens				
52kg				
C. Chantler	142.5	60	167.5	370
67.5kg				
O. Davies	157.5	112.5	165	435
75kg				
C. Mirbach	132.5	72.5	170	375
82.5kg				
M. Flood	265	165	280	710
A. Ulry	180	110	220	510
100kg				
D. Price	210	120	255	585
B. Beekman	175	150	225	550
125kg				
A. R. Joly	180	115	205	697.5

Best women category lifter was Andrea Patrick. The best blind category lifter was Karim Lakhani. The best open category lifter was Morley Flood. (Our thanks to Mike Armstrong for these results and for his excellent work with blind athletes).

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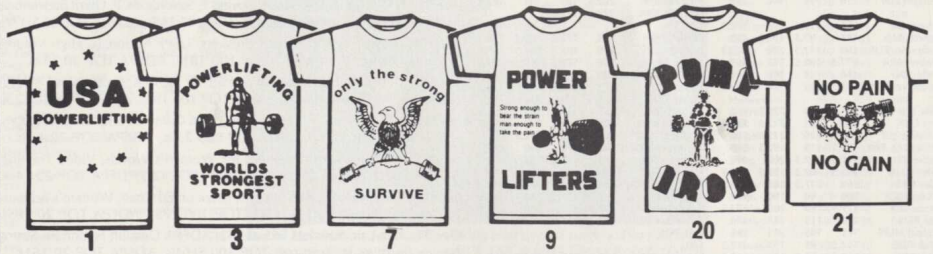

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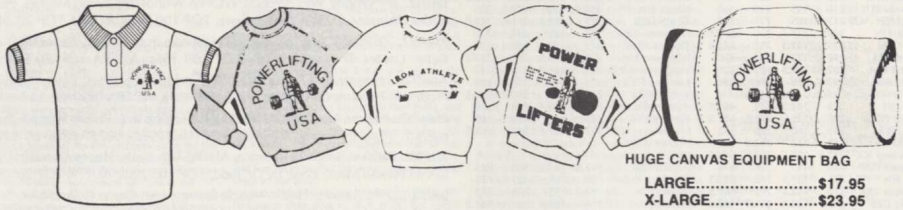

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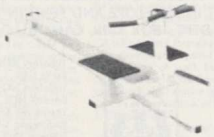

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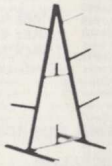

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8th EPF European Juniors
14 Jun 92 - Budapest, Hungary (kg)

52 kg	SQ	BP	DL	Total
Stanaszk POL	215	147.5	132.5	495
Fleming GB	172.5	92.5	192.5	457.5
Pitaev RUS	150	110	192.5	452.5
Martinez SPA	160	95	187.5	442.5
Klein GER	152.5	115	170	437.5
Constantine GB	160	75	190	425
Bergersen NOR	170	82.5	170	422.5
Czíszar HUN	140	90	180	410
Sebo CZE	152.5	100	155	407.5
Niemisto FIN	150	95	160	405
56				
Richard GB	225	122.5	205	552.5
Nemeth AUS	185	97.5	192.5	475
Proskourin RUS	160	112.5	200	472.5
Rambert FRA	177.5	102.5	185	465
Kirsila FIN	160	95	190	445
Herasimczuk FRA	122.5	95	170	387.5
60				
Ollila FIN	207.5	120	232.5	560
Kova UKR	190	125	212.5	527.5
Batchelor GB	197.5	100	217.5	505
Slinthavong FRA	197.5	110	192.5	500
Loncke BEL	182.5	107.5	200	490
Kaiser HUN	192.5	102.5	192.5	487.5
Stajer CZE	160	117.5	205	482.5
Eiriksson ICE	200	90	190	480
Llorens SPA	177.5	90	205	472.5
Gauf RUS	170	115	185	470
Balatoni HUN	145	105	205	455
Sestak CZE	162.5	85	195	442.5
Grihi SWE	160	92.5	185	437.5
Starzel POL	195			
67.5				
Hypolite GB	257.5	130	290	677.5
Homeier GER	225	120	225	570
Nedoruev RUS	210	145	210	565
Hlmtschiger AUS	215	105	235	555
Seppala FIN	205	127.5	220	552.5
Priam CZE	225	107.5	210	542.5
Besnard FRA	190	125	220	535
Glement FRA	202.5	127.5	200	530
Spakhi UKR	190	90	200	480
75				
Kortet FIN	250	142.5	275	667.5
Sobczyk POL	230	155	272.5	657.5
Zuzuk UKR	245	160	250	655
Kjos NOR	245	125	252.5	622.5
Gunnarsson ICE	242.5	125	250	617.5
Germanus CZE	230	155	230	615
Siitala FIN	225	137.5	250	612.5
Chaumeny FRA	210	142.5	255	607.5
Lehocky CZE	217.5	132.5	252.5	602.5
Kapshuk UKR	220	132.5	240	592.5
Papp HUN	200	145	240	585
Piczere HUN	215	142.5	225	582.5
Gustavsson SWE	220	115	245	580
Jakovlevs LAT	215	132.5	215	562.5
Rodel GER	180	122.5	205	507.5
Volfs LAT				
82.5				
Simacek AUS	285	155	297.5	737.5
Dewas FRA	292.5	155	290	737.5
Bjornsen NOR	270	187.5	260	717.5
Foldi HUN	250	175	265	690
Stiklestadt NOR	277.5	147.5	262.5	687.5
Kalter HOL	250	115	285	650
Krapiva RUS	230	147.5	245	622.5
Romanenko UKR	235	140	245	620
Almberg SWE	240	132.5	240	612.5
Bennarik HUN	210	155	240	605
Christensen DEN	220	137.5	230	587.5
Schaffer SWI	202.5	135	245	582.5
Solomin UKR	270	172.5		
90				
Perala FIN	305	172.5	302.5	780
Duve NOR	290	185	282.5	757.5
Jonsson ICE	295	172.5	290	757.5
Watt GB	290	160	290	740
ZivkovicAUS	275	162.5	295	732.5
Loumi FRA	290	175	265	730
Epron FRA	255	152.5	300	707.5
Zinovski RUS	285	152.5	270	707.5
Soloviev UKR	260	172.5	262.5	95
Ulatovsky UKR	240	170	260	670
Needham GB	250	157.5	262.5	670
Aslund SWE	245	150	250	645
Skarzynsky POL	245	150	240	635
Kichi SPA	255	137.5	240	632.5
Keiss GER	237.5	145	250	632.5
Kuznetsov RUS	235	167.5		
Rott POL				
100				
Reynolds GB	315	217.5	332.5	865
Nimmerfroh GER	350	205	302.5	857.5
Murkovsky RUS	305	187.5	310	802.5
Leberwurst AUS	310	170	290	770
Pierlak POL	275	177.5	300	752.5
Huoso FIN	302.5	175	272.5	750
Kirsch GER	275	192.5	275	742.5
Andersson SWE	275	165	295	735
Blednov RUS	270	175	285	730
Sohlmann FIN	260	182.5	275	717.5
Vtskhovsky UKR	275	162.5	277.5	715
Koroliov UKR	275	170	255	700
Koltai HUN	260	170	267.5	697.5
Wamsteeker HOL	280	110	280	670
Egorovs LAT	245	145	260	650
Kristjansson ICE	215	117.5	230	562.5
Hilhorst HOL				
110				
Liedtke GER	327.5	187.5	320	835
Pilipenko RUS	305	165	305	775
Alajoki FIN	295	195	280	770
Mourid HOL	300	182.5	265	747.5
Bolinder SWE	270	167.5	272.5	710
Sturm AUS	265	170	270	705
Pilling GB	265	135	280	680
Urafnsson ICE	200	105	190	495
125				
Haager GER	307.5	190	300	797.5

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Jan/92...IPF Worlds, WPC Worlds, WDFPA Worlds, IPF World Masters, Peary Rader Obituary, O.D. Wilson Tribute, TOP 100 132s, ADFPA TOP 20 242s

Mar/92... Women's TOP 20, Natural Nationals Bench Press, Powerlifters are Better Lovers, The Hardest Lift, TOP 100 165s, ADFPA TOP 20 SHWs.

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Lee Circle YMCA Championship
11 Apr 92 - New Orleans, LA

Open	SQ	BP	DL	Total
114				
E. Underwood	125	70	225	420
123				
J. Echols	230	120	340	690
M. Martinez	230	130	290	650
148				
J. Bozzelle	470	275	450	1195
D. Walters	405	250	385	1040
181				
B. Bordelon	235	175	385	795
198				
P. Orso	205	220	355	780
220				
R. Ward	550	250	500	1300
242				
P. Fletcher	625	455	520	1600
Teen				
D. Chauvin	360	215	375	950
D. Carlos	260	150	305	715
Women				
S. Johnson	180	100	230	510
Masters				
D. Hutchinson	505	295	525	1325
Special Olymp				
123				
M. Martinez		130	290	420
132				
J. Abraham		95	235	330
L. Wax		130	240	370
181				
J. Mayeaux		90	240	330
198				
L. Hall		180	310	490
Bench Press				
123		SHW		
M. Martinez	130	B. Deffes		415
165		Deadlift		
D. Arterberry	345	123		
B. Riche	315	M. Martinez		290
B. Winters	270	198		
R. Fabre	140	B. Hafner		510
181		T. Caminos		485
C. Winters	275	D. Carlson		460

Hundreds of photographs were taken of the lifters in action throughout the meet, and the best of these were mounted behind plexiglass on fiddleback walnut award plaques complete with elegant engraving. Special Olympian sponsor Texaco provided the film and processing for this project, and Texaco Southern Louisiana exploration supervisor Dan Nelson took most of the pictures. Popular membership director at the "Y" John Dias backed him up with a second camera in taking pictures from every conceivable angle, while Sherry Hafner made herself useful by ordering and cataloguing the pictures. The most impressive of such plaques had a sculptured figure of a deadlifter on it, and was presented to the outstanding lifter. Joseph Bozzelle narrowly beat out beefy Paul Fletcher on points to take this award. This award was generously funded by a long time neighbor of the Lee Circle YMCA, the Hummingbird Grill, a traditional gathering place for the sporting public of New Orleans. Huge portions of great food a low prices draws muscular people into the block away Hummingbird after a tough meet bi-annually.

It is rare for someone past his usual athletic prime to take up powerlifting, but Darrel Hutchinson of Baton Rouge has done a lot more than that. Darrel entered the sport after he had heart bypass surgery, plus extensive knee surgery. Darrel Hutchinson is an inspiration to all other lifters. His deadlift was the heaviest of the meet.

Even though the participants were in different weight classes, an epic contest ensued for the top bench. Jovial Baton Rouge school teacher Paul Fletcher took the scenic route down to New Orleans, driving at a leisurely pace, thoughtfully observing the birds and flowers in spring, waving at little old ladies and singing along with tunes coming over his car radio. (Thanks for bringing that extra set of jack racks down with you, Paul). But when he changed out of his sylish walking shorts and co-ordinated ensamble and into his lifting garb, he was all business, like some studious accountant assiduously seeking out tax loopholes. A regional champion, his meticulous form is one that new lifters would do well to watch and possible emulate. Bubba Deffers is a study in contrast. The largest and most colorful powerlifter in even the collective recollection of old timers, this 420 pound giant of great cheer has a unique presence. The casual spectator is at first drawn to some sort of commotion at the side entrance of the gym off the street. Bubba enters in a baseball cap which makes him resemble a double-sized Babe Ruth, an image that is vitiated when one notices a hair tail of a Mongolian warrior trailing behind him. He is surrounded by his own entourage of supportive admirers ("The Bubsters!") who have been known to punctuate meets with hand clapping, foot stomping cheers of "Bubba-Bubba-Bubba!"

Chuck Collins and Jimmy Craig both took off time from hectic personal schedules to judge. They were joined by fine lifter Cody Banks in the judicial chores, as well as by lifting and bodybuilding champ Glen LaBorde (unflex, Glen!)

Darrel Hutchinson, left, took up lifting after bypass surgery. Here he is being presented an award by Lee Circle YMCA Meet Director, Bob Hafner, who recovered from leukemia after a bone marrow transplant. (Smith)

Spunky Scott Landry, the financial officer for the Lee Circle YMCA, assisted with chores ranging from weigh-ins to scoring. Scott is such a diehard powerlifting fan that he carries around a photo of Ed Coan in his wallet.

Board member Vickie Salter was apparently drawn to the official's table by the resonant speaking voice, dynamic personality and friend-winning smile of meet announcer Neel Fallis, and she helped with the scoring while there. Debbie Montellaro, in a stylish frock, also helped with the scoring. The vivacious Charlotte Ducote was an expediter at the scoring table with Debbie, and hard-working Fay Bordelon collected admissions at the door.

Loaders should always be given credit for lifting more than anyone at a meet, but Lester Stevens and youthful Byron Bordelon did more than just work hard. They were the only loaders for the entire meet, and were literally falling-over tired by the end of the competition. Besides all he does in enhancing our lifting meet, George Frentzos, as executive director of the Lee Circle YMCA, is gamely proving that an inner-city YMCA with limited finances can do more than just stay above water against the increasingly tough competition of posh health clubs, spas, and hospital exercise facilities. Through fellowship, hard work and creative programs, this venerable facility in the shadow of the nearby Superdome is prospering.

The Special Olympic program whereby challenged youngsters train with and compete alongside unimpaired athletes is an experiment that is an unequalified success. Though there have been numerous fine coaches since the advent of the program, three are particularly worhty of recognition: those who coached from "day-one." There is founder and head coach Bob Hafner, of course. Mark the debt you felt you owed the community for standing with you during you battle for life " paid in full, with interest," Bob. There is calssy former national weightlifting champion Jimmy Craig. Jimmy passes on what he learned from Stanko Terpak, Grimek and the rest of the legendary York gang while training there summers, as well as coaching knowledge and humanity of the great Bob Samuels, to another generation of lifters. Then there is Tony Daleo, a model for clean living and wholesomeness to the YMCA youngsters- a patient, dedicated, and caring coach. Assisting the special olympians at the meet were two newer coaches. First Vickie Salter, a blue-eyed blonde beauty who looks more like a Miss America contestant than a four-year athletic scholarship winner in track and field at the University of Alabama, or currently a remarkable deadlifter. Vickie and lovely IRS co-worker Helen Fleury are exemplary special olympian coaches and the entire program is enhanced by their involvement with it.

Lifters talked about the meet (not a single lifter bombed!), which not only marked the 57th anniversary of competitive lifting at the Lee Cirlce YMCA, but the fifth year to the day that Bob Hafner went down after making a winning lift. He came back from the ravages of leukemia to lift again and bring back the program with him, inspiring so many. The lifters looked forward to the big October 10 Bob Hafner Powerlifting Championship at the Lee Cirlce YMCA here in New Orleans. Bob will again offer a creative alternative to dust-catching traditional trophies, this time customized polo shirts with shorts ensambles. So get your applications in early. We hope that some of you military base and school teams will make this event more interesting by dropping the gauntlet of challenge, and you old timers are particularly welcome. New Orleans is particularly nice in October, and the Superdome with NFL football and the fabulous Aquarium of the Americas are within walking distance of the Lee Circle Y.

In conclusion, we wish to congratulate our friend Paul Anderson on being named "Strongest Man of the Century" in Orlando recently. Let the up and coming lifters try to break Paul Anderson's records, but let them also try to be the type of man he is, too. Paul gave up his amateur standing to earn money pro- wrestling and as a stage strongman to provide troubled young people a home environment rather than an institutional setting in which to grow and develop. He gave some of them perhaps the first break they had in life, the influence of the first people they could trust. Despite his own health problems and responsibilities with his youth home, Paul Anderson continues to be a friend to those you might not have any other friends: prisoners, the elderly and handicapped in nursing homes, the kids on whom society may have turned it's back. He was with Bob Hafner during his darkest moments. After learning of one of our special olympians who is plagued with cerebral palsy making a deadlift after falling down three times, he sent him an autographed picture. When the young man wrote him a note of thanks, Paul invited him to correspond with him, sending him back letters of encouragement. In an age when easy gains and a fast buck and less than sportsmanlike conduct are often seen, we can be happy and proud that our great sport has someone like Paul Anderson in its midst. Paul, if you are reading this tiny print, we honor you. (Thanks to Allen Smith for results.)

Central Conference Postal Meet
25 Apr 92 - Hillsboro, IL

123	SQ	BP	DL	Total
Hardin	350	175	320	945
132				
Brown	455	280	465	1200
Pearson	400	260	455	1115
Gulford	425	275	380	1080
Jones G.	375	285	420	1080
Dixon	300	260	350	910
148				
Smith	510	320	500	1330
White	500	285	450	1235
Hefner	450	250	460	1160
Owens	475	250	405	1130
Floyd	370	275	460	1105
Feazell	460	150	400	1010
Jones K.	350	210	400	915
Salter	355	200	350	905
165				
Johnson L.	575	345	550	1470
Schanmier	575	340	550	1465
Neal	530	330	520	1380
Lowry	415	295	480	1190
Woods	405	195	405	1005
Grange	410	- -	490	900
Jones E.	400	- - -	- - -	- - -
181				
Slater	580]	400	600	1580
Brown	610	285	630	1525
Nesbit	620	310	555	1485
Collum	525	350	565	1440
Barnes	515	350	540	1405
Buie	500	345	540	1385
Hurtado	475	270	500	1245
198				
Lewis	725	310	635	1670
McCollough	550	400	605	1555
Martin	550	325	600	1475
Monigan	510	345	605	1460
Jones	510	390	555	1455
Leggett	460	370	580	1410
Williams	450	375	550	1375
Jones A.	550	305	505	1360
Evans	560	280	505	1345
Pointer	500	315	500	1315
Burns	500	300	500	1300
Clucas	470	305	460	1235
Henderson	400	325	500	1225
DeWeese	415	300	500	1215
220				
Johnson	670	450	675	1795
Curry	650	410	625	1685
Jones	640	385	640	1665
Oby	520	325	525	1370
Weller	515	280	570	1365
Lucas	470	325	565	1360
Stachelek	465	345	530	1340
Bradley	500	320	505	1325
242				
Johnson	580	410	650	1640
Sherman	590	415	550	1555
Banks	550	420	575	1545
Greer	580	345	555	1480
275				
Clark	650	425	575	1650
Godinez	550	330	520	1400
Compian	500	335	475	1310
SHW				
Cherry	705	425	585	1715
Dabney	530	335	640	1505
Portis	500	370	535	1405

Best Lifter 181 & under - Slater; Best Lifter 198 and over Johnson. (results by Geronimo Cherry).

Knights of Columbus Bench Press
16 May 92 - Butte, MT

Men H.S.		181	
T. Wright	340	B. Costello	250
T. Post	260	J. Larson	240
M. Russell	240	198	
K. Shea	210	J. Griffin	400
M. Musselman	220	B. Dennehy	350
B. Gergen	240	D. Raymond	325
Mens		220	
132		K. Docter	350
R. Shea	245	J. Joyce	330
S. Paz	225	B. Brophy	290
148		Heavy	
T. O'Connor	310	S. Edwards	360
G. Rawson	245	T. Myers	335
D. Reardon	245	SHW	
P. Sampson	230	J. Albro	435
165		Masters	
J. Holman	300	D. Shea	315
		C. Buttons	235

Best female - Susan Kaluza; Best male - Jack Griffin. (Thanks to Tim Myers for the meet results).

Timofeev RUS 290 187.5 292. 5 770
Korte GER 300 172.5 290 762.5
Tollefsen NOR 300 190 270 760
Reyrink HOL 287.5 150 280 717.5
Torregrose SPA 290 132.5 280 702.5
Radchenko UKR 260 152.5 280 692.5
Eriksson SWE 282.5 177.5 230 690
Agardi HUN 250 185 250 685
Pitkanen FIN 300 175
125+
Saliger AUS 360 230 330 920
Messlender AUS 290 170 280 740
Sorig DEN 275 150 260 685
Szmetan HUN 275 160 240 675
(Thanks to Thomas Klose FAXing these results.)

Hamburg Substance Abuse Council Drug Free Bench Press
17 May 92 - Hamburg, NJ

Women			
Light		N. Dagostino	250
K. Trelease	115	165	
Masters		B. Headly	350*
Heavy		A. Marrero	345
P. Karas	325*	181	
Open		J. Ashnauld	315
123		198	
C. White BL	270*	R. Smith	405
132		J. Sacca	400
T. Dexter	260	220	
148		J. Norgueras	430*
D. Wilcox	275	M. Shaffer	355
M. Curto	265	R. Mikajlo	330*

Meet was held at Hamburg Grammar School. Dr. Fielding of Hamburg gave a presentation on steroid abuse. Wallkill Valley General Hospital donated the testing kits to detect strength inducing drugs. The equipment was donated by the Pyramid Gym of Franklin, NJ. The spotters and referees were two local outstanding bodybuilders - Mark Van Tassel and Dan Micelli. The heaviest lift award went to Jose Norgueras. The best lifter award was given to Chris White. (Thanks to Meet Director Chris Fitzpatrick for FAXing in these contest results into PL USA at 805-987-4275.)

POWER PEOPLE

Mike Wenning broke a NASA Submasters National record at the Ohio Regional with a bench of 242 lbs. at 114. He has benched 275 in training. (photograph courtesy of Mike)

USPF California State
29 Mar 92 - Ventura, CA (kg)

Women	SQ	BP	DL	Total
132 & below				
B. Vega	85	47.5	110	242.5
Open				
114				
B. Kline				
123				
C. Balanga	160	107.5	195	462.5
165				
A. Caceres	247.5	130	232.5	610
E. Viola	185	127.5	232.5	545
V. Tanabe	212.5	102.5	215	530
B. Halderman	190	127.5	200	517.5
181				
J. Carreon	250	155	245	645
198				
S. Roberts	320	197.5	295	812.5
K. Elder	300	190	282.5	772.5
S. Waits	282.5	177.5	270	730
M. Johnson				
220				
L. Bergield	255	180	275	710
R. Casio	242.5	172.5	255	670
D. Paul	245	160	240	645
T. Richards				
242				
D. Foster	285	165	292.5	737.5
275				
B. Meek	337.5	220	305	862.5
G. Garcia	322.5	175	292.5	790
Natural				
123				
C. Balanga	160	107.5	195	462.5
132				
J. Arenberg	200	137.5	215	552.5
148				
K. Fujioka	200	122.5	227.5	559.5
J. Akune	175	137.5	222.5	535
L. Elliot	190	110	187.5*	487.5
165				
A. Caceres	247.5	130	232.5	610
D. Winslow	172.5	120	235	527.5
D. Torrence	167.5	115	207.5	490
K. Godley	160	92.5	185	432.5
181				
N. Andrus	250	160	297.5	707.5
D. McLaughlin	260	157.5	260	677.5
J. Carreon	250	155	240	645
C. Powers	245	155	230	630
J. Knoth	207.5	137.5	222.5	567.5
R. Benson				
198				
S. Waits	282.5	177.5	270	730
D. Lewandowski	275	150	275	700
V. Elliot	277.5	152.5	252.5	682.5
R. Birch	230	145	250	625
G. Jones	205	130	250	602.5
220				
D. Mahan	295	167.5	295	757.5
W. Cracknell	235	170	247.5	652.5
K. Jordan	242.5	145	227.5	600
J. Wickel	215	140	220	575
V. Glover	195	147.5	227.5	570
D. Daykin				
242				
S. Denison	307.5	200	292.5	799.5
D. Foster	285	165	287.5	737.5
T. Gramatovich	245	145	227.5	617.5
M. Phillips	200	137.5	227.5	565
275				
T. Ugapo	305	232.5	272.5	810
M. Fafard	282.5	197.5	257.5	737.5
275+				
B. McCune	272.5	162.5	260	695
Special Olmpic				
R. Wood		92.5	150	240
Jr. 14-15				
L. Elliott	190	110	187.5*	487.5
Jr. 16-17				
P. Oh	165	107.5	170	442.5
D. Wallace				
Jr. 18-19				
W. Walton	95	85	120	300
Jr. 20-23				
D. Foster	285	165	287.5	737.5
Submaster 35-39				
M. Rifkin	237.5	150	212.5	600
D. Ochs	172.5	137.5	237.5	547.5
E. Harwelik	180	110	195	485

* Lord Elliot 4th attempt deadlift 195. Best Lifter Open- Scott Roberts. Best Lifter Natural- Jon Arenberg. Best Lifter Female- Bridgette Vega. Team- Bernie's Powerhouse: Dan Mahan, Kevin Jordan, David Lewandowski, Jesse Carreon, Peter Oh. After securing all of the equipment, we traveled to Ventura, California, to prepare for the 1992 California State Powerlifting Championships, a two-platform meet. After R. G. Canning's financial misfortune, we were told all remaining events were cancelled and it was truly a blessing that we were able to salvage this meet, a meet we had meticulously planned one year in advance. Arriving bright and early with little restful sleep, we were elated to see USPF Technical Chairman Bill Hartmann ready to run weigh-ins. At the completion of the legal time period, we had fifty-four lifters. At 8:45 am Strength and Power Productions Volunteer Staff got into position. The contest now begins to take on the appearance of a forthcoming military strategy. Don Haley and his entourage of high ranking referees deliver the rules briefing. Pat McNeil and Brian Soma, with Kellie, Darlene, Roberta, and Pam organize a virtual mass of data. Travis and Edit quickly assemble the super-enlarged score sheets. Announcer and feature writer for Hardgainers Magazine, Richard Abbott, taps his baton and the competition is underway at 9:20 am. Spotter/loaders: Charles LaMantia, Robert Romero, Richard Fierro, Adolfo Atilano, Ron Perkins, and Mad Dog Charlie Ortega charge the racks and man-handle the plates, assuring accurate loads and the lifters safety. From the spotters entrance some of the crowd thought that they were the competitors they were so fired up! Squats are concluded quickly, benches follow, and deadlifts; loaded most of the time without loading jacks brings the contest to completion under the six hour mark. Many thanks to Bernie Gagne and Chris Kostas for bringing essential equipment. Thanks to the USPF Staff: Don Haley, Fran Haley, Bill Hartmann, Gordon Santee, Jack Hughes, Jay McVeagh, Brian Soma, Patrick McNeil, Bernie Gagne, Chris Kostas, Dale Middlehorn, Kevin Meskew, Carol Meskew, Tim Jennins, D.C., and Gretchen Buerki. Thanks also to John Grennan of the Ventura Star Free Press and Mike Lambert of PL USA. Thanks to the American Eagle Gym for additional weights and materials. (Thanks to Charles LaMantia for providing these results. Chuck was hard at work, spotting and loading, when PL USA got to the meet to take photos. Not many meet directors put their heart, soul, pocketbook, family, etc. into producing a meet purely for the lifters that participate as Chuck LaMantia does. California is fortunate to have him).

Scott Roberts *with his 705 squat, which helped him to win the open 198 lb. class at the USPF California State meet conducted by Chuck LaMantia.*

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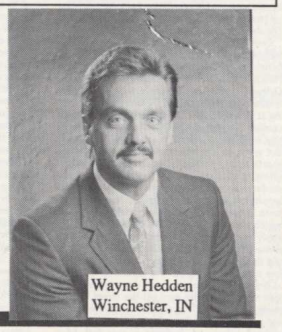

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***Delta Secondary School**.. team winners at the Delta High School Tournament include, bottom, left to right, B. McKim, S. Kassam, G. Chard, and top, D. Lebrun, J. Wilson, C. Toney, W. Sasso, B. Sidhu, S. McCredie.*

Delta High School Toiurnament
25 Apr 92 - Delta, BC, Canada (kg)

Female Div.	SQ	BP	DL	Total
60 kg				
K. Snaw	60	50	75	185
67.5 kg				
N. Coiquhoun	37.5	32.5	65	135
Open class				
C. Bourgeois	30	42.5	92.5	165
Best squat,bench & deadlift: Kendra Shaw.				
Male Div.				
60 kg				
G. Sherman	57.5	60	117.5	235
P. Taastopouids	40	32.5	65	137.5
67.5				
R. Damonuk	102.5	100	120	322.5
G. Snare	107.5	62.5	125	295
75 kg.				
B. Mckim	157.5	115	170	442.5
D. Lebrun	120	102.5	170	392.5
S. Kassam	100	95	147.5	332.5
K. Williams	85	90	147.5	322.5
J. Maclean	110	82.5	127.5	320
M. Long	67.5	65	90	222.5
R. Proctor	45	52.5	117.5	215
D. Elgie	50	37.5	92.5	180
82.5 kg				
D. Brown	142.5	107.5	177.5	427.5
J. Bearden	115	102.5	177.5	395
J. Wilson	90	90	152.5	332.5
90 kg				
J. Allard	202.5	127.5	192.5	522.5
100 kg				
A. Calado	155	90	182.5	427.5
C. Toney	110	100	162.5	377.5
B. Sidhu	120	67.5	147.5	335
110 kg				
S. McCrede	90	90	147.5	327.5
125 kg.				
D. Rochas	160	142.5	190	492.5
B. Mills	77.5	87.5	115	280
125+ kg				
W. Sasso	102.5	100	157.5	360

Best Squat: Jason Allardc; Best Bench: Brad McKim: Best Deadlift: Dennis Lebrun. On April 25th, 1992, the Delta Police Department (School Liaison Section) and the Delta Secondary School hosted the Delta High School Powerlifting Tournament. This event was a first for high school students of British Columbia, Canada. Twenty-psix competitors, three of them female, from five local high schools, competed for trophies in various weight classes and the event was greeted enthusiastically by all who took part. It was the brainchild of a member of the School Liaison Section of the Delta Police Department, who saw, through one of his own athletic interests, a way to motivate young people and introduce them to the concept of athletic excellence through drug-free competition. He organized a demonstration of powerlifiting by a British Columbia Powerlifting Champion, Richard Nowazek, who is well known and respected for his drug free involvemtn in sport. The reaction fromn the students was so enthusiastic that it gave birth to the idea of a local competition. At this stage the British Columbia Powerlifting Association were brought into the picture and eagerly co-operated in organizing seminars on techniques applicable to the three lifts involved in the competition. The students were coached on correct training methods; follow-up seminars and individual coaching sustained their interest. Feedback from teachers revealed that participating students were showing a distinct improvement in their classroom work, due to their introduction to a planned and disciplined approach to their activities; which they applied to their school work. Accordingly, the programme had the full support of the teaching staff of the schools involved. Competition day saw volunteers from the police, local support organizations, the schools, local cable television, and the B.C. Powerlifting Association, gather in the gymnasium of the Delta Secondary School. The smooth operation of the competition evidenced the careful organization that had gone into the event and the atmosphere built up rapidly as progress was charted on the scoreboard. The significant feature of the competition and the encouragement of competitors for rivals in their class, and although there was a friendly spirit of competition between various schools, the overriding theme was of young people encouraging each other to do their best. The prize giving saw the host school, Delta Secondary, win the team trophy and several of the top awards in the various classes. Individual competitors were identified as potential top-class athletes, and the B.C. Powerlifting Assoc. scouted the field for talent. All in all, this was a supremely successful day which presages the repeat of the event on an annual basis, extending the area of the competition. Its success is due to the sterling work performed by numerous people who prefer to remain anonymous, but the stamp of officialdom that was provided by the British Columbia Powerlifting Association deserves special recognition. The true success of a voluntary event of this type goes to those people who donate their time, talent and sponsorship, and for this we extend our sincere gratitude. (Thanks to Constable David Richard for providing these meet results).

Tokyo Championships
19 Apr 92 - Tokyo, Japan (kg)

52 kg	SQ	BP	DL	Total
H. Hirano	95	57.5	120	272.5
K. Mochida	85	50	120	255
S. Ohiwa	80	47.5	100	227.5
56 kg				
N. Imaizumi	105	67.5	135	307.5
T. Sekine	110	50		
M. Fujita				
60 kg				
S. Yasui	142.5	75	160	377.5
K. Kawashima	110	75	140	325
H. Okumura	115	65	120	300
M. Yoshida				
K. Fujita	90	50		
67.5				
H. Shimizu	155	74	175	405
Y. Seki	135	70	160	365
H. Shimizu	120	67.5	130	317.5
K. Watanabe	145	75		
75 kg				
K. Kaneko	140	67.5	140	347.5
A. Maeda	120	65	130	315
K. Matsumiya	110	57.5	130	297.5
K. Hirata	90			
82.5 kg				
M. Ichikawa	180	80	170	430
Y. Saitoh	150	75	160	385
S. Morita	115	45	130	290
K. Okamura	90	60	80	230
82.5+ kg				
N. Suzuki	190	130	180	500
K. Noro	165	67.5	160	392.5
H. Ichikawa	147.5	87.5	150	385
K. Niimuma				
52 kg				
T. Hirayama	70	42.5	92.5	205
56 kg				
M. Takahashi	110	47.5	115	272.5
A. Kohda	10	40	115	265
N. Honnda	105	40	110	255
67.5+ kg				
H. Ozaki	160	82.5	140	382.5
56 kg				
T. Ichikawa	75	60	132.5	267.5
J. Mikami				
Y. Nagata	75			
60 kg				
K. Arimatsu	180	132.5	180	492.5
T. Kamijoh				
67.5 kg				
K. Tokuichi	215	105	220	540
A. Ogiwarae	200	125	200	525
K. Hirano	195	120	195	510
T. Koguchi	175	122.5	180	477.5
H. Sugimoto	185	90	200	475
S. Miyoshi	160	100	190	450
75 kg				
I. Suzuki	200	155	240	595
T. Koniahi	210	140	230	580
Y. Harada	220	135	220	575
K. Koide	210	120	220	550
Y. Kufukihara	205	115	210	530
K. Watanabe	190	125	205	520
82.5 kg				
T. Sasaki	230	125	220	575
K. Sekine	210	145	195	550
Y. Hayashi	210	115	225	550
M. Komatsu	210	120	215	545
J. Nakayama	200	110	210	520
S. Sakamoto	190	155	170	515
90 kg				
K. Shimomukai	255	145	225	625
K. Sasaki	240	120	245	605
H. Kobayashi	215	135	230	580
T. Kurosaki	200	150	180	530
K. Ishii	200	102.5	215	517.5
Y. Yamada	185	107.5	175	467.5
100 kg				
M. Miyamoto	275	155	255	685
T. Kasai	235	152.5	235	622.5
H. Ohkubo	230	152.5	230	612.5
H. Saida	225	155	220	600
100+ kg				
D. Midote	290**	170	247.5	707.5*
T. Ueda	270	125	250	645
K. Mutoh				

(Thanks to Susuma Yoshida for these results).

Syracuse Drug Free
Bench Press Spectacular
3 May 92 - Syracuse, NY

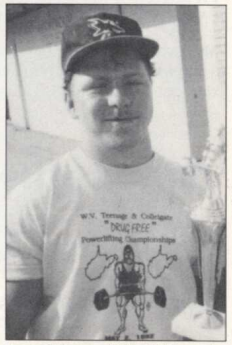
Teen			
114		F. Dix	375
B. Adams	115	R. Fisher	350
123		J. Ingham	250
D. Clark	170	198	
Womens Div.		A. Contos	380
125		T. Morley	300
T. Jessup	170	D. Dunn	- - -
J. Staub	165	220	
P. Sallinger	135	R. Mike	400
Mens Open		S. Prucnal	365
123		C. Santoro	365
J. Granko	155	D. Cahill	355
132		W. Stanton	350
F. Verdi	240	M. Warner	335
M. Boni	230	242	
148		T. Davis	445
D. Piersall	335	T. Walker	435
165		R. Langon	410
J. Swiatek	390	275	
J. Moceynos	300	V. DeJohn	480
F. Jordan	250	A. Stasko	380
181		SHW	
W. Rogers	405	O. Jensen	390

Best lifter light went to John Swiatek at 390 in the 165 lb. class, a very fine lift. Best lifter Heavy went to Tony Davis in 242 lb class at 445 lb. Nice lifting. We had some incredible masters on hand. Robert Langon benched 410 in 242 class. Oscar Jensen benched 390 in the SHW; Vic DeJohn did an incredible 480 at 265, just missed 500. Special thanks to Dr. James Gorden and Dr. Vince Sportelli and my beautiful wife Lori. (Thanks to Meet Director Wayne Burgess for providing results).

USPF West Virginia Drug-Tested
Teenage and Collegiate
2 May 92 - Man, WV

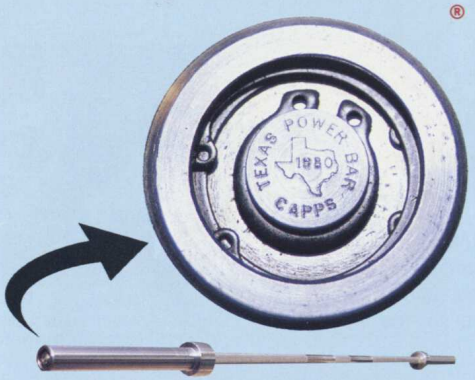
Women	SQ	BP	DL	Total
105				
H. York	125	65	185	375
148				
C. James	230$	110$	270$	610
Teen				
114				
G. York	310*	140	300*	750*
J. Fekete	230	105	250	585
123				
J. Donahue	240*	145	275	660*
132				
R. Greene	375*	210	435	1020*
P. Armentrout	300	255	430	985
L. Fitch	250	215	365	830
148				
J. Osborne	415!*	240	445*	1100*
P. Adkins	335*	180	355*	870*
165				
B. Lewis	450	265	450	1165
A. Jackson	400*	225	365	990*
J. Bassham	340	225	380	945
J. Robinson	350*	180	410*	940*
R. Ellis	290	165	365	820
181				
M. Adkins	375	245*	390	1010
J. Morgan	360*	185	400*	945*
D. Smith	335	185	420	940
G. Blevins	350	195	335	880
J. Cook	325	205	365	895
K. Endicott	290	195	340	825
198				
P. Porter	425*	240	460*	1125*
T. Cline	400*	240*	370	1010*
M. Bellamy	350	225	420	995
R. Brannon	335	260	365	960
T. Sword	225	150	275	650
220				
L. Harvey	350	190	430	970
242				
A. Lester	500*	315	560*	1375*
S. Hass	535	375		
275				
D. Maynard	360	185	385	930
Collegiate				
132				
P. Armentrout	300	255	430	985
148				
B. Kincaid	385	225	400	1010
165				
B. Lewis	450	265	450	1165
181				
G. Rice	510	270	465	1245
198				
S. Collias	625	370	575	1570
J. Barton	545	365	540	1450
R. Brannon	335	260	365	960
242				
W. Jackson	660	350	550	1560

! WVA state teen record. WVA state collegiate record. $ WVA collegiate womens record. * WVA high school record. Note: Several lifters took advantage of the rule allowing 4th attempts for the purpose of breaking state records. The 4th attempt, if successful, would not count in the lifters total. The following individuals were granted 4th attempts and were successful. Teen: 132-Rusty Green, 445 Deadlift; 165- Bobby Lewis, 475 squat. Meet director- Carmel Hughes; Head referee- Paul Sutphin, CAT II international; Head judge- Jeff Maynard, Testing for national; Side referees- Doug Currence, national, Carmel Hughes, national, Wallace kirk, state, Chuck Pastor and Greg Vance, Greg Jackson; Announcer- John Hairston; Table Scorers- April Bartley, Stephanie Jackson, April Bowens, Renee Smith, and Mary Beth Brumfield. The unique thing about the 1992 WV Teen and Collegiate Powerlifting Championships was that it was drug tested by the urinalysis method. This was the very first drug tested event ever conducted in the USPF here in West Virginia! A major step forward for our program. The competition could have easily been defined specifically as a record breaking competition. Over 30 state high school records were broken alon with several teen records. In the collegiate division, Paul Armentrout of WV Tech broke the 132 lb. class deadlift record held by Roger Salser set in 1980. At 198 Scott Collins broke 3 of his own records in the squat, deadlift, and total. Bill Jackson of WV Tech squatted 660 at 242! Outstanding lifter awards were given to Scott Collins for the collegiates, Rusty Greene for the LW's Teen, and Alan Lester for the HW's Teen. (Thanks to Paul Sutphin for FAXing these results in to Powerlifting USA.)



***Jason Osborne** of Man, WV won the drug tested West Virginia Teenage Championship at 148 (P. Sutphin)*

ELITE®



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The first Texas Power Bar appeared on the market back in January of 1981. It was manufactured by Buddy Capps of Texas. He manufactured the bars and sold them to MAC Barbell of Grand Prairie, Texas and various other distributors throughout the US. This was the bar that was used at virtually all championship meets held in the USA since 1981. It has held up to 1000 pound squats on at least six occasions without bending. Unfortunately Buddy did not have the foresight to trademark the name Texas Power Bar. Since that time people have come out with the California, New York, Mid-West, Oklahoma, and PA power bars. None have come close to the original. Even MAC barbell has gotten into the act. They are selling what they call the Original Texas Power Bars but are now making them themselves. In fact the name 'Texas Power Bar' has almost become a generic term. Because of the above Buddy decided to try and improve on his original version. What he has done is eliminate the end caps which used to hold the sleeve to the shaft. On some bars the end caps were held by Allen head screws which required frequent tightening. Buddy's original Texas Power Bar used to have a pin in it. The new version now has pair of internal snap rings in the end of the sleeve and Capps Texas Power Bar 1980 stamped on the end of it (see picture). This has given the bar more room to put plates on, made it more distinctive, and now you can be 100% sure you have the real thing. The bar is 28.5mm in diameter and is made from pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it to prevent it from sliding on the back during the squat. The sleeves are of one piece construction and are machined to 2" diameter and rotate around the bar on a bronze bushing. The bar will fit all standard size Olympic plates. As long as it is not abused the bars are virtually unbendable however, if dropped in a power rack or abused in some other fashion they can bend. If this happens you can buy another shaft for $90.00 and put your old collars on it and presto - you have virtually a new bar. SORRY - No C.O.D. or Credit Card Orders on Bars. Shipped via UPS -call for charges

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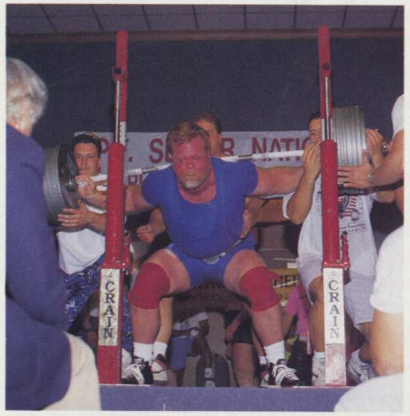

John Ware. 1,000 squatter, World Record Holder, 2,427 lb total! (pictured with custom tailored dual quad)

Of the many brands of suits out in the powerlifting world, only **one** suit has ever been unique enough to earn a **U.S. Patent** .... **The Centurion** from Titan! That's because our dual quad harness design offers a unique support system so **revolutionary** that it has produced **gains of 15 to 60 lbs** over what conventional suits give. And in a design that is competition **legal** in all U.S. lifting organizations and most international organizations!

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Coming Events

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

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, APA Englewood Cup Open BP, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.

1 AUG, Millsop Summer Bench Press Classic (open, teen, novice, women, submaster, master) Eric Nejus, Millsop Community Center, 3420 Main St., Weirton, WV 26062, 304-797-8520

1 AUG, Good Neighbor's Day Biggest Bench (open, women, master, teen) Greg Gordon, 42 Sunnyland Plaza, Washington, IL 61571, 309-745-5111.

1 AUG, 10th Brownsville Bench Press Record Breakers (open, women, submasters, teen) Tito Mata, 245 Fairfax, Brownsville, TX 78520, 512-544-7558.

1 AUG, ADFPA Iowa Invitational Record Breakers (open, 3 yr. drug free, teen, master, submaster, women, collegiate) Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, after 5 pm 515-280-2840.

1 AUG, Big Oaks Bench Press-Deadlift (separate contests, open, novice, masters, women) Jeff Plummer, Big Oaks Campground, Rt 1 Box 53, Rehoboth, DE 19971, 302-645-6838.

1 AUG, PAC 5th Summer Bench Press Championship, Frank Mansueto, Paerdegat Athletic Club, 1500 Paerdegat Ave. North, Brooklyn, NY 11236, 718-209-1010.

1 AUG, Great Lakes State Games (Michigan residents only, bench) Gary Reed, 11191/2 Chimney Hill, Dewitt, MI 48820, 517-669-3353.

1 AUG, NASA Albuquerque (NM) Grand BP, Rich Peters, Box 735, Noble, OK 73068.

1 AUG, ADFPA California Men/Women Masters and Western Regional Masters, Joe Randazzo, Box 690386, Stockton, CA 95269, 209-951-7824 after 8pm.

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, 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.

2 AUG, WNPF East Coast Bench Press (teen, junior, lifetime, natural, submaster, master, police & fire, armed forces) Gold's Gym of Howard Beach, 157-05 Crossbay Blvd., Howard Beach, NY 11414, 178-845-4653.

2 AUG, ANPPC Drug Free Long Island Open Bench (teen, women, men, masters, team) ANPPC, Box 652, Lake Katrine, NY 12449.

2 AUG, 1st Novice Bench Press Classic (touch 'n go, high school and men, limited entries), Tom Beechey, 509 Montour St., Montoursville, PA 17754 SASE

8 AUG, Battle of the Bulge Bench Press/Strict Curl (men, women), Kevin Meskew, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555.

8 AUG, YMCA Canal Days Celebration Bench Press (teen, women, open, submaster, master) YMCA, 15 Jackson St., Little Falls, NY 13365, or Tim Liddon 315-823-1740.

8 AUG, 4th annual All Star Bench Press Classic (open, masters, teen, women, natural) Mike Chapel or George Herring, Iron World, No. 10 Moreno, Buford, GA 30518, 404-279-8019.

8 AUG, West Penn Open, James Jones AP7746, Box 99901, Pittsburgh, PA 15233 or Ernie Wyatt 412-761-1955 ext 267.

8 AUG, ICPA Hoosier Classic (PL & 2 man DL) J.D. Temples, Rt. 4 Box 57, Spencer, IA 47460, 812-829-2615

8 AUG, ANPPC Drug Free New Jersey Bench Press (teen, women, men's open, men's master, team) Kim Mossman, Golf & Tennis World Gym, Black Horse Pike, W. Atlantic City, NJ 08232, 609-641-3546.

8 AUG, ADFPA Grand Prix Bench Press Tour Upper Midwest Championships (open, novice, teen police & fire, masters - limited entries) Northwest Powerlifting, 5525 Cedar Lake Rd., St. Louis Park, MN 55416

8 AUG, NASA South Carolina Grand BP, Rich Peters, Box 735, Noble, OK 73068.

8 AUG, NASA Ohio Classic BP (Canton) Rich Peters, Box 735, Noble, OK 73068.

8 AUG, APA Winning Factor Bench & Deadlift Classic (separate contests, open, women, teen, masters by formula) Winning Factor Productions, Gary Heisey, 418 W. Sunhill Rd., Manheim, PA 17545, 717-665-9287 or 215-589-5213

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, novice, open and drug tested) Joe Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.

8,9 AUG, USPF Texas Cup (all US lifters, open men & women, class 11 & below, girls & boys teen, men & women submaster & master) Joe McCoy, Rt 1 Box 120-F, Glen Rose, TX 76043, 817-897-3150.

8,9 AUG, NASA Colorado Grand (Pueblo) Richard Peters, Box 735, Noble, OK 73068

9 AUG, CDFPA Chilliwack Class II & Under, Hugh Ward, 46150-A Yale Rd. E., Chilliwack, BC V2P 2P1 Canada

9 AUG, USPF Southern Maryland Bench on the Beach, Mark Sherman, Rt 1 Box 89R-2, Nanjemoy, MD 20662, 301-743-7386

9 AUG, Keystone Games (bench, deadlift, PA residents only) Keystone Games, 31 S. Hancock St., Wilkes-Barre, PA 18702, 800-445-4559

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.

12-26 AUG, AICEP World's Fair Meet (Seville, Spain - 12-19 Aug, 12-21 Aug, 14-26 Aug) AICEP, 10 Canvin #33, Kirkland, Quebec, H9H 4S4, 514-697-3735

15 AUG, Beast of the Northeast Summer Deadlift (open, master) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442.

15 AUG, (tentative), ADFPA West Coast Open, WCO, Box 11891, Tacoma, WA 98411 or The Gym of Seattle 206-441-9836.

15 AUG, Eastern USA Classic (open, class 11, women, master, submaster, teen, open bench) Mike Grimes, Dynabody Fitness Center, 8705 E. Brainerd, Chattanooga, TN 37421, 615-894-7486.

15 AUG, APA Englewood Open DL, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224

15 AUG, Bench Press Championship (USPF), Dave's Gym, 931 "I" St., Los Banos, CA 93635, 209-826-6755.

15, 16 AUG, ADFPA Florida State (residents only - men's open, novice, women, masters), Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804.

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, Box 6862, Oakridge, TN 37831, 615-983-3277.

15, 16 AUG, ADFPA National Deadlift Championships, Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-686-0727 (h) or 948-2023 (w)

16 AUG, ANPPC Drug Free Eastern USA Bench (teen, women, men, master, team) ANPPC, Box 652, Lake Katrine, NY 12449.

22 AUG, (new date) Illinois Deadlift Championships (open, women, teen, submaster, master, team), Dr. Darrel Latch, 5197 th St., Charleston, IL 61920, 217-345-1544.

22 AUG, ADFPA New Mexico State (men, women, masters, teen - TNT Fitness) Tony Williams, P.O. Box 282, Tesuque, NM 87575, 505-983-6775.

22 AUG, (new date) USPF Beast of the East Qualifier (Huntington, WV), Tim & Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.

22 AUG, NASA Kansas Grand BP (Great Bench) Rich Peters, Box 735, Noble, OK 73068.

22 AUG, Class III & under subnovice, Spa 3, Forrest Ave., Bergen Mall, Paramus, NJ 07652, or Cindy 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, USPF Alamo Classic & Texas Collegiate, Conrad Martinez, 6834 Hogans Trail, San Antonio, TX 78240, 512-681-0131 or 656-6696 after 5pm.

22-23 AUG, NASA Georgia Grand (Atlanta) Richard Peters, Box 735, Noble, OK 73068.

23 AUG, ANPPC Drug Free Eastern USA (teen, women, men's open, masters, team) ANPPC, Box 652, Lake Katrine, NY 12449.

29 AUG, Syracuse Drug Free Bench Press Spectacular II (men's open, women, teen) Wayne Burgess, 239 North Ave., Syracuse, NY 13206, 315-463-4385.

29 AUG, ANPPC Drug Free Eastern USA Meet (teen, women, men's open, men's master, team) ANPPC, Box 652, Lake Katrine, NY 12449.

29 AUG, NASA Tyler (TX) PL & BP, Rich 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

30 AUG, 2nd Goodyear Classic Bench and/or Deadlift (open, women, masters) Kelly Merritt, 6224 Logan Ave., Lincoln, NE 68507, 402-467-8202.

AUG, Drug Free 7th annual Iowa State Fair 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, APA/WPA World Record Breakers Bench Press. Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.

5 SEP, APA Florida State Bench, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.

5 SEP, ADFPA 1st annual Bulldog Open (open, women, master) Sue Payne, 2060 Old Madisonville Rd., Henderson, KY 42420, 502-826-8354 (d), 826-1471 (n).

5 SEP, NASA Western United States National Bench Press Qualifier (pure, pure novice, natural, women, teen, submaster, master I & II) Kevin Estrada, Box 3673, Tonopah, NV 89049, 702-482-3756.

5 SEP, NASA Ohio PL & BP (Cincinnati) Rich Peters, Box 735, Noble, OK 73068.

5 SEP, NASA New Mexico Grand (Roswell) Richard Peters, Box 735, Noble, OK 73068 .

6 SEP, APA World Record Breakers Deadlift, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.

6 SEP, (new date) ADFPA Santa Barbara East Beach Championships (open, class II & below, teen, women, masters) Kevin Fisher, 3920 B State St., Santa Barbara, CA 93105, 805-682-2778.

6 SEP, (new date) USPF MSPA Fall Open Classic (men, masters, teen, women) Skip Gormley, P.G. Plaza Community Center, 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1612

6 SEP, CPA National Bench Press Champions, Ray Corley, 4770 Foster, CP 1810, Waterloo, Quebec J0E 2N0 Canada, 514-539-4999.

6 SEP, APA/WPA/CPA Waterloo Baddest BP (money prize and trophies) Ray Corley, 4770 Foster, CP 1810, Waterloo, Quebec, J0E 2N0 Canada, 514-539-4999.

7 SEP, North America Strongman Championships $5000 US in prizes, TEN International, 34 Doncaster Ave. No. 6, Thornhill, Ontario, Canada L3T 4S1,

MOUNTAINEER OPEN
POWERLIFTING CHAMPIONSHIPS

USPF 17th Mountaineer OPEN Powerlifting Championships

Nov. 21,22, 1992
Open, Submasters, Masters, Novice, Women

Sculptured Trophies
4' trophies for Best Squat, Bench, and Deadlift
Meet information: JOE HELMINSKI
P.O. Box 26, Parkersburg, WV 26101
800-344-5205
Keith Rippeto 304-485-0960

Central California Open Powerlifting & Bench Press

SATURDAY, OCTOBER 10th, 1992

Veterans Memorial Building, San Luis Obispo, CA

Sculptured Trophies, Teenage light & heavy divisions)1st-3rd in each, women and masters by formula (1st-5th) and open

SPONSORED BY Estrada's Gym

526 Dana #4, San Luis Obispo, CA 93401, 805-544-0155 after 7PM

416-731-6941.
12 SEP, USSCA Region II Strict Curl (IA, NE, MN, WI, IL, MO - Oskaloosa, IA) Barry Spain, Box 21, What Cheer, IA 50268, 515-634-2019.
12 SEP, ADFPA Minnesota State Masters (Faribault, MN - women 35 & over, men 40-49, 50 & over) Dennis Green, Box 147, New Market, MN 55054, 612-461-3007.
12 SEP, Queen City Expo Bench Press, Richard Yarbro, 114 Lois Lane, Clarksville, TN 37043, 615-647-0885.
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 Minnesota PL & BP, Rich Peters, Box 735, Noble, OK 73068.
12, 13 SEP, NASA WV Regional, Richard Peters, Box 735, Noble, OK 73068
13 SEP, ANPPC Drug Free North American Bench Press (teen, women, men's open, masters, teams) Felix Corona, Flex Fitness Center, 80 Beekman Ave., No. Tarrytown, NY 10591, 914-332-7545.
13 SEP, CDFPA Chilliwack Open, Hugh Ward, 46150-A Yale Rd. E., Chilliwack, BC V2P 2P1 Canada
19 SEP, APA Gulf Coast Open Bench, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.
19 SEP (new date) Columbus PAL Bench Press (open, masters, women, teen), Rick Hamsher, 657 South Ohio Ave., Columbus, OH 43205, 614-645-4809 2-8pm
19 SEP, ADFPA Northwest Forida Bench Press (men, women, master, teen) Dan Belanger, Rt. 3 Box 167, Milton, FL 32570, 904-623-8063 or 626-1558.
19 SEP, USPF Muscle Beach Venice "Push & Pull". Darlene Galindo, 1800 Ocean Front, Venice, CA 90291, 310-399-2775.
19 SEP, Reverchon Meet, David Crabb, Reverchon Rec., 3505 Maple, Dallas, TX 75219, 214-670-7721
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, USPF Nevada State (NV lifters only, men, women, teen, masters men & women - no formula) Dave's Gym, 475 W. 8th, Carson City, NV 89703, 702-885-1886
19 SEP, MDSA Bench Press Championships (Grafton, ND - open/closed, men, teen boys & girls, women, women & men masters, submasters) Darwin Jacobson, Box 1031, Willmar, MN 56201
19 SEP, 2nd Annual Maple City Deadlift Classic (men, women, teen, masters, beginners, drug tested & open), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.
19 SEP, USSCA National Strict Curl Championship, Kevin Meskew, 9235 Woodale, Arleta, CA 91331, 818-899-7555.
19 SEP, APA/WPA/CPA Ontario Open PL & BP, Ray Carey, 4770 Foster C.P. 1810, Waterloo, Quebec, Canada J0E 2N0, 514-539-4999.
19 SEP, Daytona Beach World Gym APF Baddest Bench Press in Florida (at World Gym) World Gym, 216 Volusia Ave., Daytona Beach, FL 32120 or Kieran Kidder 904-761-8201.
19, 20 SEP, ADFPA Walter Thomas Championship (open, women, master, bench, novice, lifetime), Walter Thomas, Box 45510, OKC, OK 73145, 405-769-3730
19, 20 SEP, NASA Oklahoma Regional (Noble), Richard Peters, Box 735, Noble, OK 73068
20 SEP, APA U.S. Open Deadlift, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.
20 SEP, WPC/CAPO Australia Open Challenge (Melbourne), Dr. Ahmed Dalwean, 18 Rosemary Rd., Beaumaris, Victoria 3193 Australia.
20 SEP, USPF American Bench Press Championships (men, women, teen, master) Gerald Sylvia, 21 Hale St., Westport, CT 06880, 203-227-2095.
20 SEP, APF YMCA Northwest Illinois PL & BP (open, teen) David Greenwalt, 1112 N. Jefferson Dixon, IL 61201, 815-288-7432
26 SEP, ANPPC Drug Free Southern USA (teen, women, men's open, masters, teams) Steve Richard, 1245 Lions Club Rd., Scott, LA 70583, 318-261-1327.
26 SEP, USPF Bench Press/Deadlift (either/or) Jodi Seybold, TFC, 535 Main, Salmon, ID. 83467, 208-756-2205 or 756-3708 (home)
26 SEP, (new date) WNPF Eastern USA BP/DL (Edison, NJ), Troy Ford, 2110-12 1st Ave, Box 1204, NYC, NY 10029, 212-876-8373 or 914-328-7726
26 SEP, (new date) 3rd Annual Prince's East Coast Bench Press/Deadlift (open, women, teen, masters), Mark Prince, 110 Meadow Ln, Canonsburg, PA 15137, 412-745-15317
26 SEP, USPF Maryland Deadlift, Graham Bartholomew, 57 Moran Dr., Waldorf, MD 20601, 301-843-5046
26 SEP, The Cutting Edge II, Maximizing Strength and Lean Body Mass Seminar on Diet, Exercise, and Drugs, Mauro Di Pasquale MD, Box 249, Warkworth, Ontario, Canada K0K 3K0, 705-924-2341 T-W-TH.
26 SEP, NASA Wisconsin PL/BP, Rich Peters, Box 735, Noble, OK 73068.
26 SEP, NASA Alabama Grand BP (Birmingham) Rich Peters, Box 735, Noble, OK 73068.
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, ADFPA New York State Championships (men & women, open, lifetime, teen, collegiate, submasters, masters, police & fire, armed forces, special olympic), Chip McElroy, Atrium Health & Fitness, Rt. 22, Pawling, NY 12564, 914-855-9710.
26, 27 SEP, WDFPF Worlds (Derbyshire) Ken Smith, 144 Bath Rd, Reading, England, RG32EU
26, 27 SEP, 10th ADFPA New Jersey State (men, master, submaster, women, novice - no late entries, out of state division by formula) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.
27 SEP, APA/WPA/CPA Ener-Gym Open PL & BP, Ray Carey, 4770 Foster, C.P. 1810, Waterloo, Quebec Canada J0E 2N0, 514-539-4999.
27 SEP, 1st Mason Dixon Bench Press (open, novice, women, masters 35-45, 45 and over) Rickey Dotson or Barry Walter, Peak Physique Gym, 320 Lincoln Way E., New Oxford, PA 17350, 717-624-4940.
27 SEP Bay State Corr. Ctr. Sr. Postal Meet (individual and/or team guest lifters welcome, 2 weeks notice, please) Bruce Anderson, Box 73, Norfolk, MA 02056.
SEP, U.S. Bench and/or Deadlift (open, masters, teen, women, collegiates) John Claude Zapinski, 235 Royal Park Lane, Madison Hts., MI 48071, 313-541-6233.
3 OCT, ADFPA Calif. Bench Press, Joe Randazzo, Box 690386, Stockton, CA 95269, 209-951-7824 after 8pm.
3 OCT, Ithaca Fitness Best Bench Press (men, women, teen, submasters, masters) Ithaca Fitness Center, 119 E. Third St., Ithaca, NY 14850, 607-272-8779 or Ed Patten 607-733-4997.
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 Submasters/Masters Nationals (men & women, 33-39, and above 40) Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.
3, 4 OCT, APA Florida State, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.
3, 4 OCT, NASA North Carolina BP/PL, Rich Peters, Box 735, Noble, OK 73068.
3, 4 OCT, ADFPA Iron Man/Woman Championships (masters, women, limited entries) Jim Thomas, Wilkes-Barre YMCA, Franklin & Northampton Sts., Wilkes-Barre, PA 18701, 717-823-2191
3, 4 OCT, ADFPA Pennsylvania State Men's, Jim Thomas, Wilkes-Barre YMCA, Franklin & Northampton Sts., Wilker-Barre, PA 18701, 717-823-2191
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, USPF 5th Annual Shawnee Open PL/BP/DL, Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74802, 405-275-3689.
10 OCT (new date) USPF Open Meet (no entry fee) Bill Martin, FCI Memphis, 1101 John Denie Rd., Memphis, TN 38184, 901-372-2269 ext 249.
10 OCT, MDSA Open/Closed Oktoberfest Bench (Marshall, MN - men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
10 OCT, Fall Bench Press Classic, Dr. Darrel Latch, 519 7th St., Charleston, IL 61920, 217-345-1544.
10 OCT, NASA Texas BP Grand (New Braunfels) Rich Peters, Box 735, Noble, OK 73068.
10 OCT, USPF Central California Open and Bench Press (women, teen by formula) Gene Estrada, 261 Pismo St., San Luis Obispo, CA 93401, 805-549-3158 (day), 544-0155 after 7pm
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, ADFPA Indiana BP (open, novice, teen, women, submaster, master 1&2, team - closed/out of state), S. Runyon, Box 2445, Muncie, IN 47307, 317-282-5019
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, ADFPA Central USA Open & Grand Prix Bench Press Tour, Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-625-1225.
10, 11 OCT, USPF Southwestern USA Open (all US lifters, open men & women, class II & below, teen boys & girls, men & women master & submaster) Joe McCoy, Rt 1 Box 120-F, Glen Rose, TX 76043, 817-897-3150.
10, 11 OCT, NASA Kansas City (MO) Regional, Richard Peters, Box 735, Noble, OK 73068
11 OCT, (new date) 1st APF Butler Dare to Compare Bench Press - Deadlift Challenge (open, masters, teen - sculptured trophies) Matt Barkman, Box 305 Saxonburg Blvd., Saxonburg, PA 16056, 412-352-4397.
13 OCT, Monticello Bench Press (touch & go) The Shape Shoppe, 604 West Boiling, Monticello, AR 71655, 501-367-6845.
17 OCT, APA Massachusetts Open Bench Classic (men's open, women, submasters, master, teen). Freddy Liatsis, Muscle Mill, 224 Rear Bernis Rd., Fitchburg, MA 01420, 508-342-4048 or 343-6550.
17 OCT, APA Southeastern Seaboard Open Bench, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.
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, NASA Georgia Regional (Atlanta) Richard Peters, Box 735, Noble, OK 73068
18 OCT, CDFPA Chilliwack Class II & Under, Hugh Ward, 46150-A Yale Rd. E., Chilliwack, BC V2P 2P1 Canada, 604-792-8014
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, Best Bench Press in the Midwest (open, teen, women, novice, cash prize for best lifter - Bell Tower Inn) Jim or Randy, Ironhead Productions, 235 N. Harrison, Central City, IL 62801, 618-532-9170.
24 OCT, 3rd annual Midwest States Outlaw Bench (open, women, teen, masters) World Gym, 1210 Towanda Ave., Bloomington, IL 61701, 309-828-5410.
24 OCT, Big River Classic (drug tested, NASA, natural, pure, masters, women, teen, submasters) Daryl & Tobey Johnson, Rt. 3 Box 26-B, Blytheville, AR 72315, 501-763-9094.
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 masters, teen - entry deadline 24 Sep) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207
24, 25 OCT, APA-WPA-CPA Can Am Internationals PL and BP (open, submasters, master) Jean-Marie Bergeron, 1083 Adelard St., Magog, Quebec, Canada J0X 3S1, 819-843-6384
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, ADFPA Hudson Natural Open (teen, women, masters, teen, team) Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560
31 OCT, USPF Eastern Regional Championships (all divisions) Ted Herring, St. Mary's Ryken High School, Camp Calvert Rd., Leonardtown, MD 20650, 301-475-2814 or 475-7086.
31 OCT, ADFPA Sacramento YMCA Halloween Deadlift Classic (men, women, masters, teen) Sacramento YMCA, 2021 "W" St., Sacramento, CA 95818 or Phil Frost 916-966-5128.
31 OCT, USPF Night of the Living Deadlift, Kevin Meskew, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555.
31 OCT, APA American Bench Press Championships (submasters & masters - full weight classes - no late entries after 17 Oct.) Winning Factor Productions, Gary Heisey, 418 W. Sunhill Rd., Manheim, PA 17545, 717-665-9287 or 215-589-5213
31 OCT, NASA Indiana Grand (W. Lafayette) Richard Peters, Box 735, Noble, OK 73068
OCT, ADFPA South Carolina Championships (men, women, masters) Power Promotions, Box 772 Inman, SC 29349, 803-599-5830
31 OCT-NOV 1, NASA North Carolina Regional (Greensboro) Richard Peters, Box 735, Noble, OK 73068
OCT, USPF Region II Championships, Mark Chaillet, 3688 Old Silver Hill Rd., Suitland, MD 20746,, 301-423-8888.
7 NOV, APA Biggest Pull in the South Deadlift. Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.
7 NOV, 3rd Dungeon Powerworks DL or BP - Siam, Mark Mellinger, 15681 Featherstone, Constantine, MI 49042.
7 NOV, USPF II Women's Capital City Challenge (teen, open, masters, no formulas), Dave & Debbie Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886
7 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, (new date) USPF Beast of the East Qualifier (Knoxville, TN) Tim King, Box 752, Ramseur, NC 27316, 919-626-0660.
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, NASA 2nd Pacific Northwest Regional, James Greene, 248 E. 3600 N. No. 14, Twin Falls, ID 83301, 208-734-7447 M-W-F 6-7:30 pm MST.
7, 8 NOV, ADFPA National Masters (men & women), 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
8 NOV, Battle of the Bench '92 (Sewickley YMCA, open men & women) Mike DeGori, 713 Washington St., Sewickley, PA 15143, 412-741-9622 or 741-5495.
13-15 NOV, WNPF World Championships (NYC-100% testing to all teams, Lancaster, PA), Troy Ford, 2110-12 1st Ave., Box 1204, NYC, NY 10029,

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717-624-4940

212-876-8373 or 914-328-7726.

14 NOV, MDSA Bench, Jerk Press, Deadlift (Hager City, WI - men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.

14 NOV, USPF Hub Aston Invitational (Houston) (open, women, teen, master, below class I, bench, team) Hub Aston, 20062 S. Navaho Trail, Katy, TX 77449, 713-578-7367.

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

15 NOV, Omni 41 ADFPA Classic, Chris Elkins, Omni 41 Centre, 221 South Rte 41, Schererville, IN 46375, 219-865-6969.

15 NOV, CPA Nationals Deadlift (open, submaster, master) 4770 Foster, Ray Corkey, CP 1810, Waterloo, Quebec, JOE 2NO Canada, 514-539-4999

18,22 NOV, (new date) IPF Men's Worlds, Ralph Farquharson, 21 Waterloo Avenue, Chelmsley Wood Birmingham, England B37 60D, 021-426-5066 - 788-0488, Fax 021-788-0480.

21 NOV, APA Baddest Bencher in the South Bench Press, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.

21 NOV, ADFPA Syrup City Deadlift and Open Bench, Ted Butler, Family Fitness, Fayette Square, Fayette, AL 35555, 205-932-7898 (after 4:30pm) or 932-5365.

21 NOV, ADFPA Toys for Tots Powerlifting & Bench Press (men, women, teen, master, military, collegiate, class II, special olympic) Gy.Sgt Roger Beard, 14th Marines Bldg. 245, NAS Dallas, TX 75211, 214-266-6325.

21 NOV, ADFPA Iowa Championships (out/in state - 3 yr. drug free, lifetime drug free, women, masters, teen, collegiate, submasters, novice) Lifetime Fitness, 4041 11th Pl., Des Moines, IA 50313, 515-280-2840 after 5pm.

21 NOV, ADFPA 11th annual full MidAmerican Bench Press, Deadlift, and Ironman Extravaganza (3 yr. drug free, lifetime drug free, novice, masters, submasters, teen, women, Ironman) Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, (3' trophies to all participants) 515-280-2840 after 5pm

21 NOV, Pro Women's Strength Show, Amateur Women & Men's Strength Competition, Strong and Shapely Gym, 22 Union Ave., Box 349, Rutherford, NJ 07070, 201-896-1360.

21 NOV, USPF Eastern States Novice (men's open, masters, submasters, juniors, 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, novice, 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, juniors, 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, USPF 17th Mountaineer Open (open, submasters, masters, novice, women) Joe Helminski, Box 26, Parkersburg, WV 26101, 800-344-5205, 304-485-0960.

21,22 NOV, USPF Mountaineer Open Bench Press (open, submasters, masters, novice, women) Joe Helminski, Box 26, Parkersburg, WV 26101, 800-344-5205, 304-485-0960.

21,22 NOV, WDFPF World Bench Press Championships (open, lifetime, teen, master, law enforcement & fire, women) Gerl 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, 4th Annual S.A.A.S. Bench Press, Mike Collet, c/o Centel, 2004 Miner St., Des Plaines, IL 60016

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. Jodaye, Hazel Crest, IL 60429, 312-353-3513

NOV, New Jersey District, 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.

4-6 DEC, NASA Novice Nationals (Pittsburgh, PA) Rich Peters, Box 735, Noble, OK 73068.

5 DEC, APA Southeastern U.S. Bench Press, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.

5 DEC, APA Submaster/Masters Bench Press Nationals (men & women, 33-39, 40 plus in 5 yr. groups) Scott Taylor, 2631 Placida Rd., Englwood, FL 34224.

5 DEC, SCI Western Region Semi-Final, James Jones AP 7746, Box 99901, Pittsburgh, PA 15233 or Ernie Wyatt, 412-761-1955, ext 267.

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, Southeastern Cup (open, class 11, women, masters, police & fire) Buddy Duke, 201 N. Burwell, Adel, GA 31620, 912-896-3988 (day), 896-3989 (nite).

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

Saturday, November 21, 1992

11th annual ADFPA Full MidAmerica Bench Press, Deadlift Extravaganza

ADFPA Iowa Powerlifting Championships

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Call (515) 280-2840 (calls taken after 5:00p.m. only)

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, River Valley Bench Press (men, women, masters, submasters) John Comereski, Club Nautilus, 727 Fox St., Horseheads, NY 14845, 607-739-3361.

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

12 DEC, H & B Open Bench Press (open, natural, teen, women, submasters, masters) H & B Fitness Club, 223 S. Locust, Centralia, IL 62801, 618-533-2991.

12 DEC, Northwestern Bench Press/Deadlift (women, teen, men) Brad Durick, Rte 1 Box 111, Bowbells, ND 58721, 701-377-2604.

12 DEC, South Jersey Bench Press, Mike Chamik, 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, 6th Lake Norman Bench Press (open, masters, teen) Adams Fitness Center, 829 Plaza Lane, Mooresville, NC 28115, 704-663-0887 til 9pm.

12 DEC, 19th Canton Open (open, class II & below, women, masters) Pat Leonti, 3345 Sweitzer St., Uniontown, OH 44685, 216-699-5497

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

12,13 DEC, APA Men's/Women's Nationals, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224.

12,13 DEC, USPF 15th Greater Texas (all US lifters, open men & women, class 11 & below, boys & girls teen, men & women submaster & master, collegiate men & women, special olympian) Joe McCoy, Rt 1 Box 120-F, Glen Rose, TX 76043, 817-897-3150.

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, entry deadline 12 Nov) Brian Washington, 3506 Essex Rd., Baltimore, 14D 21207

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 (Chinese Taipei).

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

16,17 JAN, USPF Professional Single Lift Championships (men, women - no formulas, enter 1, 2, or all 3 events), Dave and Debbie Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886.

6 FEB, ADFPA 1st annual YMCA California Jr. State Championships (class II & below, women, masters, teen) Sacramento YMCA, 2021 "W" St., Sacramento, CA 95818, or Phil Frost 916-966-5128.

6 FEB, 5th Versailles Health & Fitness BP, Versailles H&F, Box 54, Versailles, OH 45380, 513-526-5400.

6 FEB, 3rd Midwest Open Drug Free Bench Press Classic (master, teen, open, women), Jeff Tresley, 324 Washington Ave., Oshkosh, WI 54901, 414-236-3390.

20 FEB, Minnesota Open PL & BP, Mike Mitchell, 2434 Prior Ave. N., Roseville, MN 55113, 612-636-1524.

27 FEB, USPF M/W Oklahoma State Open PL/BP/DL. James DeHaven, 540 W. Main, Norman, OK 73069, 405-366-0199.

13 MAR, Beast of the Northeast VI BP/DL (open, masters, teen, women), Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442.

20 MAR, Miami County Championships (open, high school, masters, 1-2 or 3 lifts), Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-5720(off), 3197(h)

20 MAR, (tentative) Ashtabula YMCA BP, Lonnie Anderson, 1761 Blue Jay Circle, Ashtabula, OH 44004.

27,28 MAR, 4th annual Carson City Classic (men's, women's, teen, men & women masters - no formulas) Dave Kurzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886

8 MAY, (tentative) USPF 4th annual Oklahoma Extravaganza Open PL/BP, The Gym, c/o Kent, 330 SE 59th, Suite A, Oklahoma City, OK 73159, 405-636-1793.

8 MAY, 4th annual Carson Bench Press (men, women, teen, men & women master - no formula) Dave Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886.

15-17 MAY, CPU Canadian Junior, Senior, Master Championships (men & women) Mike Armstrong, 6335 13 Ave., Edmonton, Alberta, Canada T6L 2E5, 403-462-7566.

5 JUN, Idaho State Championships, Drew Wolfe, Box 12, Lemhi, ID 83465, 208-756-4878.

JUN, USPF Sooner State Games Open PL/BP, Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74802, 405-275-3689,.

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 S.A.S.E, meaning Stamped, Self-Addressed Envelope, (except for Canadian/foreign meets) for the meet director to return an entry blank or other information to you, and if you decide to telephone a meet director for information, please note if he has indicated a specific time to call his number and DO NOT CALL THE MEET DIRECTOR COLLECT.

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Mid Cities Area Bench Press
13 Jun 92 - Norwalk, CA

130				
K. Glass	150	250		
165		L. Wright	450	
D. Kamikawa	320	SHW		
J. Williams	300	R. Schoenberger	525	
J. Householder	200	B. Meek	505	
185		Masters I		
K. Tate	435	(40-49)		
S. Sanchez	315	D. Smith-210	420	
205		J. Holmes-168	275	
S. Merickel	390	Masters II		
C. Adams	360	50+		
R. Barber	310	R. Cortes-151	280	
J. Christian	225	F. Riggio-213	245	
225		Spl Olmp		
C. Enciso	370	R. Wood-174	195	

Best Lifter Light- Kent Tate. Best Lifter Heavy- Brian Meek. Twenty-one lifters commuted to the John H. Nuffer Elemenatary School in Norwalk, CA, to participate in the 1st Mid Cities Area Bench Press Championships. The competition was organized to support a fundraiser for the benefit of the physically challenged children who attend a special portion of the school entitled the Sander Unit. The Mid Cities Area includes a tencity area: Downey, La Habra, La Habra Heights, La Mirada, Los Nietos, Montebello, Norwalk, Pico Rivera, Santa Fe Springs, and Whittier. Initially, three community businesses agreed to support the event by purchasing exhibit space for $20. However, after all was set up, it was apparent that the Deep Tissue Center was the only organization with complete integrity. Owner/Operator Daniel Varela even stayed after the event was completed to assist with the tear down. In addition, his partner Danny, lent a helpful hand. Thanks to Kenelm Booth for free massages to all who were interested and for his help during tear down. There were two Most Valuable Players: Brian Soma and Kellie LaMantia. Thank you both for all of your help and for going way beyond your responsibilites. A big thanks goes out to George Brink, Ray Niemann, Bob Sierra, and David Rice for spotting and loading. Thanks to: David Black, Rebecca Frieson, Sherry Houston, Sara Hiemstra, and Joyce Inn. Many thanks to the friends of lifter Leon Wright, who put on a top notch Kung-Fu, Karate, and martial arts exhibition. Lastly, thanks to all the lifters who could have been some place else but instead chose to be out in the hot sun for the kids. (Thanks to Charles LaMantia for these results.)

NASA - Egeler Meet
25 Apr 92 - Jackson, MI

132 Pure Novice	SQ	BP	DL	Total
J. Brenner	235	210	376	820
148 Pure				
P. Delagarza	500	280	525	1305
J. Vaughn	445	250	450	1145
148 Natural				
J. Vaughn	445	250	450	1145
148 Pure Novice				
K. Wilson	420-s	285-s	395	1100-s
148 Master I				
P. Delagarza	500	280	525	1305
S. Sher	375	200	400	975
165 Pure				
M. Strzyzewski	425	275	490	1190
165 Natural				
M. Strzyzewski	425	275	490	1190
165 Pure Novice				
M. Strzyzewski	425	275	490	1190
B. Raymond	255	20	330	805
165 Master I				
G. Bartotti	410	245	440	1095
181 Pure				
M. Gunter	505	275	525	1305
T. Keller	380	260	455	1095
181 Pure Novice				
A. Fricke	425	320	455	1200
181 Submaster				
M. Gunter	505-s	275	525	1305
181 Master I				
X. Graham	575	275	625	1475
T. Keller	380	260	455	1095
198 Pure				
C. Terry	570	330	650	1550
198 Natural				
C. Terry	570	330	650	1550
198 Submaster				
G. Popp	450	320	500	1270
198 Master I				
J. Douglas	480	275	410	1165
220 Pure				
M. Wenglikowski	475	290	470	1235
220 Pure Novice				
L. Johnson	525	325	660	1510
C. Hall	550	305	525	1380
220 Natural				
J. Maddox	435	260	630-s	1325
220 Submaster				
M. Wenglikowski	475	290	470	1235
220 Master II				
L. Tisi	480	315	580	1375
242 Submaster				
D. Atherton	655	390	650	1695
242 Master I				
Lawson	350	300	420	107
275 Pure				
L. Williams	600	285	595	1480
275 Master I				
L. Williams	600 E	295	595	1480 E
SHW Pure				
G. Manson	500-s	410	500	1410
SHW PureNovice				
A. Rousalis	360	265	440	1065

Meet Director: M. Torrez; Warden: H. Grayson; Chief Official: M. Rosas. NASA Sanction 92-0006. Meet Officials: Manuel Rosas, William Brown, James Segila, H. Antenou, Dwight Terry, R. Rappuhn, L. Williams, L. Tisi. Teams: 1st Egeler Power Team SMN: 2nd Powerbuilders Gym PB. Best Lifters: Pure: P. Delagarza 148 class 1305 total. Natural: C. Terry, 198 class 1550 total. Pure Novice: L. Johnson 220 class 1510 total. Submaster: D. Atherton 242 class 1695 total. Master I: P. Delagarza 148 class 1305 total. Master II: L. Tisi 220 class 1375 total. (results by L. Tisi).

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26, 27 September 1992

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Iron Island Classic
20 Jun 92 - Oceanside, NY

	SQ	BP	DL	Total
C. Cabanillas	235	165	227.4	627.5
A. DuClair-165	197.5	150	210	557.5
B. Buckhout	210	137.5	220	567.5
M. Manzo	212.5	125	217.5	555
J. Almadovar	175	112.5	200	487.5
L. Williams-165	170	115	250	535
R. Green	122.5	80	140	342.5
J. Green	115	82.5	140	337.5
C. Rogers	127	77.5	120	375
S. Berenberg	80	40	97.5	217.5
K. Conway	80	65	132.5	292.5
B. Beaston	80q	45	97.5	222.5
R. Berenson	165	87.5	165	417.5
A. Reiss	307.5	180	300	787.5
P. Cavallaro-213	285	162.5	275	722.5
M. Hope-190	215	165	295	675
T. Fernan-232	272	187.5	277.5	710
V. D'Amodio	250	182.5	277.5	710
W. Ellinger-184	230	142.5	237.5	610
J. Kowalski	250	150	250	650
R. Walsh	222.5	170	217.5	610
M. Creamer	250	117.5	240	607.5
L. DePalma	190	160	185	535
J. Drake	170	125	205	500
S. Pickman	147.5	75	195	417.5
M. Stuchiner	152.5	110	190	452.5

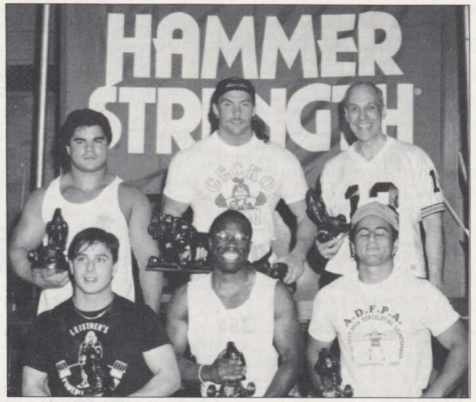
Well, it was finally time to put my money where my mouth had been. I have noted the failings of most of the lifting organizations, and the ways in which the needs of the lifters have not been met. The absurdity of meets that begin at 9AM and end at 2AM the following day make for a lot of humorous conversation, but kills interest and involvement in the sport.

Our deadlift contest indicated that we would not be able to tolerate a 3 lift meet of any significance at the gym. This is a shame; we have a motorized rack, electric rack, platforms, tons of weight, and all competition legal equipment. We also wanted our bathrooms to survive another few years so made the decision to move the contest to Malverne Middle School. When running a national level contest, it is almost always done in a hotel. When people have to travel to the meet site from a distance, and thus need a place to sleep, this only makes sense. I always disliked the sterile atmosphere provided by such a setting, although some have done wonders in such enviorns. Kim Besuden and her crew ran a first class meet with a nice feel to it at the ADFPA Women's Nationals a few years ago, but I can't recall a hotel site providing any kind of lifting atmosphere. For a local meet, one should try to choose a site that provides all that is necessary for good lifting, including atmosphere. Perhaps it's my warped perspective, but being a 'garage' lifter at heart, I prefer something not quite so fancy. We needed adequate space for a competition area, and warmup, locker facilities for the lifters, well located bathrooms, seating for spectators, room for sponsor tables and displays, and a minimal amount of ventilation. Access to the specific room so that ease of transport and delivery of equipment was also a point of consideration.

Many sites will meet most of the requirements, and perhaps all. We also went for one that we believed provided a good lifting atmosphere. The Malverne Herber Middle School is not as new, as nice, or as well lit as the high school which is across the street, but the ancient (but clean) bathrooms, and general dinginess was perfect in Ralph's eyes for a powerlifting meet, and I agreed. Getting the support of the local school really helps. For the cost of the custodians, and a willingness to make some small donation to the school and/or athletic department, many small and/or local schools will be glad to allow use of their facilities if your insurance is in place. Thus they provide one more event to rally the community around, get many of the kids involved, certainly attract the athletes to a positive experience, allow the booster club and parents' organization to make some extra money by handling the food and drink concession, and generate enthusiasm in your hometown at a place that is traditionally the gathering place for it's young adults. In this time of budgetary austerity, it is a good direction to go in if you are seeking to run a meet.

We have had excellent dealings with Al Siegel in the past. He has always provided us with an outstanding product and great service. However, we decided to present the lifters with sculpted trophies and had to seek another supplier. Don Len of Conhoshocken, PA delivered on their promise to give us custom designed sculptures which exactly met our needs (have you ever seen a tiger with a barbell in it's mouth?). Both of these companies have proven themselves to us (Siegel over many years) and I would like to encourage all meet directors to get their awards from those who support the powerlifting game.

With the meet site and trophies in place, we needed a crew. The success of any meet is dependent upon having knowledgable and willing bodies to get the job done, and there are plenty of jobs. The hauling and humping of equipment from my garage and gym, to the meet site, the building of a permanent, portable meet platform, the scoreboard and light set up, and the post meet clean up required able and thinking heads and hands. We were blessed with more than enough help, but want to note that the recruitment and confirmation of assistance should be done at least two weeks before the meet. I've been to too many meets where half of the expected loaders, spotters, and movers never made it, having blown the meet off for a day with a girl friend or a ride to the beach. Our platform crew could handle a world meet if necessary and do so smoothly. A kilo loading chart designed to coincide with the very plates one is using on the platform is a must. We even had young Mike Abramson whose sole responsibility was adjusting the electric rack height for each lifter.



Iron Island Classic Competitors: back row, left to right, Paul Cavallaro, Arthur Reiss, Bob Berenson: front row, Brian Bukout, Andre DuClair, Carlos Cabanillos. Photograph by Ann Tuite. Dr. Ken is extremely busy, running a gym and his chiropractic practice at the same time, in the same facility, but seems very fulfilled by the new venture. If you are in the area and have some time, be sure to visit Dr. Ken Leistner and Ralph Raiola's Iron Island Gym, at 3465 Lawson Blvd., Oceanside, NY 11570, or call 516-594-9014.

The legitimacy of the meet rests with the judges. Again, recruitment must be early. We used the services of competitors and former competitors with a wealth of experience. Even at the smallest local meet, there is no place for an inexperienced judge or 'one of the guys who lifts so knows what to do'. The lifters have worked too hard to be on the platform in front of family and friends to lose lifts unfairly, or worse, have 'no-lifts' given to competitors due to incompetency. This is not to say that questionable calls will not be made. Even at the nationals and worlds (especially at most worlds where there is such a discrepancy in performance interpretation) there are obviously bad calls. Hoever, former competitors who have studied the judging process and want to assist make good judges. Mike Ray, Dave Abramson, Ann Tuite, Laura Dodd, and Beth Grater allowed us to rotate judges by flight and lift so that no one became tired. Each has been a long time competitor and has judged extensively. We were very fortunate.

The equipment needs to be 'right'. Because we have everything in the gym, with 'extras' in the garage, this was not a problem. It is not acceptable to lift in a meet where the platform equipment is adequate, but the warmup room is dangerous. Hydraulic and/or jack racks are a necessity for lifters, and must be available at every station. Each bench must be competition legal in the warmup room too. The bars must be of the same quality in the warmup area as on the platform. I've seen smooth, old, bent bars in the warmup room, and a razor sharp knurled to the bone $400 special on the platform. I'd rather have uniformly ratty bars; then, there are no surprises. A sturdy platform is a must. This is good psychologically (akin to walking on the football field prior to kickoff and 'getting the feel' of the stadium) and necessary for safety. My wife's sister Ann Tuite, and Iron Island Gym member Glen Kretkowski, both skilled carpenters, built what is literally a work of art and something we now have for years to come. We did not use scrap wood, but got a donation of new board lengths and plywood from Gary Kaplan at Bayridge Lumber of Brooklyn. Many local merchants will gladly throw their support behind a local event, especially if it is designed to help the local school.

With help at the door, some of our off duty police officers as security, and the local Lakeview Youth Federation (of which I am on the executive board) providing the 'little things' in terms of help, we were ready. Although it isn't a necessity, a large, viewable scoreboard 'makes' the meet. Everyone wants to see their name in public view, especially if they are having a good day. As the VCR cameras and Nikons click, there is visual 'proof' that the lifter was there on that day. It's a nice touch and my son Sol and Mr. Marc Marowitz have handled the task of keeping score quite well in the last three meets we've had.

We were treated to a great lifting exhibition by Pat Susco and Laura Dodd. I think that exhibitions spice things up and provide the audience with something extra. Pat graciously volunteered to take his squat/deadlift workout for the day at the meet, and did 800x2 (passing on the third as the bar slid a bit on his sweaty shirt) in the squat, and then came out to deadlift. He did an easy 670 and lost his grip as he locked out a second rep. My buddy Laura Dodd flew in from Columbus to hang out but consented to lift when threatened with the loss of her dinner! She deadlifted a very easy 523, not much under her world record. These two top 'names' could not have been more helpful to the more inexperienced lifters and gave a lot their time towards making the meet a success. As a gym member, Pat does this constantly, but he really went out of his way on meet day.

In order to be fair and have the opportunity to give out more awards, we arbitrarily took the mean bodyweihgt, and used that as the dividing point for what we called Class 'A' and Class 'B'. We lifted in 2 flights, dividing the 26 lifters equally, although there was overlap in experience, ability, and bodyweight. Because powerlifting is a real 'people's sport', we did not know if some of the lifters would get out of work on time to do all of their lifts so put some of them into the second flight to gain a bit of time. As it is, 2 lifters missed their opening squats because they weren't at the meet site on time to warmup and take a first attempt. Both lifters subsequently did very well. We had many inexperienced lifters in their first contest. Ralph and I have tried to revive powerlifting in our immediate area, and I think we are being successful. We cannot, like many meet directors, afford drug testing, nor think it fair to ask our working class clientele to come up with an entry fee that is high enough to cover the cost of testing. The inadequacies of affordable testing also poses a problem. Offering well run, well equpped contests that are fair, fun, and enjoyable should be enough of an incentive for lifters to support the lifting of others, and become involved in a lifting 'community'. One of the nice things about our meets has been the involvement of ADF, ADFPA, and USPF lifters in helping all of the lifters backstage, judging, loading, and doing all that must be done. We are not a big enough lifting community that we can afford to ignore the need to help all other lifters and meet directors in whatever area we are in.

Because we stress participation, self improvement, and intrinsic satisfaction, every lifter is encouraged to make improvement relative to their previous performances. This removes much of the ego inspired ill behavior that marks many meets. I can honestly say that we all had a great time, and almost everyone stayed to help break down, clean up, load, and return eqipment to the gym and the garage. The fact that we were done by 4:30 PM and got to stuff ourselves with pizza really made the entire day! A number of participants met at the gym the next morning, took a light workout, and headed for a day at the beach, and, yes, there was again a mixture of lifters from numerous organizations.

Two lifters new to us were Carlos Cabanillas and Arthur Reiss who represented Valencia Gym of Elmont. They were very strong and lifted quite well. Art was, in fact, the Most Outstanding Lifter of the meet on formula, and has a great future. Carlos was fiery and a crowd pleaser and won Class 'A' by a wide margin. Andre DuClair, a university student put up a 1229 at 165 to take a second place on formula trophy. Brian Buckhout works part time in the Iron Island Gym, but had difficulty leaving his regular North Shore Hospital job on meet day. He arrived late and only took his third attempt squat, but did well enough on a three attempt day to bring home some nice hardware. Mike Manzo was .53 away from taking that third place award and he is a lifter with tremendous potential. Another up and comer, Joey Almadovar was stymied by flu like symptoms that cost him a few attempts on balance. Leon Williams and Mike Hope are two gymnasts who have tremendous potential. Mike won our deadlift contest in May, pulling 590 and losing 640 at the top. At 190 pounds, he did 650 easily so it should be obvious that there is a lot of big lifts in his future. Leon completed 534 at 165. The Green brothers, Jon and Richard, have been successful in the past, and have recently gotten their powerlifting careers back on track. Chris Rogers and Kevin Conway did well in their first exposure to a three lift meet.

Most of our inexperienced lifters, like John Drake, have good potential, enjoyed their participation in the deadlift contest, and have decided to pursue the sport for the sake of enjoyment. Both women lifters, Beth Beaston, and Sherry Berenberg, handled themselves with poise and confidence. Bob Berenson was our only Masters Lifter and got a big boost out of the formula to win a Class trophy. Paul Cavallaro, Pat Susco's training partner, will only get better and better. I assumed he was very experienced, and was shocked to find out that he had been in but one contest prior to our deadlift contest. He is thick and muscular and made a rather easy, conservative 628 squat and 606 deadlift at 213 pounds. Thomas Fernan walked into the meet site without a suit or anything else except a lot of strength and determination. He just moved up from Florida, heard about the contest, and decided to enter. His 606 deadlift at 232 was well within his limits. Vince D'Amodio's brother owns the Gold's Gym in Deer Park, NY and he certainly represented the gym well. He has been in the Police Olympics previously, and went 8 for 9, making all of his 3rd attempts. Willie Ellinger is a garage lifter who trains with us at times, and who is extremely strong at 184 pounds. Jim Kowalski braved many long hours at work and family responsibility to continue his pursuit of strength, making two PRs in the process. Ron Walsh was forced to lose almost 30 lbs. in 4 weeks in order to qualify for the County Police and it showed. He had won our bench press contest in April. Mike Creamer is a former member of Ireland's national powerlifting team but has battled a severe shoulder/chest problem for the past few years. His squat and deadlift showed little ill effect, however. Steve Pickman battled back from missed attempts to make a number of PRs in his first three lift meet, as did Louis DePalma and recent high school graduate Mike Stuchiner. Mike is going to attend college in Florida and we are sorry to see a young man of such potential leave the area, even temporarily.

All in all, I believe that under Ralph's direction, we accomplished what we had set out to do; provide a fun and productive day for all. We want to thank all of those who assisted and made this possible. Space permitting, they are listed below.

Exhibition Lifters: Laura Dodd, Patrick Susco; Judges: Mike Ray, Dave Abramson, Laura Dodd, Beth Grater, Ann Tuite; Platform Crew: Ralph Raiola, Tom O'Riordan, Dan Metzger, Scott Farber, Charles Florio; Scoreboard: Sol Leistner, Mark Marowitz; Timekeeper/Scoreboard Lights: Ron James; Carpenters: Ann Tuite, Glen Kretkowski; Hump Crew: Ralph Raiola, Jr., Matt Gerych, the platform crew; Security/Gate: Lorna Richards, Andrea Raiola, Peter Hawkins, Adrian Arav, Charles Nanton, Vin Borgia; Extra Support: Michelle Raiola, Kathy and Bari Ann Leistner; Meet Director: Ralph Raiola and the Iron Island Gym. (results from Dr. Ken Leistner).

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Goggins, S.	970	529	826	2325	05MAR90
Hechter, G	865	556	826	2248	23MAR87
Wilson, S	835	585	790	2210	23FEB85
Nichols, B	950	530	730	2210	18APR87
Kuc, J	832	501	870	2204	19NOV80
Bell, W	865	512	826	2204	22NOV87
Nestor, B	903	496	804	2204	07JUL91
Pharr, A	825	555	810	2190	28FEB87
Kritsky, T	887	512	777	2177	29JUN86
Snitkin, C	837	507	821	2166	12FEB82
Jacoby, D	865	501	799	2166	08JUL84
Ladnier, J	815	556	788	2160	08JUL84
Porretta, M	837	429	837	2155	19JUL88
Hatfield, F	887	523	738	2149	07JUL85
Davis, W	832	507	804	2143	13DEC81
Stewart, A	832	512	799	2143	09FEB91
Furnas, D	865	474	799	2138	19NOV83
Cole, J	797	525	813	2135	14MAR71
Patterson, C	788	562	782	2132	15DEC79
Sorenson, S	804	551	777	2132	29JUL90
Sandlin, R	854	523	749	2127	14DEC85
Leslie, C	859	534	733	2127	29JUL90
Frenn, G	853	520	740	2113	15DEC86
Russell, B	804	463	843	2110	13DEC70
Borden, D	848	501	760	2110	10MAR90
Thompson, G	810	578	716	2105	13APR86
Magruder, J	777	622	705	2105	23MAR87
Driscoll, C	793	479	832	2105	17JUL88
Oliver, J	832	501	771	2105	03DEC88
Chaillet, M	810	465	825	2100	01MAY82
Chrosniak, R	885	485	730	2100	04APR85
Cole, D	875	535	690	2100	26APR87
Mistric, L	845	530	725	2100	10MAY87
Brago, P	800	560	740	2100	10MAY87
Gentry, P	800	545	755	2100	08OCT88
McCormick, T	760	507	832	2099	13JUL80
Windsor, R	815	556	727	2099	10DEC88
Hardridge, A	859	551	699	2099	24NOV91
Cash, J	780	470	845	2095	14DEC85
Warman, S	854	490	749	2094	22NOV87
Bornhop, J	832	501	760	2094	16FEB89
Schneider, D	832	441	815	2088	17OCT81
Pacifico, L	750	592	740	2082	JUL73
Tokarski, C	770	510	800	2080	08NOV87
Wohlleber, D	870	380	821	2072	12JUL81
Weih, M	750	550	770	2070	28APR84
Wood, J	800	560	710	2070	18AUG84
Reed, D	870	470	730	2070	02AUG86
Immekus, P	832	485	749	2066	12DEC87
Martinez, D	733	507	821	2061	07JUN87
Santos, J	771	490	799	2061	07JUN87
Ruble, E	749	556	749	2055	08JUN86
Lowe, G	850	455	750	2055	06JAN90
Mlodozeniec, D	738	631	683	2053	07DEC86
Clay, J	775	505	770	2050	11NOV86
Hopper, T	804	523	722	2050	28JUN87
Clayton, B	771	501	771	2044	10NOV79
Dimiduk, M	825	460	755	2040	16FEB86
Seno, W	760	578	699	2039	28MAR81
Schellen, M	788	490	760	2039	12JUL81
Miller, S	771	518	749	2039	12FEB82
Sharp, J	804	501	733	2039	15DEC85
Morelli, J	821	463	749	2033	05JUN83
Atterholt, D	771	468	793	2033	08JUL84
Simmons, L	821	523	688	2033	12DEC87
Mills, M	771	512	749	2033	15FEB92
Lutu, M	805	520	705	2030	16NOV86
Mistric, L	832	485	711	2028	24JAN88
Dicke, D	755	545	722	2022	18MAY85
Patterson, B	804	507	711	2022	08OCT88
Wilson, T	765	465	790	2020	04APR82
Wilson, B	800	510	710	2020	01MAY88
Young, D	722	556	738	2017	23AUG77
Capachione,M	755	512	749	2017	07JUN80
Sanders, C	733	562	722	2017	11AUG84
Salansky, M	749	556	711	2017	08JUN86
Ponzi, S	735	520	760	2015	10DEC83
Florio, J	800	475	735	2010	07DEC85
Karwoski, K	850	460	700	2010	10APR88
Pepper, M	755	475	780	2010	20MAY89
Samaniego, S	738	584	683	2006	16JUL83
Wagner, S	854	474	677	2006	25JUN88
Drew, M	804	485	716	2006	18MAR89
Howell, G	825	415	705	2005	18JAN86
Kanter, J	760	539	705	2004	14JUN69
Phillips, M	843	463	694	2000	19MAR80
Hamner, T	777	485	738	2000	02JUN84
Dobrowski, R	766	485	749	2000	11MAY86
Allen, T	815	507	677	2000	05JUN88
Helgenberger, D	771	501	727	2000	01DEC89
Stevans, G	750	500	750	2000	19MAR80
Whitney, P	800	500	700	2000	19NAR83
Pasanella, D	775	475	750	2000	11FEB84
Brodie, S	835	450	715	2000	23NOV85
Morgan, T	760	518	716	1995	04APR84
Pape, C	750	460	785	1995	08FEB92
Grosso, G	733	512	744	1989	03JUN84
Stein, J	755	535	695	1985	05MAR83
Evett, H	738	474	771	1984	23FEB80
Darbenzio, D	777	485	722	1984	08JAN83

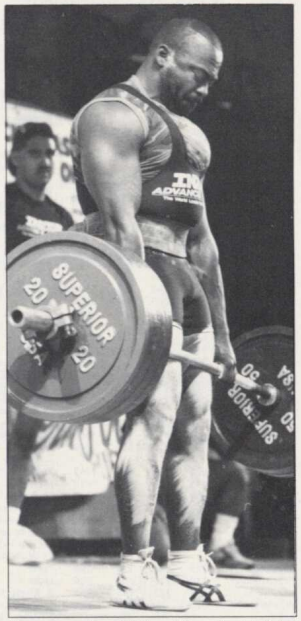
SPECIAL REPORT

Amazing Bench Press Secrets Now Revealed!

By Edward L. Green, Special Feature Writer

Thousand Oaks, Ca–Can you imagine increasing your present bench press maximum by 50 lbs in the next six weeks? For most people even the thought is merely a dream, but believe it or not, for others it is becoming a reality! Thanks to a revolutionary new training system just released by The Growth Center anyone can increase their present maximum in the bench press by 50 lbs in just 42 days. No special supplements or diets are required, nor is the use of any steroids or other dangerous drugs. The system is so effective that the company offers it with one of the strongest guarantees I've ever seen. But after using the secret program myself I doubt they will have any returns…E.L.G.

*If you would like to receive free details on this amazing product then call The Growth Center free 24hr information computer at **1-805-568-3939 Ext. 1092CG** or write: **The Growth Center-1092C, 1534 N. Moorpark Road, Unit #411, Thousand Oaks, Ca 91360-5156.***



***Steve Goggins** did the all time best total at 242 lbs. (2325) at the 1990 Hawaii meet.*

A.D.F.P.A.

TOP 20 75 kg. 165 lb.

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from June 1991 to May 1992.

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.	666 Ricks, D..6/23/91	424 Dominelli, G..4/4/92	694 Bridges, B..5/16/92	1741 Ricks, D..6/23/91
2.	639 Beaver, M..6/23/91	415 Warr, B..9/21/91	661 Ricks, D..6/23/91	1658 Beaver, M..6/23/91
3.	639 Dial, C..11/23/91	413 Ricks, D..6/23/91	650 Culberson, T..11/23/91	1603 Bridges, B..5/16/92
4.	606 Hammer, E..5/7/92	407 Beaver, M..6/23/91	640 Solomon, E..5/24/92	1548 Culberson, T..11/23/91
5.	600 Robinson, S..12/14/91	400 Masher, J..11/17/91	617 Barbour, K..8/17/91	1515 Dial, C..11/23/91
6.	595 Brady, T..6/23/91	391 Norton, S..3/21/92	611 Beaver, M..6/23/91	1500 Robinson, S..12/14/91
7.	580 Brumbach, C..11/30/91	390 Russell, L..6/1/91	606 Hollnagel, R..1/19/92	1490 Solomon, E..5/24/92
8.	580 Douglas, D..5/24/92	390 Dorsey, T..2/22/92	600 Blount, R..4/4/92	1488 Hammer, E..11/23/91
9.	570 Morris, G..5/2/92	385 Baughn, B..7/27/91	600 Willett, M..5/2/92	1482 Brady, T..6/23/91
10.	565 O'Neal, M..10/16/91	385 Saphire, J..5/16/92	600 Cirigliano, R..5/2/92	1461 Braca, J..12/7/91
11.	562 Selby, J..4/4/92	380 Campos, M..6/15/91	590 Brumbach, C..11/30/91	1460 Bennett, A..2/1/92
12.	560 Solomon, E..5/24/92	380 Saltzman, S..8/17/91	584 Shocket, S..8/17/91	1455 Brumbach, C..11/30/91
13.	556 Rodriguez, D..4/4/92	380 Ackerman, J..12/14/91	584 Lifschitz, M..9/21/91	1455 Selby, J..4/4/92
14.	551 Shocket, S..6/23/91	380 Gaffin, J..4/26/92	584 Braca, J..12/7/91	1449 Rodriguez, D..4/4/92
15.	551 Dittler, K..6/23/91	375 Clapp, J..6/15/91	580 Bennett, A..2/1/92	1445 Willett, M..5/2/92
16.	551 Blanchard, W..5/3/92	375 Ireland, P..7/28/91	580 Bennett, L..2/28/92	1444 Welch, J..6/8/91
17.	551 Bridges, B..5/16/92	375 Bell, G..9/9/91	580 Poole, C..4/11/92	1439 Dittler, K..5/17/92
18.	545 Hollnagel, R..6/23/91	370 Sherwood, D..2/23/92	580 Garofalo, R..4/25/92	1438 Shocket, S..6/23/91
19.	545 Garofalo, R..10/12/91	369 Harris, J..9/21/91	573 Brady, T..6/23/91	1430 Garofalo, R..4/25/92
20.	545 Culberson, T..11/23/91	363 Wachter, S..9/21/91	573 Ackerman, T..8/18/91	1421 Rodriguez, R..11/17/91

USPF Idaho Championship
6 Jun 92 - Salmon, ID

	SQ	BP	DL	Total
Men				
Open				
114				
B. Atkins	175	100	235	510
J. Darrah	115	95	205	415
123				
J. Wilcutt	310	215	320	845
C. Aldous	275	160	325	760
C. Hammond	210	135	275	620
132				
S. Scheihing	365	190	460	1015
M. Anderson	250	185	350	785
J. Kelly	280	145	335	760
J. Bruce	255	155	270	715
D. Smith	250	140	315	705
A. Wolfe	145	100	225	470
148				
J. Miller	385	245	370	1000
K. Avery	340	230	385	995
R. Parnell	290	185	300	775
165				
T. Yost	545	335	500	1380
M. Hudson	500	290	475	1265
B. Rivera	500	225	495	1210
R. Erdmann	440	300	435	1175
C. Lovell	405	215	480	1100
181				
B. Baker	375	305	450	1130
R. Jenson	405	290	430	1125
R. Lee	390	320	390	1100
T. Holms	300	205	330	835
198				
K. Gifford	525	290	520	1350
B. Lanier	145	290	430	865
220				
C. Strawn	590	325	575	1490
A. Scardino	525	350	505	1380
P. Hemingway	530	280	500	1310
T. Fitte	375	220	430	1025
242				
K. Anderson	600	390	545	1535
C. Lewis	530	445	500	1475
J. Poulson	500	370	480	1350
R. Fisher	515	280	550	1345
R. Cooper	450	290	510	1250
275				
C. Alegria	625	360	545	1530
D. Ivie	500	350	630	1480
J. Ken	580	330	550	1460
E. Franek	475	315	650	1440
SHW				
J. Greene	675	465	625	1765
D. Dickinson	615	425	570	1610
L. Ditmars	400	400	475	1275
Class II				
114				
B. Atkins	175	100	235	510
J. Darrah	115	95	205	415
123				
C. Aldous	275	160	325	760
C. Hammond	210	135	275	620
W. Wright	205	115	245	565
W. Pierson	180	115	215	510
132				
S. Scheihing	365	190	460	1015
M. Anderson	250	185	350	785
J. Kelly	280	145	335	760
J. Bruce	255	155	305	715
D. Smith	250	140	315	705
148				
J. Miller	385	245	350	1000
K. Avery	340	230	385	995
R. Parnell	290	185	300	775
165				
B. Rivera	500	225	485	1210
R. Erdmann	440	300	435	1175
C. Lovell	405	215	480	1100
J. Thompson	345	210	385	940
J. Summer	225	150	360	735
181				
B. Baker	375	305	450	1130
R. Jenson	405	290	430	1125
R. Nielson	405	265	450	1120
R. Lee	390	320	390	1100
T. Holms	300	205	330	835
R. Hausen	275	290	370	920
G. Hansen	185	185	185	595
198				
K. Gifford	525	305	490	1310
A. Schow	460	330	460	1250
J. Miller	415	280	405	1100
B. Lanier	145	290	430	865
220				
C. Strawn	590	305	575	1490
A. Scardino	525	350	505	1380
T. Fitte	375	220	430	1025
R. Pierson	345	225	450	1020
R. Critchlow	390	240	300	1010
242				
K. Anderson	600	390	545	1535
C. Lewis	530	445	500	1475
J. Poulson	500	370	480	1350
R. Fisher	515	280	550	1345
R. Cooper	450	290	510	1250
M. Scott	400	215	400	1015
275				
C. Alegria	625	360	545	1530
D. Ivic	500	350	630	1480
J. Kenn	580	330	550	1460
SHW				
D. Dickinson	615	425	570	1610
L. Ditmars	400	400	475	1275
Women				
Light				
D. Hudson-122	260	115	240	650
S. Stocking-127	255	105	230	590
M. Making-127	220	95	250	565
A. Tinlow-123	155	120	230	505
T. Wildon-124	135	75	200	410
Y. Peters-113	120	65	150	335
Heavy				
N. Rustin-152	275	170	340	785
K. Thorton-133	235	150	250	635
K. Collins-134	210	155	225	590
Hambleton-162	250	145	250	645
T Cade-163	225	110	265	600
C. Wolfe-138	150	105	250	505
Teen				
Light				
B. Rivera-159	500	225	485	1210
S. Scheihing-132	365	190	460	1015
J. Miller-145	385	245	370	1000
C. Aldous-123	275	160	325	760
J. Thompson-162	345	210	385	940
J. Bruce-132	255	155	305	715
D. Smith-131	250	140	315	705
R. Parnell-148	290	185	300	775
C. Hammond-123	210	135	275	620
B. Atkins-107	175	100	235	510
W. Wright-118	205	115	245	565
J. Darrah-104	115	95	205	415
Heavy				
A. Schow-194	460	330	460	1250
R. Fisher-230	515	280	550	1345
R. Nielson-174	405	265	450	1120
J. Miller-196	415	280	405	1100
R. Critchlow-213	390	240	380	1010
T. Holmes-180	300	205	330	835
B. Lanier-196	145	290	300	825
Masters				
R. Erdmann-160	440	300	435	1175
A. Scardino-205	525	350	505	1380
L. Ditmars-276	400	400	475	1275
A. Wolfe-130	145	100	225	470
R. Pierson-210	345	225	450	1020

On 6 Jun 92 the Idaho State Open and Class II Powerlifting Championships were held at the Salmon High School in Salmon, Idaho. Special thanks to Kenny Rogers, DDS, for singing the national anthem, the Leadore Cheer Club, for presenting the Colors, the Salmon High School for the facility, The Total Fitness Center for the equipment, all the judges, officials, platform people, the table help including Brenda from the "Sweat Shop" in Challis, sales and concession people and everyone else who helped run the show in any way, the media including Leo from KSRA, all the spectators, and especially all the powerlifters who came to participate. Powerlifters and teams from all over the state came to compete against one another including Salmon's Savage Powerlifting Team of 21 members this year, which trains at Jodi and Sue Seybold's Total Fitness Center and at the High School under the direction of Coach Zane Abbott Jr., Drew Wolfe and Larry Ditmars are the Head and Assistant Coaches. Savage's Shane Scheihing in the 123 wt. class broke 6 Men's Class II and Teen state records with his 365 lb. squat, 460 lb. deadlift, and 1015 lb. total. Shane won the Men's Open and Class II State Championships in his division and pulled the best deadlift over all the other 160+ powerlifters! Tony Yost of Buhl, ID, in the 165 lb. class won in the Open Men's division. Tony won Best Lifter Overall with a 1380 lb. total as well as Best Overall Squat. The Overall Best Bench wen to Pocatello's Clint Lewis in the 242 lb. class. He pushed 445 lbs., which was a new state record. The afternoon session's Best Lifter was super heavy weight James Greene of Twin Falls with his 675 lb. squat, 465 lb. bench, 625 lb. deadlift, and 1765 lb. total. The heaviest deadlift of the day, 650 lbs., was pulled by 270 lb. Ed Franek of Payette, ID. In the Class II Men's division morning session, the Best Lifter was Brandon Rivera of Boise in the 165 lb. class with a 1210 lb. total. Rivera also captured the Best Squat award. The Best Bench Press was won by Boise's 181 lb. Robert Lee with 320 lbs. The afternoon Class II session was won by Chris Strawn of Boise in the 220 lb. class with a 1490 lb. total. Chris also won Best Squat with 590 lbs. In the Women's and Teen girls division, Buhl's Naomi Rustin broke 4 state records and set 4 more Teen girls with a 275 lb. squat, 170 lb. bench, 340 lb. deadlift, and a 785 lb. total. The Best Squat was won by Pocatello's 120 lb. Daniele Hudson with 260 lbs. Teen girls records were also broken by Season Stocking of Carey with a 255 lb. and by Salmon's April Tiblow with a 120 lb. bench. The best lifter in the Teen boys division was claimed by Brandon Rivera, as well as the best squat. Idaho Fall's 194 lb. Aaron Schow won Best Bench with 330 lbs. Robby Fisher, weighing 230 lbs., of Salmon broke a state record with a 515 lb. squat, and came in at a close second behing Aaron in the Heavyweight division. Ron Erdmann, 160 lbs., of Buhl won Best Lifter in the Masters division with a record breaking 440 lb. squat, 435 lb. deadlift, and 1175 lb. total. Pocatello's Andy Scardino broke 2 state records with a 505 lb. deadlift and a 1380 lb. total. Savage's Super, Larry Ditmars, was awarded Best Bench after a successful 400 lb. effort and an attempt with 420 lbs., which was coming up strong until the bar hit one of the rack hooks on the power bench. (Thanks to Drew Wolfe, meet director, for providing the results.)

Paul Anderson is offering a special course entitled 'Weights and Sports' - 'This course has two volumes: one with instructional text and another with pictures which can be displayed in a prominent place in the gym, if desired. It was originally written for the athletic coach, but requests for these instructions quickly extended beyond the realm of the coaching world. For years Paul has been associated with various sports and has seen weight training prograss from being taboo for the athlete to holding a position of respect. Paul called on all of his years of self-experimentation, research, and experience to write this course. It includes instruction on how an athlete can continue a lifting program while participating in a seasonal sport without being overworked. Everyone who wants to improve his performance in any sport needs 'Weights and Sports' ". The price of the course is $25.00 plus $3.00 shipping and handling in the USA. Checks payable to: PAUL ANDERSON YOUTH HOME, Box 525, VIDALIA, GA 30474

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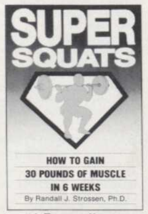

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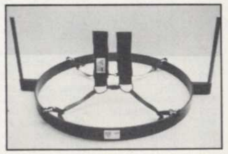

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USPF Drug Free Natl. High School
31 May 92 - Pt. Charlotte, FL

Boys	SQ	BP	DL	Total
114				
J.J. Rojas	330	175	340	865
J. Guzod	250	170	305	725
M. Radford	200	145	280	625
T. Bench	165	130	325	620
123				
T. Jenkins	400	250*	400	1050
A. Heredia	285	140	339	755
C. Poulson	250	175	325	750
J. Testerman				
132				
D. Whittaker	375	170	370	915
D. Brooks	240	145	310	695
J. Vasques	215	120	255	590
148				
S. Franklin	560	300	525	1385
B. Anderson	360	245	400	1005
S. Fiedler	335	175	385	895
E. Pasternak	325	205	360	890
J. Caliope	280	160	420	860
S. Chichura	325	150	360	835
165				
R. Rowe	425	300	410	1135
E. Burke	400	195	450	1045
B. Wilson	350	260	400	995
B. Moore	320	175	380	875
J. Nelson	320	165	340	825
181				
N. Pettitt	475	305	405	1185
K. Bird	415	225	510	1150
R. Castle	380	260	400	1040
M. Huffman	300	190	470	960
D. Green	260	195	380	835
198				
J. Aime	430	280	450	1160
D. Chapman	400	220	465	1085
L. Lilly	310	205	400	915
220				
B. Garnett	530	320	550	1400
R. Griffith	310	215	430	955
J.R. Harrah	280	170	400	850
T.J. Cox	215	140	310	665
242				
J. Presley	260	200	400	860
275				
M. Feanny	650	340	570	1560
J. Klawon	580	280	520	1380
SHW				
J. Douglas	540	340*	500	1380
C. Hulsey	440	290	430	1160

* Indicates new boys High School Powerlifting Record. (Freshmen/Sophomore or Junior/Senior)

Girls				
97				
C. Chafin	120*	75*	180*	375*
105				
M. Woodson	130*	64*	200*	395*
114				
T. Minotte	200	85	245	530
A. Wheeler	145*	75*	205*	315*
123				
A. Mathias	155*	85*	180*	420*
M. Ramage	140	60	200	400
132				
C. Frye	200	90	225	515
A. Davis	165*	75*	200*	440*
148				
H. Nixon	195*	85*	190*	470*
165				
H. Farrow	270	95	290	655
D. Vasques	220	95	305	620
B. Bair	200*	85*	235*	520*
181				
J. King	235*	130*	285*	650*
M Yeater	190	95	250	535
SHW(over 198)				
T. Williams	315*	120	305*	740*
S. Severson	220	135	240	595
C. Vasques	160	110	200	470

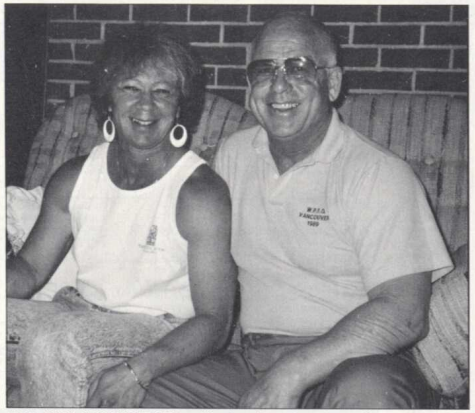
* Indicates new Girls High School Powerlifting Record. (Freshmen/Sophmore or Junior/Senior).

For the 1st time since 1990, the USPF High School Nationals became a reality, only this time as a Life-Time Drug-Free event. The turnout was modest, largely due to changes of venue, and date changes that should not have taken place and will not happen again in the future. Southwest Florida is a great place to promote tourism but has little accessibility with the mainstream of the U.S.A. geographically making it difficult to attract a large number of powerlifters, particularly at the high school level. Now, on with the highlights.

Individual performances of many high school athletes highlighted the event, beginning with Shawn Franklin from Lee Davis H.S. in Mechanicsville, VA., who was sensational, squating 560 and totaling 1385 at a bodyweight of 144! Teammate Joe Douglas won the SHW title as a Sophomore and bench pressed a new High School Record at 340, in the Freshman/Sophomore category. In the 2nd session of lifting, young Anthony Jenkins of Columbus, Georgia bench pressed a 250 at 123 for a new record in the Junior/Senior category.

A salute to the young ladies from Shady Spring H.S. in Shady Spring, W. Va. for winning the teamtitle for the Freshmen/Sophomore girls. Practically all of them were record setters in the Women (Girls) Freshmen/Sophomore category. They are Mandy Woodson, at 105, Amy Wheeler at 114, April Mathias at 123, Helena Nixon at 148, and Becky Bair at 165. Congratulations to Cassie Chafin for all her lifts made in the 97 lb class were records in the Junior/Senior category. The team champions were as follows: Cobra Power Team of New Challenge H.S. in Port Charlotte, Florida won 1st place in the Men's (Boy's) overall over Shady Spring H.S. of Beaver, W. Va. by 3 points! Cobra Power Team also won the Women's (Girls) overall team award. Shady Spring H.S. from West Virginia won the 1st place award for the Freshmen/Sophomore Girls and 1st place for the Sophomore Boys. Lee Davis H.S. of Mechanicsville, Va. won 1st place for the Boys Seniors coached by Mike Craven of Mike's Gym. North Sandpete H.S. from Mount Pleasant, Utah was 1st place Men's Jr's and North Hall Trojans of Gainesville, Ga., won 1st place men's freshmen. The mixed team champions (5 boys and 5 girls) had Cobra Power Team winning 1st place and Shady Spring Power Team placing 2nd. Look forward to next years High School Nationals. Several bids are in so its anybody's guess as to where it will be! (Thanks to Paul Sutphin, IPF Cat II, Head Referee In Charge, for results.)

The 1992 Lifetime Drug Free High School Nationals, sanctioned by the United States Powerlifting Federation, was an exciting and competitive meet. 58 lifters comprised the contest roster, with teams from Georgia, Florida, West Virginia, Utah, and Virginia. Shawn Franklin of Lee Davis High School in Mechanicsville, Virginia was the outstanding male lifter. Tonya Minotte of the Cobra Power Team was the meet's outstanding female lifter. Tonya is coached by Spero Tshontikidis and received great support form her beautiful daughter Samantha. In addition to Mike and Spero, Joel Pettitt coached athletes from North Hall High School in Dawsonville, Georgia; Mark Wooten coached lifters from North Sandpete High School in Mount Pleasant, Utah; and John Lilly coached an outstanding group of young men and women from Shady Spring High School in Beaver, West Virginia. Congratulations to all the coaches on the efforts and accomplishments of your athletes! Finally, special athanks to Al and Branda Siegel of Siegel Engraving Compnay for the MOST AWESOME Cobra awards and contest shirts; to Paul Sutphin, Bob and Elena Bolster, Al Roberts, and Pete Quartuccio for judging; to Moose, Jason Neally, Steve Davis, and Ed Williams for spotting and loading; Marge Yarger for announcing: Dick Yarger and Judy Bochenek for scoring; Lisa Davis for working the door; Josh Severson for being my right hand man; Mac McGinnis of McGinnis Investigations for drug testing; Bobby and John for logistical support; the Cobras for meet setup; all the lifters for meet clean up; Dr. Greg Sinner for his support; the Cobra Power Team for three more National titles and another wonderful year; and Emma and Tyler Tshontikidis for my strength - I love you both! (Thanks to Spero Tshontikidis, Meet Director, for providing his report on this event as well).



TOP GUN TEAM RETIRED... *'To the disappiontment of many Top Gun Powerlifters, I am officially retiring the name and team. I want to sincerely thank every one throughout the USA who supported the team and participated on the team. You all brought so much joy and happiness to Tom. He was so proud of the accomplishments of Top Gun - 5 consecutive USPF National Master Championship wins (1987-1991) and 1 APF National Masters Championship win. After receiving numerous inquiries and due consideration, it would be impossible for me to achieve what Tom did and without him there, my heart wouldn't be in it. Your team shall be retired in Glory. God Bless you all." - Danny Eldridge, wife of the late Tom Eldridge, who started the Top Gun Team. (By the way, Danni (seen above with Tom) still has a lot of Top Gun t-shirts left. State your size, $5 each to P.O. Box 535, Newhall, CA 91321 - please include your address with each order).*

California Tour IV
16 Feb 91 - Del Mar, CA

Women			
132 & under		242	
P. Shan	72.5	S. Foster	227.5
D. Cowan	60	D. Cowan	190
M. Dube	50	M. Phillips	130
Men		275	
123		G. Hansen	272.5
G. Murillo	138	B. Meek	215
D. Someda	105	A. Calderone	205
B. Waskiewicz	102.5	K. Patterson	170
148		D. LaMar	165
C. Ly	145	B. Soma	150
B. Tralongo	137.5	SHW	
J. Johnson	135	M. Rancourt	165
R. Gallan	135	Teen	
165		J. Stern	110
K. Lee	157.5	J. Sacco	125
D. Pitassi	145	I. Larkin	122.5
D. Levin	135	M. Elpusan	137.5
181		H. Rector	122.5
C. Graham	180	Master	
G. Parker	177.5	B. Meek	215
K. Taylor	165	F. Pitassi	165
F. Pitassi	165	B. Strange	152.5
198		B. Ennis	152.5
S. Nuckols	197.5	D. LaMar	165
M. DeLaura	172.5	Spl Olmp	
E. Mickley	165	148	
220		J. Chandler	35
T. Tinney	192.5	165	
M. Black	187.5	V. Martinez	67.5
M. DePaul	185	A. LeCesne	57.5
R. Nudo	182.5	220	
M. Johnson	172.5	M. Bernhardt	77.5
		R. Dirkson	60

Fifty-two lifters completed the weigh-in procedures. This clearly was the most outstanding site for the finale of the California Tour IV Bench Press Championships. If this type of turn out could become the norm the Tour surely could acquire the necessar sponsorship to begin offering larger trohpies, cash incentives, and perhaps some badly needed TV coverage. A big thank you goes out to: Kevin and Carol Meskew, Fil, Bob and Rozanna Pitassi, Patrick McNeil, Kellie Miyakusu, for incredible performace behind the scenes. Thanks to R.G. Canning, Jim Lynskey, Dennis Dodson, Tony and Donna, Jeff Messenger, and Mike Redd. Thanks to the lifters who provided us with the opportunity to mail their trophies since a large number of award units were not loaded on the truck. This is especially valuable to us to demonstrate our integrity! The referees: Don and Fran Haley, Bud Mucci, Carol Meskew, Filomen Pitassi. Outstanding loader/spotters: Ruperto Elpusan and Rick Rump. The best lifter award went to Gary Hansen from Orange, CA, along with a $50 check for his expenses. The audio and announcing were handled by Chuck LaMantia, meet director. A special note of appreciation to the Special Olympian's wonderful coach, Eddie Iwasaka, for his hard work and dedication to his athletes. (Thanks to Meet Director Chuck LaMantia for the results.)

NASA Michigan Prison Postal League
April 1992

123	SQ	BP	DL	Total
Berry - m	215*m	200*m	325*m	740*m
132				
Gilliam	385*	240*	405*	1030*
Williams	205	235	400	840
Germain	150	100	300	550
Townsend				
148				
Smaller	405	230	380	1015
Lardler	305	205	400	910
Johnson	285	260	365	905
Martinez	280	215	385	880
Shaw	250	190	400	840
Thomas	2256	240	330	795
Scroggins	200	220	325	745
165				
Wilburn	405	295	485	1185*
Cleveland	405	310	455	1170
Prewitt	360	275	450	1085
Nealy	300	310	400	1010
Roundtree	365	225	400	990
Carter	268	283	353	904
Bickley-bey (m)	125m	170m	250m	525m
Morton				
181				
Graham-X m	575*m	275m	625*m	1475*
Pickens	528	353*	553	1434
Griffen	400	325	500	1225
Fricke	425	320	455	1220
Thomas	430	305	485	1220
Bilal	375	260	430	1065
Conners	325	255	450	1030
Wesley	315	300	350	965
Shabazz	315	195	410	920
198				
Depottey	440	350*	495	1285*
Popp	450	320	500	1270
Jackson	375	340	500	1215
Carey	473	273	463	1209
McLaurin	375	280	500	1155
Juarez (m)	350	280	420	1050
Pinkard	300	255	455	1010
220				
Smith-el	530	400*	630	1560*
Johnson	525	325	660*	1510
Hall	550*	305	525	1380
Tisi	480m	315m	580m	1375m
Stevenson	400	320	550	1270
Wenglikowski	475	290	470	1235
Dancy	420	340	475	1235
Gerred	400	300	500	1200
Maya 463	293	443	1199	
Baldridge	400	260	400	1060
Demson (m)	320	225	500	1045
242				
L. Smith	500	345	650*	1495*
Abrams	503	328	513	1444
Lawson (m)	350mn	300m	420	1070m
Shabazz (m)	330	250	450m	1030
Hakim	300	325	335	960
275				
Robertson	540	420*	630	1590
Hill	480	400	620	1500
Williams (m)	600*m	285	595	1480m
Nealy	300	350	500	1150
SHW				
Rousalis	360	265	440	1065
Miller	225	285	300	810

* new meet record - m new meet master record.

Teams: South Complex SMT - 86; Egeler Corr. Fac. SMN - 77; Thumb Corr. Fac. TCF -67; Camp Lehman LEH - 26. Best lifters Pickens SMT 181 class wgt 168 1432 total - 929.82 points; Graham-X SMN 181 class wgt 176 1475 total 935.00 points; Smith-el SMT 220 class 208 wgt 1560 total 886.86 points; Johnson SMN 220 class 208 wgt 1510 total 860.70 points. Masters; Graham-X SMN total 1475 935.00 points; Tisi SMN 1375 total 857.43 points; Williams SMN 1480 total 817.38 points; Berry SMT 740 total 650.96 points; Juarez TCF 1050 total 635.96 points; Demson TCF 1045 total 620.99 points; Lawson SMN 1070 total 599.62 points; Shabazz TCF 1030 total 568.48 points; Bickley-bey TCF 525 total 373.78 points. (results courtesy L. Tisi).

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