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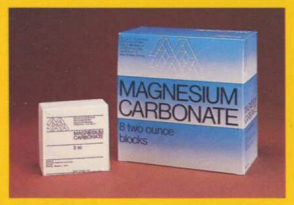

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ON THE COVER... stylized version of of former IPF World Champion Ab Wolders (produced by Miller's Color Prep) and inset of new 700 club member Craig Tokarski (Darlene Tokarski)

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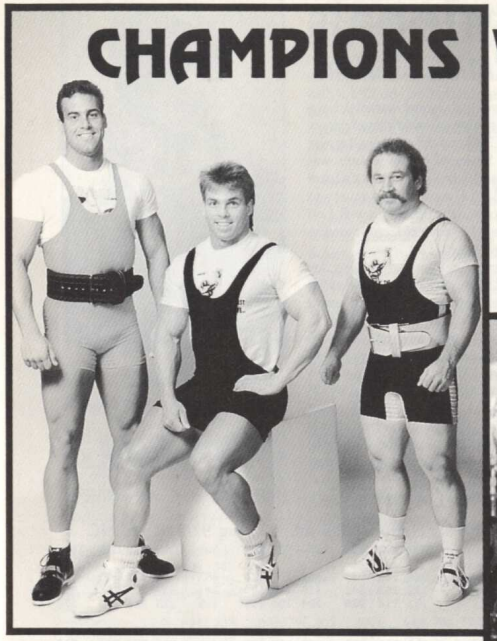

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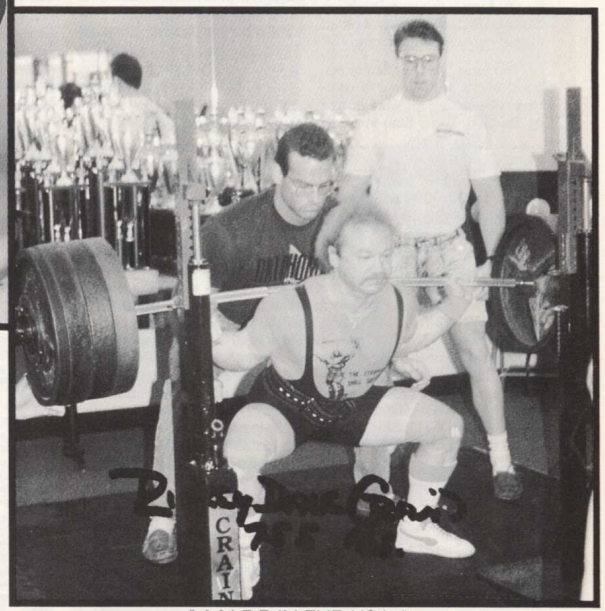

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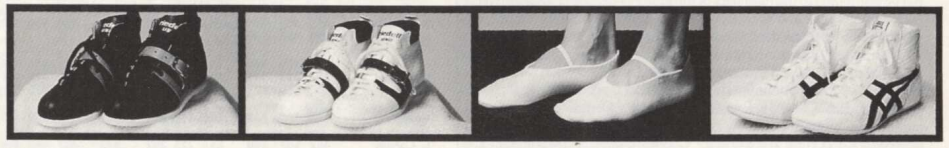

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USPF Sr. Nationals

as told to PL USA by Mike Lambert

***Sandy King** is the new President of the USPF. Is she the first woman in that capacity for any country?*

This years U.S.P.F. Senior National Men's and Women's combined championships were hosted by Tim and Sandy King in North Carolina at the Raleigh Convention Center .In the women's division veteran lifter Ann Leverett easily won the 97 lb. class with some fine lifting over the striking Carina Passmore and another new lifter Grisselle Ufret. In the 105 lb. division, the winner was another international veteran Glynis Ramirez-Bierria. She struggled a bit in the squat and only got one bench press and then had to deadlift 3 for 3 to hold off the enthusiastic response of April Delmore. Longtime North Carolina lifter Carol Gaskey pulled in for third place. Best lifter for the first women's lifting session was Mary Jeffrey, who had a stellar day ending with an American Records in the squat and total, however, she inexplicably missed a deadlift of 380 and did not take it again. Beth Street of Massachusetts was next and Jennifer Moser got a teenage (13-14) record in the squat and tried one in the deadlift as well. Lori Jeffrey, 15 years old, competed as a guest lifter.

Carrie Graffam had a strong day at 123 lbs., ending with a deadlift that is not that far off the world record. Kelii of the Bay Area in California was a strong second. There was stimulating competition in the 132 lb. division between Bettina Altizer, the 1992 ADFPA National Champ and Rachel Mathias. Rachel used some strong benching, breaking the American record twice, to hold off the charge of Bettina, who looked like she had a little bit left in the squat and bench.

Mary Jeffrey... Champ of Champs

Kathy Baker found out just how tough this division can be, after competing in the APF for several years. (This meet was contested under USPF rules where bench shirts were allowed, by the way). In the 148 lb division, Vicki Steenrod, who won best lifter for her lifting session, also broke a bench record, with a 292 on her 3rd attempt and went on to try 303 lb for an unsuccessful fourth. Ruth Walker held up for the second place award.

In the middleweights, Sara Robertson continued her long distance commute from her studies in France to win Sr. National titles, with a beautiful 7 for 7 day until missing 424 twice in the deadlift. Veronica Mercer had a free ride in the 181's but it took her three tries to get a 308 lb. squat passed.

In the 198 lb. division, Shelby Corson lifted beautifully, squatting a nice 540, but then missing an American record of 557 lbs. Juanita Trujillo also had a good day, but she too missed an American Record squat of 606 lbs., even on a 4th attempt. She also took a fourth attempt record bench, but missed.

In the men's division, Phil Hile, nicely settled in his new wellness center job, was coming back from an operation on his elbow and was just hoping for the best against one of America's all time greats, Chuckie Dunbar. Henry Garcia was in the hunt as well. Phil had a little difficulty in the squat, but tied his USPF PR in the bench with a 275 bench, and then decisively decided the matter with a 473 deadlift. Dunbar, despite a subtotal lead of over 115 lbs., could not keep pace in the deadlift. Garcia lost his grip on a 424 deadlift and jumped to 451, which was too heavy.

It was ultra tight competition for two excellent lifters in the 123 lb division. Timothy Taylor, after missing a 424 squat and then making it, did not miss an attempt after that and seemed to have plenty of deadlift power in hand to handle Clarence Fielder, who also had a near perfect day. Both men are deserving, 10 times bodyweight plus champions.

One of the inspiring highlights of the entire contest was the Best Lifter performance of Lamar Gant, who has made a remarkable return to nearly his best form of all time. Lamar reports that he has slowed his descent in the squat, and now there is no question about depth and he just motors on up with very respectable poundages. He promises a lot more for the World Championships. He had superb 9 for 9 day and a 1498 total. All the plans that other lifters, worldwide, made when Lamar did not go the World Championships last year, will have to be undone because the Star is back shining again.-One of the new stars of the sport, Todd Settles, had a bit of a disconcerting day, missing a few attempts that he felt he should not have, but he was very pleased to be in the presence of great lifters, and was running around getting autographs and all. He made a very convincing try at 600 lbs in the deadlift, which would have bumped his total up considerably. Herb Blake is one of America's quality lifters, but after this meet he has decided that he is not getting the performance from himself at 132 that he did at 123 and he expects to go back down where he has posted totals which would have won the 123 lb class this year.

Dan Austin is a supreme example of an efficient strength athlete,, combining power and precision.

Gant The Great has returned!

In the next class, 148 lb. Dan Austin had an stupendous day equalled, all time total wise, only by his performance at the 1988 Hawaii meet. He was the personification of smooth, controlled power in squats and bench presses and deadlifts. His 705 deadlift was a confidently done lift. 722, a creditable poundage for a lifter of any higher bodyweight, seemed a bit off center and ended up popping out of Dan's hands. Obviously, he has this and more to come. He is one of the World's greatest and is just getting better and better. Look for a longer power dynasty in the name of Austin, as he is engaged to Jackie Pierce, who was with him at the competition, and they expect to be

(article continued on page 92)

USPF Sr. Nationals/31 Jul, 1,2 Aug 92/Raleigh, NC

Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
97											
A. Leverett	264	286	-297	148	159	170	457	297	314	-330	771
C. Passmore	225	-242	-242	110	115	-121	341	237	253	264	606
G. Ufret	192	214	-225	-104	104	-115	319	225	253	-275	573
105											
G. Bierria	-275	275	-292	170	-181	-181	446	303	314	319	766
A. Delmore	259	281	297	148	-159	159	457	275	303	-314	760
C. Gaskey	-225	225	-237	93	99	-104	325	259	275	-286	600
114											
M. Jeffrey	363	385	402	225	242	-253	644	363	-380	- -	1008
E. Street	303	314	336	154	176	-192	512	314	341	-352	854
J. Moser	237	275	-297	126	-137	-143	402	259	286	-308	688
L. Jeffrey (gst)	225	242	-253	121	132	-143	374	242	-259	259	633
123											
C. Graffam	363	380	391	187	203	220	611	402	429	446	1058
Kelli	-325	325	358	181	198	-203	556	341	358	380	936
S. Mobley	270	-281	281	143	154	159	440	297	314	319	760
D. Hagan	253	281	-303	137	148	-154	429	259	286	308	738
B. Phillips	253	-281	281	99	115	-121	396	242	270	286	683
D. Kyle	-187	-187	187	88	99	-104	286	198	220	-242	507
132											
R. Mathias	352	380	-396	225	253	259	639	369	396	407	1047
B. Altizer	380	407	418	214	231	242	661	341	374	-396	1036
K. Baker	374	-402	-402	203	-220	-220	578	341	374	-385	953
K. Marbury	303	319	330	187	203	- -	534	303	336	352	887
C. Maynes	-231	-231	231	121	132	-148	363	220	264	303	666
148											
V. Steenrod	407	440	-468	253	275	292	733	396	435	-451	1168
R. Walker	325	352	-369	209	225	-231	578	341	363	385	964
A. Sortwell	336	347	-369	198	-209	-209	545	374	402	-429	948
R. Lanning	297	303	-330	181	187	192	496	314	336	-352	832
M. Mash	-286	-303	-303								
165											
S. Robertson	407	429	446	253	270	275	722	396	-424	-424	1118
B. Hunter	297	325	341	170	-187	187	529	402	418	429	959
B. Little	242	259	275	-121	121	-132	396	253	286	-303	683
181											
V. Mercer	-308	-308	308	-192	192	-198	501	319	352	-369	854
198											
S. Corson	462	507	540	253	275	292	832	407	-440	-440	1240
V. Welch	358	385	-413	192	209	-225	595	369	396	424	1019
T. Stevens	308	-336	-352	176	187	-198	496	308	330	-347	826
SHW											
J. Trujillo	512	562	-606	237	264	286	848	435	462	-485	1311
Men											
114											
P. Hile	-424	424	-462	248	264	275	699	457	473	-490	1173
C. Dunbar	479	507	-518	275	292	308	815	352	-374	-380	1168
H. Lare	314	341	-358	187	-203	-203	529	363	380	-391	909
H. Garcia	418	440	457	214	237	242	699	-424	-451	-451	
123											
T. Taylor	407	-424	424	264	275	286	710	507	534	556	1267
C. Fielder	407	424	440	286	-303	303	744	473	501	523	1267
M. McKnight	374	396	413	220	231	237	650	374	413	429	1091
J. Sutherland	347	-385	-402	220	-237	-237	567	352	369	-374	937
132											
L. Gant	512	534	556	270	286	297	854	551	600	644	1498
T. Suttles	473	-507	507	-314	314	341	848	501	540	-600	1388
H. Blake	451	490	507	226	325	336	843	501	-534	540	1344
M. Widemann	451	-473	473	237	-259	-259	710	429	462	-479	1173
B. Jones	402	-440	-440	248	259	-270	661	-402	435	-451	1096
148											
D. Austin	595	644	655	325	347	352	1008	650	705	-722	1713
T. Conyers	611	-633	-644	385	-402	-402	997	-567	567	- -	1565
D. Beatty	485	-523	-540	314	330	336	821	540	562	573	1394
A. Hamel	451	485	501	275	292	303	804	501	529	534	1339
B. Kaufman	512	-534	-534	259	270	-275	782	523	551	-556	1333
C. Lewis	501	-518	518	297	308	-319	826	485	-512	-512	1311
C. Wodraska	-540	-578	-578								
165											
D. Ricks	617	644	661	385	402	413	1074	606	622	639	1713
W. Grider	639	-650	-655	369	374	-385	1014	639	661	-699	1675
D. Sardo	-600	600	-633	-402	402	-407	1003	540	-578	-584	1543
S. Zenobi	595	-633	-633	347	363	-374	959	534	-562	-562	1493
D. Faison	468	507	-518	-363	369	-396	876	451	496	-507	1372
S. Sullivan	418	-462	462	292	314	325	788	418	457	473	1262
181											
G. Jones	-661	-661	661	396	407	424	1085	622	661	-677	1747
B. Johnson	623	672	-705	374	391	402	1074	600	661	-677	1736
J. Parker	617	614	688	330	352	374	1063	622	-661	-661	1686
D. Wagman	617	-639	-639	440	-473	-473	1058	600	-650	-666	1658
S. Hoover	573	-600	-600	286	314	-347	887	573	-600	-600	1460
198											
S. Anderson	-688	688	-705	380	402	-413	1091	677	699	716	1807
A. Harris	-650	650	-705	407	429	-446	1080	666	694	-716	1774
J. McGlinn	606	633	650	407	435	-457	1085	606	633	-661	1719
T. Wilson	551	611	-633	363	391	-402	1003	650	699	-722	1702
D. Holmes	-633	-633	639	347	369	-380	1008	628	672	-699	1680
S. Waits	639	677	-705	374	396	-402	1074	567	600	- -	1675
H. Downey	562	600	633	374	396	-413	1030	584	595	611	1642
R. Pardue	650	683	699	385	402	413	1113	-611	-611	-611	
J. Basarge	-677	-710	-710								
220											
S. Goggins	704	744	766	424	440	451	1218	705	755	-760	1973
J. Douglas	710	-733	733	429	446	-462	1179	650	672	-688	1851
S. Davis	699	-727	-727	429	446	-468	1146	-633	633	-650	1780
E. Coan (gst)	920	-970	-970	-540	562	-573	1482	810	-903	- -	2292
242											
D. Jacoby	777	804	826	440	462	473	1300	722	749	777	2077
B. Phillips	611	-655	655	369	385	402	1058	617	-661	661	1719
B. White	600	-617	617	396	424	429	1047	622	-672	-677	1669
W. Bell	722	-738	744	435	468	-485	1212	-755	-755	- -	
275											
K. Karwoski	903	-964	964	501	-529	529	1493	705	733	755	2248
P. Fletcher	606	628	-644	451	473	485	1113	611	650	-672	1763
SHW											
H. Collins	733	-804	804	584	-617	617	1421	650	705	755	2176
G. Mitchell	-843	843	- -	451	485	496	1339	655	694	716	2055
S. Hamman	837	-870	-870	440	462	-473	1300	650	683	710	2011
J. R. Hunt	683	-716	716	-451	451	479	1196	688	710	744	1940
S. Thompson	-749	749	-810	-457	457	473	1223	661	716	-755	1940
D. Wright	-677	-677	677	424	440	-457	1119	705	-722	- -	1824
J. Donat	843	-892	892	-523	-523	-523					
L. Grande	-788	788	-848	385	407	-429	1196	771	793		disq

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Message From The USPF President

On July 30, 1992, the National Committee for the USPF held its annual meeting. The following Officers and Executive Committee Members were elected: President - Sandy King; Vice President - John Black; Treasurer - John Inzer; Secretary - Tony Fitton; Executive Committee - Sean Scully, Ernie Gilbert, Ramona Kenady, Dave Jeffrey, Buddy Duke, Sam Pardue, Vince White, Bill Decker and Bill Hartman. Bid awards went to: Men's and Women's Nationals - Tim and Sandy King, Raleigh, NC, June 18, 19 and 20; Jr. Nationals - Tim and Sandy King, Raleigh, NC, April 10 and 11; Masters Nationals - Rickey Crain and Ronnie Ray, Irving, TX, May 14, 15 and 16; High School Nationals- Paul Sutphin, Shady Springs, WV, April 2,3 and 4; Bench Press Nationals - Brian Washington, Baltimore, MD, Aug 28 and 29. My aspirations as President of the USPF will be to bring the focus back to the lifter and their needs. I will actively recruit meet directors for the Federation and endeavor to persuade some of our retired meet directors back to active status. Cooperation and communication are the keys to growth in all aspects of life. Through these skills, the Officers and Executive Committee Members of the USPF will strive to regain our status as the #1 powerlifting federation in the United States. There will be an updated USPF Directory in next month's *PL USA*. I urge you to contact your State or Regional Chairman or the National Headquarters if you have any questions concerning upcoming meets or any other matters pertaining to the USPF. Within 90 days a Newsletter that is generated from the National Headquarters will be distributed to the members of the USPF. This Administration will be progressive and productive. Now, on a more personal note, I would like to thank the following people who made this year's USPF Men's and Women's Nationals possible. First of all, thanks to the referees who judged the competition and especially Don and Fran Haley; to our spotter/loaders, Terry and Todd Bowers, Phillip Capps, Ken Chriscoe, Eric Allred, and "Big Chris;" to the tireless table help, Leslie Smith our coordinator, Shannon Lassiter, Diane Bowers and Kim. Announcer - Charles Beane; Expediter - J.C. Adams; Weight or Bar Charts - Amy McGuire; Lifter information sheets - Marlene Pardue and Vince Lassiter; Security - Daniel Troxler, Terry Burr, Joe Joe Raynor, Marty Sechrest, Jimmy Inlow, H. Jenkins and Laurie Chriscoe; Ticket Sales - Jennifer Fox and Steve Hall; Concession Sales - Steve Adams, Dana Sechrest and my parents Joyce and Howard Lemonds; Team scorer - Sam Pardue; and last, but not least, a huge North Carolina "Thank you" to our sponsors Richard Sorin and Sorin Equipment Co. and to John Inzer and Inzer Advance Designs. Without the cooperation and support of these two individuals, it would have been impossible for us to have held the Championship; and if I were any more grateful, I would have to buy you all new cars!!Yours in strength, *Sandy King*

APF Sr. Nationals

as told to PL USA by Dr. Ken Leistner

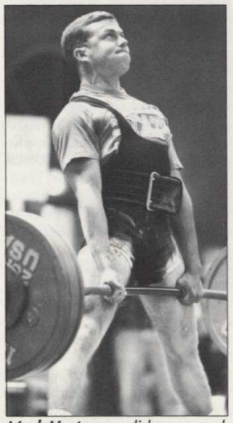
***The Brocks Prepare**.. Mariah Liggett made some big attempts.*

Once again, Jeff Wright and his wife Tracy hosted the APF Seniors at the Sheraton Hotel in Pittsburgh. Once again, the lifters enjoyed the proximity of Station Square and it's numerous shops and restaurants. Last year, Mike Lambert and I stated that this was an excellent venue which could be enjoyed by the entire family. We certainly followed our own advice as our wives and some of the children and other family members partook of the high quality of lifting, Station Square, the Pittsburgh Zoo, and other local attractions.

Directing a national meet is very difficult under the best of circumstances. In the past, Jeff earned a reputation for hosting well run meets with all of the "extras." Last minute cancellation of sponsorship monies left him determined to do the same classy job, but it was tougher to accomplish, with many more headaches. His diligent crew, augmented by our Iron Island Gym volunteers, especially my partner, Ralph Raiola, made for a meet where the lifters and spectators had no complaints.

The field was relatively small this year, especially in the lighter classes. A slight reduction in the qualifying totals for these classes, and an upturn in an election year economy will no doubt alleviate this for next year's contest. The quality of lifting, as it always is in the APF Seniors, was top of the line. When I saw Cheryl Finley from the back, I shook my head and muttered something along the lines of "Oh gosh!" Her spinal erectors and mid-thoracic musculature was so thick and well developed that her strength was, literally, obvious. She came back to make a good 380 squat, benched solidly, and finished with a big deadlift and an Outstanding Lifter trophy. These trophies by the way, could have herniated a pack mule. They weighed approximately forty pounds each and Noble Arts can be proud of their creation.

Amy Weisberger lifted efficiently, although she would have liked to have the third attempts that were missed in each lift. She is very well liked and quiet, going about her business of lifting weights with the fine form taught to her by Lou Simmons. Ashley Boyce of Pennsylvania had a 9 for 9 outing, a rarity in one's first Seniors. She dedicated this meet to her long time coach, John Schaeffer, who has been ailing. Scott Warman, after winning the Outstanding Lifter trophy for the Men's heavier class, dedicated the award to her friend Ross Althouse, an inspirational lifter who has set a wonderful example of hard work and dedication for many others. We wish Ashley and Ross the best of luck in their new gym venture. Monica Dobosh-Turner is a solid lifter with a solid physique. She consistently lifts well. Mariah Liggett-Brock has always impressed with her lifting credentials. Having had a closer view of her work as an administrator, rarely have I had the pleasure of working with someone who displays such competency and passion for her chosen task. Her ability as a caring and capable servant of the sport is not as appreciated as it should be. Her world record 507 squat was the highlight of an otherwise disappointing day. Nancy Dangerfield, last year's champion at 148, slipped to second, but slipped past Susan White with a fine last ditch deadlift.

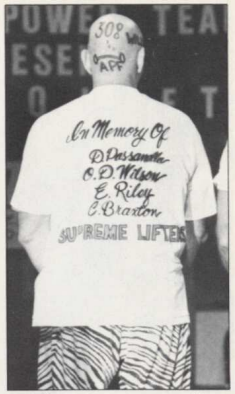


***Mark Hartman**... did some quality lifts in the Bantamweight class.*

Laura Dodd was also disappointed with her lifting, although most would gladly take her type of "off day". She appeared overtrained and/or tired. She still won an Outstanding Lifter Award for her efforts, with Stephanie Vandeweghe following. Stephanie will improve further as her potential is obvious and she has the fine coaching of her husband Jan. Tamara Rainwater-Grimwood has packed on a lot of functional muscle in the last year or so. She looked very powerful and had an excellent day. Her 292 bench press was very impressive, as was her 440 deadlift. Maris Sternberg, injured and way off her usual form, lifted for the enjoyment of it, and because it was, after all, the Seniors. Her enthusiasm is always a meet highlight.

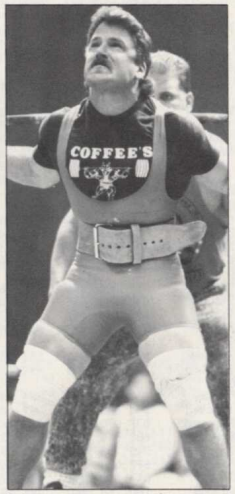
Seven top quality men rounded out the first day's lifting. Mark Hartman set records, as he seems to do often. His big fourth attempt deadlift at 496 was one of his records and without a doubt, secured the Outstanding Lighter Lifter trophy. Doug Heath is always good, often brilliant. He missed the bench press he wanted, took a token deadlift, then a bigger one and called it a day. Joe Schiller has shown improvement and appeared stronger. Too many missed attempts cost him a better total, but he should make a move upward soon. Jessie Jackson, as always, dominated the lifting in the class, taking huge squat jumps and huge squats! His ultra wide style and difficult set up led to one dumped squat, but he was three for three in the bench, and his deadlift power has improved with the time spent with great Gary Heisey. The 165 class was a spirited battle. Ohio's Berardinelli made a strenuous, but exciting, gut buster squat to stay in the meet and chipped away past Brad Johnson into second place. Matt MacLean, an under-rated lifter, started slowly with his squats, benched very well, and deadlifted strongly to win handily.

The first day of lifting concluded with the observation by many that everything was going very smoothly. The various vendors were pleased as audience response to the many powerlifting related items was positive and enthusiastic. This meet is like a market place gathering with information being shared by great lifters and new lifters, fun meals, and lots of lifting enjoyment. While the turnout of spectators was very good for the meet, I am always surprised that every powerlifter in the U.S. isn't present to benefit from the opportunity to meet and learn from so many of the sport's best.



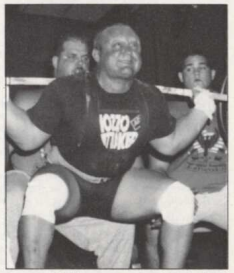
***In Tribute**... Tom Bauers and Larry McCauley wore special t-shirts.*

The second day opened with the 198 and 220 classes battling first. New Jersey's relatively inexperienced Jim Bott had a satisfying 8 for 9 day, but fell a bit short of Russell Dell's total. Scott Roberts and Rich Ludy contested each other well. They both squatted 705 and then Ludy jumped ahead, as expected, in the bench press. Ludy's opening deadlift of 600 caused Roberts to literally take "potshots" at his total. When Ludy missed his second pull, Roberts 650 second put Ludy in chasing position. Ludy came back with a 622, Roberts completed 661 and when the smoke cleared, Ludy preserved a 2.5 kg, victory. I don't know if it was a coaching error, or if Scott truly knew his limit and went to it, but this was a stirring battle that epitomized the sport.



***Matt MacLean** won the 165ers.*

The 220's were packed with "name" lifters and some who will be someday. Iron Island's Pat Susco was set for a very big meet and had the type of training sessions that predict big things. A systemic infection put him in the hospital for ten days, with another week in bed,. With one training session following this ordeal, he was on the Pittsburgh platform. His 799 squat wasn't what he wanted, but under the circumstances, it was great. Bench press expert Chris Confessore took a shot at a world record and got it on a second attempt. A young Robert Steil arrived at the meet with no coaching and little experience. I wound up getting his straps on and off, as did other helpful lifters, and he did very well, entertaining a few age group records in the process. John Bott has been perfecting his wide stance squat style and Lou Simmons inspired programs. His 9 for 9 outing bodes well for the future. Dan Helgenberger was the only lifter to have a weight misloaded in the course of this meet. That speaks well of the platform crew, but Dan wasn't pleased as his mental preparation was altered, as was his hip, as evidenced by a bit of a limp afterward. Jess Kellum and Jeff Jacques had a great battle that came down to the last lift. Jesse has the bloodlines and tradition of his dad, and a very controlled approach, Jeff is a new name at the top as John Ware's training partner, and full of fire and fury. Jesse had the great squats that were expected, but Jeff stayed close. Jess pulled further ahead in the bench, a lift he doesn't get enough credit for. When the bar hit the floor, the loud, chanting Jacques was forced to overcome Kellum's three for three DL performance and in the end, fell short. This was a great show.



***Jesse Kellum** wanted to challenge Confessore in the bench, but found that his other lifts were up instead. (Bert Wagner photo)*

The 242's were the largest class, but lost Lavitola and Barkman before the meet was finished. Joe Divosevic and an injured Ricky Dotson show room for great improvement in the future, and it should be noted that Dotson's suit blowout-induced thigh pull was the only significant injury of the meet, a testament to the great work by the platform spotters. Mike Hales may have moved up to Jim Bornhop's level if he had made more successful attempts, and he has the ability to do so. The battle here was between Curtis Leslie, the muscled star from Georgia, and Austin's Bryan Nester. Nester lost a tough battle with Goggins last year, and he and coach Bryan Wadie would not be denied this time around. Bryan's 892 squat really set the tone for things, and Leslie just couldn't catch up from there.

Scott Warman, the strength coach from UTEP, really practices what he preaches, lifting for health and following the precepts of health.

(article continued on page 90)

APF Senior Nationals/25,26 Jul 92/Pittsburgh, PA

Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
123											
C. Finley	347	-374	380	192	-209	209	589	308	330	-347	920
A. Weisberger	303	330	-352	187	198	-209	529	319	347	-358	876
132											
A. Boyce	308	341	352	187	195	209	562	330	352	363	925
M. Turner	297	-330	358	176	-192	-192	534	325	358	-380	892
148											
M. Brock	440	-479	479	259	-292	-292	738	424	-473	-473	1162
	4th	507									
N. Dangerfield	385	407	-424	198	214	-225	622	424	462	468	1091
S. White	363	396	-402	198	220	231	628	413	-451	457	1085
165											
L. Dodd	485	534	-573	263	225	-212	760	501	-540	-540	1262
S. Vandeweghe	402	-440	451	220	237	-248	688	418	446	451	1140
181											
T. Grimwood	451	485	-507	275	292	-303	777	402	440	-451	1218
198											
M. Sternberg	314	347	- - -	154	-159	-159	501	308	- -	- -	810
Men											
123											
M. Hartman	451	479	-501	231	248	253	733	440	468	485	1218
132											
D. Heath	435	485	-518	341	-380	-396	826	143	- -	490	1317
148											
J. Jackson	-600	633	-716	303	319	330	964	551	-606	-606	1515
J. Schiller	429	-446	-446	237	248	270	699	424	-485	-485	1124
165											
M. MacLean	633	-655	-661	374	391	396	1029	562	573	-584	1603
A. Berardinelli	-622	-622	622	336	363	-385	986	551	573	-617	1559
B. Johnson	540	-573	-573	429	-446	-446	970	507	-523	- -	1477
198											
R. Ludy	-672	672	705	408	490	-501	1196	600	-622	622	1818
S. Roberts	655	688	705	402	435	446	1151	611	650	661	1813
R. Dell	-628	628	661	407	429	446	1107	606	639	-655	1747
J. Bott	611	644	666	380	402	418	1085	611	633	-655	1719
220											
J. Kellum	749	804	843	-584	584	-600	1427	639	650	655	2082
J. Jacques	-793	793	-821	490	512	523	1317	661	705	-771	2022
D. Muratori	722	771	799	407	424	-435	1223	611	633	-639	1857
J. Bott	694	727	749	407	429	446	1195	611	633	655	1851
R. Steil	-683	683	710	369	385	-402	1096	727	-749	749	1824
C. Confessore	275	- -	- -	-619	619	-623	894	143	- -	- -	1037
P. Susco	-799	799	-848	55	- -	- -	854	143	- -	- -	997
D. Helgenberger	722	-755	- -	473	501	-512	1223	-699	-699	-699	- -
M. Meza	-782	-782	-782								
D. Meeks	-683	-705	-705								
242											
B. Nester	848	892	- -	473	501	- -	1394	749	777	- -	2171
C. Leslie	843	-898	-898	523	540	-551	1383	727	760	-788	2143
J. Bornhop	804	826	848	501	512	-523	1361	749	-777	-777	2110
M. Hales	804	-848	-848	451	473	490	1295	727	749	-771	2044
R. Dotson	777	821	-870	507	529	-551	1350	628	- -	- -	1978
J. Divosevic	672	710	727	462	-490	490	1218	666	710	-722	1929
M. Barkman	-672	672	-716	473	501	- -	1174	-633	-633	- -	- -
N. Lavitola	-821	-821	-821								
275											
S. Warman	876	925	953	490	518	-529	1471	804	843	-865	2314
M. Chaillet	771	859	920	424	-462	- -	1344	804	-859	859	2149
V. Villanucci	777	832	865	523	551	-567	1416	722	-766	-766	2138
G. Soto	804	-881	-881	385	407	424	1229	705	-722	-722	1934
B. Bozinis	121	- -	- -	-451	-451	451	573	121	- -	- -	694
308											
J. Ware	870	-909	-909	567	589	-600	1460	755	782	- -	2243
K. Kidder	821	870	-903	336	501	523	1394	639	672	-710	2066
G. Mitchell	843	903	-931	473	-501	-501	1377	683	-727	-727	2061
W. Lewis	760	837	-876	534	556	-562	1394	633	-660	- -	2028
M. Israelson	705	749	771	407	440	-451	1212	650	-694	-694	1863
SHW											
M. Dimel	749	821	903	534	-562	562	1466	749	782	821	2287
S. Brodsky	804	843	876	518	545	-562	1422	727	760	-826	2182
J. Voronin	766	-804	804	562	-584	-584	1366	639	-672	-672	2006
A. Clark	275	- -	- -	672	-727	-727	947	- -	- -	- -	- -
J. Huber	-870	-903	-953								

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N.A.S.A. WORLDS

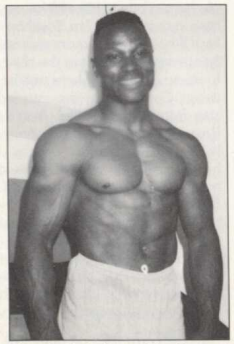
as told to PL USA by Herb Glossbrenner

Since my move to California in 1982 I had developed a special friendship with Ken 'Doc' Sommer. Way back in 1964 when my lifting career was barely beginning I sent away for his biorhthym chart after reding his article in *LIFTING NEWS*. Most of us are aware of the biorythym cycles which govern our lives. Beginning at birth these special built in biological clocks define different cycles your mind and body go through every day. There are three of them. A 23 day physical cycle. A 28 day emotional cycle and a 33 day intellectual cycle. Our daily position within these cycles has a lot to do with how we feel. How they function would be comparable to the rising and falling of the ocean's tide influenced by the moon's gravitation pull. Your emotional cycle governs your creativity, sensitivity, and mood as well as your perceptions of the world and yourself. Explosiveness, and technique when the emotional cycle is in a positive or discharging mode favorably effects athletic performance. The intellectual cycle regulates your memory, alertness, receptability to knowledge and the analytical functions of the mind. A high intellectual cycle would in powerlifting enhance the athlete's ability to use strategy and pick his weights with precision. A low period would enhance poor judgement. A lifter would be more apt to forget the referee's signal, drop the bar, etc. The physical cycle affects your strength, coordination, and resistance to disease. Basically your position in the physical cycle strongly influences whether you are full of pep and energy or feel lethargic. Critical days are when one or more cycles cross a line passing from a discharging (high) or recharging (low) phase. Scientific studies have shown that the cells seem to be in a state of flux and one is more apt to make mistakes, think irrationally, or risk the biggest chance for injuries on these days. United Airlines, Japan Airlines and Swissair monitor their employees biorythyms. Even members of the USAF Tactical Air command and Army Aviation have their biorythyms charted.

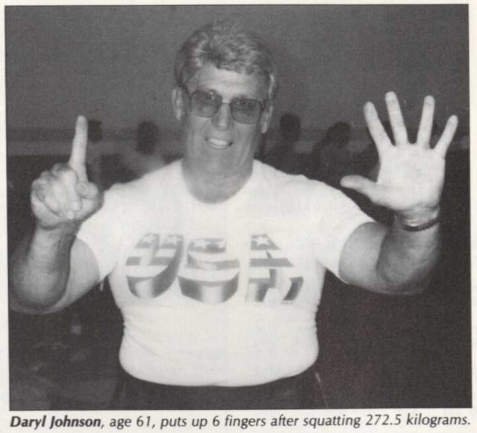
In Japan, taxi, bus and truck drivers, along with train conductors and industrial workers had reduced accident rates when their biorythyms were watched. Scientific studies including the keeping of blind diaries have proved beyond a shadow of doubt that, unlike astrology, this is no hocus-pocus. Swiss doctors will not operate on critical patients if their biorythyms show critical or unfavorable periods.

I found this knowledge valuable in planning my own competitions and regulating my own training cycles. I had Doc send me a current biorythym chart every year thereafter, ordering a years graph by mail.

I finally had an opportunity to meet Doc Sommer in 1973 when I traveled to Culver City for the Teenage National Weightlifting Championships. I found him a affiable, warm person whose interest in all aspects of the Iron Game was most evident. When I moved to California, Ken became my chiropractor, keeping my body fine tuned for the rigors of training for competition. I could not financially afford the standard chiropractic rate and Ken adjusted his fee so I could benefit from his talented manipulation. I had always been a firm believer in chiropractic when used by a true professional who was knowledagable and maintained a straight and narrow path of ethical standards. Ken was tops in his knowledge of the athlete and needs whether it was weightlifting or powerlifting. No namby pamby adjustments from Ken. He had the weight and strength to align the spine. His lumbar roll was a classic and I always left his office feeling good and full of pep.



Ripped *- Curtis Payne (Glossbrenner)*



Daryl Johnson*, age 61, puts up 6 fingers after squatting 272.5 kilograms.*

Over the past ten years we became close friends and traveled to many competitions together. We were tuned on the same wavelength, shared many of the same interests and both had an incessant love of the Iron Game. His craving for all the latest happenings remained unquenched like a burning thirst. Nearly every office visit I could expect him to say: 'Did you get the new *Hotline*? Did you bring Reno's latest newsletter?'

I was looking forward to our trip to Vegas. Both of us being incessant 'motor mouths', our constant chatting made the six hour drive go very quickly. If I am the king of weightlifting/powerlifting trivia then Ken was most certainly the monarch of movie trivia. He could fire off a cornucopia of facts for long periods of time while I helplessly nodded. 'I'll bet I know something you would enjoy immensely!' I interjected. 'What's that?' he asked. 'One of your grandest moments would be spending an hour arguing with Siskel and Ebert!' He broke into a wide grin. 'Yes, I would like that', he laughed

We talked about many subjects: politics (we both liked Ross Perot), economy, and even death. 'I hope when it's my time to go, it's in my sleep.' I confided. 'Yeah, me too.' Ken nodded. Fate, the inevitable would not be so kind.

Ken had a certain hotel where he wanted to stay, but knowing my financial limitations settled for an economy motel I liked. 'The commode gurgles.' He grumbled. 'Are you sure that isn't your stomach?' I quipped. 'I'm beat,' he sighed 'I had insomnia again last night, been up since three. So I got up and cleaned the 'fridge.' 'That explains it all' I nodded. 'Explains what?' he asked. 'Why your stomach is gurgling?' I broke out in laughter. He then explained that he had defrosted it, not eaten its entire contents.

We decided to go to the meet site. I suggested we drive. It was nearly 5 P.M. but still 95 degrees out. 'Let's walk' he suggested, 'it's only 800 feet. That's one sixth of a mile.' I didn't argue. It seemed a lot longer because Doc didn't move as fast as I did.

We got to the Hotel Tropicana and the air conditioning inside was a cool relief. We made our way through the casino and up the escalator to the second level. The Sports Pavillion was in back with two conveyor walkways to ride part of the way.

We never made it. Approaching the end of the second walkway Ken mentioned he was dizzy, grasped the hand rail then, gasping for air, collapsed. The end came quickly. Ken suffered a fatal heart attack and died. It is an experience that I will never forget. How quickly we are thrust into existence and how suddenly we can go. I learned recently of his high blood pressure chest pains, after it was too late. If only I had known I would have insisted he stay in the cool motel room while I checked out the meet site. A good night's rest might have made a difference. I realized that destiny cannot be second guessed. The supportiveness and consolation of all the new friends I met at the competition reinforced my convictions that camaraderie among the powerlifting fraternity was second to none. I covered the competition as planned with heavy heart and a sadness that only the loss of a dear friend can bring. A doctor at the competition told me to talk about it to everyone. I did, and the theraputic effects were evident.

Ken was still active in competition, and his drive ws evident right up to the end. 'Will you lift when you are in your seventies or eighties?' I asked only hours earlier. 'If I'm still around - sure! Why not?' He was looking forward to going to England later this summer to compete in the IWF World Master's Weightlifting Championships. Yet another dream unfullfilled. Those who knew Ken will remember the kind humanitarian individual I knew. In his profesional practice or in everyday life all who crossed his path were treated with the same consideration and thoughtfulness. His girth, mirth and euberance affected people's lives ina most positive fastion. So long dear friend, we shall never forget you....

Since my active return to powerlifting circles there was a lot of lost ground to cover. There were more organizations, all of which seemed to function and thrive within themselves. Why so many? I wondered. It seemed as if the thriving sport of powerlifting was even more divided. I had to decide which I liked best. The most logical way for me to sort out my thoughts and made my own determinations was to try to cover each one. Mike Lambert made this possible when I was covering the N.A.S.A. Grand Nationals and World Championships for *PL USA*. Surely by now most should realize that this publication, unparalleled in the sport, has been instrumental in reporting in an unbiased manner all the latest news, views and updates. I talked with many individuals and all seem to agree that *PL USA* has done much to keep the divided factions together working for one common goal - the betterment of the sport and the future of powerlifting.

Before coming to this competition, I thought to myself - why N.A.S.A.? Rich Peters answered many of my questions. I have always abhorred politics and it was exactly for this reason that N.A.S.A. was formed. Peters remains steadfast as a non-political person and despite being a long time supporter of the U.S.P.F. felt that two major reasons brought about this new direction - lack of viable, sufficient and fair drug testing for all and an organization in which everyone works together with no politics and bickering - trying to perpetuate an organization without bias, politics, creditable officiating as the rules are written for all. Peter's image contradicted much of the unfavorable input I had received in other quarters. I found Rich a workhorse of the ultimate magnitude. He was warm, receptive and friendly and treated me with courtesy and fairness as he does with everybody. Marsha was on hand as well, working in every capacity at her husband's side, even tending their newest arrival, their darling baby daughter. Tad 'tadpole' Peters who is aware that he is becoming quite a little celebrity was scurrying here and there enjoying the company of 'power people'. It wouldn't surprise me a bit to see him confiscating one of dad's big trophies one of thse days down the road.

The officiating was exemplary. The rules were followed to the letter and remained consistant throughout. It was the best officiated meet I have ever seen in powerlifting. There were none of the aggravating nit-picky little rules such as turning T-shits wrongside out or requiring that only meet T-shirts be worn. Stringency was not carried to the extreme, but if the hip joint didn't get below a line with the knee joint as a squat is supposed to be, it was no lift and rightfully so. Without maintaining rules, credibility will never be achieved. This is not to say that the lifter did not receive benefit of the doubt. They did and favorably in every instance. I figure that with the supportive equipment even more prevalent than ten years ago that the only thing left to maintain things from getting completely out of control is observing the rules as they are written. The officials were encouraging to the lifters and I did not hear any complaints during the whole competition.

Toby Johnson is an excellent official. She does better than 98 percent of any of the men I've seen over the years. Her unbiased judging is a real breath of fresh air in powerlifting's halls grown musky with the stench of bad calls. Toby, the only female to be honored as an official in Russia, proudly bears the embossed Soviet patch on her officials uniform. It instilled more envy in me than did husband Daryl's genuine 24 karat gold barbell necklace! How's that Daryl, am I forgiven?

Mr. Black, coach and meet coordinator bore a likely resemblance to a young Joe Pyra (I'm not sure he knew I meant that as a compliment)! Jim Ayers handled the emcee duties with great vigilance, and bore striking resemblance (I thought) to my Indiana buddy Ron Everett. I even showed him Ron's picture. Ayers would pass for an older brother, of course. Catherine Smith helped out as well as others at the scoretable. I thought her husband was WWF wrestling superstar 'Koko B. Ware'. He laughed and burst my bubble when he told me that he was not.

An unforgettable character was Ron Gillembardo. He took up weight training to dispose of excess cargo and help his diabetic condition. He and sidekick Michael Licciardi went a bit overboard in Ron's self-promotional methods, but got powerlifting in the spotlight. Gillembardo, projecting his image as 'an Olympic hopeful' kept the crowd in stitches with his flamboyant platform antics. Ron lifted and spent most of the rest of his time in their newest promotional product - THE TRIATOMIC OXYGEN SPORTS CHAMBER. Some have said that it may promote several beneficial qualities. Among them may be - the following: Increase in (1) energy level (2) oxygen cellular level (3) lung-air capacity (4) stamina (5) performance level. Decrease has been noted in the following: (6) toxic build up (7) muscle soreness (8) lower cellular fluid retention. Some have even said that they (9) find it extremely relaxing to mind and body. A tent connected to an ozone generator, where the subject sits on a stool inside, is contained with only the head outside. The principle supposedly works with ozone. Ever notice how you feel invigorated from the negative ions around a waterfall? Well, I was about as stressed as one could possibly be with the tragic events surrounding my arrival in Vegas. So, I decided to give it a try. This left me vulnerable to the devious Gillembardo to squeeze

Viet Tran *17 year old phenomenon.*

my head like a cantaloupe but I risked it anyway. I am a very skeptical person, but open-minded and I can say that I noted a great lung air capacity, energy level and felt invigorated and tranquil after several half hour treatments over the next couple of days. I felt considerably less stressed and noted a strong chlorine smell while in the chamber. I hadn't been swimming, but had soaked long in a hot bathtub. The Las Vegas water, high in chlorine content, that had absorbed into my pores had evidently been forced out. I did not imagine it.

Later, skeptical about the polygraph as an accurate method of drug testing I was told that the machine would indicate if I was wired, stressed and going on nervous energy. I was hooked up and tested and told that I was not indicating any of the above and I would prove to be a testable subject. I did feel much less stressed. Perhaps the Oxygen Sports Chamber helped me through the weekend. Draw your own conclusions as to its benefits. I am convinced it did help me. If you would like to learn more about this contact Ron or NEW HORIZONS (614) 378-6366. An Oxygen Sports Chamber might make a nice addition to your patio or gym.

While on the subject of the polygraph, I have come to the conclusion that it has made great strides forward from its forebearers. Robert Stover, a real professional, conducted the testing. For those of you that think you can beat the test with relaxants or other drugs such as Valium, forget it! The latest models can detect if there is any attempt to disrupt the motor-neuro electrical impulses at the cellular level. Was I surprised? You bet. I thought I could beat it and the graph clearly showed that attempts to lie given several names, one being my father's correct name, was detected despite my intended cleverness of thinking of the wrong name when the question was asked. I am convinced that the polygraph providing the testing, if conducted by a trained professional, is a lot more creditable than I had previously imagined. I still think the determination of whether an athlete is Natural or Pure is stretching the fine line a bit. One year, two year, three year, lifetime could be interpreted by some as a crock. However, the idea of drug free lifting has a certain appeal. The people in this competition performed some very creditable and, in some cases, amazing lifts. The idea of doing it all on your own has an alluring attraction. Now, I'd like to see all the supportive gear done away with and see just how strong the human body really is without the 'helpful apparel'. Extremists might cry for a 'Naked Nationals', but wrestling singlet, belt and wraps on knees would be satisfactory to me. An invitational Nationals, as such, might draw a bigger crowd than you might think. What about it Rich?

The Las Vegas Hacienda was a spectacular setting for this competition. For those who liked to drop coins in the slot machines, the casino was buzz of activity. The grounds outside had wildlife and tranquil pool settings. Plenty of ducks and geese cavorted in the outdoor stream environment. Sassy parrots perched in the corridors, greeted the hotel guests and talked and squawked, depending on their mood.

The Tropicana Sports Pavillion was monstrous. No chance of claustrophobia here, with over 55,000 square feet. It was bigger than an airplane hangar, with the warmup area almost as large. Rich Peters sculpted the unusual trophies himself with a variety stacked across the long table in the back. I wouldn't want Rich Peters job for any amount of money. You have to be a real powerlifting freak to drive 2500 miles from Oklahoma, set up the meet, put up with infrequent bickering and squabbles from a few isolated lifters, tear it down and move on to the next location. Rich invited me to stay and watch just how fast they could tear down and load up his big trailers. 'No thanks,' I politely declined...'I believe you!' What a way to make a living. Peters so loves powerlifting that he has made his hobby his career. Those who critize him saying that he is making his living off of the sport, I say SO WHAT! I can think of better ways to earn my money. Only one in a million could take on Rich's responsibility and steadfast diligence. Powerlifting is much better for it. Hats off, Rich Peters, you are a true glutton for punishment.

The contest progressed with clockwork precision. I guess after a while it becomes automatic. A big scoreboard might have kept the audience more informed. On the other hand some prefer pistachio ice-cream. Me! I prefer plain ole' vanilla any day- thank you!

A meet chiropractor on hand would have been a welcome attraction. If Ken had made it I have no doubt he would have corrected a subluxation or two and offered his services free and cheerfully as he always did. Too many of us take the little insignificant things of life for granted and miss them dearly when they are gone.

I got to meet a lot of people and make many new friends. Friendships can indure a lifetime and is the most important commodity you can cherish.

Between sessions passing through the corridor,

Drug Testing by Polygraph *conducted by Robert Stover on Andy Meadows.*

I saw a familiar figure. I couldn't place him, but the face was vaguely familiar. There was no mistaking the mellowed burning fire in those deepset eyes. 'Don't you know me?' He asked. It was right on the tip of my tongue. 'Larry Pacifico,' came the reply. 'have I changed that much?' A couple sizes smaller and a bit older but it was indeed the powerlifting legend himself. Old champions never die, they just train new champions. Larry brought his latest protege' along to compete.

It was Holyfield-Holmes big fight weekend. Many of the major sports professionals were on hand to see their friends slug it out. I ran into the Clipper's basketball center by the elevator. Later, people were scurrying down the corridor of the hotel lobby to get a glimpse of Magic Johnson, Isiah Thomas, and Michael Jordan in the coffee shop. I missed them.

Unmistakable was the identity of big Bill Nichols. 'Still over,' he muttered checking his weight on the official scales. 'No, you're not', I said, '125.6 is the exact pound coversion for 125 kg.' He was a bit surprised. 'I didn't know that.' he admitted. We had a good conversation. He was softspoken and polite, like a larger addition of Terry McCormick. Grass had grown across his abandoned anabolic pathway. Overcoming many injuries the 'new' Bill Nichols of the Nineties, has blazed a clean trail for others to follow.

The Nen's Worlds competed in the last session each day. It was a small field but an impressive lot they were. It is a real shame that political clout intimidated the foreign competitors from coming over. Threats and innuendos of disqualification 'scared' Europeans, Russians and others from making an appearance. It is a real shame to mix politics and sports. The quest for power gets in the way of the main objective. The sport is for the athlete. Get rid of the political fat cats who are power hungry and have low self esteem, whether it be USA or internationally. We want our sport back- take a hike you blue blazered baboons - I don't have to mention names - you know who you are!!

Well, now that I have got that off my chest - on with the show. The women put on a dazzling show themselves. Since I believe they deserve equal billing I shall report them separately:

Gloria Rosado had no peers. She was the stellar performer among the twelve in the Grand Nationals. Energetic at 27 and looking much younger, she handled her 330 squat easily, then bounded through her attempt like a jack-in-the-box. She missed a W/R 351.5 4th attempt. She benched 187 but a W/R 199.5 stalled. Once the bar was on the ground she went bananas, pulling 319 effortlessly, followed by 355, 363 and a 4th with 380. These were all American and NASA W/R as was her 400 kg. (8981.9 total). Lee Denmon who lifted in the 123 class also, but in the World division, wished they could have competed together for more incentive. Twenty three total women could have been grouped together. This would have created a more exciting atmosphere and generated more spectator interest. They deserved to be a show all by themselves, not dumped in with everyone else.

The Women's World division was a fine group but only three of the thirteen pulled more than grandiose Rosado. Brenda Yancey was an exceptional squatter at 165 with two W/R - 431, then 441! She benched 244.7 for a record as well. Competitors were unable to break records by the allowable half kg. margin because there were no quarter kg. plates available. If I had known, I could have brought a pair along. So, records were broken by a full kilo. Brenda managed a nice 386 but couldn't pull the 407 she needed to make a 1091 total.

I would have loved to have gotten a pix of tiny Heidi Pircher (95.7 lbs) with the megatherian Valery Perry who was three and one half Heidi's size. Valery made a 407 squat after a missed opener, then went on to a stronger 452 and tapped it off with a W/R 479.5 extra attempt. She beat her own B.P. records twice - 248, then 259. Powerful Ms. Perry was just getting warmed up. She hauled up a big 523.6 record deadlift and scored 1234.5 total. An extra attempt to put some more icing on her cake? Why not. Bam - 529 as well..good show! Cute little Heidi totaled the same as Valery deadlifted in claiming her 97 lb. division title.

Jill Harrison shared the spotlight too. Her 330 deadlift was a record on a 4th. She captured the 105 lb. division. Jennifer Dussow used her brain as well as her brawn. She weighed a mere 183.8 and thereby claimed the 198 lb. championship - unopposed. She established a 352 squat record in doing so.

Men's Worlds—Viet Tran (rhymes with Viet Nam) a Vietnamese immigrant from Omaha, NE has created quite a stir this year. A few months earlier at age 16 he posted an incredible 1200 total at 114. He doesn't like a bench shirt so does not use one. The 5'1"er is the oldest among 2 sisters and 3 brothers. His parents are small in stature but he said his father is very strong. He had trouble making weight here and had to drop from 124. I convinced his coach John Jones to move up another category. His lifting was not top form here, no doubt affected by the weight loss. He just turned 17 a few days prior to this contest and has only been lifting for a year and a half. Talk about talent! Even on a bad day he posted a W/R 463 deadlift and totaled 1135! Both he and 15 year old cousin Hien Nguyen (who won the 123 lb. category with an amazing 1102 total) are flexible enough to do Olympic lifting with a bit of shoulder work. I tested them both. What a couple of athletes. When Viet gets his citizenship next year some International trips will be high on his agenda.

What a great competition transpired between two phenomenal featherweights. Ken Westbrook made a lifetime record 556 squat that was unquestionably deep. This left me amazed that such a flawless lift could be performed so 'clean' (both the lifter and the lift itself)! John Oliver gained big ground with his superior benching - 308, but was still 27 lbs. in the hole going into the deadlift. Westbrook, favored to win gutted out his 490 2nd, but 507 stayed put. Ken had 1289, his best total ever and a firm obstacle to overcome. Oliver seemed unconcerned and after a 485 opener moved all the way up to a W/R 523 - blasted it up and scored a big upset - no problem. If we were'nt stunned enough Johnny came back and pulled 534 another sizzling W/R record and a huge 1306 total. This is an astronomical gain from his previous best of 1200.

Keith Scisney and Felix Okafor squared up at 148. They appeared to be very evenly matched. Keith took a minimal lead in the squat 534 to 529. Both men came to a deadlock in the bench 314 each. Keith, no match for Felix in the deadlift, started too high. 501 put him out of the contest. Okafor could have won with his warmup room lift but started with 562. Three times he strained but the barbell would not yield and two exceptional trophies stayed on the table unclaimed. Too bad!

Ken Thomas took on Clarence Wilcox at 165. Ken overcame a 71 pound deficit after the squat, and benched a big 391. Now only 5 lbs. back he waited until Wilcox hoisted 545 then took the lead for the first time with 562, dug the hole a little deeper with a good 573. Clarence took more than he needed - 589 and it was no go. Thomas prevailed and was NASA World Champ.

Donnie Cole, a fine drug free lifter in his own right had to relinquish the limelight and center stage to Curtis Payne. Curt believes that under strict drug tested conditions that nobody in the world can beat him. He let his lifting do his talking for him. Actions speak louder than words. His 722 squat was low and a real gut buster. His bench press a bit more modest, a 363 set the stage for his deadlifting dynamics. Holding on to a 160 lbs. lead he watched Cole strain with 595 and finish with 1521. First came 705.4 then straight to 728.7 for a World Record D.L. and Total. Curtis, who is a living human anatomy chart had every vein and sinew bulging as slowly the weight inched upward and finally the shoulders were back and the vociferous crowd erupted with enthusiasium. Such a display of natural strength left me breathless as it did many

(this article continued on page 91)

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	SQUAT	BENCH	DEADLIFT	TOTAL
1	942 Mersberg, J...2/29/92	700 Clark, A...4/25/92	925 Heisey, G...3/14/92	2303 Ware, J...11/21/91
2	907 Patterson,...11/21/91	640 Pitts, G...12/14/91	810 Ware, J...11/21/91	2237 Patterson,...11/21/91
3	906 Hamman, S...6/21/92	630 Collins, H...4/25/92	810 Dimel, M...2/1/92	2199 Brodsky, S...7/6/91
4	903 Ware, J...11/21/91	617 Hayes, M...3/2/92	804 Brodsky, S...7/6/91	2155 Heisey, G...3/14/92
5	903 Kennedy, V...3/5/92	617 Sharon, A...6/13/92	788 Barlow, R...7/6/91	2171 Barlow, R...7/6/91
6	859 Ketchum, J...7/6/91	606 Ware, J...7/6/91	772 DeSadier, C...7/20/91	2138 Dimel, M...4/11/92
7	859 Mitchell, G...7/6/91	600 Rosas, R...8/31/91	766 Bishop, R...3/5/92	2130 Sharon, A...6/13/92
8	854 Bonnick,...4/25/92	600 Zmyewski, J...11/30/91	765 Buzet, D...2/8/92	2127 Ketchum, J...7/6/91
9	850 Clark, A...5/17/92	600 Dallas, M...4/25/92	760 Patterson,...11/21/91	2099 Collins, H...7/26/91
10	848 Barlow, R...7/6/91	585 Ricci, H...12/14/91	760 Pugh, J...2/15/92	2088 Kennedy, V...3/5/92
11	848 Brodsky, S...11/21/91	580 Mersberg, J...11/23/91	750 Frank, G...11/2/91	2083 Dempsey, B...6/7/92
12	848 Dempsey, B...6/7/92	580 Mulkey, L...4/18/92	749 Ketchum, J...7/6/91	2075 Frank, G...11/2/91
13	843 Stanley, C...7/26/91	580 Bivens, K...5/3/92	733 Seagraves, R...7/6/91	2067 DeSadier, C...7/20/91
14	843 Sharpton, V...12/7/91	575 Majors, J...11/9/91	730 Pitts, G...5/2/92	2039 Mitchell, G...7/6/91
15	832 Donat, J...7/26/91	573 Patterson,...11/21/91	729 Sharon, A...5/23/92	2039 Seagraves, R...7/6/91
16	825 Frank, G...11/2/91	573 Rivera, R...1/18/92	727 Dempsey, B...11/9/91	2033 Voronin, J...3/14/92
17	821 DeSadier, C...7/20/91	573 Voronin, J...3/14/92	725 Dewitt, D...2/15/92	2022 Pugh, J...2/15/92
18	821 Kidder,...11/21/91	570 Richey, H...9/21/91	722 Collins, H...7/26/91	2011 Kidder,...11/21/91
19	821 Pugh, J...2/15/92	570 Williams, W...10/26/91	716 Thompson, S...3/14/92	2000 McCain, D...7/27/91
20	821 Sicoro, J...3/5/92	570 Baldwin, J...11/23/91	710 Clark, A...8/31/91	2000 Sharpton, V...12/7/91
21	815 Mafuli, V...6/7/92	567 Dimel, M...2/1/92	710 Mikolon, C...9/21/91	1984 Cassetta, E...7/6/91
22	810 Wrenn, P...11/8/91	565 Harris, J...10/19/91	710 Vance, K...11/17/91	1978 Thompson, S...3/14/92
23	805 Hernandez, C...2/1/92	565 Miller, D...11/23/91	705 McCain, D...7/27/91	1975 Hernandez, C...2/1/92
24	805 Kress, R...2/29/92	556 Perry, L...10/26/91	705 Young, D...11/30/91	1965 Mersberg, J...11/23/91
25	804 Seagraves, R...7/6/91	556 Poindexter, J...11/8/91	705 Sharpton, V...12/7/91	1945 Hamman, S...3/5/923
26	804 Collins, H...7/26/91	555 Brown, K...12/7/91	705 Mafuli, V...2/22/92	1935 Bishop, R...11/23/91
27	804 Doonkeen, K...7/26/91	555 Brodsky, S...12/14/91	705 Troxler, D...3/7/92	1935 Dewitt, D...2/15/92
28	804 Dimel, M...4/11/92	555 Vanzo, D...6/6/92	700 Walker, S...9/28/91	1934 Binkowski, J...3/7/92
29	800 Vardine, V...10/26/91	550 Asher, S...11/2/91	700 Sparks, M...2/1/92	1934 Williams, W...3/14/92
30	793 Cassetta, E...7/6/91	550 Butler, M...2/22/92	700 Gazett,...2/22/92	1930 Asher, S...11/2/91
31	793 Voronin, J...3/14/92	540 Schuman, R...8/31/91	700 Eldridge, V...3/14/92	1929 Smith, G...3/5/92
32	793 Thompson, S...3/14/92	540 Tuulaupua, P...11/9/91	699 Mitchell, G...7/6/91	1917 Battles, M...8/17/91
33	788 Heisey, G...7/6/91	540 Kidder, K...11/21/91	688 Hunt, J...8/17/91	1915 Kress, R...2/29/92
34	788 Lewis, W...7/6/91	540 Godbee, J...12/7/91	685 Raheem, A...7/4/91	1912 Mafuli, V...2/22/92
35	788 Smith, G...3/5/92	540 Manning, J...5/16/92	685 Crowley, D...5/3/92	1906 Hayes, M...11/23 91
36	788 Green, J...3/5/92	535 Green, M...6/28/92	683 Casetta, E...7/6/91	1901 Green, J...3/5/92
37	785 McCain, D...7/27/91	534 Smith, G...3/5/92	683 Felimer, R...6/19/92	1900 Wrenn, P...11/8/91
38	784 Sharon, A...6/13/92	530 Ellis, S...9/22/91	680 Nelson, G...3/7/92	1890 Stanley, C...7/26/91
39	782 Gallaway,...4/18/92	530 Harris, R...12/14/91	677 Wrenn, P...11/8/91	1877 John, J...8/17/91
40	777 Binkowski, J...6/7/92	530 Crayton, R...6/29/92	677 Kennedy, V...3/5/92	1873 Donat, J...7/26/91
41	770 Lamont, N...5/16/92	530 Baker, B...6/13/92	677 Williams, W...3/14/92	1873 Troxler, D...3/7/92
42	766 Battles, M...8/17/91	529 Ulavale, H...2/16/92	673 Springer,...1/25/92	1865 Miller, D...11/23 91
43	760 Crowley, D...10/13/91	529 Wimmer, A...5/30/92	672 Hamman, E...3/5/92	1857 Sicoro, J...3/5/92
44	760 Hayes, M...11/23/91	525 Moore, B...8/3/91	672 Gisondi, P...6/7/92	1855 Buzet, D...2/8/92
45	750 Ulig, B...12/28/91	525 Bell, S...8/91	666 Binkowski, J...3/7/92	1851 Gisondi, P...6/6/92
46	750 Dewitt, D...2/15/92	525 Bryant, K...9/14/91	666 Voronin, J...3/14/92	1850 Vardine, V...10/26/91
47	745 Upton, H...5/2/92	525 Runyon, S...11/30/91	665 Carver, G...7/27/91	1850 Nelson, G...3/7/92
48	738 Pokrant, A...10/5/91	525 Villagomez, P...3/22/92	665 Asher, S...11/2/91	1845 Deberry, B...3/7/92
49	733 Samarron, R...3/5/92	525 Tahmoosh, J...5/23/92	661 Battles, M...8/17/91	1840 Gallaway,...4/18/92
50	730 Vanzo, D...2/22/92	523 John, J...8/17/91	661 Bierschbach, B...9/4/91	1833 Hunt, J...8/3/91
51	730 Belli, T...3/14/92	523 Dempsey, B...6/7/92	661 Andrews, W...11/8/91	1830 Ulig, B...12/28/91
52	727 Caniff, M...7/26/91	520 Griffith, J...9/7/91	661 Kidder,...11/21/91	1830 Vanzo, D...2/22/92
53	725 Gisondi, P...10/19/91	520 Sehoenberger, R...10/26/91	661 Manno, M...12/7/91	1829 Lewis, W...7/6/91
54	725 Deberry, B...3/7/92	520 Skinner, D...11/9/91	660 Dimiduk, M...7/6/91	1824 Caniff, M...7/26/91
55	725 Jacobs, T...5/30/92	520 Pollock, W...12/14/91	660 Wilson, F...12/4/92	1818 Stewart, W...4/4/92
56	722 Dehaven,...9/28/91	520 Griffin, J...4/26/92	660 Deberry, B...3/7/92	1810 Upton, H...5/2/92
57	722 DelaRosa, M...3/7/92	518 Ketchum, J...7/6/91	660 Gruse, M...3/14/92	1805 Moody, K...10/23/91
58	722 Magee, J...5/16/92	515 Hernandez, C...2/1/92	660 Barron, T...5/30/92	1805 Belli, T...3/14/92
59	720 Mikolon, C...3/7/92	515 Simpson, T...4/25/92	655 Stewart, W...9/28/91	1805 Jacobs, T...5/30/92
60	716 Woodard, K...8/17/91	510 McCain, D...7/27/91	655 Hernandez, C...2/1/92	1802 Wheeler, R...5/15/92
61	716 Burruel, M...12/14/91	510 Harris, C...8/91	655 Belli, T...3/14/92	1800 Pokrant, A...10/5/91
62	716 Stewart, W...4/4/92	507 Cassetta, E...7/6/91	650 Wagner, N...7/6/91	1796 Vance, K...11/17/91
63	716 Angeli, J...5/17/92	507 Kennedy, V...3/5/92	650 Coleman, D...8/17/91	1796 Felimer, R...6/19/92
64	716 Garro, L...6/7/92	505 Nejus, E...7/14/91	650 Poindexter, J...11/8/91	1795 Woodard, K...8/17/91
65	715 Walker, S...9/28/91	505 Allen, S...10/26/91	650 Miller, D...11/23/91	1791 Doonkeen, K...7/26/91
66	715 Moody, K...10/23/91	505 Pool, D...10/26/91	650 Lipsey, R...12/7/91	1791 Samarron, R...3/5/92
67	715 Asher, S...11/2/91	505 Lucci, T...11/17/91	650 Tanner, B...2/92	1790 Crowley, D...11/8/91
68	710 John, J...8/17/91	505 Oglesby, R...12/14/91	650 Hunter,...6/13/92	1790 Poindexter, J...11/8/91
69	710 Williams, W...3/14/92	505 Crockett, M...2/9/92	645 Green, J...2/15/92	1790 Gazett,...2/22/92
70	710 Bishop, R...11/23/91	505 Davis, E...6/6/92	644 Caniff, M...7/26/91	1786 Springer,...1/25/92
71	710 Nickless, J...2/15/92	501 Seagraves, R...7/6/91	644 John, J...8/17/91	1785 Mikolon, C...9/21/91
72	705 Providence, B...10/26/91	501 Donat, J...7/26/91	644 Woodard, K...8/17/91	1785 Bonnick,...4/25/92
73	705 Harju, L...12/14/91	501 Carter, D...8/13/91	644 Burcham, B...3/5/92	1785 Barron, T...5/30/92
74	705 Andrews, W...11/8/91	501 Chaffin, D...1/19/92	640 Mostafa, M... 11/9/91	1780 Walker, S...9/28/91
75	705 Payne, K...12/7/91	501 Lawson, W...3/22/92	640 McNett, T...1/18/92	1780 Young, D...11/30/91
76	705 Dibartolomeo,...12/91	501 Metzger, D...5/16/92	640 Dabney,...4/25/92	1779 Rosas, R...11/16/91
77	705 Greninger, T...2/1/92	500 Czapla, M...8/31/91	640 Mason, R...5/2/92	1769 Burcham, B...3/5/92
78	705 Phillips, B...3/5/92	500 Messenger, G...10/26/91	635 Moody, K...10/23/91	1763 Angeli, J...5/17/92
79	705 Cherry,...4/25/92	500 Frank, G...11/2/91	635 Devine, C...4/11/92	1760 Garro, L...2/1/92
80	705 Wesley,...4/25/92	500 Burnette, D...11/9/91	633 Burruel, M...12/14/91	1758 Magee, J...11/17/91
81	705 Wheeler, R...5/15/92	500 Garner, N...11/16/91	633 Samarron, R...3/5/92	1758 DelaRosa, M...3/7/92
82	700 Troxler, D...9/21/91	500 Roberto, L...1/25/92	633 Wheeler, R...5/15/92	1757 Carter, D...8/13/91
83	700 Gazett,...2/22/92	500 Brick, J...2/29/92	630 Silvers, R...8/10/91	1752 Burruel, M...12/14/91
84	700 Nelson, G...3/7/92	500 Mincey, D...2/29/92	630 Schneider, C...12/14/91	1750 Lamont, N...5/16/92
85	700 Schmitz, E...4/25/92	500 Huber, J...4/12/92	630 Lewis, C...3/14/92	1747 Manno, M...12/8/91
86	700 Lamont, G...5/16/92	500 Tate, D...4/12/92	630 McElroy, K...3/21/92	1745 Nickless, J...2/15/92
87	699 Hunt, J...8/3/91	500 Crump, K...4/18/92	630 Jacobs, T...5/30/92	1741 Payne, K...12/7/91
88	699 Bell, B...12/7/91	500 Adams, M...4/25/92	628 Carter, D...8/13/91	1740 Dibartolomeo,...12/91
89	699 Barron, T...5/30/92	496 Heisey, G...7/6/91	628 Marcus, E...5/17/92	1736 Greninger, T...2/1/92
90	690 Buzet, D...2/8/92	496 Binkowski, J...3/7/92	625 Bertram, M...12/7/91	1735 Bernardon, M...3/14/92
91	690 Bernardon, M...3/14/92	491 Bernardon, M...5/9/92	625 Kress, R...2/29/92	1735 Pisa, K...3/14/92
92	688 Bierschbach, B...9/4/91	490 Lewis, W...7/6/91	625 Pisa, K...3/14/92	1725 Gruse, M...3/14/92
93	685 Hangartner, T...10/26/91	490 Battles, M...8/17/91	625 Schmitz, E...4/25/92	1719 Addison, N...5/15/92
94	683 Stacey, B...8/13/91	490 Green, J...3/5/92	622 Barrett, L...8/17/91	1718 Andrews, W...11/8/91
95	680 Hernandez, D...3/3/92	485 Ashton, M...7/20/91	622 Matthews, E...8/18/91	1715 Cherry,...4/25/92
96	678 Phillips, A...5/3/92	485 Bailey, S... 8/4/91	622 Pokrant, A...10/5/91	1714 Harju, L...12/14/91
97	677 Manno, M...12/7/91	485 Toone, G...8/10/91	620 Satterwhite, B...7/4/91	1705 Mostafa, M...11/9/91
98	675 Criscoe, K...9/21/91	485 Delarroz, J...10/12/91	620 Zedeker, J...1/26/92	1705 Bertram, M...12/7/91
99	675 Page, B...11/23/91	485 Boyer, M...11/17/91	620 Tsed, V...5/30/92	1703 Wesley,...4/25/92
100	675 Bertram, M...12/7/91	485 Tinny, B...12/14/91	617 Hecks, S...11/17/91	1700 Clayton, T...12/7/91

PL USA TOP 100 Achievement Awards

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievements is $5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $5 per certificate or $18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. CA residents add 6% sales tax.

NEXT MONTH...TOP 114s

Corrections: Steve Felten's name was misspelled in the results of the Apr. 4th NASA meet in Minnesota. Bob Churovia should have been credited with a 498 lb. bench on the TOP 100 275 lb. list. William Allen actually placed 2nd, not 3rd, in his division at the North Carolina State Meet. Doug Hepburn was actually the 1953 World Weightlifting Champion, rather than 1954 as earlier credited in PL USA. Butch Boughn's name was misspelled in the August 1992 ADFPA TOP 20 listing for Middleweights. In the results published for the FCI Memphis meet of 28 March, J. Sims' total should be 1350 rather than 1275. Julie Field made a USPF Single Lift American Record Bench Press on both her 3rd (110 kilos) and 4th (112.5) attempts at the North Carolina Championships. Rick Aretz should have been credited with 11th place, rather than 12th, on the TOP 100 242 lb. class listing. We apologize to these fine lifters for the errors that have crept into issues of PL USA. We obviously make mistakes in handling the hundreds of contest results that are sent in to us each year, however, readers should also understand that sometimes results are sent to us with errors, and - more significantly - sometimes important results are not submitted at all. If you find any errors or ommissions in future editions of PL USA, please send the corrected information to 'Errors', Box 467, Camarillo, CA 93011 for a correction in a future edition of the magazine.

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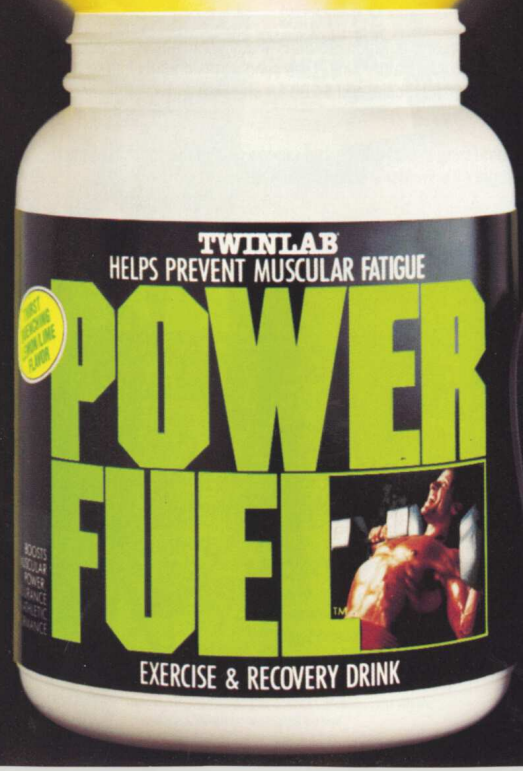

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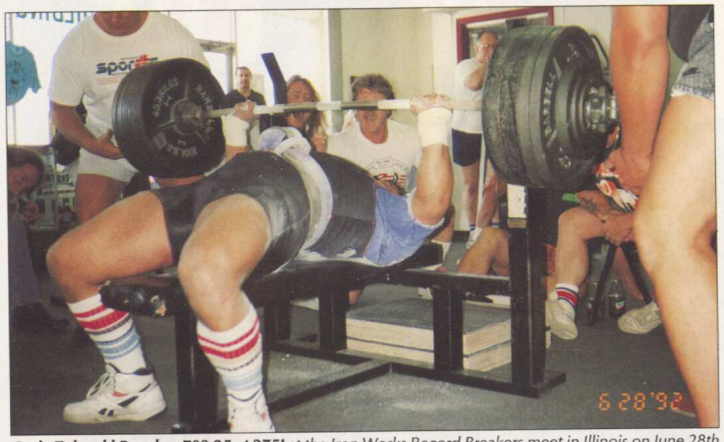
WORKOUT of the Month

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

Craig Tokarski Bench Press Routine



Craig Tokarski Benches 703.25 at 275! *at the Iron Works Record Breakers meet in Illinois on June 28th*

My personal training philosophy is the "3 B's," and that stands for EAT Big, SLEEP Big, and TRAIN Big. My personal feelings are that you should have a good meal before you train to supply your body with enough fuel to sustain yourself throughout your workout. Don't go in the gym hungry because your mind will be on food and your stomach and not on your workout. I've been doing this for 14 years and it's worked for me. NO, I don't eat chicken and tuna with a glass of unsweetened iced tea and carrot sticks. I follow the "P.I.P." program which stands for Pizza, Ice cream and Pepsi. Basically, what I eat is McDonald's, Burger King or any other good pizza place or hotdog stand.

Now, getting to sleep, some of that will come before the eating because a good nap before the workout and a good meal will surely help your training. They say you should sleep 8 hours a day, but I believe that's for the average person - not for the athlete, if you can afford the luxury to do so. After a full day of work, I like to come home and take at least an hour or an hour and a half nap if I can. Then I'll get up and have pizza, some ice cold Pepsi and usually some kind of desert (ice cream, doughnuts, pudding, cookies, pop tarts).

Now that you're rested and fueled up, you should be raring to go!

On to the actual workout. This will be a 12 week course, as I prefer this more than a 10 or 8 week course. A 12 week course gives me more luxury to take my time and allows for more adjustments that I may feel necessary. I don't do 8's or 10's as I don't believe in them, except in my supplemental bodybuilding program to assist my powerlifting. Remember, it's powerlifting, not bodybuilding.

Going into this program, we're assuming the lifter has a 500 lb. max bench, if yours is 300, 400, or 600, adjust it accordingly. We'll only be doing 5's first, then sets of 3, and finally singles.

Week One: Monday - Heavy Bench Day - Warmup 135 x 1 x 12-16, 185 x 1 x 10-12, 225 x 1 x 6-8, 275 x 1 x 4-5, 315 x 2-3, 365 x 1 x 1. Actual Sets: Heavy Sets - 395 x 4 x 5. That's it for bench & no more. Important Note: don't rush the sets, take anywhere from 5-10 minutes between sets to guarantee 5 reps for each set, I do.

Next Exercise: Incline bench anywhere from 225-275 lbs, you should be good for 5 reps of 4 sets. Note: On bench & incline even if you can do more than 5 reps on each set, DON'T, because what you care about is a 525 lb bench & not burning yourself out on the lighter weights. Save it for the heavier weights.

Exercise #3: Flat Flyes- 4 x 12-16 40-50 lbs. Note: The reason for doing inclines & flyes is to develop our chest in all areas, which will only correlate to a bigger bench.

Wednesday: #1 Reverse Grip Bench / Close Grip Bench 4 x 5 275- 315 lbs. #2 Tricep Pushdowns - 4 x 12 - whatever is good for you. #1 & #2 is for LOCKOUT POWER. #3 Cambered Bar Bench - 275 lbs x 4 x 5 - This exercise really helped my explosion off the CHEST. Take whatever weight you can do for 4 sets of 5 and on all bodybuilding movements, all those besides the bench, don't increase the weights or the reps because you saving yourself for your HEAVY BENCH DAY.

Friday: #1 LIGHT BENCH DAY: I suggest you start at 315 lbs. and stay there throughout your training cycle. REASON: Light Bench Day means just that, go light, you only practice your form & technique on this day, just pump a little blood into the muscle. SHOULDERS - behind the neck shoulder press 4 x 5- should be good for 185 lbs., but whatever you can get for 4 sets of 5. Note: All the bodybuilding is supposed to increase your bench, so that means you save yourself for the Heavy Bench Day. The sets of 5 should be, on scale of 1-10, about a 7. They shouldn't be a 10 or a 9, just enough to help your bench.

NOTE: Take the weekend off & get enough food & sleep to help your body recuperate for Monday, and on Monday the first thing you'll do is bench & don't play baseball, football, or roller skating over the weekend, since we don't want you burning up calories or getting hurt. About the hardest thing you should do is change channels with your remote control.

WEEK Two: HEAVY BENCH - 400 x 4 x 5. Wednesday the same. Friday stays the same.

WEEK Three: Monday: 405 x 4 x 5 and remember, on the bench, to keep the butt down & feet flat on the floor and try not to bounce the bar too much. Control the weight going down & fast up. The ascent should be faster than the descent, not vice-versa. Wednesday: same. Friday: same.

WEEK Four: Monday- 410 x 4 x 5. Wednesday- same. Friday- same.

WEEK Five: Monday- 415 x 4 x 5. Wednesday- same. Friday- same.

WEEK Six: Monday- Switch to 3's and drop 1 set. 425 lbs. x 3 x 3. Wednesday- same. Friday- same.

WEEK Seven: Monday 435 x 3 x 3. First single up to a 485 lb. bench. Wednesday- same. Friday- same.

WEEK Eight: Monday- 440 x 3 x 3. Wednesday- same. Friday- same.

WEEK Nine: Monday- 445 x 3 x 3. First single up to a 495 lb. bench. Wednesday - if you're too sore, from here on out you can knock out Wednesday's workout. I personally do this as I find myself going heavier and heavier. Friday- Light bench again. If you feel too sore or overtrained knock out the shoulder exercise.

WEEK Ten: Monday- 450 x 2 x 3 Heavy bench only and go home. Wednesday - (OPTIONAL) you can do 1 or 2 exercises if you feel like doing a little. Friday- Light bench & shoulders if you feel like it.

WEEK Eleven: Monday - Heavy Bench 455 x 2 x 3. That's it & go home. No inclines & no flyes This is a must. Wednesday - Take Off. Friday- Light Bench ONLY.

WEEK Twelve: Monday- 460 x 2 x 3 that's it. Go home until contest day. Wednesday - OFF. Friday- OFF.

Meet: warmup 135 x 10-12, 185 x 6-8, 225 x 6, 275 x 5, 315 x 3, 365 x 1-2, 405 x 1 with shirt on and take off. Put shirt back on for 450 - that's it and take shirt back off.

Opening attempt- 475; 2nd- 510; 3rd- 525.

Shirt tips: Wash shirt after every heavy bench day and dry it. Also, put the belt on tight and make sure the belt is over the bench shirt because you want to keep the shirt in place to get the most effectiveness out of it.

Use bench shirt from 6 weeks out. Get used to the equipment you'll be using at the contest. It makes no sense at all to only put on your shirt 2-4 weeks before a contest. Use it 6 weeks out so you are used to it and know what it can do. I see some guys use bad form in the bench: butts off the bench, bouncing the bar, kicking feet out, and they always train like that and think that on contest day they'll be perfect. Butt down, feet flat on the floor, and they'll be able to pause their 400 lb. mega bounced bench press. Remember, what you do in practice, you'll do at a contest. Above all, believe in yourself. Think positive and you'll know what you can do. Don't compete against anyone but yourself. Good luck.

If you would like a personalized bench press routine, feel free to write me at: World of Fitness Gym, 7100 W. 79th Street, Burbank, IL 60459, c/o Craig T. Tokarski.

Include: your age, weight, best bench, sex, and your current routine along with check or money order for $15.00. If you would like a tape of my 635, 662, 673 and my 703.25 lb. bench and pre-meet psych, send a check or money order for $25 to the same address.

Craig's Breakthrough... *at the meet he benched 635, 662.25, 673.25 (to break Lain's record) and felt good so he tried 703.25 on a 4th and made it. His friend Scott Henriksen felt he had 5-10 more lbs. in him! This was a surprise because the most he had handled in training was 661. Scott says that Craig has perfect benching form, and since training with Scott, Craig has put 120 lbs. on his bench in 8 months. NBC had cameras there and the CHICAGO TRIBUNE did a big story on the competition.*

Ken Sommer succumbed to a fatal heart attack June 18th. He was with his closest friend Herb Glossbrenner when he collapsed at the Hotel Tropicana in Las Vegas. The two were to cover the NASA Natural Nationals and World Championships for *POWERLIFTING USA*. His stalwart competitiveness prevailed to the very end. Only hours earlier Herb asked him: "Do you plan to continue to compete when you are in your seventies and eighties?" Ken's replied without hesitation: "If I'm still around - sure! Why not?"

Born in Orange, NJ April 29, 1931, Ken was the oldest of five children. At age 14 before dialysis became standard treatment, he lost his mother, 36, to kidney failure. This followed a prolonged illness. This made a lasting impression on young Ken. It spawned his determination to someday alleviate the suffering of others.

Ken's intentions to become a health professional paralleled his own quest for physical fitness. He took up weight training. During the Korean War he served in the Air Force at Travis AFB, CA. It was there he met a young Lt. Otis Chandler and John (Skip) Harrison, a close colleague over the past 40 years. At the Vallejo YMCA he took up Olympic lifting.

During his lengthy lifting career Ken participating in both weightlifting and powerlifting. His best Olympic lifts were: 290 press, 235 snatch and 320 clean & jerk. He holds AWA National Records in his 60-64 age group. Ken was state champ in both W/L and P/L as a Master lifter. In one P/L competition he set 15 world records (three attempts in all lifts, 4ths included and three totals). His best efforts in P/L were 420 squat, 340 bench and 620 D.L. The latter was a world 45-49 age group record. Ken was runner-up at SHW in the 1987 IWF World Masters W/L Meet in Puerto Rico, and he was 1988 Pan Am champion in olympic lifting.

Dr. Ken Sommer *battling steel.*

"Doc" Sommers worked his way through the L.A. College of Chiropractic under the G.I. Bill. He was an assemblyman at the now defunct General Motors Plant in Van Nuys, CA, and for a time was a switchman at a Glendale railroad yard.

He open his chiropractic practice in 1960 with two other doctors. He married Anne Guthery in 1964, who became his assistant until their son Steven was born in 1967.

Ken preached what he practiced, advocating physical fitness to all his patients. His articles and research regarding Biorythym science appeared in national magazines and periodicals. He was a firm believer in usage of vitamins and food supplements to maintain vibrant health and energy. He kept abreast of all the latest scientific developments in sports medicine. He had an avid interest in astronomy, antique automobiles and was a died-in-the-wool movie fanatic.

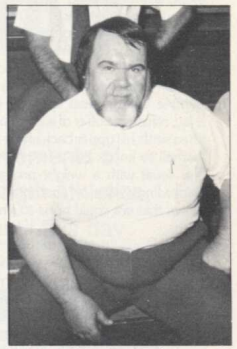
Ken was strongly opposed to steroid usage and maintained a drug free lifting career. He abhorred violations of basic ethics in the health and business profession and set an outstanding example for others to follow. Dr. Sommer's uncompromising integrity in every aspect of his personal and professional life earned him the utmost respect from colleagues and patients alike. His 32 years in Chiropractic saw the skepticism from the medical profession in the beginnings, progress from growing pains to not only acceptance but consultation after three decades of great productive strides.

Ken treated many famous athletes and movie stars as well as his many loyal patients. All were given the same serious attention and reaped healthy rewards the benefits of his unselfish service.

Ken always considered others before himself. He would give fellow competitors complementary adjustments at competitions and even send them photos he had taken. He was most gratified when he received a verbal word of appreciation or a note of thanks. Most of the time he got neither. Too many took Ken's kindness for granted. One of his last acts of hospitality in this world came only shortly before his death. Ken took a camera from a total stranger's wife, and took the picture himself - just so she could be in the picture too! This was vintage "Doc" Sommer in everyday life.

The Iron Game has lost a dear friend. Our condolences to his family, friends, patients, and colleagues. To have known my pal "Doc" was an enriching experience. This issue of Powerlifting USA is dedicated to his honor. *Herb Glossbrenner*

IN DEDICATION



Lee Marsh *(courtesy John Petroff).*

Leroy Marsh passed away on July 18, 1992 while in Chicago for the Teenage Nationals. Lee was 56 at the time of his death. Lee judged on the first day, then suffered a heart attack at dinner and passed away at about 7:30 p.m. He was in the company of his sone Kyle, Rick Fowler, John Emerson and myself. He passed away surrounded by close friends and family. Lee was the Masters Committee Chairman, Meet Director, and National Referee for the A.D.F.P.A. Lee was an A.D.F.P.A. Masters Champion in 1988 and his lifting dates back almost three decades. Lee is survived by his son Kyle, Kelly and daughter Kimberly. He leaves behind him many friends that he trained with both in the St. Louis area as well as in Illinois. He was always there to help a lifter train, especially in the bench and much of his efforts went for the Teenage and Master level lifters. He never missed a meet that needed his help in judging. You could always count on Lee to be there if he said he was going to be there. Lee traveled to several A.D.F.P.A. meets to judge and would go to many U.S.P.F. National meets to help out some of the st. Louis lifters in those competitions. Lee helped out so many people that I am not going to mention names, lest I leave one out and offend that person or persons. Lee's life was not all powerlifting. He was an Art Teacher at East St. Louis High School, an avid artist, enjoyed Judo and had a sincere concern for people. I am a better person for having know Lee. He touched my life as he did so many in this area. Lee was very much loved and respected. He will be missed very much. Good-bye Leroy. Those who knew you, loved you. Those who had not the opportunity to be in your company missed knowing a truly kind person. *John Petroff*

The Squatting Legend PAUL ANDERSON

his records reviewed by Joe Roark

It was, as often as not, almost nonchalant squatting. Witnesses in various towns around 1950's and 1960's America reported seeing Paul Anderson walk into the local gym, remove his shoes and socks, disdain wrapping himself up to resemble an Egyptian Institute display, refuse the offer of a lifting belt, then settle his upper back under the barbell to knock out a few reps in the squat with a weight probably exceeding what most champion lifters of that era could hope to single with.

Paul would offer that the first rep or two "wouldn't be very low" - those reps were, after all, his entire warm-up. But the third and following reps were up and down in a manner that caused onlookers to envision what hidden hydraulics must lurk in the pits of elevator shafts.

When finished squatting, Paul would dress his feet. But had he paid attention to his feat? One wondered if Paul was the worst possible witness to what had just occurred. Was he daydreaming through the set. Now that his shoes were on, he did not notice the tear moistened floor, nor the weeping, envious spectators.

Legend has grown around Paul. I thought you might be interested in what squat poundages were reported throughout his career in certain magazines. These weights have been arranged numerically and are accompanied by references in case you care to read more and to see some photos. Codes:

S&H Strength & Health
IM Iron Man
M&F Muscle and Fitness
MD Muscular Development
RPJ Reg Park Journal

If any reader has witnessed Paul squat, I would be pleased to know the details. My new address is P.O. Box 320, St. Joseph, IL 61873

THE SQUATS OF PAUL ANDERSON....referenced by poundage lifted:

300 x 10 very easy (first time he tried the squat?) (**MD** Oct 71 p 8)
315 x 3 "Paul's first training session saw him making...(**S&H** Jun 53 p 42 Rye Bell and **RPJ** Jul 54 p 38 Coster)
400 x 2 all day, every other day. began Jan 1952 (**IM** Feb 53 p 36)
"around" 500 in Munich for training; was all bar would hold. (**IM** Jan 56 p 30)
500 x 2 when he met Bob Peoples (**RPJ** Jul 54 p 38)
550 x 2 when he met /Bob Peoples (**IM** Feb 53 p 36)
550 x 2 when he met Bob Peoples (**S&H** Jun 53 p 11)
550 x 2 when he met Bob Peoples (**IM** May 69 p 76)
600 x 10 after thirty minutes rest, did another set (**IM** Mar 56 p 11)
600 x 15 sometimes (**IM** Mar 56 p 11)
"over" 600 witnessed by Bob Peoples (**IM** Feb 53 p 36)
605 failure at Philly trying to better Hepburn's record of 630 (**S&H** Jun 53 p 42)
610 (**IM** Feb 53 p 9)
635 (**S&H** Jan 53 p 8)
635 x 10 easy reps witness George Shandor (**S&H** Jan 56 p 57)
660 1/2 on Dec 27, 1952 Chattanooga, TN. (**IM** Apr 53 p 19; **S&H** Apr 53 pp 19, 23, 43; **S&H** Jun 53 pp 11, 42)
675 failure Dec 27, 1952 (**S&H** Jun 53 p 42)
685 1/2 failure Dec 27, 1952 (**IM** Apr 53 p 19)
700 for a workout in Moscow (Anderson's Bio p 49)
700 x 2 Ray Van Cleef (**S&H** Oct 53 p 22)
700 x 7 fast and easy in Dallas (**IM** Jul 66 p 24)
700 x 8 Terry Todd (**MD** Mar 72 p 26)
700 x 10 in training (**S&H** Jul 55 p 22)
714 Ray Van Cleef (**S&H** Oct 53 p 22)
714.75 witnessed/ weighed (**S&H** Sep 53 pp 18, 19)
740 x 2 for three sets, every other day in training (**S&H** Nov 53 p 18)
750 x 10 witnessed in London (**Health & Strength** Aug 18, 1966 p 5)
762.25 Colonna's Gym on Jul 25, 1953 (**S&H** Nov 53 p 16 Murray; p 18 Wilson; p 43)
771 front squat accord to Herb Glossbrenner (**IM** Jul 87 p 25)
780 Jun 4, 1966 (**IM** Sep 66 P 33)
780 x 2 in recent training at York (**S&H** Feb 54 p 23)
780 x 2 for three sets (**S&H** Apr 54 p 12 Murray)
780 x 2 (**RPJ** Jul 54 p 39)
780 x 6 for two sets (**RPJ** Jul 54 p 31)
790 Jun 4, 1966 (**IM** Sep 66 p 33)
800 best squat to date (**S&H** Dec 53 p 8)
800 (**S&H** Jan 54 p 7)
800 for reps; Paul told Rader (**IM** Sep 55 p 28)
800 x 10 for several sets circa 1957- Terry Todd (**MD** Jan 72 p 26)
805 x 2 (**RPJ** Jul 54 p? Murray)
820 best single effort (**S&H** Apr 54 pp 12, 53)
820 "a short time before the accident" i.e. Jan 16, 1954 (**S&H** Jun 54 p 23)
820 (**RPJ** Jul 54 Murray p?)
825 x 3 then rest, and 845 x 2 (**IM** Mar 56 p 11 Lawson)
830 (**RPJ** Jul 54 p 39)
845 x 2 this followed a set of 825 x 3 (**IM** Mar 56 p 11 Lawson)
850 Dec 6, 1969 at Star Theater, Phoenix (**MD** Apr 72 p 19)
900 mentioned by Paschall (**S&H** Sep 55 p 53; S&H Sep 56 p 26)
900 has done reps with 900 (**IM** Mar 56 p 11 Lawson)
900 with three second pause; witness by Alan O'Brien (**IM** Sep 56 p 10)
900 Silver Spring, Maryland photo (**MD** Oct 65 p 9)
900 photo (**IM** Jul 66 p 24)
900 photo (**IM** May 69 p 16, 20)
900 x 5 witness by Herb. Glossbrenner (**M&F** Aug 87 p 229 Everson)
900 x 13 (**IM** Jul 87 p 25 Glossbrenner)
"over" 900 mentioned by Paschall (**IM** Jan 56 p 21)
910 Paul told Rader (**IM** Sep 55 p 28)
1000 half squats (**RPJ** Jul 54 p 39)
1000 at almost any time (**Health & Strength** Mar 69 p 10 Kennedy)
1000 "around" 1000 (**S&H** Jan 57 p 8)
1000 recently (**S&H** Nov 56 p 23)
1100 in pretty good form on TV (**IM** Jul 57 p 39 Rader)
1100 to 1200 in training (**IM** May 69 p 13)
1160 Herb Glossbrenner (**IM** Jul 87 p 25)
1170 best squat with barbell (**IM** May 69 p 13)
1170 on Ed Sullivan show in 1957 (**MD** Jan 72 p 26)
notice: I will cover the silver dollar squat in a later article so will not mention the various weights which have been ascribed to that performance.
"over" 1200 photo (**MD** Jul/Aug-1975 p 25)
1200 (**MD** Oct 79 p 33)
1200 (**MD** Apr 81 p 7)
1200 "a little under 1200" Rader (**IM** Jul 66 p 24)
"around" 1200 my best to date Anderson (**S&H** Nov 71 p 8; **MD** Nov 64 p 53)
1200 quarter squat (**S&H** May 53 p 23)
"over" 1200 (**MD** May 66 p 18)
"over" 1200 (**MD** Dec 69 p 29)
1230 full DKB Terry Todd (**MD** Jan 72 p 26)
1300 taken from rack no attempt to squat (**S&H** Jun 53 p 43)
1300 Robt. Kennedy (**Health & Strength** Mar 69 pp 7, 10; **IM** MY 69 p 16)
notice: I could find no references in the 200 lb range between 1300 and 1500 ...
1500 he feels he could bring his squat up to 1500 easily (**IM** May 69 p 13)
1500 x 10 half squat- Terry Todd (**MD** Mar 72 p 54)
notice: I could find no references between 1500 to 1800 lbs ...
1800 quarter squat (**S&H** Apr 54 p 53)
1800 quarter squat (**RPJ** Jul 54 p 39)
2000 have done quarter squat with a little better than 2000 lbs-Paul Anderson (**S&H** Nov 71 p 8)

***Anderson's Squats** are an amazing strength legacy (courtesy Coleman)*

THE STRONGEST MAN
In Recorded History

A New Videotape Documentary on the incredible life and achievements of PAUL ANDERSON, who skyrocketed to the highest levels of strength athletics, leaving a mark so indelible that he remains a legend of lifting until this day

At the top of his game, he took his Olympic Gold Medal and left the world of amateur athletics, dedicating his life to service to wayward youth, in the name of the Lord. Along the way, he has been stricken by uncounted bouts with disease and injury, yet his positive attitude and faith remains constant. He has traveled the globe, touching the hands and hearts of mankind, whether great or small, and this tape reveals the enormous impact that Paul had on the world and American public - impressions that have formed the very foundations of all iron sport as we know them. Now, from the forgotten recesses of film vaults across the nation, master documentary maker Larry Coleman has put together the compelling story, including the *actual* historic footage of his Paul's major lifting performances, of how this youthful athlete rose from Toccoa, Georgia to the highest pinnacle of athletic accomplishment, and how he went beyond that plane of achievement to even greater humanitarian glory, culminating with Paul's recognition at the inaugural USA Power & Strength Symposium in Orlando, Florida in February 1992 as the Strongest Man of the Century.

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After only three years of competitive lifting, Paul Anderson had become a national hero and world renowned as "THE STRONGEST MAN ON EARTH". In 1956 he traveled to Melbourne, Australia, where he won a gold medal in the Olympic Games; he was the last American heavyweight lifter to do so. By 1957 he had established 18 American and 9 World Records, and in June of 1957 he lifted 6,270 pounds in a backlift: a feat most believe will never be equalled. Many experts have described this modern-day Samson as the strongest man who has ever lived. On February 29, 1992, in Orlando, Florida, at the first USA Power and Strength Symposium, Paul Anderson was recognized as THE STRONGEST MAN OF THE CENTURY.

Since the late '50s he has traveled thousands of miles each year sharing his message: love of God, country, and the free-enterprise system. In 1961 he and his wife Glenda established the Paul Anderson Youth Home, which provides Christian rehabilitation for young men who would otherwise be sentenced to juvenile or adult penal institutions.

This is the fantastic story of one of America's greatest athletes and humanitarians. Included are never-before seen photos and movie footage of the strong man preparing for the 1956 Olympics using homemade weights in his home and backyard, as well as newsreel footage from the archives of many of the major film studios of his most famous competitions at home and abroad.

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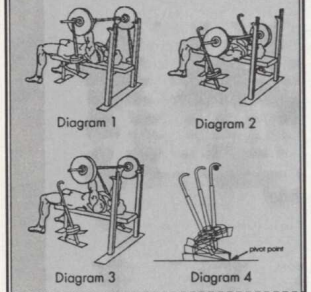

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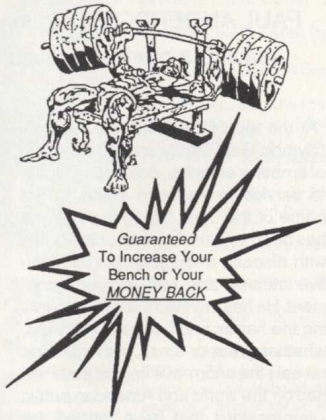

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STARTIN' OUT

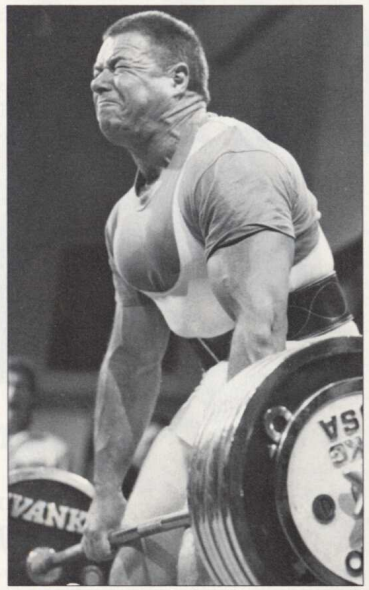
A special section dedicated to the beginning lifter

Warming Up For The Meet

as told to Powerlifting USA by DOUG DANIELS

Lifters scour this magazine every month looking for that extra edge: that great assistance move, the latest percentages to use, the newest supplement that exceeds steroids, the tightest squat suit. All those things are great, but little consideration is ever given to re-evaluating how we warm-up for a contest. In this article, I'd like to expand on how you can warm-up more effectively for your next meet and hopefully reap bigger lifts and enhance your lifting safety too.

Most athletic events are preceded by some warm-up procedure. Runners always are stretching their Achilles tendons and hamstrings. Most athletes wouldn't dream of starting physical exertion without following a regimented warm-up progression. In my experience in powerlifting, I have noticed a lot of lifters do not warm-up in what I regard to be an effective manner. Either they're warmed-up too early or too late. For the most part, they seem to do too many warm-up sets and come to the platform as if they were on their second attempt. By the time the third attempt comes, it's like they're taking a fourth. All this adds up to lower lifting totals and increased chance for injury.



***You Gotta Warm Up** in order to lift maximum weight*

The purpose of a warm-up is twofold. The first is prepare the body and mind for the heavy lifting to follow. Going straight to max attempts without them is sure suicide. The second purpose is to practice your meet technique to get into the groove and build confidence. If your warm-ups fail to satisfy these two requirements, your meet will not go well and all that preparation will be for nothing.

Warm-up conditions at meets vary drastically. I've been to meets where there were more than adequate weight equipment and space. Others provide, it seems, weight equipment your local dime store wouldn't sell. Some meets provide spacious and well ventilated and temperature controlled lifting areas. Other meets I've been to had warm-up facilities in hallways and that might be considered great compared to some facilities where fresh air is at a premium. This part of the meet is uncontrollable for meet participants. In order to make best use of whatever facilities are available, a lifter must warm-up effectively and efficiently.

Timing your warm-ups is one factor you can have some control over. By having a good idea of how soon you will lift, a competitor can prepare his warm-up progression to be ready to lift with the necessary time between the last warm-up and the first attempt on the platform. The rounds systems, used in just about all meets now, has made timing warm-ups more easily achievable. First you must find out how many lifters are in your flight and where you stand in it. For example, if your flight has 10 lifters in it and you are the fifth lifter in that flight, you have approximately 5 minutes after the flight starts before you lift. If weight changes are involved, that time could be slightly higher. That means that you have about 5 more minutes to complete your warm-up progression than the first lifter in the flight. Remember that after each flight, the order of lifters changes, so you will not always be fifth, but by then, warm-ups no longer are a factor.

If you are lifting in the second flight, you also can approximate when you will lift. Count the total lifters in the previous flight and multiply that number by 3 for the total amount of attempts. For example, if there were 10 lifters in the previous flight, the total amount of attempts would be 30. Allow a minimum of 1 minute per attempt, allow 40% or so for weight changes and that would come out to about 45 minutes for the flight. The squat will take longer than the other 2 lifts and the deadlift will go the fastest. In addition, find out if there will be a break between flights or lifts or if the meet will continue without interruption. As in the first example, factor in when you will lift in your flight.

If you lift in a later flight, you have the advantage of seeing just how smoothly the meet is running to help with your estimate. The unexpected may happen in the meantime, so have a helper keep tabs on the progress of the contest in case the flow of the meet changes from what you thought. There is no perfect time between your last warm-up and your first attempt. This, of course, would vary from lifter to lifter. A rule of thumb would be about 10 minutes. Again, this is not etched in stone, it's just a number to start with.

Estimating how long it will be til you lift is just one part of getting the most out of your meet warm-up. Another critical part is the actual progression of weights and reps, etc., you follow. Earlier I mentioned that many lifters do too few or too many warm-ups for the meet. For the most part, I would say the biggest problem is too many warm-ups. Too many times I've seen lifters take their opener, or close to it, as their last warm-up. Many lifters need to see if they can get their opener before they actually have to do it. I say that if you are not sure if you can get your opener, then you should re-evaluate your choice of openers. The purpose of an opener is to get in the meet, not to win it. An opener should be a weight you should have no trouble getting in contest style. A weight you can triple is best to open at for a novice lifter. As experience increases, this may change.

Another factor to consider in timing your warm-ups time and energy required to get on your squat suit and bench shirt. For some lifters, these are loose and go right on. For other lifters, this can be a real struggle, surpassing Desert Storm. If your helpers are doing their job, they will do some of the work for you, especially when putting on your bench shirt. Make sure you have tried on and used this gear before the meet. This way, you know they fit and work correctly.

I can't conclude this article without giving an example of what a warm-up progression could look like. Assume the lifter will open with a 400 lb squat: 135 x 8, 225 x 5, 275 x 3, 315 x 2, 365 x 1.

I would suggest putting your squat suit on after the 275 x 3 set. This progression should take about 20-30 minutes to get through. If you are starting higher, you may need a set or two more, so make adjustments. In the same vein, if you are opening lower, you may need a set less. Don't go to your next meet and blindly try this type of warm-up progression just because that Daniels-guy said to. Try this progression during a few of your last couple squat workouts, especially ones where you hit a big single. In my example, you get a good warm-up, practice of technique, and confidence building, without taking a workout before hitting the platform. Remember, you want to hit the platform fresh, but warmed-up; not feeling like you already took several cracks on the platform.

I hope this article provided you with a few things to consider to make your contest results more satisfying. You can follow the perfect routine, use the best squat suit, load up on the latest natural supplement, but if you don't warm-up in the most efficient and effective manner, all that could go for naught. Treat your contest warm-ups like the rest of your training plan and you'll reach your goals quicker and safer.

DOUG DANIELS
Box 1974
Highland, IN 46322

INTERVIEW

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

CHRIS McKINSTRY

as interviewed for PL USA by BOB GAYNOR

BOB: Could you give us some personal information on yourself?
CHRIS: *My name is Christopher L. Mckinstry. I am stationed at Headquarters & A Company, 447th Signal Battalion, Room #114, Fort Gordon, GA 30905. I am 31 years of age.*
BOB: Chris, what is your occupation?
CHRIS: *I am a staff sergeant in the United States Army.*
BOB: How long have you been training and competing?
CHRIS: *I have been power training for a little over 4 years, and I have been competing for that same period.*
BOB: Tell us what got you started in weight training?
CHRIS: *A friend of mine introduced me to it, and I stuck with it.*
BOB: Would you tell us what your best lifts are?
CHRIS: *These are my best lifts to date: In the squat I have done 685 lbs. I have benched 470 lbs., and my best deadlift is 733 lbs.*
BOB: Chris, what are some of your titles and records?
CHRIS: *The following are some of my records and titles: 2 x Regional III ADFPA Champion (USAEUR Champ Deadlift 733 lbs.); ADFPA Georgia State Records: Squats 670 lbs., Deadlift 705 lbs., Bench 470 lbs.; Georgia Natural State: Squats 680 lbs., Bench 405 lbs., Deadlift 705 lbs.*

Chris McKinstry *in ADFPA National Competition back in 1991. (Lambert photograph)*

BOB: What are your future goals in powerlifting?
CHRIS: *To win an ADFPA National Championship and make the World Team. I also want to be the first "Drug Free Lifter" to deadlift 900 lbs.*
BOB: What are your views on steroid use?
CHRIS: *I have never and will never use steroids. There is too much to lose in the long run when you use steroids. You lose your dignity. Not only are they harmful to your system, but the long term effect is permanent - death.*
BOB: Chris, how do you feel about drug testing?
CHRIS: *I believe all contests should be drug tested. I feel the ADFPA does the best job of drug testing.*
BOB: Do you follow any special type of diet?
CHRIS: *There is really no special diet that I use. I try to eat from the 4 basic food groups but incorporating fish and poultry. During off season I eat 5 to 6 meals per day high in protein and carbohydrates.*
BOB: Chris, would you share with us your views on supplementation?
CHRIS: *All supplements are provided by National Health and Nutrition which consists of Free Form Amino Acids - Free Form Crystalline Capsules only, Smilax, Yohimbe and a growth training pack along with a high intensity Growth Training Pack, etc.*
BOB: Would you break down your training routines for us. Give us your in and off-season program?
CHRIS: *In Season: Training for 700 lbs. squats. 50% x 10 x 3 - 1st week; 55% x 10 x 3 - 2nd week; 60% x 10 x 3 - 3rd week; 65% x 8 x 3 - 4th week; 70% x 8 x 3 - 5th week; 75% x 8 x 3 - 6th week; 80% x 5 x 3 - 7th week; 85% x 5 x 3 - 8th week; 90% x 2 x 3 - 9th week; 95% x 2 x 3 - 10th week. I squat only once a week on Mondays. I use the same routine for bench press/deadlift. I use assistance exercises until the last 2 weeks before the meet. Off Season: during off season I train more like a bodybuilder, doing more assistance exercises and doing a lot of reps with a light weight, while still doing the three basic lifts.*
BOB: What advice would you have for beginners?
CHRIS: *Always train drug free and stay drug free. Find a partner who has experience in the sport of powerlifting. Train hard and don't give up. It takes time to develop to the potential to become a champion. Always set goals that are attainable and work hard to achieve those goals.*
BOB: Tell us your heroes or those you admire in powerlifting?
CHRIS: *I admire Bull Stewart. He has given me a lot of strong and sound advice.*
BOB: What other interests or hobbies do you have?
CHRIS: *I like to speak to beginning athletes about the dangers of steroids and drugs. I like to play chess and shoot pool.*
BOB: Chris, are there any other comments you would like to make?
CHRIS: *I would really like to speak to young athletes who are interested in powerlifting to express my point of views on drug and powerlifting. I can be reached at the above address. I would also like to thank Bob Gaynor and PL USA for this interview.*

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

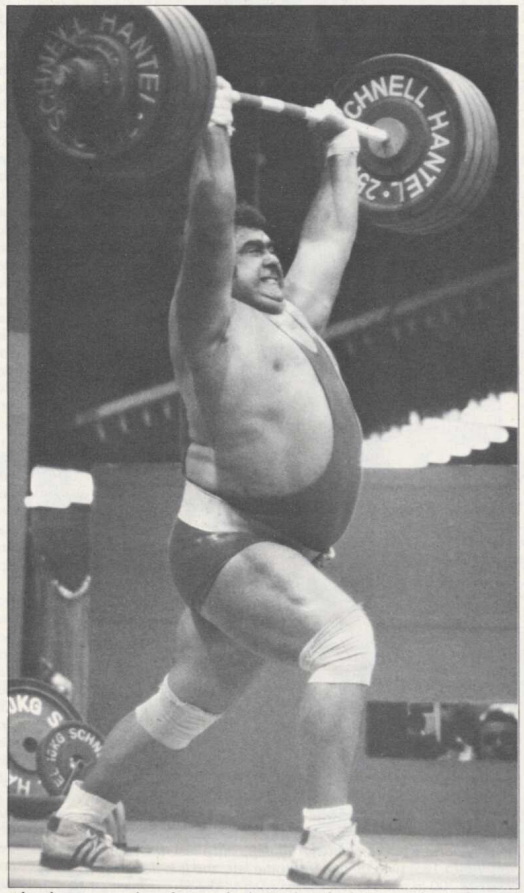
Cut Weight Without Losing Muscle

as told by Thomas D. Fahey, Ed.D., Professor of Physical Education, Exercise Physiology Laboratory, California State University, Chico

Ask the average person to describe a competitive weight lifter, and Vasily Alexeiev would immediately come to mind. People called Alexeiev the Russian Bear, and he dominated Olympic lifting during the 1970's. He was a giant of a man with a large pot belly. As a super heavy weight, he could weigh whatever he wanted. Superficially, he reinforced the stereotype of weightlifters as slow, plodding giants. With Alexeiev, nothing could be further from the truth. He was one of the quickest, most explosive athletes in the world. Why was there confusion? Why would an athlete like Alexeiev carry so much bodyweight when he competed in a sport that required so much quickness?

Alexeiev had so much body fat because it made it easier to have a large lean body mass. Lean body mass (LBM) is fat free weight. The largest proportion of lean mass is skeletal muscle. LBM fluctuates with body weight. Even if you don't exercise, as you gain weight, you tend to gain lean body mass. Conversely, as you lose weight you tend to lose lean body mass. This is particularly true if you lose weight quickly on starvation diets.

Muscle is what makes weight lifters successful. Except in the superheavyweight class, the ideal body composition is to carry as much muscle weight as possible. To do this you have to have little bodyfat. In the superheavyweight class excess fat is less important. However, even superheavyweights are better off with more muscle and less fat. You move more fluidly and can better regulate your body's systems when you have near normal levels of body fat.



Alexeiev *was nearly as famous for his girth as for his strength. (Klemens)*

The weightlifter's goal is to maintain muscle mass when losing weight. It is also important to put on muscle and not fat when gaining weight. This is not as easy as it sounds. Most people want instant results. If you have a contest in a few weeks and you have to drop weight, you may try to lose weight in any way you can. Unfortunately, when you try to change your weight rapidly, the results are almost never satisfactory.

Rapid weight loss almost always causes you to lose muscle. When you lose more than 3 pounds a week, 40-50 percent of the weight loss will be from lean body mass. Your muscles are being used for food by your starving body. That's the last thing you need. You will be going into that contest with less muscle mass and very little change in body fat. You may get some advantage from lifting in a lower weight class, but you are not lifting to your potential. You would be better off achieving the weight gradually and working into the lower weight class more naturally.

Weight loss is a world-wide obsession. Many people train with weights or participate in other forms of physical activity in the hope of keeping their waistline under control. Weightlifters should strive for efficiency in body composition - maximum muscle in the right place with a minimum of fat.

The body's energy balance determines whether bodyfat increases, decreases, or remains the same. You gain fat when you eat more energy through meals than you burn through exercise and metabolism. While exercise is an important part of a weight control program, the successful program demands caloric restriction. Fat loss occurs when you take in less food than the energy you use.

The goal of a weight control program should be to lose body fat and maintain the loss. Quick-loss programs often result in the loss of muscle tissue and do nothing to instill healthy long-term dietary habits that will maintain the new weight. There are several principles for losing body fat that will increase the chances of success for your weight control program.

Stress fat loss - Rapid weight loss from fad diets usually causes loss of muscle mass and water. Therefore, fat loss, rather than weight loss, should be the goal. Each pound of fat has 3500 kcal. The energy requirement of the average weight lifter (depending on size, sex, and activity level) is typically between 3,000-5,000 kcal per day. Even if you ate nothing and your body used only fat for energy,

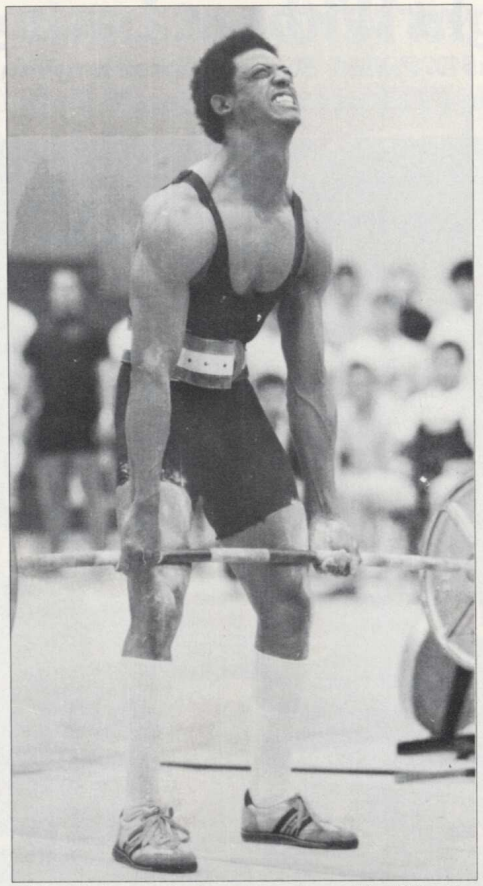
(article continued on page 72)

More From Ken Leistner

I love powerlifting contests. I will admit that I don't love and often can't tolerate a meet that begins at 10 AM and ends in the vicinity of 1 AM the following morning. If that's not the height of absurdity, I don't know what is. My friend and partner, Ralph Raiola, did one of the best jobs under those very circumstances a number of years ago. He squatted at noon, and began his deadlifts after 1 AM in an upstate New York meet. Waking his wife so that she could witness his lift, he strode confidently to the bar, pulled mightily, replaced the bar quietly, bowed to the crowd and wished all a "good night". At that point, he left, leaving his trophy and his desire to ever again lift in a meet behind. Of course, he eventually came around and again competed, but not in the marathon meets that so often marked the earlier days of the sport.

In 1963 through 1965, there were many strength and "powerlifting" contests in the Northeastern United States and other parts of the country. The early "powerlifting" contests most often consisted of the bench press, squat, and curl, in that order. Some contests had the participants curl strictly, with their back against a post, while others allowed "some" cheat. Obviously, record keeping was suspect due to the differences in form and substance. In 1963 and 1964, the deadlift began to take the place of the curl. While not done by any type of official edict, especially in light of the fact that the "sport" did not yet exist, most of the individuals who ran contests coincidentally standardized the three official lifts. In 1965, with the blessing of York, who in those days controlled the lifting sports, a national championship was contested. Although Terry Todd has been inaccurately portrayed as a "former world champion," which he wasn't, and continues to gather strength training literature while attempting to rewrite iron game history from his own perspective; he was the first heavyweight national powerlifting champion. He defeated a massive, strong young man by the name of Gene Roberson. The closer than expected battle that these two giants waged really created an interest in the sport, which was further aided by Joe Weider.

I have been acquainted with Joe for many years. His is a unique view of strength training and bodybuilding, but his decision to include powerlifting coverage in his *Muscle Builder* magazine proved to be a real shot of needed energy for powerlifting. *Muscular Development* magazine carried a contest review monthly, and perhaps one or two powerlifting related articles in each issue. *Iron Man* and the *Lifting Journal* were difficult if not impossible to find. *Muscle Builder* began to run articles on powerlifting each and every issue. From a meager page of contest results, they expanded to monthly training and gossip tidbits, primarily involving Bill "Peanuts" West, George Frenn, and the rest of the Westside garage crew. The gritty black and white photos of "the fellas" squatting and deadlifting in the confines of West's garage or in the back of Gold's Gym were extremely inspiring. The gossip about bodybuilding was so much fluff, but for the power enthusiast, the latest lifts of Pat Casey, Len Ingro, and the other California animals made lively reading and provided fodder for conversation.



***Bill Cavalier** is not one for slow meets - or slow anything. Bill is getting ready to attempt a new world land speed record for motorcycles at the Bonneville Salt Flats. An expert Harley-Davidson mechanic, he has put together a modified 883 1988 Harley, with 98 cubic inches and 160 horsepower. The world land speed record for this class over a one mile course is approximately 168 m.p.h. In a test run, Bill has had his rig up to 165, with plenty of throttle left, and it is designed to go as fast as 200 m.p.h. He will be traveling to the Bonneville Salt Flats in Utah in September to attempt the official record. Later in the year, he hopes to break the alltime record in the deadlift for the 181 lb. class, Ed Coan's 792 1/2, perhaps at the Oct. 10th Central California meet*

With increased coverage and the realization that powerlifting was in fact a "sport", more individuals took an interest in competing and trying out their abilities against others. What began as garage and back yard duels grew into a nationally contested sport and, in 1971, an internationally contested sport with the first world championships.

While powerlifting has grown, the number of contests to accommodate lifters, too, has grown. This is not to say that they have become better, just that there are more of them. This has become a problem, at least in my opinion. The entire point of being a "powerlifter," is to do the three lifts and do them in accordance with a particular standard. The standard is one that is determined by whatever rule book one has decided to follow, To never leave the gym and say, "I'm a powerlifter" is, frankly, b.s. If you want to say, "I'm a strong person that does the squat, bench press, and deadlift", fine, but you're not a powerlifter. If you throw a football in your backyard or play flag football in the school yard, you are not a "football player." A football player plays football at the high school, college, or professional level in accordance with certain rules and standards of judgement, standards that are public. I believe that the same applies to powerlifting.

One has to compete to be a powerlifter instead of a powerlifting enthusiast, a powerlifting fan, or a powerlifting aficionado. This, of course, is a bonus, because competing in the lifts is great fun. Besides the benefits of health and strength that should come with the practice of the powerlifts, and the disciplined life-style that accompanies them, the real reason for lifting is the joy and excitement of being in a meet. It is beyond me that so many won't lift until "I can win a trophy" or do a certain amount of weight, but this is material for another article. Competing brings people together so that they have the opportunity to accomplish a number of things.

I have never seen a meet where the lightest of lifts wasn't cheered by all. All of us who now deadlift 400, once deadlifted 175 as a max weight. The work, effort, and dedication that it takes to train and then show up and lift publicly is always appreciated by those in attendance at a meet. Camaraderie is almost always the order of the day. I have seen men and women show up for a meet, having no idea what they need to do in order to get through the competition, with no assistance, and with no more than a vague concept of the actual rules. Yet, they are always taken care of. One, two, or more lifters or coaches will guide them through the meet, cheering them on, and most often, getting them to lift a lot more than they believed they were capable of. The inexperienced lifter leaves the meet glowing with pleasure and accomplishment, the audience appreciates their effort and enthusiasm as a new lifter, and it is beneficial for all. Local gym owners often pool their equipment or at least show up with competing teams and get to discuss the latest in equipment, trends in business, and if nothing else, have an opportunity to renew acquaintances. At times, this might be the only place that the lions lie with the lambs.

A meet is a great boost for the local gyms. They get a chance to put a banner up, talk with prospective members, talk about lifting, share the enthusiasm of the meet with prospective new lifters and old friends. This often leads to two or three new members in the following week or two. One's membership is "turned on" and lifting enthusiasm in the gym is contagiously high going into the meet, and immediately afterwards. The members and the owner benefit from this.

In every area, there are one or two individuals who make part of their living from the sport. Their booths provide new and needed products to the lifting community and, often, it is a local meet where things seen only in *PL USA* previously make their debut. Sometimes one of the local gym owners will be the one to provide the booth and sell new and old products. If this is the case, chalk one up for increased local business.

It's great that lifters have a meet to lift in. This provides the competitive outlet and all of the other positive things that I have alluded to. I don't, however, think it is beneficial to hold or compete in meets where the number of lifters is so great that it becomes a non-learning situation. Opinions obviously differ, but "bigger is better" does not fly in my corner of the world. It is ridiculous, especially for the more inexperienced lifters, to be rushed through their attempts, have no idea where they stand in the scoring, and have no time to really sit and talk and learn from more experienced lifters. Competition should provide many things, only one of which is the opportunity to actually compete. Meets with one hundred lifters or more make no sense to me, even when held over the course of a few days. To "have the opportunity to compete" becomes a negative in that type of situation and does not reflect what I believe should be the spirit of the sport. The number of meets that do, in fact, involve such large numbers indicates that many disagree and that is fine. I do, however, believe, that smaller meets, run in the gym, often with invitations going out to lifters in other local or area gyms, are more instructive and enjoyable.

I also believe, and strongly, that local lifters and gym owners and/or entrepreneurs, should hold meets. As there is a national organization built upon the concept that an "outside organization" will come into your town, run the meet (in conjunction to a local "contact" or chairperson) indicates again that many others disagree with me. However, many of the benefits that can come from having a meet in one's community is lost. When involving local charities, school boards, athletic teams, and sponsors, I am the strong belief that the entire activity should be community based. This, in the long run, benefits the lifting community, and gives the local iron game people a chance to work together. In many of the St. Louis meets I lifted in, attended, and or ran, different gyms would supply equipment, staff, and officials so that the meet, run for the benefit of the local lifters, went smoothly. This, to me, is powerlifting.

If I have trained my butt off for months, or years, waiting for the opportunity to "do my thing," I want the most advantageous opportunity to express my abilities without being rushed, without spending all day and all night doing so, and want to do it in an atmosphere of fun and camaraderie. I don't want my wife and children sitting in the audience having difficulty following the progress of the meet because the meet is a non-stop, bang-bang affair where two platforms are running continuously so that no one even knows whether a lift was good or not. To say that this gives the lifters "an opportunity to compete" is only partially accurate. For every lifter that competes in a meet like that, I wonder how many never return to the platform because they think that this is powerlifting. How many in the audience would have trained and competed but perceived what they saw as a "zoo?"

Obviously, the above is my opinion and there is plenty of evidence to indicate that many feel otherwise. But when it comes to "powerlifting", I'll take a day of camaraderie, dinner with my competitors, and a relaxing conversation with my local friends and adversaries, joined together by our common bond of the sport, and take the time to enjoy it.

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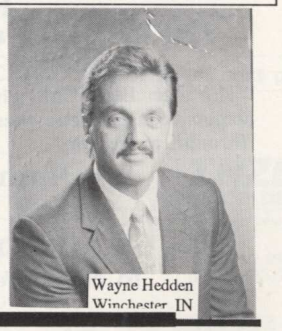

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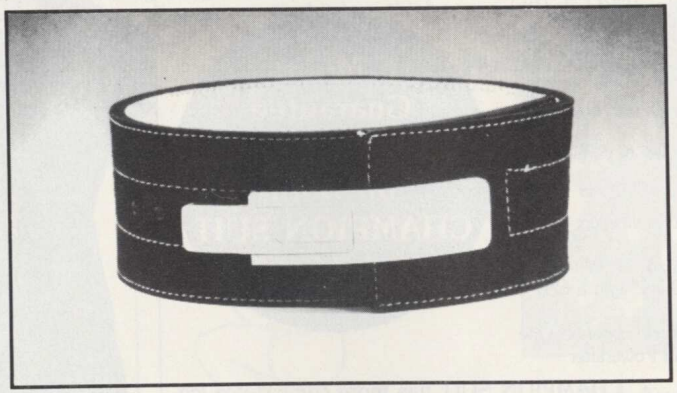

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The Glen Mills Bulls

A Remarkable Team Profiled by Byron Chandler

Every month *Powerlifting USA* prints articles explaining how great lifters got to be great -- the training cycles they used, supplements they took, everything they believe helped them grow. We read these articles and try to use the information to improve our own performances. And why not? Ed Coan, Dan Austin and the rest must be doing something right.

However, this system is not foolproof. If it was there would be hundreds of supermen like Coan and Austin running around. The fact is the champions have generally spent years customizing and personalizing their routines. As a result, their routines may work for very few of us mere mortals.

Number One Again *- the Glen Mills Bulls, pooslide, after their NASA High School Nationals win*

Wouldn't it be great to get your hands on a system that has been proven to work for many different lifters, year after year? If you think so, keep reading: the Glen Mills system has done just that.

The Glen Mills School of Glen Mills, PA is an all-around athletic powerhouse and particularly a powerlifting standout. The team started with eight lifters in 1982 and over the years has grown into a dominant force at the national level. The Glen Mills team just won the Pennsylvania PSCPA high school championship for the eighth consecutive year; they set 8 state records this year and now hold 17 of the 40 teenage state records. Three weeks earlier, the Bulls won the National Championships in Dallas, Texas for the fourth time in the past five years. Glen Mills lifters set eight national high school records and one junior American record in the process.

These accomplishments are even more impressive considering the situation at the school. Glen Mills is a correctional institution; most of the students only attend for one year. Generally, athletes come in with limited strength training background, often no more than some basement benches and curls. They are introduced to powerlifting in November and are setting records in May. They do not have access to steroids and have been tested repeatedly without a single positive.

So how do they do it? Do you expect that there is some secret training technique smuggled in from deepest darkest Russia? Or some miracle supplement they brew in a hidden laboratory? Sorry to disappoint you, but it's nothing so exotic. What it amounts to is an organized, careful application of tested and proven principles. Taken individually, none of these practices are what you would call revolutionary. But, as an integrated training program, they form a thorough and remarkably effective plan.

This program is the result of the collective experience of an impressive coaching staff. Head coach Jeff Hill and nine (yes, nine!) assistant coaches combine many years of experience as state and national competitors to put together a program that leaves no stone unturned. There really is no substitute for this kind of coaching. Inexperienced lifters need individual attention to develop good habits early on. In addition, the savvy of the coaches prevents typical novice mistakes on the day of the meet. They are ready to lift when their time comes. Entire seasons go by without a single bombout.

Workouts are scheduled Monday, Tuesday, Thursday, and Friday. Half the team works bench heavy Monday and light Thursday, squat Tuesday, and deadlift Friday. The other half reverses the days. The team is split because the weight room just can't accommodate sixty lifters all working the same exercises at the same time. Every workout begins and ends with an organized group warmup and cool down, consisting of some calisthenics to loosen up followed by stretching - concentrating on the knees, back and shoulders. Flexibility is stressed to cut down on injuries and to promote all around athletic ability. Many of the powerlifters are also on the football, track, lacrosse, and wrestling teams.

The training season is broken up into three eight week cycles. The first cycle consists of two weeks at eight reps, two weeks at five reps, two weeks of triples and two weeks of doubles. The week of the meet, the team hits squat and bench press openers on Tuesday. The second and third cycles are the same except the first four weeks are all fives. Meets are followed by a week of rest before beginning the next cycle. This makes for a six month season.

Assistance work for the bench press includes dips, close grips, and pushdowns. For the squat, add leg presses, leg extensions and leg curls. The deadlift is supplemented with more leg presses, barbell rows, and back extensions. Additionally, some time is spent on Olympic style lifts - power cleans and jerks from the rack. Like the flexibility work, these are included not just as powerlifting assistance but also to develop all - around athletic ability. All this adds up to 4 two hour workouts per week. That volume takes advantage of the good recuperative abilities of the young lifters without overtraining.

As was previously mentioned, the season begins with an inexperienced group; many of the athletes have never squatted or deadlifted. The early workouts emphasize good technique. The fact that there are ten coaches makes quite a difference at this stage. The athletes are supervised through every workout and make good form a habit. Watching the group in a late season workout is a lesson in correct biomechanics. You just don't often see the control these kids demonstrate, especially not from teenagers. This is undoubtedly one of the factors that separates the Glen Mills team from the rest of the pack.

Goal setting is an important motivational tool for the Bulls. The coaches set long term and short term goals to focus the athletes' efforts throughout the training cycles. The goals are chosen with three criteria in mind: the lifters must perceive them to be meaningful, achievable, and desirable. Team goals are also set for meets. For example, the goals for one meet might be six lifters squatting over 500, eight lifters benching over 300, and five deadlifts over 550. This is an interesting way to instill team spirit into an intrinsically individual sport.

The powerlifting team also benefits from tremendous support from the school's administration. The training facility is not overly elaborate, but is well stocked with high quality equipment. The school provides all the lifters with belts, squat suits, wraps, and lifting shoes. They have the services of trainers and doctors to deal with injuries. Whatever the athletes need, the school provides.

Head coach Jeff Hill feels that this support from school and the fact that powerlifting is a varsity sport at Glen Mills sets the team apart. Rather than existing as a club or as an off season activity to keep the football players in shape, powerlifting is important in its own right at Glen Mills. It is clear that a structured training program and a commitment to excellence go a long way. There is nothing up their sleeves, no secret formula: just plenty of hard work, done right.

Thanks to Jeff Hill and assistant coaches Kevin Weber, Steve Walsh, Bob McClosky, Vince Procopio, Sean Cosgrove, Steve Horvatt, Brian Gustafason, Rick Jordan, and Tim Mitchell for their help putting this article together.

Power Fun

Health Club Heavyweight

as told to PL USA by Steve Pulcinella

March 8, 1988 - I'll never forget that date. It was the day that our hard-core powerlifting gym went belly-up. It's also the day that I was left with no place to train. Being a 275 lb. powerlifter, finding the right place to train wasn't easy; it had to have heavy duty equipment, the right atmosphere, supportive people and a Burger King next door. Oh sure, there were a few gyms around, the local Gold's Gym, with all those strutting, spandexed bodybuilders, and the ever present neighborhood muscle pit with the high school gym rats and loud music, but I was getting sick of all that.

After a couple of months of scraping workouts wherever anyone would have me, a friend told me the big health club in our area was adding a small free weight area to its chrome filled Nautilus room. Venturing into the club was like walking into a NASA clean room. I mean they had a lobby, ferns, a person just to hand your card to, a computer, and in the locker room, they had lockers! The only gyms I'd ever been to had hooks on the walls.

The current clientele didn't exactly fall from the pages of *'Muscle and Fitness'*. There were businessmen trying to close deals in the racquetball court or sauna. There were girls who looked like supermodels, and fat ladies who thought they looked like supermodels dressed in spandex "wedgie" outfits, and old men who, when they weren't doing odd, unexplainable exercises with pulleys, were in the showers for hours (must be some old Army thing).

The little girl who gave me a tour of the club told me they could tailor a training routine for me to firm up and lose weight. I almost spit out a mouthful of complimentary spring water. She didn't quite understand when I explained to her how I planned to make the jump to the superheavies.

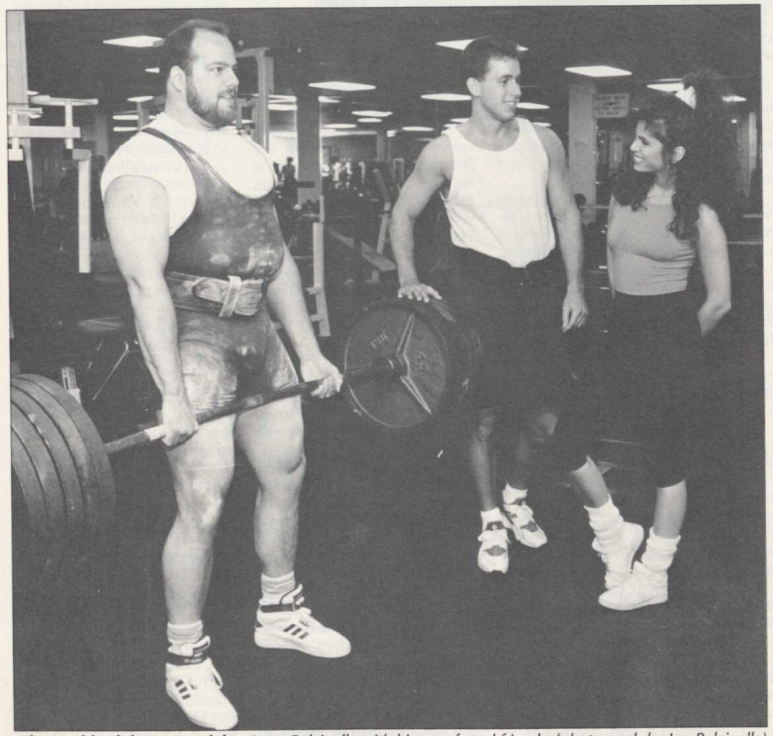
The free weight "area" was only about ten feet by ten feet, but it had all I needed; a bench, incline bench, power rack, a couple good bars, twelve 45's and a decent rack of dumbbells. That had me sold. I was figuring on training here for a couple months 'til something better came along. So with my multi-colored, laminated photo ID card in hand, I ventured into the "health club" for my inaugural workout.

Right away I knew I wasn't in the old gym. When I got off the bench after a set of ten with 315, the whole room had stopped their "stairmastering" and were gawking at me. After a couple of weeks I think the "lifecyclers" started to enjoy my bizarre training sessions. As a matter of fact, one day I received a standing ovation after a heavy single in the squat. They were actually standing there clapping!

Eight or nine months went by and I was still there and the free weight area was getting more popular, so after much begging, the club expanded it. They tripled the size of the weight area, but something was still missing. "Equipment does not the power gym make" - you need atmosphere and you can't buy that. Here are a few examples: Example #1 - You are prepared for a heavy set of threes in the deadlift, the bar is loaded, you're standing back about four feet tightening your John Kuc Power Belt, you're psyched, you're ready, and just as you are about to approach the bar, a seventy-eight year old lady walks in front of you, stops, and adjusts her spandex tights. Example #2 - You're sitting on the edge of the multi-chest, multi-back, multi-whatever machine wrapping your knees; you've got six and a quarter on the bar directly in front of you, and some pencil neck walks up and looks at the bar, then at you, and says, "Are you using this?". Example #3 - Do you know how embarrassing it is getting kicked out of the aerobic room for doing plyometric jumping? Over the years I've broken most of the posted rules; such as the no screaming rule, the no dropping the weights rule, the no chalk rule (this rule was invented just for me after my first deadlift workout) and the no three hundred pound guys in the "wallyball" court rule.

However, this story does have a happy ending. I have been training there for four years and the weight area has quickly expanded to take over the whole room. It's easily the most popular attraction in the club and we are getting some good lifters coming in. The management has even allowed me to run a bench meet. It had a pretty good turnout and some fine lifting (and that announcer was REALLY professional; ah-hum!). I'm already planning a bigger one for the winter of '92.

So, fellow powerlifters, the next time you try slipping on your Inzer bench shirt and get a bunchof odd stares, rest assured, there ARE other health club heavyweights out there.



The Health Club Heavyweight *- Steve Pulcinella with his new found friends. (photograph by Joe Pulcinella).*

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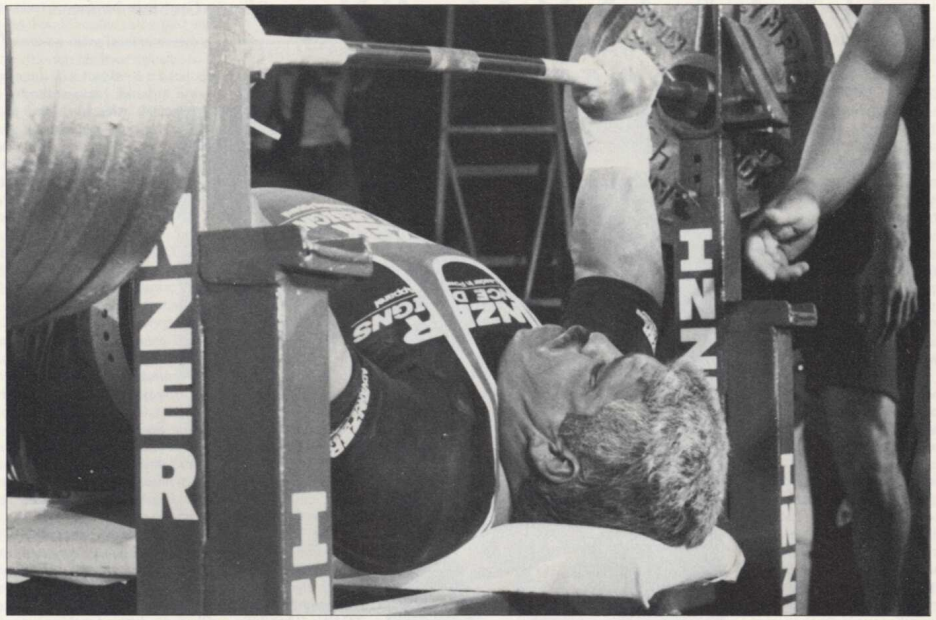

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INTERVIEW

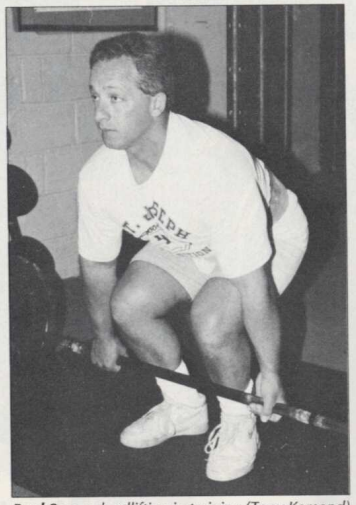
Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

PAUL SACCO

as interviewed by TONY KAMAND

Back in the summer of 1982 in Glassboro, New Jersey I competed in my second powerlifting contest. This particular contest was a one day event with over 150 lifters. I think it was the largest and longest contest I ever competed in. That day I met two lifters that simply amazed me. One was Tom Eiseman and the other was Paul Sacco. Paul beat me that day and I can remember saying to myself on the car ride home, "How can he squat that much?" I never did figure out how, but did become good friends with Paul over the years.

Besides Paul being one of the strongest powerlifters in the country and a national champion he also one the most personable. He is the type of individual who can get as much pleasure from coaching his high school powerlifting and football teens as he can from accomplishing his own personal achievements. He has given so much back to the sport by getting young people involved and providing them with guidance along the way. He is one powerlifter to be truly admired. I recently conducted an interview with Paul and here is what he had to say:



Paul Sacco *deadlifting in training (Tony Kamand)*

TONY: Where do you currently reside?

PAUL: *I am currently living in Hammonton, New Jersey.*

TONY: What is your occupation?

PAUL: *I am a physical education teacher in addition to being the head football and strength coach at St. Joseph's High School in Hammonton.*

TONY: What is your background in sports?

PAUL: *In high school I competed in football, basketball and baseball.*

TONY: Paul, how long have you been weight training?

PAUL: *I have been training for 21 years. I started when I was a freshman in high school in 1971.*

TONY: How did you get started in the sport of powerlifting?

PAUL: *I got started by competing in bench press contests. It was at this time that I met long tine friend Rick Costa, who was the current Mr. New Jersey in bodybuilding. Rick and John Falconio encouraged me to get started in powerlifting.*

TONY: What are some of the contests you have won?

PAUL: *Among some of the contests I have won are the Junior Nationals, New Jersey State Championships, Regional Championships, Temple Hills Classic and South Jersey Championships as well as numerous others.*

TONY: What are your all-time best lifts?

PAUL: *In the 148 pound class I have squatted 560, benched 345 and deadlifted 550. My best lifts in the 165 pound class are squat 593, bench 363, deadlift 575.*

TONY: What is a typical training week like?

PAUL: *My training consists of 4 training days per week; Monday, Tuesday, Thursday and Friday. I break up my regular heavy powerlifting training by doing foundation work consisting of high reps, bodybuilding exercises as well as swimming and running to increase my aerobic conditioning.*

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

PAUL: *When getting ready for I contest I train three days a week on Monday, Wednesday and Friday. I will bench on Monday along with some upper body assistance exercises. On Wednesday I will only squat and on Friday I will only do deadlifts along with some light assistance exercises. On the three powerlifts I do 4 to 5 sets of low reps (2 to 3 reps), while the assistance exercises are done with higher reps for 3 to 4 sets.*

TONY: Do you take any nutritional supplements?

PAUL: *The only supplements I use are a multi-vitamin called Vicon Forte and some Metabol.*

TONY: What kind of diet do you follow?

PAUL: *My diet seems to be my biggest problem. I usually don't get serious with it until 4 to 5 weeks before the contest. I know and teach the importance of a good diet, but I am not very good in practicing what I preach. When I do get serious it consists of chicken (broiled and skinless), rice, pasta, potatoes, fresh fruit and of course plenty of water.*

TONY: What advice do you have for beginners?

PAUL: *For a beginner the best advice is to utilize proper technique. Don't try to do a lot of weight until you can do each lift properly. Young lifters are always trying to load the bar up with a lot of plates before they have their technique right. Most young lifters also have the tendency to overtrain. They feel the more days they are in the weight room the better. It's important to allow your body to repair and heal between workouts.*

Many young lifters do not realize the importance of flexibility in their training programs. Flexibility training is often overlooked, with the emphasis on strength training. Over the years I have learned it is essential that they go hand in hand. I suggest to try to emphasize stretching and flexibility training as part of your regular workouts. Last but not least, it is very important to follow a good diet and to get the proper amount of rest each night.

TONY: What other interest do you have?

PAUL: *My biggest interest outside my own training is my kids. That is my football and powerlifting teams that I coach. I am a hard coach to play for and demand a lot of commitment and arduous work from my players. My teams train year round with no time off. I coach for one the smallest Catholic High Schools in the State (total enrollment is 270 boys and girls), yet I am very proud to say that my football team has captured the Parochial title five times in the last ten years.*

My powerlifting team is equally successful. We have won the New Jersey State High School Championships the last seven years in a row and the District Championships for three years in a row. We have never lost a meet. Obviously, I spend most of my time in the weight room and on the football field with the kids. Outside of the weight room I enjoy hunting, fishing and good Italian food.

TONY: Who are some of the people you admire in the sport?

PAUL: *I admire a lifter I use to workout with, Tom Eiseman. But, I truly respect people who work hard and try to be the best they can be. Also, I should mention Barbara Falconio. I think she is a terrific person and a good coach. She is an outstanding woman lifter.*

TONY: Are there any closing comments you would like to make?

PAUL: *When I was at my best I had a great training partner in Tom Eiseman, Over the last four years its been hard to train because I basically train alone. A good partner is the key to success. Someone who will push as hard as you and has similar goals. Good training partners are hard to come by.*

I would like to thank Tony, who has been a good friend and supporter over the years. I would also like to thank Mike Lambert for allowing me to express my views.

Dr. Judd

The Greatest Powerlifters of All Time

as told by Dr. Judd Biasiotto, World Class Enterprises

The sport of powerlifting has been in existence now for over three decades. Consequently, I thought it was time to select the greatest powerlifters of all time. I've seen this attempted in the past with the authors using the lifters totals as the criterion for their selections. In general, the higher the total the higher the ranking. Along this line of thinking, the athlete with the highest total is considered the best lifter of all time .... NOT! In all candor, that's about as fair as letting baseball fans pick the ALL STAR team. There is no way that you can objectively compare totals from one era with another unless you use some type of calibrated system which, to my knowledge, does not exist. Advances in equipment, training, supplements, and pharmacology make such comparisons unreasonable. Without question, the athlete of the 90's has a significant advantage over his predecessors. As did the athlete's of the 80's and 70's. Scientific advancement guarantees that fact. Until a more scientific method is devised, I believe the best way to select the greatest lifters of all time is to do it with a little deductive reasoning. It's not as scientific as you might want it to be, but it's fun to do -- and I'm all for fun. So how did I select the Greatest Powerlifters of all time? In a nut shell, I looked at when the lifters competed, who they competed against, and how they fared. Here's what I came up with.

Dr. Judd *with one of the Greatest PLers of All Time - Larry Pacifico (Martin Miller photo)*

114 POUND CLASS

Picking the best 114 pound powerlifter of all time is about as difficult as passing basket weaving 101. Let's be honest, the majority of lifters in this weight class are women and children. In fact, this weight class has produced significantly less elite lifters than any other. Like I said, women and children. Still there are a few athletes in this weight class who have performed brilliantly over the years - H. Inaba, C. Dunbar, and J. Cunha. That's the few. As great as Dunbar and Cunha are, Inaba is literally and figuratively speaking head and shoulders above them.

123 POUND CLASS

Selecting the best 123 pound lifter of all time was even easier than picking Inaba at 114 pounds. That's because L. Gant resides in this weight class. In all candor, no one has ever challenged Gant at this weight. New Zealand's P. McKenzie was awesome in his day, and America's B. Adams and D. Pattaway have done some impressive lifting but none of these guys are in Gant's league. Pound for pound, Gant may just be the greatest lifter of all time.

132 POUND CLASS

Selecting the greatest lifter of all time in this weight class was a little more difficult. The fact that I selected Gant as the best 123 pound eliminated him from contention here. Pretty sneaky right! Still, this class had a lot of talent even without Gant. Great Britain's E. Pengelly and America's A. Lord, F. Riley, C. Hanson, J. Carr, D. Heath, and J. Bradley are just few of the all time greats that I had to choose from. In his day, Pengelly was great, as was Lord and Riley. In recent years though, Heath has more or less dominated this class. In all candor though, none of these lifters would have had a snowball's chance in hell of beating Bradley. He was just that awesome. In fact, if Bradley would have stuck around a little longer, I believe he would have been able to handle Gant on a consistent basis. Yeah! He was that good! Actually, the only problem I had with selecting Bradley was that he didn't compete very long. He came, he saw, he conquered, and he left. Still he was so great it was impossible for me not to select him as the best of all the rest.

148 POUND CLASS

The selection for this weight class wasn't exactly a walk in the park either. Some really big names in the sport have competed in this class. Names like D. Blue, R. Crain, M. Bridges, J. Moir, E. Pengelly, A. Alexander, A. Conyers, J. Jackson, and D. Austin. You could probably make a legitimate argument for selecting anyone of the aforementioned lifters.

They were all great. Since I could only select one of the, I went with the current World Champion D. Austin. Austin has dominated this weight class for the past seven years, and there is no sign that he'll be slowing up in the near future. Besides, his name was the first one out of the hat.

165 POUND CLASS

Who is the greatest lifter of all time at 165 pounds? Is it A. Alexander, R. Gaugler, G. Bell, M. Bridges, G. Crawford, E. Coan, J. Welch, R. Weil, R. Wahl or J. Rouse? That is the very question I wrestled with each and every day until 7:30 P.M. when the Madonna videos came on MTV. After following that regimen for close to a month, I came up with the answer -- A. Alexander. Why? Because it was reported to me that Alexander was one of only four men in the world to ever see Madonna fully clothed.

181 POUND CLASS

In case you haven't been paying attention, I didn't select M. Bridges at 148 pounds or 165 pounds. I was saving him for this weight class. It was in this class that he did his best lifting. There is no question that America's G. Bell, R. Gaugler, F. Hatfield, W. Thomas, D. Wright, and Great Britain's R. Collins are awesome lifters. Bridges, though, is a legend. Only a handful of lifters in the history of powerlifting dominated their weight class like Bridges. Think about this for a second. The total he set in 1982 still ranks as the second best total of all time. Enough said.

198 POUND CLASS

This was another weight class that gave me problems. There were so many great lifters who competed in this class - W. Thomas, E. Frantz, C. McCain, J. Cash, R. Estep, F. Hatfield, E. Ravenscroft, J. Kanter, G. Bell, and E. Coan - just to name a few. It was like a who's who in powerlifting. Still one lifter stood above all the rest - L. Pacifico. Considering everything, the weight class he competed in, the athletes he competed against, his records and world titles, Pacifico has to be considered one of the greatest, if not the greatest, powerlifter of all time. Only Inaba, Gant, Bridges, and Coan have been as dominant as Pacifico. Only Bridges and Coan have competed against the kind of top-notch lifters that Pacifico competed against during his career. Like I said, Pacifico is arguably the greatest powerlifter of all time.

220 POUND CLASS

Here was a real tough selection - E. Coan at 220. Coan is totaling more at 220 pounds than 99% of the super-heavy weights. He won last years national championships by out-totalling his nearest competitor by 500 pounds, and it is not uncommon for him to win the world's by 200 or 300 pounds. If Coan was a missile, it would have nuclear written all over it. He is out of this world. Is he the greatest powerlifter of all time? Is he better than Inaba, Gant, Bridges and Pacifico? YES!

242 POUND CLASS

When I was a little boy, my father took me to Wilkesboro, Pennsylvania to hear John Kuc speak. I sat at his feet as he expounded on the philosophy and biomechanics of powerlifting - I didn't understand a damn word he said - and I loved every minute of it. I recognized

(article continued on page 60)

TRAINING

Breaking the 600 Lb. Barrier

as told to Powerlifting USA by Asher Sharon

I reached one of my long term goals on June 13, 1992, after 15 months of goal-intensive preparation - breaking the 600 lb. barrier in the bench press. If you would have told me in early 1987 (the year I broke the 400 lb. barrier, 8 years after I made 300 lbs.) that in 5 years I would bench press 617 lbs., I would have laughed at you and told you that you were living in a dream. I do not possess the genetic potential of lifters like Julian Lee, Ken Lain, Jim Williams, or "The Kaz." In 1991 I moved to the U.S. By that time, my best lifts were 510 lb. in the bench and a 1730 lb. total. I plateaued on these lifts for over a year. I never thought that in less than 6 months I would total over 1850 lbs. and bench press 575 lbs. Eighteen-hundred pounds for a total and a 550 lb. bench press looked like a long term goal. At this point, Dawn, Greg, and myself started to work together and founded the Power Excel Lifting Team. First thing we did was change the form, groove, and technique of all 3 powerlifts. Like many lifters, I was self-coached before and had the tendency to develop a comfortable rather than an efficient groove and leverage. These changes do not happen overnight. It takes dedication and patience over a period of time. Besides learning new form and creating a new groove in all 3 lifts, I had to increase the strength and endurance of the synergistic muscles for all my lifts. As a result, every muscle group, regardless of how small, must get considerable amount of work and attention. It is very frustrating in the beginning.

Asher... benching at the WPC Worlds.

I was a lifter that believed in "keep it simple:" do the main 3 and lift as heavy as you can. Cycle light and heavy workouts. Do minimum or no assistance work. If you are doing assistance work, do only exercises that relevant to the lift itself. "Keep it simple" will take you to the limits of your genetics and existing psychomotor imbalances and neuromuscular habits. I had to unlearn many bad habits as well as work very hard on my weakest points. Using a wire collar as a dumbbell to perform shoulder rotator work is a humbling experience. The first nine weeks were quite frustrating. In my old form, I used to do 405 lbs. in the bench press for four triples once a week. Practicing the new form and groove, I was having a hard time with 285 lbs. I thought I had lost my bench press ability for good. It took 9 weeks to get my used to the high volume and large spectrum of exercises I performed in the gym five days a week. Many of those exercises looked like they had little of any relevancy to powerlifting. Since my stabilizing muscles were apparently in inadequate shape, I was constantly sore for nine weeks. We were trying to compensate for my genetic flaws while allowing my few gifts to rest for the big push. I noticed one major change - my bodyweight took off from 267 lb. on Jan. 1991 to 303 in April 1991 and 315 in late June 1991. On week twelve of the program, I doubled a personal record in the bench without peaking! I also doubled my previous personal record squat without peaking and without a suit! When we started the peaking cycle for nationals in May 1991, I was setting a new personal best in the gym every week for 10 weeks. On week eight, 12 days out, I benched an easy 575 lbs. I set my sight on the WPC 308 lbs. class bench press record that was 562 lbs. at that time. I was slightly overtraining and had the stomach flu 3 days out of Seniors and missed 567 lbs. twice at the meet.

Chart 1 describes the 12 weeks of foundation I performed for the 1991 season. I put emphasis on improving strength and endurance of decline barbell presses and incline DB press/flyes. All bench presses are done in 60-75% range. The bench press is done after decline and incline presses in order to pre-exhaust the bench press. The emphasis is on form and technique. I did my bench press workout on Wednesday. On Monday, . did a detailed upper-back and shoulders routine that hit all the bench press stabilizers. Obviously, I never fully recovered by Wednesday. By the time I got to week twelve I was deliberately overtrained. I switched to a peaking cycle in week thirteen (Chart 2). The bench press is performed at the beginning of the workout. Volume and intensity of assistance exercises is decreased but not eliminated totally. Six-nine weeks later (week nine in my case- week twenty one in Chart 2), I was fully recovered from the overtraining and was able to utilize the new groove and strength I had acquired during the foundation phase. For me, the meaning of peaking cycle is time to recover from off-season training and getting used to your new groove in the bench shirt. (My bench shirt was a custom-made double denim.)

After the Senior Nationals, I had to focus more on work and other commitments. In order to stay competitive from July to November, I worked out a form of an extended peaking cycle. In November I benched 551 lbs. and totaled 1930 lbs. My last meet for 1991 was in Las Vegas, where I totaled 1873 lbs. The extended peaking cycle was taking its toll. My muscles were telling me it's time to do something different. I knew that if I were to go back to the drawing boards, a 600+ lb. bench would not be an impossible goal. From December 1991 to April 1992 I changed my training routine completely every six weeks. Hitting my stabilizers and the prime movers from every possible angle and stressing scapular retraction. My target meets were scheduled to be late May and early June. I was in the gym five days a week hitting new PR's for reps in the squat and the bench press without equipment - 545 x 8 in the squats and 445 x 5 in the bench press - both without peaking and in a state of slight overtraining. From Jan-Apr. 1992, my leverage and groove in all three lifts were altered as well. The equipment I used in the Fall of 1991 no longer suited my needs. For the first time, I had to cut weight in order to make the 308 lb. class. My off-season bodyweight was steady on the 319 lb. mark. I actually lost 1.25" from my waist.

I was not able to put the straps of my squat suit up and my old double denim shirt was too tight on my chest and shoulders. In May 1992 I was able to bench press 540 lbs. without a bench shirt after squatting 729 lbs. with straps down.

The peaking cycle to that meet is shown on Chart 3. As you can see, the most weight used was 510 for a single, which I clocked at little over a second. A conventional peaking cycle would call for multiple sets of multiple reps at the 82-83% range (or heavier). This will create a few setbacks. 1. Lifters frequently mistime the peaking and come to the meet either past their peak or overtrained. 2. By struggling through the last weeks of a conventional peaking cycle, lifters acquire bad form and lose their technique.

Biochemically, it is virtually impossible to improve your muscle mass and leverage in the last six weeks. Rather than frantically try to get stronger in the last six weeks, do your strength preparation earlier in the year and spend the last six weeks recovering fully and gaining your best possible technique. The last six weeks should be done in levels and volume and intensity that will allow full recovery while maintaining maximum competitive levels. The stress shouldn't be on heavy sets and reps. The emphasis should be on refining timing, form, and technique as it's shown in Chart 3. The more force you apply to the bar, the faster you will drive in the groove. The results will be a higher level of top-end performance. For most people, the effective level of load will be 65-80% of the projected max for 4/6 sets of 1-2 reps. The level of difficulty (volume and intensity) depends upon the individual's level of foundation, rate of recovery, and the lift involved (ideal loads vary from the squat to the bench press to the deadlift). I have experienced this system to work in intensity level as low as 55% but no higher than 82-83%. It seems to be that the higher the intensity level, the longer the recovery rate.

I was able to alter my squat and bench shirt in time for the meet. I was on track to break the 600 lb. barrier. My wife and I had a little bet going. I was supposed to bench as much as she could squat in meet conditions. Dawn topped her squats at the meet with 617 lbs. - a new all-time best in the 165 lb. class. As a results, I was "forced" to take a 617 lb. attempt on that day in order to keep up. My bench sequence that day was 551, 584, 617. Both my 2nd and 3rd attempts were personal records that exceeded the WPC world record. It was also the first time I got 3 for 3 in the bench press. I was able to get three strong pushes because I had not pushed heavy reps and sets in the peaking cycle, but worked on speed. My stabilizers were still fresh after squatting 784 lbs., which was a personal best. The first and second attempts in the bench were very fast and explosive. To me, the lifts were so fast that they were over before I realized it. The third attempt was very explosive from the chest. The last third of the lift to lockout took me a few seconds. It came up slow but steady. I didn't lose the groove because, again, I was fresh and prepared. My last lift of the meet was a 729 lb. deadlift that gave me a 2130 lb. PR total. I didn't lose the bet with my wife but my upper pecs were quite sore and somewhat fatigued from the tremendous effort I had to put into lockout. We will update the readers of *Powerlifting USA* with further developments in the eternal quest for power. So until next time, stay tuned and keep reading *PL USA*.

CHART 1

Bench Press Routine 01/91-05/91

Wk	Bench Press	Dec BP	Inc DBP	Pecdec	Cables
1	8x3@55-60%	4x15#	4x8#	3x15!	3x15!
2	8x3@58-63%	4x15	4x8	3x15	3x15
3	8x3@58-60%	4x12	4x8	3x15	3x15
4	8x3@ -60%	4x15	4x8	3x15	3x15
5	8x3@60-65%	4x12	4x8	3x15	3x15
6	8x3@63-68%	4x12	4x8	3x15	3x15
7	8x3@63-65%	4x12	4x8	3x15	3x15
8	8x3@ -65%	4x10	4x8	3x15	3x15
9	6x3@70-75%	4x10	4x8	3x15	3x15
10	6x3@73-78%	4x8-10	4x8	3x15	3x15
11	6x3@72-75%	4x4-10	4x8	3x15	3x15
12	6x3@75%	4x3-6	4x8	3x15	3x15

 # emphasis on increasing strength and endurance in those movements.
! use light weight and smooth control reps, this is for pump purposes.

Chart 2

Wk	Bench Press	Sets with shirts after warm-ups
13	455x3	455x3405x5+ 225x15 no shirt
14	475x3	475x3405x5-7 225x 15 no shirt
15	495x3	475x3405x7
16	515x2	505x3455x5
17	505x3	505x3
18	525x2	495x3455x4
19	507x1	556x1 (tune-up meet)
20	535x1	505x3
21	505x1	540x1575x1 505x2
22	315x5x3	

$ assistance work done after bench presses. Decline presses- 3 sets x 5 reps. Incline DB presses- 3 sets x 8 reps. Pec deck- 2 sets by 20 reps

Chart 3

617 lb. Bench Press Peaking Cycle May/ June 1992
1 Warmup + 6 sets x 3 reps with 420 lbs. no shirt
2 Warm-up + 5 sets x 2 reps with 455 lbs. shirt on
3 Warm-up + 475x1 500x1 510x1 515x1 shirt on**
4 Warm-up + 6 sets x 3 reps with 425 lbs. no shirt
5 Warm-up + 5 sets x 2 reps with 470 lbs. shirt on
6 Meet Warm-up + 551, 584, 617

assistance- 4 sets of dips, 3 sets x 5-8 reps, 4th-15 to 20- no weights attahced. Incine DB presses- 3 sets x 6 reps. Cable Flyes- 3 sets x 12 reps
**** no reps- work on speed and form. Apply a maximum force into the bar.**

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Dawn Sharon Asher Sharon Greg Reshel

Ask the Doctor

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

DEAR MAURO: I'm writing you this letter in regards to steroids. Would testosterone, expired from 7/88 be any good? My question is - does it still have its full potency of 200 mgs per cc. Is testosterone that is expired 3 or 4 months still good. I feel it is, and if it's still good at 3 or 4 months, what about expired 9 months to a year old. A person at the gym stated to me they had done some *Deca-Durabolin* that was expired as far back as 1988 and that it was still good. I've also asked several people this question about the testosterone. How long is it good for? I've heard different answers from several years to 5 years, to 10 years. My question is, if it is still good for 5 years, is it still at full potency, and is it still safe?

My other question is, I was thinking of purchasing some *Anadrol* and *Equipoise*, only there's a lot of false merchandise going around these days and I don't want to pay good money for bogus merchandise, and possibly harmful merchandise. Can you possibly give me some guidelines as what to look for in comparing fake and real *Anadrol* and *Equipoise*. Any help or advice you could give me would greatly be appreciated, especially in regards to the testosterone. Also, what about *Deca-Durabolin* that is expired in 1988 - is this also good. And lastly, is *Primabolin* any good for strength. How would you rate it as a steroid, say, as compared to testosterone or *Deca-Durabolin*? Thank you so much for your time, and your willingness to help people and better educate them.

P.S. What is the difference between *Primabolin* and water based *Methandriol*. Also is there a difference between shelf-life of oil based products and water based products.

P.P.S. I just read your letter head in the *POWERLIFTING USA* magazine and I'm not asking about how to do steroids or when, but if I possibly do them I want to make sure their safe and effective. I'd appreciate if you use my letter in your magazine, but don't print my name. Could you possibly give me a phone number to contact you in regards to any information. Thanks again, and sorry for being so long. **Tom**

DEAR TOM: *Most medications are good for a few years after the expired date, however, they're usually not as potent, losing on the average 10% per year. I think that all the testosterone expired dates you mentioned in your letter are still good, since they are oil based medications with added preservatives. The 1988 one might be somewhat less potent than the others. Some medications do deteriorate more rapidly, with a small number actually becoming toxic. In the case of the oil based testosterones or other anabolic steroids, there might be problems if the oil has gone rancid - in these cases the oil looks murky and the drug shouldn't be used. It's been my experience that water based products, depending on the product and type of preservative used, tend to deteriorate faster than their oil based counterparts.*

Unfortunately because of existing laws and repercussions from medical licensing bodies, I can't advise you, on some of the questions in your letter. Perhaps the best advice I can give you in regards to both the potency of various anabolic steroids and counterfeit steroids is to subscribe to the periodicals published by Mile High Publishing (1-800-637-1572). For example, their Anabolic Reference Update is the only ongoing up to date source I know of that tests and reports on the various anabolic steroids available on the black market. As it stands today, most of the injectables on the market are counterfeit, many containing no active substances at all. I hope this information is of some use. All the best in your training. Sincerely, ***Mauro G. Di Pasquale, M.D.***

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DEAR MAURO: I'd like to get some more information on the Cheque Drops (mibolerone). In all of the books that I have from you, I can't find much info on this drug. Update 4, pg 4, is talking about the cycles for the test. Give me your feedback on all of the vet. drugs and also the cheque drops. Thanks for your time. I know you're busy.
P.S. In *PL USA*, I don't see another update or book that you have out lately. Any more? I already have the *Drug Use and Detection in Amateur Sports* book, Updates 1-5, *Beyond Anabolic Steroids* and *Anabolic Steroid Side Effects*. Is there any book you'd suggest. I'm interested. **Sam**

DEAR SAM: *Your best bet for information on veterinary anabolic steroids, including mibolerone, are the books and the bimonthly Anabolic Reference Update put out by Mile High Publishing. There is also information on vet compounds in Daniel Duchaine's Underground Steroid Handbook II.*

My latest endeavor is a newsletter called Drugs in Sports. This quarterly publication is published by Decker Periodicals. The first issue will was out in September, 1991. If you're interested in information on the newsletter, contact Decker Periodicals Inc., One James Street South, P.O. Box 620, L.C.D. 1, Hamilton, Ontario, L8N 3K7. (416) 522-7017. FAX (416)522-7839. Since you've already purchased books from me, you'll be getting information on the newsletter automatically. Sincerely, ***Mauro G. Di Pasquale, M.D.***

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Teen		J. Edwards	451
N. Masterakis	176	S. Welsh	391
A. Beach	104	T. Mitchell	275
114		220	
N. Masterakis	176	M. Massey	424
R. Jackson	143	R. Shan ks	418
123		T. Hartka	380
M. Cooley	203	A. Hubbard	369
E. Chaillet	176	G. Bartholomew	325
J. Hoffmaster	126	242	
132		W. Carter	529
W. Mathews	264	A. Klinger	429
J. Bryant	264	W. Evans	418
D. Smaldone	248	J. Short Jr.	396
K. Marbury	209	M. Sherman	391
C. Wagner	209	275	
J. Short III	203	E. Davis	501
B. Cole	187	J. Painter	457
148		SHW	
R. Brown	314	M. Bernardon	491
P. Acron	303	A. Covington	485
J. Marshall	297	M. Colbert	462
M. Latham	292	R. Yateman	385
T. Esposito	275	Women	
J. Brown	253	K. Marbury	209
S. Beach	203	C. Wagner	209
165		E. Chaillet	176
T. Dorsey	385	S. Basham	187
F. King	308	J. Brooks	176
181		J. Hoffmaster	126
K. Davis	391	Masters	
D. Rentuma	385	R. Shanks	418
T. De'Alfonzo	385	W. Evans	418
R. Mongold	352	J. Short Jr.	396
198		B. Haiden	308
C. Anders	501	J. Moyer	303

Best lifter Lt.Wt - Tracy Dorsey; Best Lifter Hw. Wt. - Chad Anders; Biggest Bench - Wayne Carter; Toughest Bench - Karen Marbury; Best Team - Rare Breed. The 1992 Maryland State Bench Press Championships brought out the nation's top lifters from around the country. These names included, Ken Lain; Claudia Wagner; Mark Chaillet; Karen Marbury; Ellen Chaillet; Scott Werner, and Chad Anders. With over 200 spectators finding their seats, the contest started without a hitch. In the teenage and 114 lbs class, Nick Masterakis started things off with a state record of 176 lbs. With lifting well on the way, the crowd was waiting with anticipation to see the women's class. Ellen Chaillet finished 3rd with one of the most eimpressive 3rd attempts of the meet. Claudia Wagner - the nation's number 1 ranked natural female body-builder finished 2nd with an incredible 209 lbs. bench. First place went to Karen Marbury, Karen locked out 209 on her 3rd attempt which seemed to take about 3 weeks to complete. However, Karen had the guts to stay with the lift which earned her 1st place. In the 123 lb class, Michael Cooley came out on top with a 203 lb bench. Right on his heels was Ellen Chaillet with a 176 lb bench.

One of the largest weight classes this year was the 132 lb class. William Mathews earned the State title in this division with a 264 lb bench. William edged out Jeremiah Bryant by bodyweight to take the title. As the crowd became more intense, so did the lifting. Finishing first in the 148 lb class from Chaillet's Fitness and Strength was Robert Brown. Paul Acron nipped James Marshall for second place finishing with a 303 lb bench. The 165 lb class was missing the likes of Scott Werner this year. Scott was still recovering from a serious misload at the Baddest Bench in America. Scott asked for 501 on his second attempt to set the world record, however, the bar was loaded to 551 lbs. Scott started down with the 551 and upon receiving the press signal, started the weight upward. However, 551 lbs at 165 was too much for even Scott. We wish Scott a speedy recovery and hope to see him next year.

Tracy Dorsey from Rare Breed stepped right in and took first place honors with a 385 lb bench in the 165's. Finishing second was Fred King with a 308 lb bench. Fred was using this meet as a warm up for the full power meet in two weeks. Good luck Fred!! As the 181's went to battle, Ken Davis edged out Danilo Rentumo with a 391 lb bench. Finishing 3rd was Tony D'Alfonzo with a 385 lb bench. In the 198's we had the pleasure to watch Jeff Edwards and Chad Anders, two nationally ranked lifters, battle for 1st place. Chad came all the way from Abeline, Texas and finished 1st with a 501 lb bench. Jeff Edwards, one of the best benchers the state of Maryland has ever seen, finished 2nd with a 451 lb bench.

The 220's matched two teammates against each other. When all was said and done, Malcom Massey beat his coach Robert Shanks. (We hope Mr. Shanks still lets Malcom train at his gy).

As the 242's took to the stage, five lifters were gunning for first place. When the smoke cleared, Wayne Carter was on top with Anthony Klinger in second. Wayne Evans, one of Maryland's best master lifters, finished 3rd with John Short right behind in 4th place. Finishing 5th from Chaillets Fitness and Strength was Mark Sherman. This was Marks 4th contest after coming back from surgery over a year ago. Mark has steadily improved his PR from 325 to a 391 lb bench. Looks like Mark and the guys from Chaillets take their benching seriously. As the 275's knocked heads, Elmer Davis finished 1st with a 501 lb bench. John Painter came in 2nd with a 457 lb bench. John is also coaching the Big Kahuna Power Team in the MD. State Powerlifting Championships next week. Good luck to John and all his team members. In the masters catagory we witnessed Robert Shanks win his 2nd state title over Wayne Evans with a strong 418 lb bench. Mr. Shanks is one of the up and coming master lifters on the National benching circuit. As the contest came to an end, the supers went to war. With only one lift to go, Mike Bernardon had a chance to not only win 1st place, but he also had to break the state record in doing so. Mike took 491 down to his chest with the greatest of ease. As the crowd became insane, so did Mike. Mike launched the 491 off of his chest like a guided missile. As Mike racked the weight, he stood at the end of the bench and saw 3 white lights, a state record, and a state title! Talk about performing under pressure! Congradulations Mike! As the contest came to a close, meet director Scott Werner had one more surprise up his sleeve. With some 200+ fans screaming for more, out from the locker room walked Ken Lain. Ken was going to close the meet by benching 600 for reps. After this announcement the crowd seemed somehwat stunned for an instant, since no one in the state of Maryland has ever done 600 for 1!! Ken laid his massive frame down on the bench and started pounding out 600. With the crowd behind him, Ken finished with 4 reps. The man is 'simply the best there ever was'. When all was said and done the contest was a huge success. A special thanks to everyone at Chaillet's Fitness and Strength, B&C Enterprises, Power Promotions, Powerful Production, Ken Lain and Chad Anders.

Everyone is already talking about what surprises Scott Werner has in store for next year. Rumor has it that 1st place will have a $500.00 cash price tag for each weight class. I guess we will all just have to show up at the 3rd Annual Maryland Bench Press to see what 1993 brings.

"The BEST" Scott Werner (left), Claudie Wagner (center), and Ken Lain (right) all made guest appearances at the Maryland Bench Championships (Wagner)

USPF Alabama State/Region III
2 May 92 - Tuscaloosa, Alabama

Class II Alabama	SQ	BP	DL	Total
165 lb				
C. McMillian	410	330	450	1205
181 lb				
T. Butler	475	290	520	1305
198 lb				
R. Herring	540	285	545	1370
R. Smith	470	310	520	1300
T. Moore	475	270	490	1235
M. Lovell	- - -			
220 lb				
C. Griffin	325	195	410	930
242 lb				
B. Wright	520	400	550	1470
J. Webber	430	280	420	1130
275 lb				
D. Maldonado	550	315	475	1340
SHW				
H. Upton	745	480	585	1810
M. Snider	430	245	430	1105
Open-Alabama				
148 lb				
A. Banks	475	245	535	1255
165 lb				
R. Robinson	480	300	500	1280
181 lb				
R. Escamilla	565	325	575	1465
C. Paulk	555	320	540	1415
198 lb				
R. Herring	540	285	545	1370
220 lb				
W. Hutchins	380	260	440	1080
242 lb				
D. Davidson	600	375	600	1575
O. Johnson	500	460	525	1485
275 lb				
D. Nichols	760	575*	765*	2100
D. Borden	800	450	- - -	- - -
SHW				
H. Upton	745	480	585	1810
M. Snider	430	245	430	1105
Women-Alabama				
L. Eaves	240	135	260	635
E. Clark	180	110	305	595
Masters-Alabama				
T. Butler	475	290	540	1305
O. Johnson	500	460	525	1485
Class II Region III				
181 lb				
J. Ray	335	225	445	1005
198 lb				
R. Smith	470	310	520	1300
T. Moore	475	270	490	1235
M. Lovell	- - -	- - -	- - -	- - -
275 lb				
D. Maldonado	550	315	475	1340
SHW				
H. Upton	745	480	585	1810
C. Fennelle	445	390	505	1340
Open Region III				
148 lb				
A. Banks	475	245	535	1255
165 lb				
R. Robinson	480	300	500	1280
181 lb				
C. Paulk	555	320	540	1415
D. Colman	350	175	300	850
275 lb				
D. D. Nichols	760	575	765	2100
D. Borden	800	450	- - -	- - -
SHW				
H. Upton	745	480	585	1810
C. Fennelle	445	390	505	1340
Women-RegionIII				
C. Sterling	205	185	225	615
Masters-RegionIII				
C. Fennelle	445	390	505	1340
L. Cramer	355	235	325	915
D. Colman	350	200	300	850

* state record (Thanks to Meet Director Bob McKee for providing the results of this meet).

Willmarfest Bench Press
20 Jun 92 - Willmar, MN

Women			
148		K. Sorenson-29	345
S. Tews-33	120	242	
Women Masters		D. Sturgeon-27	355
123		SHW	
M. Sorenson-43	105	K. Sorenson-31	475
High School		Open	
148		181	
N. Villnow-15	140	P. Boyd-36	380
181		T. Erickson-30	330
J. Johnson-17	265	198	
S. Larsen-17	225	T. Ewy-28	390
198		H. Nichols-50	335
A. Johnson-17	300	220	
220		K. Sorenson-29	345
M. Harren-17	280	242	
Teen		D. Sturgeon-27	355
148		275	
T. Klemm-16	190	G. Woychik-23	475
165		SHW	
V. Klemm-18	225	K. Sorenson-31	475
242		Submaster	
A. Breth-19	300	181	
Novice		P. Boyd-36	380
148		SHW	
D. Annis-22	175	C. Schneider-37	360
181		Master	
G. Zirbell-50	225	132	
220		J. Annis-42	235
K.Biederstedt-31	325	181	
242		D. Schmidt-44	280
M. Ritze-17	300	G. Zirbell-50	225
Spec. Olympics		198	
181		M. Bengtson-40	300
D. Lange-30	165	H. Nichols-50	335
Beginner		242	
198		J. Kaufman-44	375
D. Nichols-29	195	R. Davis-68	310
Natural		Police & Fire	
181		198	
P. Boyd-36	380	H. Nichols-50	335
D. Lang-31	350	SHW	
M. Dahlke-29	345	K. Sorenson-31	475
198		Master P & F	
H. Nichols-50	335	181	
220		D. Schmidt-44	280
J. Kaczor-29	500	198	
D. Jones-30	390	H. Nichols-50	335

Judges--Darryl Schmidt, Scott Wandersee, Kris Biederstedt, Mike Dahlke, Keith Sorenson, Corry Schneider, and Troy Erickson. Announcer - Darwin Jacobson. Loaders - Mark Miller, Skip Jensen, and Terry Luschen. Door Prizes--Sheila Tews won a Jake and Jenny's Gym Sweatshirt worth $20.00, Jake Johnson won two pounds of carb powder worth $15.00, Villery Klemm won a bottle of Dibencozide Blend worth $40.00, Kevin Sorenson, Troy Erickson, and Roger Davis each won a Willmarfest T-shirt. We had the audience included in the door prizes this year and three T-shirts and one sweatshirt were the door prizes. The meet was sponsored by Jake & Jenny's Gym in Willmar. There was some great lifting which included teens Andy Johnson, Matthew Ritze, and Aaron Breth benching 300. John Kaczor finally did the magic 500 and attempted 510. Big Keith Sorenson was plenty fired up and made a personal record 475. Newcomer Glen Woychik made short work with a 475. Pat Boyd ripped 380 up to win the Open, Natural, and Submasters. Master lifters who benched over 100 pounds over bodyweight were Jack Annis, Darryl Schmidt, Mark Bengtson, Herb Nichols, and James Kaufman. Roger Davis at 68 years old blasted up 310. Sheila Tews, Marty Sorenson, Mike Dahle, Troyt Erickson, Donavon Sturgeon, Terry Ewy, Dale Jones, and Villery Klemm had personal records. Special Olympics lifter David Lange started five months ago with 65 p9unds as a max, and easily pushed up 165 pounds. Newcomers Kris Biederstedt, Daniel Nichols, Gene Zirbell, Dennis Lang, and Dan Annis found out what this great sport is all about, as the veteran lifters helped and cheered them on along with the huge audience of about 200. We had 34 lifters this year and the meet took only two hours and forty five minutes, which included a twenty five minute break between flights. The meet was dedicated in memory of Roger Jakel, and a placque and sculptured trophy were presented to his wife Sandy. In the future all the Willmarfest bench press meets will be dedicated to Roger. We are planning on including a bodybuilding show as part of next years Willmarfest. I would like to thank everyone involved with making this meet a huge success. (Thanks to Darwin Jacobson for these results).

Budweiser World Record Breakers
17 May 92 - Bend, OR

132	SQ	BP	DL	Total
K. Ramsey	340	210	375	925
148				
R. Rodriguez	515	230	470	1215
C. Frickey	335	205	435	975
165				
F. Redmond	525	300	525	1350
E. Lampkin	460	320	460	1240
D. Hatch	430	220	410	1060
S. Ayres	405	220	425	1050
50-54				
F. Bradbury	45	265	45	355
60-64				
R. Phillips	405	230	505	1140
181				
B. Cavalier	635	380	725	1735
198				
M. Schultz	540	370	570	1480
E. Arntzen	600	335	540	1475
R. Newton	510	405	450	1365
S. Simmons	405	275	535	1215
220				
J. Bergeson	425	310	405	1140
K. Hopkins	435	235	420	1090
46-50				
R. Hall	450	260	430	1140
242				
F. DiAngelo	775	475	600	1830
50-54				
S. Sandberg	620	420	620	1660
275				
T. Castro	785	390	600	1775
D. Ward	595	410	600	1605
M. Durand	650	350	600	1600
D. Munsey	555	350	575	1480
40-44				
B. Kohlleppel	600	350	550	1500
SHW				
A. Clark	850	660	45	1555

This meet ws the first attempt to bring big time lifting to the central Oregon area. Steve Goggins had to back out due to over-training. Anthony Clark smoked a 630 reverse grip bench. I've seen every big name lifter since 1974 do his or her thing. Nothing can compare to Anthony Clark's 630 reverse grip opener. His 660 wasn't much harder and his 710 was close. He missed 900 on the squat. Skip Sandberg set a masters bench world record in the WPC with 420 in the 220 lb. class in the 50-54 age group. Ross Phillips did 405 and 420 records in the squat in the 60-64 age group in the 165 lb. class. He also did a very nice 505 world masters deadlift record. Fred Bradbury did a world record 265 bench in the masters 165 age 50-54. There were lifters from Northern California, Washington, Oregon, and Idaho. I want to thank Mark Jackson, Ross Phillips, Greg Phillips, and Fred Bradbury who brought equipment and weights from Pendleton, OR; and Ross, Greg, and Mark helped in the officiating. I want to thank my sponsors Pete Alaniz of Titan Suits, Rich Sandlin of Dash, Clearwater Beverage, Pepsi, and Inzer Advance Designs. The attendance was 345. The meet was held in the ballroom of the beautiful Riverhouse Motor Inn. The Riverhouse is right in a white water river - the Deschutes River. The rooms are very reasonable $45-80. For $80 you get a fireplace and sauna. More meets will be held here in the future. (Thanks to Gus Rethwisch for the results.)

Ross Phillips *record deadlift of 505 at the Record Breakers (Johnson).*

MDSA South Dakota Closed
27 Jun 92 - Pierre, SD

Teenage Men	SQ	BP	DL	Total
181				
G. McComsey	390	260	420	1070
R. Hall	- - -	240	- - -	- - -
Submaster				
198				
L. Robinson	- - -	- - -	565	- - -
Master				
198				
K. Sargent	- - -	135	- - -	- - -
D. Mehrer	- - -	270	370	- - -
Open Meet				
Men				
148				
D. Horton	- - -	- - -	450	- - -
198				
J. Dorsher	450	275	515	1240
SHW				
K. Sorenson	- - -	440	- - -	- - -
Submaster				
SHW				
C. Schneider	630	- - -	630	- - -
Master				
198				
M. Bengtson	- - -	300	- - -	- - -

Judges: Corry Schneider, John Dorsher, Keith Sorenson, Larry Robinson, Don Mehrer, and Darwin Jacobson. Door Prizes: Keith Sorenson won a bottle of Vit C worth $10.00. Dough Horton won a T-Shirt worth $10.00. Larry Robinson won a bottle of Dibencozide Blend which retails for $35.00. Editor's Note—I would like to thank everyone who helped with these meets. If things work out, next year's meet will be held at the same place. Corry Schneider squatted a personal best 630 with no problem. Keith Sorenson benched 440 for a level 2 limit and Jerk-Pressed 280 but 290 would not go. Mark Bengtson finally made it to the Level 2 limit for masters with his 300. Gerrick McComsey squatted a nice 390, benched 260, deadlifted 420, and totaled 1070 for his MDSA debut. Newcomers Kirk Sargent and Rob Hall set records. Don Mehrer blew away his 270 bench at 47 years old. Larry Robinson easily jerk-pressed 255 and deadlifted 565 for the most ever done in the MDSA for those two events for bodyweight. Larry lifted as a guest lifter in the jerk-press event and Dopn Mehrer lifted as a guest lifter in the deadlift event. Doug Horton deadlifted 450 and attempted 480. John Dorsher squatted a 450 and took a shot at 465. I would like to thank Larry Robinson for getting us the Pierre Auditorium. It is a perfect place to hold a meet. If things work out, these meets will be moved up a month or so next year. These meets are dedicated to the memory of Garry Robinson with future meets being memorials to Garry. A Garry Robinson Memorial 'free will offering' scholarship fund raiser will be set up every year at these meets. Garry was a good lifter, having qualified for the Jr. Nationals. (Thanks to Darwin Jacobson for providing these meet results)

Northeastern Bench Press
2 May 92 - Madison Hts., MI

132		G. Szlolack	400
K. Rosebrook	230	L. Hasler	375
148		G. Keesey	360
P. Digiovanni	270	242	
165		S. O'Hallaran	460
J. Wood (BL)	360	J. Persante	455
M. Zweng	345	A. Kennedy	380
C. Gastaris	295	D. Tamburo	365
K. Marshall	290	S. Carr	315
D. Galleger	- - -	275	
181		J. Clore	440
T. Butson	375*	Masters	
D. Degregory	365	J. Clore	440
M. Ostrowski	355	L. Hasler	375
B. Kemego	350	J. Ellsworth	355
198		C. Endicotte	305
M.FessendenBL	440*	Women	
J. Scott	370	L. Boshoven	300*
J. Chamdion	370	Teenage	
G. Brewster	370	J. Zweng	345
J. Elsworth	355	D. Kennedy	380
D. Donner	325	P. DiGiovanni	270
220		S. Kennedy	- - -
P. Urchik	445*	D. Galleger	- - -
C. Grordin	430		

Team: Iron Clad 38; Robs Gym 23; Heavy Metal Gym 21. I'd like to thank Jim Tombes, (Head Judge) Mike Zapinski, Tom Lockard, Chuck Fiantaco, Dawn Swartz, Alice Zapinski, Sharon Askins, all competitors & fans. Special thanks to Bob Spalding and Golds Gym for equipment needed to have this event. I'll host a bench press and/or deadlift meet in September. (Thanks to Jean-Claude Zapinski 313-541-6233 for results)

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***POWER FUN** at the ADFPA Arizona State Championships. A.S.U. strength coach Tim McClellan told assistant coach Evan "Ivan Ho" Marcus he had better get his "happy butt out there and make his opener easy." Rich Wenner, who is not to be confused with Picasso, found this quite amusing and decided to actually help Evan with his "happy butt." One word of caution to those of you who may be considering similar actions: Big Evan got crushed with his opener and had to repeat it. It was just about that time we almost changed the happy face to a frown. Where else but powerlifting could such a thing happen? (photo provided courtesy Tim McClellan).*

ADFPA Arizona Championships
17 May 92 - Tempe, Arizona

Women	SQ	BP	DL	Total
A. Dorsey-109	203	108	273	584
Men				
114				
A. Patel T-19	188	113	278	579
123				
D. Maletta	278	248	368	894
L. Cooper T-19	248	208	428t	884
148				
J. Bass T-17	433Tt	303Tt	453Tt	1189T
D. Grant	293	228	378	899
J. Lafranier	283	223	303	809
K. Krause	268	188	333	789
J. Forzano M-62	288	183	283	754
165				
K. Dittler	548	318	488	1354
K. Heximer	353	245	463	1059
M. Jones	378	253	393	1024
W. DePonte	348	188	428	964
181				
M. O'Neal	583	313	543	1439
J. Cortez	533	333	553	1419
R. Merriman	503	328	553	1384
J. Decker	533	313	513	1359
A. Fonseca	478	253	508	1239
M. Grady	428	303	463	1194
D. Bedford M-65	293M	203M	380M	879M
L. Cory M-78	238m	138M	303M	679M
198				
S. Clark	513	318	543	1374
G. Adams	443	278	563	1284
C. Barnes	448	303	528	1279
220				
R. Wenner	633	463*	603	1699
S. Pratt	583	373	563	1519
P. Camp M-42	553	363	533	1449
C. Johnson	568	303	578	1449
S. Rand	568	388	468	1424
T. Burke	503	303	603	1409
L. Bartel	528	358	503	1389
242				
L. Minet M-42	488	318	483	1289
T. Peterson	503	308	453	1264
J. Eldridge M-46	48	318	48	414
Super Heavy				
E. Marcus	623	403	628	1654
A.BraunbeckT-19	613t	323	523	1459t

T - Teenage American Record, M - Master American Record, * - Arizona State Record, t - Arizona State Teenage Record, m - Arizona State Master Record. Master I (40-49) 1. Phil Camp; 2. Larry Minet; 3. John Eldridge. Master II (50+) 1. Lorne Cory; 2. Dan Bedford; 3. Julius Forzano. Teenage 1. Jason Bass; 2. Labe Cooper; 3. Allen Braunbeck. Best Lifter - Rich Wenner

News Flash!!!.....War breaks out United States. Desert Storm in Arizona! In the heat of the desert - a challenge was put forth, and a large number of Iron Warriors rose to the occasion and volunteered to be in the 1st Annual Arizona's Battle of Strength Competition - there were few survivors .... comprised of three events, the war waged on through the day as well as the night. There was the clash of pecs in the Summer Bench Press Classic. Others who chose to engage in the Hand of Steel competition and test their mettle against some of the best arm wrestlers in the world. The main battle was waged over the pit of sweat, where the strongest men and women in the State, and as it turned out, the country, went head to head in the ADFPA Powerlifting Meet.

In strength competition, this was truly the Mother of All Wars! The Arizona ADFPA Powerlifting Championship, held May 17th, 1992 in conjunction with the Summer Bench Press classic and Hand of Steel Tournament allowed athletes to compete in one or all three. The location site was memorable, After The Gold Rush Concert nite club provided a festive ambiance for spectators and athletes alike. With over three hundred spectators in attendance, this crowd definitely motivated the athletes. In fact, so much so that several State and National records were broken. Best Lifter award went to seasoned veteran of iron, Rich Wenner, who broke a State record in the bench press with 463 lbs. In the 220 lb. class and had a combined total of all three lifts of 1699 lbs. Actually Rich was at the halfway point between the classes of 198 lbs. and 220 lbs. I guess it was a flip of a coin for Rich on which class to have entered in, or was it the steak dinner the night before? Shannon Pratt who took second in this class behind Rich fell off his usual mark and had a total of 1519. In the 242 lb. class it was Larry Minet with a total of 1289. Larry also placed second in the Masters I division. Only two enries in the Super Heavy class, with first place going to Evan Marcus with a total of 1654, not bad for his first time out at bat (excuse the mix of sports metaphors). Second place went to Allen Braunbeck with a total of 1459. Allen set the new State record in the squat as well as the total.

In the lighter classes, the lifts were equally impressive. Amish Patel managed to come up with a total of 579 lbs. Labe Cooper in the 123 lb. class broke the State record in the deadlift with a pull of 428 lbs. This was not enough to overtake David Maletta who came out with 161 lbs. more in the total accumulation of poundages. An outstanding lifter by the name of Jason Bass dominated the 148 lb. class with a total of 1189. Jason Bass has great potential in the sport of powerlifting which is quite evident by his performance at this meet. Jason broke all three records in each of the lifts not only at State level but National as well. The 165 lb. class saw Kevin Dittler at his best as he out muscled all the competition to take that class with a total of 1354 lbs. One of the toughest classes of the day was the 181 lb. class with the top four competitors totals all within 70 lbs. of one another, but it was Michael O'Neal with a total of 1439 lbs. that prevailed and took the honor of being the best of that class. In the 198 lb. class it was Steve Clark who took that class over a tough competitor by the name of Glen Adams, who beat out Clayton Barnes by only five pounds to take second.

It was tough competition all the way around throughout the day. In every event the competitors demonstrated great sportsmanship, yet had a kick-your-butt attitude. JP's Productions in association with 98 KUPD and Sharps Non-Alcoholic Beer definitely gave Arizona athletes a memorable event in which to compete, with outstanding awards going to the top competitors. For now there has been declared a temporary truce, but by next year....the Battle of Strength will wage on! (Thanks to JP's Productions for providing us with the results and report of this meet).

ADFPA New England
30 May 92 - Adams, MA

Women	SQ	BP	DL	Total
Schwartz formula				
C. Bertoli-116	210	100	215	525
Teens				
T. Fred-170	385	295	400	1080
C. Nichols-159	225	150	250	625
SubMasters				
D. Forand-152	410	265	475	1150
K. Thompson-180	485	325	470	1280
Masters				
B. Phillips-203.5	455	330	510	1290
M. Lahey-181.5	425	250	400	1075
D. Shorr-203	275	175	225	675
114				
D. LaFare	315	150	325	790
148				
J. Aemno	385	250	385	1020
K. Loing	320	190	405	815
165				
F. Farris	525	300	5150	1340
D. Porrazzo	500	300	500	1300
181				
R. Paull	550	355	530	1435
J. Berry	505	280	505	1290
M. Schofield	425	310	440	1175
S. Smith	435	290	455	1180
198				
C. Baidok	585	315	550	1450
J. Stuart	550	370	520	1440
220				
P. Bajdak	625	335	575	1535
M. Hutchings	530	360	575	1465
F. Gold	550	380	525	1455
242				
M. Abbott	600	405	535	1535
L. Herson	375	300	550	1425
L. Grande	585	318	500	1400
275				
P. Doyle	425	315	475	1215
SHW				
T. Jacobs	725	450	630	1805
P. Indresano	525	370	560	1455

Ron Paull won best lifter in lightweight divison. Tom Jacobs won best lifter in the heavyweight division. Pep's Gym won the team trophy with the following lifters on the team Carol Bertoli(1st), Ken Thompson (2nd), Mike Lahey 2nd, Dave Lafave 1st, Fred Farris 1st, Ron Paull 1st, John Stuart 2nd, Lou Herson 2nd, Paul Goyle 1st, Pete Imdresano 2nd, for a total of 60 points for the team. That must be some kind of record! (Thanks to director Roger Paull III for results).

Spanish Under 20 Championships
25 Apr 92 - Madrid (kg)

52 kg	SQ	BP	DL	Total
S. Kichi	90	52.5	125	267.5
56 kg				
J. Ruiz	112.5	55	140	307.5
J. Barrio	60	37.5	102.5	200
67.5 kg				
T. Martin	145.	87.5	167.5	400
A. Sal	150	62.5	172.5	385
75 kg				
A. Carreno	180	112.5	232.5	525
A. Barcelona	172.5	112.5	205	490
J. Villacampa	180	110	195	485
D. Cid	142.5	80	200	422.5
90 kg				
L. Redondo	212.5	102.5	242.5	557.5
O. Barredo	160	110	140	410
100 kg				
J. Alloe	170	127.5	220	517.5
R. Gallardo	125	62.5	165	352.5

(Thanks to Lucio Doncel for providing results).

Spanish Men's Championships
16 May 92 - Madrid (kg)

60 kg	SQ	BP	DL	Total
C. Leon	152.5	67.5	170	390
67.5 kg				
A. Rodriguez	220	135	222.5	577.5
E. Ortiz	205	90	220	515
J. Gamez	165	90	180	435
75 kg				
E. Cruz	290	150	260	700
F. Suarez	210	100	240	550
A. Gonzalez	- - -			
J. Guillen	- - -			
82.5 kg				
J. Gonzalez	245	120	270	635
J. Andrinal	215	115	215	545
A. Perez	210	135	200	545
J. Villanueva	205	110	- - -	- - -
M. Bailen	- - -	- - -		
90 kg				
J. Jaramillo	235	160	280	675
J. Hernandez	245	120	220	585
P. Roman	200	90	222.5	512.5
100 kg				
H. Muedra	282.5	130	262.5	675
J. Fanegas	187.5	105	232.5	525
110 kg				
J. Jimenez	262.5	147.5	240	650

(Thanks to Lucio Doncel for providing results).

Spanish Masters Championships
25 Apr 92 - Madrid (kg)

Masters I	SQ	BP	DL	Total
82.5 kg				
M. Bascones	200	127.5	220	547.5
90 kg				
J. Calvete	220	135	220	575
100 kg				
A. Serna	230	130	245	605
Masters II				
82.5 kg				
R. Cros	150	100	190	440
90 kg				
J. Molina	120	90	155	365
110 kg				
J. Munoz	160	97.5	185	442.5

(Thank you to Lucio Doncel for providing the results of this meet.)

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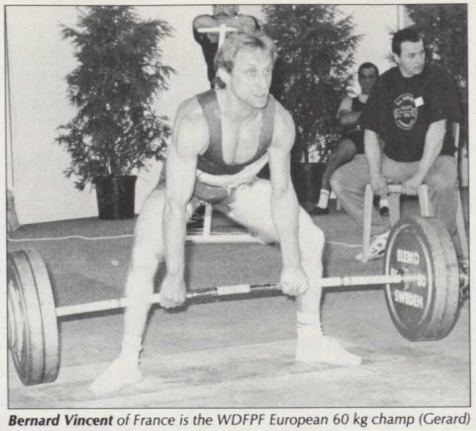
WDFPF European Championships
6-8 Jun 92 - Maromme, France (kg)

Women Seniors	SQ	BP	DL	Total
44 kg				
B. Lane-GB	75	35	100	210
42.5 kg				
S. Brooker-gb	131	80wr	130	340
I. Breton-Fra	87.5	52.5	115	255
53 kg				
A. Kulik-Pol	60	60	110	230
G. Koziol-Pol	65	42.5	85	197.5
55.5 kg				
E. LeMoullec-Fra	147.5	75	147.5	370
A. Blindt-GB	122.5	82.5	145	350
S. Lohner-Fra	110	60	135	305
58.5 kg				
D. Demmesse-Bel	127.5	65	162.5	355
K. Jones-GB	120	62.5	140	322.5
M. Baranska-Pol	85	52.5	132.5	270
A. Rekas-Pol	75	50	102.5	235
63 kg				
L. Poole-GB	135	65	155	355
C. Lynch-GB	130	65	135	330
M. Bernacka-Pol	65	32.5	85	182.5
70 kg				
E. Millington-GB	145	75	172.5	392.5
Jarjehbowski-Fra	145	80	165	390
B. Godard-Fra	135	72.5	155	362.5
W. Samways-GB	110	52.5	150	312.5
80 kg				
L. Morales-Bel	152.5	80	157.5	390
S. Tune-GB	90	65	115	270
M. Bilska-Pol	80	40	130	250
Masters 45-49				
42.5 kg				
M.Cherbonnel-Fra	90	76wr	118	282.5
50.5 kg				
M. Guinard-Fra	100	60er	137.5er	297.5
55.5 kg				
P. Smith-GB	90wr	47.5	121	257.5
Masters 50-54				
53 kg				
A. Soulard-Fra	85	60wr	115	260
Men Teenage 16-17				
52 kg				
P. Wasowicz-Pol	105	70	140	315
62.5 kg				
N. Caetano-Fra	170	80	205	455
R. Muras-Pol	120	70	140	330
75 kg				
G. Hoarau-Fra	190	110	220	520
Marakewicz-Pol	150	120	190	460
82.5 kg				
V. Catanzaro-Fra (fourth attempt)	195	100	232.5	527.5
	205wr	102.5	wr	wr
Teenage 18-19				
56 kg				
L. Gerrard-GB	143	82.5	160	385
G. Woryna-Pol	110	65	130	305
60 kg				
P. Crooks-GB	145	80	170	395
67.5 kg				
M. Kuczera-Pol	210	135	240	585
S. Lewis-GB	165	102.5	182.5	450
R. Kuchta-Pol	142.5	90	192.5	430
75 kg				
W. Trzcinski-Pol	150	97.5	205	452.5
Szumarowski-Pol	175	100	170	445
82.5 kg				
D. Sowinski-Pol	220	140	240	600
90 kg				
S. Sobolewski-Pol	212.5	120	210	542.5
(fourth attempt)	220 wr			
125 kg				
R. Sabat-Pol	250	170	280	700
Men Seniors				
52 kg				
P Legard-Fra	165	80	197.5	442.5
J. Kabot-Pol	100	77.5	140	317.5
56 kg				
F. Brouillet-Fra	177.5	97.4	200	475
A. Wasiak-Pol	140	80	190	410
60 kg				
V. Bernard-Fra	222.5	125	247.5	595
G. Hermann-Pol	200	125	230	555
J. Angioi-Bel	120	75	140	340
67.5				
A. Jasinski-Pol	210	142.5	217.5	570
V. Eldin-Fra	170	105	190	465
75 kg				
A. Blindt-GB	262.5	163	275	700
M. Duhem-Fra	250	155	230	635
J. Wegiera-Pol	230	160	240	630
J. Corelli-Fra	220	135	245	600
A.Mikolajczyk-Pol	205	127,5	242,5	575
82.5 kg				
J. Luka-Pol	275	167.5	290	732.5
D. Oakley-GB	275	127.5	285	687.5
D. Carlot-Fra	250	125	272.5	647.5
L. Amblas-Fra	235	140	262.5	637.5
M. Lane-Ire	235	130	247.5	612.5
90 kg				
T. Jex-GB	262.5	160	290	712.5
D. Ambler-GB	267.5	157.5	267.5	692.5
K. Ksepka-Pol	240	150	290	680
L. Ricaud-Fra	242.5	145	260	647.5
F. Mombert-Bel	245	137.5	265	647.5



***Bernard Vincent** of France is the WDFPF European 60 kg champ (Gerard)*

100 kg				
C. Maree-Fra	280	180	292.5	752.5
C. Foulser-GB	285	160	305	750
L. Pilling-GB	265	172.5	295	732.5
D. Sobczak-Pol	282.5	190	260	732.5
R. Pawlonski-Pol	240	150	240	630
110 kg				
S. Piquet-Fra	285	145	290	720
P. Waites-GB	260	147.5	275	682.5
T. Hul-Pol	250	132.5	280	667.5
125 kg				
R. Ames-GB	250	180	270	700
145 kg				
H. Thomas-GB	330	165	310	805
145+ kg				
S. Koziol-Pol	285	200	300	785
Masters 40-44				
67.5 kg				
D. Delaporte-Fra	195	125	220	540
G. Dufour-Fra	185	110	230.5	525
75 kg				
J. Bulski-Pol	190	135	230	555
D. Ottolangui-GB	190	117.5	235	542.5
82.5 kg				
D. Lebreton-Fra	220	125	250	595
90 kg				
M. Marie-Fra	225.5	120	255	600
100 kg				
L. Clauss-Fra	235	125	245	605
D. Howarth-GB	185	100	272.5	557.5
110 kg				
J. Tudor-GB	270	180	275	725
E. Plewa-Pol	150	140	180	470
125 kg				
A. Willian-GB	255	120	275	650
45-49				
67.5 kg				
C. Baret-Fra	145	105	190	440
75 kg				
R. Doubel-Fra	190	140	225	555
J. Guerin-GB	170	130	250	550
J. Quemard-Fra	202.5	117.5	217.5	537.5
82.5 kg				
D. Rosine-Fra	232.5	150	242.5	625
Bouchacour-Fra	210	150	250	610
90 kg				
D. Ambler-GB	265	155	272.5	692.5
110 kg				
A. Malleure-Fra	215	150	245	610
R. Toher-GB	200	125	235	560
50-54				
67.5 kg				
M. Ledroit-Fra	207.5	956	205	507.5
82.5 kg				
E. West-GB	190	120	185	495
90 kg				
J. LeQuernec-Fra	200	145	235	580
100 kg				
J. West-Ire	267.5	152.5	272.5	692.5
R. Goppel-Bel	230	120	240	590
G. Duplessy-Fra	200	130	220	550
55-59				
75 kg				
D. Briggs-GB	165	115	200	480
R. Garcia-Fra	160	80	212.5	452.5
90 kg				
B. Lemoine-Fra	210	142.5	230	582.5
100 kg				
A. Perez-Fra	180	130	200	510
60-64				
60 kg				
V. Tidona-Fra	145wr	107.5	180wr	432.5
82.5 kg				
R. Vasquez-Fra	125	105	160	390
90 kg				
A. Guillot-Fra	182.5wr	115	195	492.5
G. Nigard-Fra	165	115	210wr	460
65-69				
90 kg				
J. Fulton-GB	145	115	180	440

The Federation Francaise de la Force (3F) has organized from June 6th to 8th, the W.D.F.P.,F. European Powerlifting championships. The town of Maromme has become very well known. Situated 6 km from Rouen, it is the most important city between Paris and Le Harve. From the Friday of June 5th, in the end of the afternoon, the Municipality, represented by Mr. Vaillant, welcomed and held a reception in honour of the foreign and French delegations, at the Maison Pelissier. The weather was very good, and it would have been very nice to go sail on the Seine river, but the competition did not wait for this. Nevertheless, the countryside is very, very nice. This competition was very promising: 5 countries, Belgium, Great Britain, Ireland, Poland and France and 116 lifters were present. The powerlifting club of Maromme (Association Laique de Maromme) had very well organized this competition. Mrs. Colette Privat, Mayor, told some words to the participants, and in particular for powerlifting. Mr. Daniel Delaporte, President of the club, is also civil servant at the town hall. The Muscle club has 800 members. In the seniors classes, for women, the British Suzanne Brooker (weight class 47.5 kg, won the indice cup Malone formula) for men, it has been the French Bernard Vincent, who won the indice cup (Schwartz formula). (Thanks to George Gerard for results).

6th Lonesome Pine Bench Press
13 Jun 92 - Norton, VA

Women's				
J. Miller	140		G. Maywell	405
T. Bell	140		M. O'Bryan	405
17 & under			220	
B. Ring	360		D. Smith	510
C. Gearrer	330		A. Skeens	495
A. Gross	275		S. Belcher	425
18-19			242	
S. Adams	245		S. Bell	530
165			J. Porchie	390
A. Gross	275		M. Jones	385
S. Adams	245		275	
181			H. Mooney	490
R. Carnes	370		R. Johnson	440
E. Allen	315		SHW	
D. Ferrell	220		K. Bake	530
198			Master's	
J. Wheatly	420		H. Dunn	420
			Novice	
			R. Johnson	440

Best Lifter 181 & under - Ray Carnes; Best Lifter 198 & over - Steve Bell. The 6th Annual Lonesome Pine Bench Press Contest took place at the Touch of Fitness Gym. The meet consisted of 36 lifters from Tennessee, Kentucky, Virginia, West Virginia, and North Carolina. Thanks to George and Judy Miller for making this meet possible. Touch of Fitness Gym is located at 338 Coeburn Ave. in Norton. The 7th annual Bench Press will be announced at a later date. (Thanks to Tina Bell for providing these meet results).

I.C.P.A. Bar Buster Bench Press
23 May 92 - Spencer, IN

Tikes Female			198 N.P.	
J. McHugh	33		C. Amy	350
Tikes Male			198 P.P.	
T. Temples	43		S. Downey	300
Youth Male			275 P.P.	
R. Robertson	70		J. Robinson	420
D. Mullis	115		SHW P.P.	
J. Freeman	55		B. Ranard	305
D. Stephenson	80		SubMasters Female	
Teen Male			P. Peterson	105
132 P.P.			Sub Masters Male	
D. Deckard	120		132 P.P.	
148 P.N.			D. Robertson	150
B. Henderson	135		148 P.N.	
148 P.P			M. Elliott	300
P. Murphy	230		148 P.P.	
165 P.P.			M. Evans	275
T. Robertson	240		165 P.P.	
E. Stoute	170		L. Ferguson	280
198 P.N.			181 P.P.	
M. Couch	120		L. Ferguson	280
198 P.P.			181 N.P.	
S. Temples	250		T. Haag	390
220 P.N.			275 P.P.	
A. Powers	135		N. Phipps	375
220 P.P.			275 N.P.	
J. Temples	375		T. McCullugh	440
275 P.P.			Master I Female	
M. Harper	160		105 P.P.	
Male Sr.			P. Berry	100
165 P.N.			Master I Male	
R. Cantrell	240		242 P.P.	
165 P.P.			C. Stephensons	375
P. Parsons	240		L. Dyer	295
181 P.P.			Master II Male	
G. Stokes	320		181 P.P.	
S. Bolin	230		L. Ray	325
198 P.N.				
R. Novak Jr.	365			

Outstanding Lifters Teen Index 1.83 - Josh Temples. Teen Most Weight Lifted, 375 lbs. Josh Temples. Mens Index 2.20 Tony Haag. Most weight Lifted Pure 420 lbs. Joe Robinson. Natural 440 lbs. Tom McCullugh. (results courtesy ICPA).

Best of the Midwest Bench Press
20 Jun 92 - Greenwood, IN

97		181	
R. Norman	100	T. Haag	400*
114		D. Norman	350
B. Norman	185	M. Hinders	280
B. Shipps	135	198	
B. Hinders	65	M. Dunmire	430*
123		S. Shea	430
V. Hengen	280	R. Novak	395
A. Dunn	105	220	
148		J. Dunn	375
T. Burrello	325	J. Marlow	330
B. Baldridge	290	T. Egenolf	185
M. Evans	285	242	
J. Martin	285	C. Milton	385
S. Cunningham	255	D. Shryock	335
S. Hickman	205	SHW	
165		M. Boyer	475
D. Jones	325	J. Matthewson	380
		A. Glover	375
		J. Finchum	355

Teams: Indy Reppers - Iron Jungle. Best Lifter Lightweight: Tony Haag - Best Lifter Heavyweight: Mike Dunmire. Although attendance was light, competition was tough. Men won the light classes, but women were not afraid to compete one-on-one and made some impressive lifts in the lighter classes. Tony Burrello once again dominated the 148's followed by vet Bruce Baldridge. Dennis Jones was all alone in 165's with a double bodyweight lift. Tony Haag made an impressive 400 push to win the 181's and best lifter honors in the lightweight division. Mike Dunmire and Steve Shea tied in 198's with Mike winning by lower body weight. This also enabled him to take best lifter heavyweight. Jim Dunn made all his lifts with ease and probably could have gotten a 400. Mike Boyer took SHW with a 475, narrowly missing 490. Jonathan Finchum almost moved up a spot with his last lift at 375 but just could not lock it out. A special thanks to the following people, Shelly, Mary, Barb Haag, Pete Kelly, Donovan Butts, Pat Dunmire, Bob Dearing, and especially Rick Whiteis of Futron Fitness. (results from Mike Dunmire).

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By David M. Rhodes, Special Feature Writer

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ADFPA Northwest Regional
14,15 Mar 92 - Tacoma, WA

Women's Open	SQ	BP	DL	Total
116				
C. Robins	200	115	230	545
C. Higman	205	130	310	645
122				
M. Robins	270	160	250	680
129				
L. Epperly	205	130	300	635
139				
K. Meyers	225	130	300	655
176				
S. Rogers	285	125	315	725
176+				
L. Storm	340	185	400	925
Women (17-19)				
122				
R. Benjamin	225	95	250	570
176+				
L. Storm	340	185	400	925
Women Class II				
122				
M. Libman	225	140	260	625
R. Benjamin	225	95	250	570
129				
M. Rowan	245	125	235	605
F. Thomas	- - -			
Masters 35-39				
116				
C. Higman	205rs	130rs	310rs	645rs
122				
B. Tadej	275rs	155rs	310rs	740rs
129				
L. Epperly	205	130	300	635
Masters 40-44				
116				
E. Miyasato	145	100	815	465
Mens Open				
123				
D. Barleen	345	250	435	1030
148				
J. Wallace	435	280	435	1150
P. Ashe	- - -			
165				
D. Sherwood	470	355	490	1315
L. Bannister	480	310	450	1240
B. Schmitz	450	250	510	1210
L. Anderson	480	250	475	1205
P. Fearn	450	285	465	1200
L. Hill	385	- - -		
181				
B. Baertlein	600	385	550	1535
T. Jensen	500	330	500	1330
T. Inouye	440	285	500	1225
J. Sherred	405	250	450	1105
198				
T. Malejko	705rs	415rs	680rs	1800rs
M. Lohmann	660	350	640	1650
J. Moore	575	365	555	1495
R. Larson	390	315	530	1235
220				
K. Edwards	550	420	570	1540
J. Head	575	330	575	1480
J. Clark	540	330	575	1420
A. Young	575	310	470	1355
G. Benjamin	545	335	455	1350
R. Burnett	505	275	520	1300
J. Henderson	- - -			
L. Jones	- - -			
242				
B. Gillespie	725	420	650	1795
J. Byers	675	515rs	555	1745
T. Davis	705	415	605	1725
Chrestensen	605	405	605	1615
M. Durand	605	365	585	1555
H. Soward	500	270	430	1200
A. Frazier	- - -			
S. Foss	- - -			
275				
K. Labeau	625	385	660	1670
A. Medak	605	425	625	1655
SHW				
T. Belli	730	420	655	1805
K. Pisa	635	475	625	1735rs
M. Gruse	640rs	425	660	1785
V. Eldridge	580	405	700rs	1685
Mens Teen 14-16				
148				
T. Waldren	225	185	290	700
165				
C. Kenny	345	160	340	835
17-19				
114				
C. Damneum	245	175	265	665
132				
A. Andrews	355	220ars	410ars	985
D. Davidson	280	165	305	750
148				
R. Love	330	275	415	1020
C. Fricky	340	205	405	950
165				
Lamont X	450	245	510	1205
C. Crouse	375	240	460	1075
181				
P. Voorhees	430	340	500	1270
J. Orlando	400	325	465	1190
B. Miller	- - -			
198				
D. Eisenhard	395	275	395	1065
242				
B. Stiner	525	330	525	1380
Mens Master				
40-44				
123				
C. Meade	225	115	305	645
165				
G. Rolston	385	255	385	1025
181				
A. Halgren	300	200	260	760
220				
R. Burnet	505	275	520	1300
M. Franz	490	265	520	1275
SHW				
T. Belli	730	420	655	1805
45-49				
148				
E. Robbins	325	215	375	915
198				
J. Benner	430	265	455	1150
J. Cogley	285	205	350	840
220				
G. Smart	430	275	500	1205
D. Odell	430	300	460	1190
C. Clark	430	275	405	1110
242				
H. Soward	500	270	430	1200
SHW				
M. Gruse	640jrs	425rs	650ars	1725rs
50-54				
220				
G. Smart	430	275	500	1205
275				
L. Corulli	510ars	300	555	1365
SWH				
JP Krachunis	135	375	135	645
60-64				
181				
W.Church	180	140	270	590
Mens Class II				
148				
M. Look	405	225	440	1070
E. Robins	3425	215	375	915
165				
D. Ray	465	225	475	1125
M. Inouye	365	265	410	1040
F. Ward	330	205	420	955
J. Benson	- - -			
181				
W. Shearer	475	245	450	1170
J. McCuistion	405	205	470	1080
S. Anderson	370	250	435	1055
198				
D. Fialdini	500	320	510	1330
J. Lewis, Jr	550	325	455	1330
C. Rexroat	390	310	480	1180
A. Romang	350	250	405	1005
R. Call	275	135	340	750
220				
P. Holman	500	285	550	1335
G. Smart	430	275	500	1205
T. Zywot	450	285	460	1195
C. Clark	430	275	405	1110
J. Osterhoudt	395	- - -		
M. Parker	- - -			
242				
P. Anderson	330	225	505	1060
275				
J. Mickelson	455	340	500	1295

s - State Record, r - Regional Record, a - American Record. The event this year was held at the Valley Athletic Club, next to Olympia Beer Brewery, which came in handy after the competition for those who chose to do so. The first day of lifting consisted of all women and mens classes up to the 181 lb. division. The womens divisions were light but last minute qualifiers for upcoming nationals obviously came to do some serious lifting. Outstanding lifters Bonnie Tadej, Martha Robins and Cookie Higman left with top honors in the individual lifts. Tadej took the overall top honors. Mens divisions were lead by Brian Bartlien as best lifter for the first day of lifting. Outstanding lifters included Alexsander Andrews with an American record bench in the teen 132 div. Glen Rolston lead the masters division as best lifter for the day. Day Two of this meet got off to a very slow start. Key personel for the meet were delayed, so was the meet. The heavyweights came, saw and conquered. 198 lb div. was dominated by Tyler Malejko. In actuality Malejko almost dominated the entire competition with the exception of the bench. Michael Lohmann from Anchorage, Alaska did not expect to run into Malejko and lifted very well for a solid second place finish. Special Olympian powerlifting champion did very well to place fourth. 220 lb. division was led by Keith Edwards, Gary Smart led the masters 242 lb. div. Bill Gillespie was the leader even though suit trouble stalled his squat attempts, a very fine lifter indeed. Jonahtan Byers is definitely no slouch with a solid 515 lb bench. Tim Davis Jr. was a very close third and a big squatter. Hank Soward led the masters and Brent Stiener the teen. 275 lb div. went to Ken Labeau and Andy Medak second. Laurel Corulli's bench set himself a new American record in the 50-54 masters age group. SHW div. was the best showing of superheavys ever seen at Northwest Regional. Thomas Belli led this group followed by Keke Pisa and World Master Champ Mike Gruse third, with American masters records in deadlift and total. There was a very good turnout of class II lifters with great potential. This was the first Northwest Regional to have a class II division and hopefully will continue to be part of regionals again. 15 lifters from Alaska, with team Alaska Powerlifting were represented very well indeed. Besides taking first places as individuals they took first as a team. If it was not for the help of this team the event would have suffered. 2nd place Team City Gym Seattle and 3rd Cascade Power Team. Many special thanks to Judges, spotters and loaders, Martin Beavers, Andy Roberts, Robert Livingston, Quenton Karberg, Tracie Silva, the Valley Athletic Club Personel, Dick Nunez. My indebtness and gratitude to Susan Smith and Susan Magnusson. (Thanks to Roger Silva for providing these results).

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WNPF Winter Classic Bench Press
26 Jan 92 - Tallman, NY

Teenage		
132		
P. Verrastro	240*	
198		
M. Mazur	250	
242		
E. Marathakis	325	
Junior		
148		
J. Verrastro	270*	
165		
P. McCarron	320*	
181		
M. Iaquinto	330	
198		
D. Boss	310	
220		
A. Garcia	350	
Sub-Masters		
181		
M. Nelson	415*	
M. Orloff	300	
Masters 40-44		
275		
T. Cinelli	55	
Masters 50-54		
198		
C. Vincente	335*	
Open		
132		
P. Verrastro	240	
148		
J. Verrastro	270	
165		
P. McCarron	320	
181		
M. Nelson	415*	
M. Iaquinto	330	
M. Orloff	300	
220		
A. Corona	370	
R. Gentles	350	
M. Alexandre	325	
242		
L. Gialanella	415	
E. Marathakis	325	

* WNPF Record. The contest was the first at the Summit, a 25,000 sq. ft. racquetball/weight training facility in Rockland County, NY. Although we were up against the Super Bowl, it was bad weather that kept the turnout low. A snowstorm the previous night kept most of the out of state pre-entries away. Those who did compete were treated to a first class operation. The lifting area was decorated powerfully with sponsors banners and the audience was in close proximity to the lifters. Lifters were given free food throughout the day and had an entire gym facility to warm up in. All in all, everyone had a great time. The contest had 5 WNPF records broken. Pasquale Verrastro broke the teenage 132 lbs. record with a lift of 240 lbs., Mike Mazur won the 198's and Emmanuel Marathakis won the 242's. In the Junior division John Verrastro, brother of Pasquale, broke the record in the 148's. One of the highlights was Peter McCarron's double bodyweight plus bench at a bodyweight of 155 lbs. for a new record. Pete got best lifter in the Junior division. In the Masters 40-44, Tom Cinelli showed up with a cast on his arm. One of the first entries, he had emergency wrist surgery 4 days before the contest. He came anyway, benched the bar and took home a trophy. In the Masters 50-54, Carmelo Vincente won the 198's at a bodyweight of only 183 lbs. benching a record 335 lbs. When most people are shopping for recliners, Carmelo's breaking records. The Open class had the most competitors. The Verrastro's struck again in the 132's and 148's. Pete McCarron won the 165's. Anthony Corona won the very competitive 220 lb. class. Lloyd Gialanella won the 242 lb. class with a PR 415 and he continues to progress with each and every contest. The most thrilling moments of the contest were when Michael Nelson was lifting. Michael is an old friend and a 15 year veteran of the bench press wars. In winning both the submasters and open classes, Michael put on a show. He smoked his opener and second attempt. His third attempt was a record 410 lbs. This attempt was one of the most quitely intense pre-lift moments I have ever seen. After psyching up with some heavy, rhythmic breathing, he proceeded to smoke 410 lbs. and just when you thought you'd seen it all, he blasts a fourth attempt 415 lbs. thru the ceiling. But wait, you haven't heard nothing yet. Michael weights 181 lbs. He doesn't wear a belt!!! He doesn't wear a super suit!!! He doesn't wear a bench shirt!!! He doesn't get a handoff!!! I'll tell you something, I was glad I was there to witness such a spectacular performance. I must also mention Juan Carlos Pasqual. He traveled all the way from Florida and opened with 380 lbs. in the 148 lbs. class!! Unfortunately, he picked his weights too high and failed to make an attempt. But he definitely has the record in him (340 lbs) and it was a pleasure to see a lifter try to break all boundaries of strength. He'll be back, I'm sure. All the winners received beautiful one-of-a-kind sculptured trophies manufactured by Don-Len of Pennsylvania and designed by yours truly. I would like to thank Troy Ford, Ralph Robustelli and Joe Garcia for judging. I would also like to thank Wonda, my Mom and Dad, my wife Jackie, my fantastic staff at the Summit (Lori, Sean, Mark and Garrett), Tucci's Deli for the food and to all the lifters and spectators thank you all and we'll see you next year. (Thanks to Dominic Corrado, owner, The Summit, for results of this competition).

I.C.P.A. Indiana State Championship
13 Jun 92 - Bloomington, IN

Tikes	SQ	BP	DL	Total
J.T. Moore	134			
T. Temples	102			
J. McHugh	78			
Youth				
A. hodges	121	310		
R. Robertson	93	280		
J. Freeman	119	160		
Teen Female				
148				
S. Anderson	150	70	140	360
Teen Male				
132				
J. Magnhardt		210		
148				
P. Murphy	370	215	400	985
165				
E. Stout	240	170	380	790
G. Shocky	250	155	290	695
B. Shocky	190	110	275	575
198				
S. Temples	435	325	485	1245
220				
J. Temples	525	405	525	1455
275 lb				
M. Harper	450	180	420	1050
Seniors Male				
148				
T. Reeves	310	210	390	910
165				
T. Hall	340	200	405	945
P. Parsons	270	225	335	830
181				
M. Schnieder	- - -	325	- - -	- - -
242				
D. Hartman	- - -	275	- - -	- - -
275				
J. Robinson	- - -	425	- - -	- - -
Sub Masters Male				
132				
D. Robertson	200	140	250	590
148				
J. Moore	- - -	290	- - -	- - -
165				
L. Ferguson	- - -	280	- - -	- - -
242				
R. Ivey	550	135	550	1235
242				
N. Phipps	520	3460	450	1330
181 & 198				
C. Binkley	550	290	465	1305
275				
T. McCullough	720	425	650	1795
Masters I Female				
114				
P. Berry	175	85	215	475
Masters I Male				
198				
L. Funk Jr	225	145	280	650
220				
D. Long	335	260	475	1070
242				
L. Ferguson	- - -	285	- - -	- - -
275				
C. Stephenson	450	375	425	1250
L. Dyer	315	295	350	960
Masters II				
SHW				
R. Bridgewater	360	320	420	1100
State Invitational				
Teen Female				
181				
C. Anderson	145	110	200	455
Teen Male				
132				
D. Deckard	$160	125	220	505
148				
B. Henderson	185	140	245	570
198				
M. Couch	160	125	230	515
Seniors				
148				
M. Elliott	- - -	300	- - -	- - -
165				
R. Cantrell	300	230	310	840
181				
P. Gallimore	400	225	400	1025
G. Stokes	- - -	340	- - -	- -
SubMasterFemale				
148				
P. peterson	155	110	200	465
SubMaster Male				
148				
J. Morreale	375	250	375	1000
Masters II				
181				
B. Johnson	- - -	230	- - -	- - -

Outstanding lifters: Bench; M. Elliott 300 lbs. - Index J. Morreale 1000 lbs. 6.8. Hercules: Tom McCullough 1795 lb. Samson: Josh Temples 1455 lb. Teen Samson: Sam Temples 1245 lb. Male Index: C. Binkley 1305 lb. 7.3. Teen Index: Josh Temples 1455 lb. 7.1. Male Bench Index: Jeff Moore 290 lb. 2.0. Teen Bench Index: Josh Temples 405 lb. 2.0. Teen Bench Most Wt. Josh Temples 405 lb. Male Bench Most wt. Joe Robinson 425 lb. Peoples Choice: Rufus Ivey 1235 lb. Youth Lifter of the year: Ryan Robertson. Teen Lifter of the year: Josh Temples. (Thanks to I.C.P.A. for providing results of this competition)

Big Trophy... for the Team Champions at the ICPA Indiana State Championships, presented to the Temple Brothers by official Jim Dill. Sam is on the right and Josh, who broke a Jr. World Record with his 405 lbs. in the bench press with, on the left. (photo provided courtesy of Jay Temples).

USPF F.O.P. Bench Press
23 May 92 - Bluefield, WV

114		114	
S. Poole	180	S. Poole	180
123		123	
J. Maddow	205	J. Maddow	205
C. Blackburn	180	C. Blackburn	180
J. Tabor	135	132	
165		S. McClure	235
C. Skoloda	310	148	
J. Hubbard	240	D. Akers	265
W. Hebb	210	165	
M. Meeks	195	K. Keyes	320
181		C. Skoloda	310
B. Whittaker	285	G. Colombo	280
J. Grant	235	S. Lawrence	275
198		181	
J. Tabor	285	J. Gillespie	350
K. Six	235	B. Waittaker	285
J. York	215	J. Grant	235
220		198	
E. Porterfield	190	B. Farmer	330
242		J. Tabor	280
M. Hurley	260	J. York	215
275		220	
J. Tabor	315	T. Dellinger	365
SHW		T. Coppola	340
C. Marshall	390	D. Pennington	335
A. Wimmer	230	K. Ruble	335
Law Enforcemt		242	
181		D. Minnix	275
J. Gillespie	350	M. Hurley	260
220		275	
D. Pennington	335	T. Bishop	475
275		C. Robertson	340
C. Robertson	340	J. Tabor	315
SHW		SHW	
G. Tanner	340	C. Marshall	390
Open Division		C. Fowler	365
		G. Tanner	320

Team Champions: Bluefield Power Team, Bluefield, W. VA. Members: Danny Akers, Kevin Keyes, Brent Whittaker, John Grant, Ben Farmer, Keith Ruble, Ted Coppola, Don Minnix - total of 43 points. H.R.I.C.: Paul Sutphin, Cat II international. Referees: Grey Van Hoose, Barry England, State. Teenage Team Champs: Princeton High School. Law Enforcement Team Champs: Bluefield P.D. 'A Telescripts Mountain Festival Event.' (Thanks to Paul Sutphin for results).

Indian Summer Squat & Curl
27 Jun 92 - Charleston, IL

Squat		B. Yates	530
148 lbs		242 lbs	
M. Boyer	470	D. Latch	560
B. Julius	460	Teenage	
165 lbs		S. Parkhurst	440
M. Craig	- - -	Master	
181 lbs		D. Latch	560
C. Binkley	560 pr	Curl	
198 lbs		Lightweight	
M. Sweet	490	148	
S. Wattles	470	B. Julius17 reps	75
220 lbs		198	
G. Gordon	650	M. Sweet13reps	100

This was a small meet but also a fun meet. Most of the lifters are on somewhat of an off season, getting ready for the ANPPC Nationals this fall. In the 148's Mike Boyer got 500 all the way to the top before losing it off his back, but finished with a great 470. Brent Julius finished a close second at 460 in only his second competition. Tough luck for Mark Craig at 165 when he got a back cramp coming out of the rack on his opener. In the 181's Chris Binkley came from Indiana to post a new pr 560, which he did with ease. Mike Sweet, who recently won the ANPPC Central States Bodybuilding Championships, took the 198's with 490. Scott Wattles, who recently returned to competition after a two year layoff, took second with 470, just missing the win at 500. At 220, Greg Gordon was the top lifter with a great 650. Greg, who recently hosted the APF Illinois State Championship, squatted heavy for the first time in three months. Bruce Yates finished second at 220 with a strong 530 pr. In the 242's, master lifter Darrell Latch finished with a strong 560 after missing it on his second attempt. And in the teenage division, Steve Parkhurst finished with 440 after his third attempt at a pr 460 didn't go.

In the curl division it was a battle of the bodybuilders with Brent Julius curling 75 lbs. for 17 reps. over heavyweight winner Mike Sweet who curled 100 lbs. for 13 reps.

With the energy being more like a heavy workout day, with everyone helping every one else out, we all had a great time. That's what the sport of powerlifting is really all about. (I want to commend Greg Gordon and Dave Deline from Gordon's Gym of Washington, Illinois for hosting a great APF Illinois State Powerlifting Championship. A great competition, hosted by great lifters for the lifters). (results courtesy Darrell Latch).

USPF Coalfield Conf. High School
30,31 May 92 - Shady Spring, WV

Women's			
97		L. Lilly	799
C. Chafin	380	J. Wood	622
114		S. Cox	606
M. Woodson	376	M. Hambrick	567
A. Peelish	356	C. Morton	534
123		220	
K. Franco	440	R. Griffith	843
A. Richardson	363	M. Laxon	793
132		M. Sneed	722
M. Richmond	325	R. Anderson	694
148		M. Baily	655
H. Baily	572	242	
H. Nixon	457	J. Presley	843
165		D. Cambell	793
B. Bair	501	T. Duty	722
J. Rhodes	473	R. Anderson	694
Jr. Division		M. Baily	655
114		275	
S. Pook	722	S. Keaton	744
M. Radford	589	J. Hunt	666
J. Adkins	578	J. Mahan	- - -
J. Tabor	562	SHW	
D. Baily	523	A. Wimmer	429
R. Keel	496	L. Baxter	374
D. Hazuka	462	Sr. Division	
E. Hayes	457	123	
123		D. Brooks	628
J. Maddow	677	148	
J. Testerman	622	J. Calipe	815
J. White	584	A. Hicks	738
J. Hood	540	D. Williams	710
R. Coulson	440	D. Bragg	699
132		T. Mahan	694
A. Pook	716	165	
J. Sadler	699	M. Linkovs	970
W. Stanton	688	D. Puck	964
S. Conner	589	J. Givins	903
M. Bennett	578	R. Curte	903
J. Godsey	567	S. Hambrick	804
J. Hubbard	534	J. Garretson	788
J. Mclinns	534	E. Lilly	777
J. Kisor	523	M. Meeks	744
148		J. Ballenger	722
M. Taylor	870	J. Blake	622
J. Belcher	793	C. Martin	- -
W. Hebb	777	181	
T. Cameron	755	J. Colley	1085
M. Barnes	644	G. Foster	925
D. Davis	639	R. O'Niel	909
J. Privitt	628	J. Lunker	854
R. Blankenskip	611	J. Gageon	837
D. Marin	567	C. Rayland	821
165		D. Bennett	793
T. Whitt	936	C. Berry	- - -
J. Hubbard	931	198	
R. Wilson	870	J. Tabor	1036
B. Moore	848	N. Sammons	953
R. Richmond	837	P. Fields	942
W. Williams	799	W. McBride	931
J. Bragg	749	K. Wells	887
B. Burner	727	R. Law	- - -
M. Hall	622	220	
J. Kidwell	380	W. Bardette	1058
181		M. Rodes	1050
K. Cales	947	J. Willis	986
D. Goble	931	J. Wyatt	942
K. Six	887	B. Lively	903
D. Green	848	T. Hull	- - -
S. Brookman	837	242	
C. Sizemore	821	M. Hurkey	1080
B. Jackson	788	B. Kidwell	892
R. Hatfield	766	275	
B. Meadows	744	J. Klawon	1304
R. Stewart	738	J. Tabor	1102
R. Altizer	694	D. Epliny	1036
R Carter	672	J. Reed	1019
T. Honaker	633	E. Price	1014
198		L. Carter	947
D. Chapman	1003	B. Lilly	887
J. York	898	SHW	
J. Harrah	832	C. Marshall	1304
E. Payne	821	J. Sadler	886
J. Bragg	815	M. Tolliver	814

Womens best lifter - Heather Baily; Sr. lifter - James Klawan; Jr. lifter - Adam Poole. Teams: Jr. Division - Shady Spring H.S.; Sr.- Shady Spring H.S.; Womens' Shady Spring H.S.; A Division-Fayetteville H.S.,' AA- Shady Spring H.S.; AAA-Princeton H.S. Thanks to Paul Sutphin, Brett Beasley, Mooe Ahmed, Earl Lilly, Jamie Shufleburger, and Shady Spring T.O. Club for all their help. Thanks to Linda Lilly, the best coaches' wife! (Results provided by John H. Lilly).

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10th ADFPA Viking Open
16,17 May 92 - Chicago, IL

Women	SQ	BP	DL	Total
111				
B. Rester	130	67.5	147.5	345
116				
S. Rasor	122.5m	76,	137.5	335m
L. Ballschmiede	125	57.5	120	302.5
122				
E. Cunliffe	120	65	137.5	322.5
154				
R. Welding	147.5	82.5	152.5	382.5
T. Christensen	145	72.5	152.5	370
L. Mangold	145	62.5	127.5	335
A. Kinney	92.5	67.4	115	275
175				
A. Johnson	160	85	155	400
J. Whitaker	127.5	82.5	165	375
UNL				
S. Rissman	145	82.5	137.5	365
Masters				
132				
N. Kawaski	142.5m	102.5m	152.5m	397.5m
J. Loftus	150	77.5	152.5	380
165				
H. Armstead	170	127.5	190	487.5
R. Haase	125	92.5	155	372.5
181				
P. Malone	220	120	232.5	572.5
J. Stovall	217.5	112.5	215	545
D. Cittadino	182.5	127.5	230	540
198				
E. Fink	255	107.5	260	617.5
242				
P. White	320	197.5	322.5	840
275				
G. Krueger	282.5	182.5	240	705
R. Crawford	250	145	242.5	637.5
R. Sadowski	230	132.5	260	622.5
UNL				
J. Magee	327.5	205	265	797.5
Open				
114				
D. Payne	115	57.5	142.5	315
123				
T. Denton	142.5	87.5	140	370
132				
P. Payne	200	125	227.5	552.5
R. Guynn	200	107.5	205	512.5
D. Depp	185	100	197.5	482.5
P. Young	157.5	87.5	190	435
M. Meyer	157.5	100	172.5	430
A. Chua	152.5	85	167.5	405
N. Kawasaki	142.5	102.5	152.5	397.5
J. Loftus	150	77.5	152.5	380
D. Costello	- - -	- - -	- - -	- - -
148				
S. Bhoswani	220	142.5	227.5	590
G. Temmerman	210	132.5	215	557.5
P. Carter	147.5	77.5	200	425
J. Benton	160	87.5	152.5	400
R. Ferguson	- - -	- - -	- - -	- - -
C. Coomes	132.5	- - -	- - -	- - -
165				
B. Bridges	250	162.5	315	727.5
B. O'Connell	232.5	157.5	212.5	602.5
B. Brinkmeier	222.5	137.5	232.5	592.5
M. Fousler	222.5	135	232.5	590
S. Smason	217.5	137.5	217.5	572.5
C. Souher	215	110	200	525
J. Sheilds	212.5	95	192.5	500
H. Armstead	170	127.5	190	487.5
A. Lubinski	187.5	97.5	182.5	467.5
R. Haase	125	92.5	155	372.5
181				
G. Zweig	237.5	160	265	662.5
J. Wojtal	250	145	250	645
J. Kraeszig	232.5	150	252.5	635
A. Garcia	230	127.5	257.5	615
C. Brown	232.5	167.5	210	610
B. Kinney	222.5	145	235	602.5
P. Malone	220	120	232.5	572.5
C. Carter	227.5	102.5	230	560
K. Morris	217.5	a125	205	547.5
J. Stovall	217.5	112.5	215	545
D. Cittadino	182.5	127.5	230	540
J. Caporosso	167.5	125	242.5	535
T. Phillips	177.5	132.5	200	510
G. Marzano	170	117.5	202.5	490
J. Cronin	162.5	102.5	170	440
T. Archer	150	67.5	160	372.5
198				
A. Janca	282.5	170	272.5	725
T. Malecki	267.5	175	277.5	720
A. Maldanado	242.5	182.5	250	675
V. Keller	272.5	142.5	255	670
J. Bruss	230	177.5	230	637.5
E. Fink	255	107.5	260	617.5
T. Clausen	232.5	130	247.5	610
A. Harden	242.5	135	232.5	610
D. Morrisey	210	142.5	250	602.5
M. Arterburn	220	127.5	227.5	575
A. Olszta	205	142.5	222.5	570
G. Petts	215	132.5	220	567.5
T. Hintz	187.5	132.5	210	530
R. English	182.5	92.5	812.5	457.5
220				
E. Riley	292.5	175	340	807.5
K. Hayes	272.5	205	272.5	750
E. Kay	287.5	150	310	747.5
C. Alsteen	252.5	182.5	267.5	702.5
M. Wagner	242.5	160	255	657.5
J. McKirahan	235	162.5	257.5	655
P. Borem	240	147.5	240	627.5
M. Spelich	160	82.5	165	407.5
242				
P. White	320	197.5	322.5	840
C. Koehrsen	305	187.5	325	817.5
B. Bevins	280	192.5	272.5	745
B. Udziela	270	197.5	252.5	720
R. McCraren	292.5	165	255	712.5
P. Robbins	242.5	1145	265	652.5
W. Handel	182.5	150	215	547.5
275				
M. Phillipi	307.5	210	307.5	825
G. Krueger	282.5	210	307.5	705
H. Jackson	255	165	255	675
R. Crawford	250	145	242.5	637.5
B. Silverstein	245	137.5	250	632.5
R. Sadowski	230	132.5	260	622.5
A. Falcon	205	165	- - -	- - -
UNL				
J. Magee	327.5	205	265	797.5
T. Clayton	295	205	227.5	727.5
D. Alderson	220	170	230	620
D. Emery	- - -	- - -	- - -	- - -

Best Lifters: Women: 1-Barb Rester; 2-Sue Rasor; 3-Ruth Welding: Best Squat: Barb Rester, Best Bench, Sue Rasor, Best Deadlift, Barb Rester. Masters: 1, Paul White; 2, John Magee; 3, Gary Krueger. Best Squat, bench, deadlift: Paul White. Open: 1, Bob Bridges; 2, Ed Riley; 3, paul White. Best squat: Paul White, Best bench, Kelvin Hayes, Best deadlift, Bob Bridges. Teams: 1, Payne's Gym; 2, B & W Gym; 3, Power Pro.

The 10th Annual Viking Open was held at a new location for B&W meets. St. Benedict's High School turned out to be a great facility for powerlifting competitions, and the people were wonderful. We hope to continue our association with this excellent school and run many more meets there. Although small in number, with only 10 competitors, the women's class had some top quality lifting. Returning to the platform after tking time off to have her beautiful daughter, Sienna, Barb Rester took home most of the women's awards with her 345 kilo total in the 111 class. She won the best lifter, best squat and best deadlift trophies. Masters National champion Sue Rasor had only 5 weeks to recover from women's Nationals before coming to the Viking and taking second best lifter and the best bench award. Sue also set American Masters records in the squat and bench. Ruth Welding who did not compete at Nationals this year used her top level form to take home the third best lifter award. In between lifting Ruth helped out by judging, which was greatly appreciated.

Teams from Illinois, Indiana, and Kentucky and lifters from as far away as Nevada competed in the open division. Every level from novice to world champion and every age from teen to master were on hand to lift in this meets tenth year of existence. At 114, from Kentucky's 'House of Payne' also known as Payne's Gym, Danny Payne finished with a 315 kilo total. Teammate Travis Denton was the only competitor at 123 with a 370 kilo total. At only 15 years of age, Travis has a bright future ahead in powerlifting.

The 132 class used to be one of the least populated classes, with women lifters often crossing over to fill out the class for team points. With 9 lifters this year, the 132's were not a place for a lifter to just diet, show up and expect to win or even place. Pat Payne, completing only 5 lifts, won by a comforatable 40 kilos with a 551.5 kilo total. Master lifter Nori Kawasaki in his first meet ever set impressive American Masters records in all 3 lifts and the total. Four out of six lifters finished the 148 class with Sid Bhojwani winning easily with a 590 kilo total. George Temmerman got all three of his squats deep enough to finish with a second place and at 557.5 kilo total.

Another top level lifter returned to the platform in the 165 class as world champion Bob Bridges had a 8 for 9 day, totalling 727.5 kilos to win his class, the best deadlift and the best lifter awards. Placing 2nd was Bernie O'Connell lifting for B & W. 10 kilos behind Bernie was third place finisher Scott Brinkmeir. Harlan Armstead won the 165 masters division. Lifters really turned out for the 181 and 198 classes with 18 lifters in each. The 181 class was won once again by Greg Zweig. Greg totalled 662.5 kilos to rack up his 6th Viking Open win. Illinois High School champ Jason Wojtal placed second with a 645 kilo total. The 165 masters were won by Pat Malone who spent the next day in the judge's chair, adding his international judge's expertise to a meet which was strictly but fairly judged throughout. An equally populated class, the 198's were won by Anthony Janca with a 725 kilo total. Only 5 kilos separated 1st and 2nd places with Ted Malecki (whose name was constantly mispronounced, sorry, Ted) placing 2nd. Ed Fink took home the masters 198 honors. I don't know how many Viking Opens Ed Riley has won but it has to be a lot. He took the 220's easily with an 807.5 kilo total. Ed is not only an excellent competitor but he and wife Lee are two of powerlifting's greatest assets in Illinois. They are at every meet, judging, helping at the table or at the door or doing anything that needs to be done to make the meet come off without a hitch. They run a meet for young lifters, the midwest Teenage/Collegiate Open which is an excellent opportunity for young competitors to lift in a meet against each other at their own level. Recently, Lee has taken over the task of keeping Illinois Teenage records. We really appreciate this dynamic duo and are taking this opportunity to thank them.

The indomitable Paul White won the 242's with an 840 kilo total. Paul also took home the Masters 242 1st place, masters best squat, bench and deadlift and masters best lifter awards.

Mark Philippi travelled all the way from Las Vegas, Nevada where he works as a strength coach at UNLV to win his 3rd straight Viking Open. He totalled 825 kilos, Gary Krueger totalled 705 kilos to take second in the open and 1st in the masters. Gary was also the 3rd best master lifter. In the unlimited class John Magee placed first with a 797.5 kilo total. He was the masters UNL winner and the 2nd best master lifter.

We would like to thank the spotters from Eisenhower High School and their friends who really did a fine job. Most of them had very little notice that they would be working this meet, due to a miscommunication with our usual spotting crew. The spotters who worked at this meet were really lifesavers. Thanks also to the Rileys, Joann Reif, Pat Malone, Joe Budde, Ruth Welding, James O'Dowd, Bruce Sullivan, and any other judges I have not mentioned. A special thanks to Erika Cunliffe who lifted one day, worked the table th next, and planned her wedding in Maine for the next weekend in between. Congratulations Erika and Neil and thanks. Another special thanks to Becky Brink who shared announging chores and made her debut as a two platform meet announcer, and did very well, Chris Elkin came in from Omni 4 Club in Schereville, Indiana just to help at the meet. He has a big meet planned for the fall, the Omni 4 Open. Thanks Chris, we'll be at your meet. Thank you to all of the members of B & W Gym who came out to help spot, judge, keep score and work at the door. We couldn't have done it without you. One of our most hardworking and loyal national judges worked both days at the Viking. Ronn Adams has given a lot to powerlifting in Illinois over the years, he has always been someone we could count on. Ronn has recently moved to Thief River Falls, Minnesota and will continue to lift and judge at meets up there. We will miss him. Thanks Ronn for all of your help over the years.

See you all next year as the Viking Open enters decade number two with the 11th Annual Viking Open. It just keeps getting better! (Thanks to B&W Gym for providing these contest results).

Chair City Bench Press II
20 Jun 92 - Thomasville, NC

Malone formula				
Women		181		
J. Lentz	260	R. Glasscock	420	
W. Vereen	200	S. McNeil	415	
J. Miller	140	J. Winters	345	
B. Kepley	180	J. Shoaf	305	
S. McCulloh	105	198		
Schwartz		K. Jay	450	
Teen		K. Haynes	380	
C. Gearren	325	R. Cofer	350	
R. Lemly	270	C. Ayers	335	
S. Withers	315	L. McCulloh	260	
C. Penland	335	220		
M. Hawn	315	T. Boles	400	
S. Adams	250	M. O'Bryan	400	
Masters 40+		H. Neeley	370	
O. Lindsey	360	C. Penland	335	
J. Timpson	350	S. Eglowsteen	320	
H. Nealy	370	M. Grossman	310	
J. Shoaf	305	D. Murrey	300	
K. Hall	345	242		
L. Hester	325	B. Rush	505	
Up to 150		M. Sharpe	470	
S. McClure	250	G. Black	445	
J. Miller	140	275		
165		C. Harris	550	
S. Lee	400	T. Scearce	435	
W. Lynch	365	K. Hall	345	
F. Powell	350	SHW		
B. McNeil	295	E. Crisp	440	
M. Soong	265	M. Jones	400	

Best Lifters: Lightweight-Samuel Lee; Heavyweight-Chuckie Harris. Chair City Bench Press championships II was held June 20th at the Day's Inn in Thomasville, North Carolina. We had 43 lifters who competed in this contest. We would like to thank Steve Bell, who was the meet director, for making this contest possible. Thanks to Steve Freeman, owner of the Training Center, to help sponsor this event. Thanks to Keith Ridge, Mike Brown, Tony Hill and jeff Hunt for the excellent job they did judging. Thanks to the spotters and loaders Jeff Stanley, Jerry Black, Terry Brown, and Phil Freeman. Thanks to our table workers Joanne Bell, Jodi Byerly, Kelly Black and Michelle Chaffin. Thanks to Sandy Ellis for the excellent job he did on making the beautiful trophies and the announcing. (Thanks to the Training Center for results of this contest)

Maryland Fitness Center Open Bench
Jun 92 - Aberdeen Proving Grd., MD

Women		181	
165		S. Dulski	280
M. Winiarski	115	198	
181		T. Dellinger	370
C. Amos	175	242	
Men's		J. Tsigounis	375
165		275	
E. Johnson	230	P. Schweiger	455

(Thanks to NASA National Champ Zeke Brown for providing us with the results of this contest)

United States Bench Press & Deadlift
30 May 92 - Des Moines, IA

Open Division		Novice Division	
165 class		148 class	
J. Sot	335	W. Watkins	260
R. Rhiner	330	165 class	
181 class		R. Rhiner	330
D. McConnaha	385	P. Hagner	305
W. Purcell	335	198 class	
D. Remally	320	J. Scearcy	365
220 class		J. Sivinski	265
M. Jenn	480	220 class	
G. Last	405	T. Roehik	350
R. George	345	R. Geary	300
242 class		242 class	
E. Armstrong	- - -	T. Johnson	260
SHW class		275 class	
J. Zmyweski	580	A. Nodtvedt	360
V. Tsed	400	Teenage Div.	
Natural Div.		132 class	
165 class		J. Shafer	205
R. Rhiner	330	165 class	
181 class		C. Ford	255
D. McConnaha	385	B. Pierce	220
W. Purcell	335	181 class	
D. Hurkin	335	K. Allis	345
M Niblo	325	198 class	
198 class		D. Black	310
T. Lange	420	A. Keeney	275
B. Fety	400	242 class	
220 class		R. Hartwig	255
G. Last	405	Women's Div.	
T. Roehik	350	J. Anderson	140
242 class		T. Edwards	- - -
E. Armstrong	370	Beginner's Div.	
R. Carson	245	Lgt class	
SHW class		C. Ford	255
J. Edgington	430	J. Johnson	250
Pure Div.		N. Whitehorn	165
114 class		Mid class	
A. Bixby	180	J. Sivinski	265
D. Bevenour	150	A. Hendred	260
J. Bardwell	105	J. Job	- - -
148 class		Hvy class	
W. Watkins	260	J. Stevens	320
J. Johnson	250	R. Geary	300
165 class		SHW class	
D. Schmitz	380	M. Ritze	285
B. Nolte	360	Deadlift	
R. Bellendier	340	Open Div.	
J. Sot	335	148 class	
R. Rhiner	330	D. Bevenour	285
181 class		165 class	
D. Sackett	410	F. Toins	660
K. Allis	345	G. Adams	480
J. Yakle	335	K. Morrill	435
D. Hurkin	335	181 class	
D. Maier	- - -	D. Remaly	540
198 class		220 class	
L. Lipscomb	420	R. George	450
J. Scearcy	365	242 class	
J. Stewart	305	T. Ruiz	570
220 class		SHW class	
P. Comito	380	V. Tsed	620
R. George	345	Natural Div.	
242 class		148 class	
G. Lockwood	385	J. Johnson	435
275 class		J. Bardwell	220
S. Lueth	465	165 class	
K. Bruegge	400	G. Adams	480
SHW class		K. Morrill	435
J. Edgington	430	M. Foyt	380
Masters Div.		181 class	
40+		D. Petersen	510
J. Sot	335	198 class	
M. Bardwell	315	J. Stewart	530
A. Hendred	260	S. Lee	505
Masters II Div.		242 class	
R. Davis	310	E. Armstrong	575
R. George	345	T. Ruiz	570
R. Geary	300	R. Carson	550
B. Fritz	280	275 class	
Sub Masters Div		R. Sadowski	580
35-39		K. Bruegge	450
B. Fety	400	C. D. Miller	385
G. Last	405	Sub Masters Div	
R. Bellendier	340	G. Adams	480
P. Comito	380	T. Ruiz	570
D. Peterson	320	Masters Div.	
S. Lee	300	40+	
G. Bixby	235	R. Sadowski	580
D. Maier	- - -	R. George	450
		M. Foyt	380

I'd like to thank all that helped make the 1st Annual United States Bench Press & Deadlift Championships a great success. The turnout was great and the lifting was just spectacular. Special mention has to go to the best lifters. Fred Toins from Omaha, Nebraska who attempted a record 700 lb deadlift at a body weight of only 162! Fred tried on his 2nd and 3rd attempt but just could'nt quite get it, but did still pull an unbelievable 660 lb's. Don Sackett also from Omaha managed best light weight lifter with his 1st attempt bench of 410 lbs. barely edging out David Schmitz of Storm Lake Iowa. Best heavy weight lifter went easily to Joe Zmyewski from Wisconsin who benched an easy 580 lbs. on his second attempt and taking out both Mike Jenn and Todd Lange who were both great candidates and did great lifting for that best lifter title. Also I would like to pay a special thanks to Valeriy Tsed from the U.S.S.R. who is staying in Omaha now, for coming down to compete. It was a pleasure having him lift and remembering a year ago when we had the great Vladimir Mirinov here from Russia competing. All in all there were some fine lifters and the results show just that. Also a special thanks to the different sanctions who made a co-sanction meet possible. Although no one broke any records we had the U.S.P.F., A.P.A., World Bench Press Congress, and the World Deadlift Congress in case someone wanted to attempt them. And last but certainly not least, thank you to the fine help that was involved. Larry Toomey who announced spotted, judged and does just anything asked of him. And just coming back from the N.A.S.A. Sub-Masters Nationals which he took 1st place in, congratulations Larry (he would have killed me if I had not mentioned that!) Dale Rhoades who also won 1st place at that same meet, congratulations also to you. Both National Champions who help meet after meet and are great friends! To Todd Peterson, Rick Olson who did great jobs head judging as they always do. To Side Judges Cosimo DeFrancisco, Mike Bardwell, Barry Spain and his wife Jenny, David Bevenour, and Michael Freeman for head judging the deadlifts, and anyone else who I may have overlooked who filled in here and there. Thank you all so much for your help and support.

One last note I would like to mention. In the last 10 years of putting on powerlifting meets I have been blessed with these kinds of people and others who have made putting on the meets such a pleasure. For the last 4 years we have recognized someone each year with a special appreciation plaque that barely expresses my appreciation for their support. The 1st one went to long time friend and helper Jim Thacker who has since moved away and is not able to help anymore but is greatly missed by all of us. The 2nd went to Carl Klehm who has entered the meets since the beginning of my powerlifting contests and who still to this day comes from far away to join us. The 3rd went to Dale Rhoades who I still can never repay for all his help and support and for setting up a computer program to run the meets that is second to none, without it we are back on paper and its like comparing the difference between a light bulb and candles! This year there were 2 appreciation plaques given and deservingly so. To Todd Paterson and Larry Toomey, both long time friends and excellent meet personel. Both great lifters and instrumental help in making a successful meet. These two have helped meet after meet and are always there without complaint or thought of losing their own free time. Both have given so much to the sport and should be applauded for their help and support from all of us, as all the above mentioned names should. Thanks to you all!! And Good Health and Good Lifting to everyone. (results by Jeff Baird)

1st FCI Ashland Meet
31 May 92 - Ashland, KY

148	SQ	BP	DL	Total
Lane-FCI	430	250	500	1180
Ross-R&B	310	170	300	810
165				
Montgomery-FCI	285	320	4200	985
Dillow-R&B	360	250	355	965
Steele-R&B	335	245	390	970
181				
Parks-FCI	350	250	480	1100
Music-R&B	410	255	400	1065
198				
Baker-FCI	500	310	550	1360
Rice-R&B	475	260	460	1195
Amason-FCI	400	240	500	1140
McDaniel-R&B	470	240	420	1130
220				
Motto-FCI	405	300	500	1205
Alley-R&B	340	250	400	990
240				
Taylor,R.-FCI	330	260	500	1090
Taylor, L.-FCI	350	275	410	1035
Powell-R&B	400	235	385	1020

On May 31, 1992, at F.C.I. Ashland, Kentucky, the first ever powerlifting team in the 52 year history of the insitution held its first competition. The meet was a great success, thanks to all of the lifters of the R&B Bodyworks and the lifters here at F.C.I. Ashland. A special thanks goes out to Rodney Clark (judge), from the outside; David Wade (Recreation Specialist-judge); Rivera, W. (inmate-judge); and also a very special thanks goes out to the Warden here at F.C.I. Ashland, Bill Story, the Recreation Dept., and the staff here at F.C.I. Ashland for giving us a chance to show our talents in the powerlifting field. We here at F.C.I. Ashland are still young in the powerlifting field, but in the future Ashland will become a force in powerlifting. (results by Dean Bickerstaff)

F.O.P. Bench Press
14 Dec 91 - Land o' Lakes, FL

132 lb			
L. Gardner	280	R. Sliwa	340
C. Memnenger	205	220 lb	
148 lb		A. Yearby	520
D. Tambasco	335	J. McCullough	465
M. Davis	335	G. Quinn	425
D. Maltese	305	E. Depalma	360
L. Ganim	300	242	
J. Pearce	260	L. Arthurs	480
165 lb		D. Desauti	475
H. Jones	370	M. Marlin	435
R. Lang	335	J. Brooks	375
R. Dagostino	335	275 lb	
J. Spratt	315	H. Jackson	420
181 lb		K. Joy	405
K. Harriman	440	C. Frierson	370
S. Bell	375	K. Lang	275
D. Knott	360	SHW	
J. Ferrantelli	315	R. Harris	530
198 lb		D. Burnette	490
R. Rupe	490	B. Tinny	485
B. Evans	350	J. Sicuro	465
M. Keelar	345	R. Burnes	450

Best Lifter light - Kent Harriman, heavy - Alvin Yearby. In the women's class, it was two Pasco Power Team members going against each other.. 1st Sharon Boyer with a 145 lb bench. 2nd Karri Tester with a 160 lb bench. In the Masters class.. 1st was Larry Arthurs with a 480 lb bench, 2nd was Gene Quinn with a 425 lb bench. In the teenage, 1st went to Pasco Power Team member, Joseph Ferrantelli with a 315 bench, 2nd was Jeff Yaskin with a 325 bench, 3rd was Tony Keeler with a 310 bench, 4th was C. J. Mennenger with a 205 bench, 5th was Kyle Bass with a 235 bench..

(results courtesy Mike Ferrantelli/William Tinny)

Second Mike Rash Memorial Bench
3 May 92 - Philadelphia, PA

Open Div.			
Women's		220	
J. Lindberry	105	J. Austin	380(M)
S. Engel	120	T. Brook	365
L. Abrams	- - -	J. Meyer	350
Men's		242	
132		H. Sharkey	460
J. Padova	275	B. Valicka	405
148		275	
E. Keeton	305	M. Kelleher	380
J. Kilroy	- - -	SHW	
165		G. Zubler	340(M)
G. Brody	335	Police Div.	
J. Palantino	325	165	
J. Ricci	325	D. Bellizzie	260(M)
J. George	300	181	
J. Martino	270	T. Leisner**	275(M)
181		K. O'Brien	260
J. Messa	390**	198	
T. Watkins	385	J. Roberts	260
T. Stevens	365	L. Demalto	260
B. Rosenfeld	355	220	
D. Guyger	325(M)	F. Incarveti	34]
198		242	
T. Chwieroth	415	M. Everett	365
J. Catallo	365	275	
R. Acevedo	325	K. Gage	400

**Overall division winner. (M) Master Competitor. This was our second year of an outdoor bench meet and despite the rain and wind coming off the Delaware river, we were able to complete a 38 contestant contest in two hours with one platform. This contest was held in memory of Philadelphia's police officer Mike Rash who died of a rare heart disease at the age of 31. Mike left behind two young children and a wife and the proceeds from the contest were donated by Powerhouse Gym of Philadelphia to the education of Mike's children. I would like to thank the 150 spectators who came out in the adverse conditions to show their support. Hopefully, next year will bring better weather and a bigger turnout. (results courtsy Bob DeBolt, Meet Director)

'Members Only' Bench Press Contest
31 May 92 - New London, CT

Sub Master		198	
B. Sollo	385	A. Colonis	340
B. Conley	355	220	
Masters 40-49		B. Sollo	385
A. Colonis	340	242	
J. Kosztala	310	B. Conley	355
148		G. Manson	335
M. Lalima	250	275	
165		C. Miller	465
P. Woods	165	SHW	
181		J. Mugovero	450
H. Hamel	300		

A.P.A. sanctioned contest. Bill Conley made a CT. State Record in the sub-masters 242's with 360, as did Bob Sollo in the 220 lb class. Gary Manson set a record with 335 in the men's grand master 50-54 age group. Chris Miller won best lifter. Judges were Pam Mugovero, Reggie Allen and Mike Gambro. (Thanks to Joe Mugovero, meet director, for providing us with these results.)

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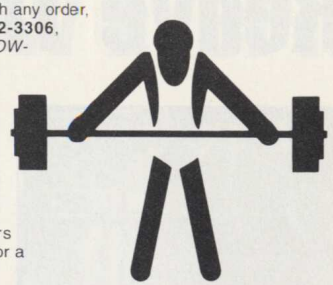

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(article continued from page 37)

greatness then and I can recognize it now too - Kuc is a run-away at 242. Although this class has had it's share of great lifters like D. Young, J. Cole, T. McCormick, S. Goggins, D. Jacoby and S. Wilson, none of them can compare to Kuc in reference to sheer dominance and longevity.

275 POUND CLASS

I could get a number of arguments and a few letter bombs for my selection in this weight class. Most likely, the sentimental favorite here is D. Pasanella. Before his death, he was on the road headed for "Super Stardom" in the sport. Although he still holds the distinction of having the greatest total of all time, it's just not good enough. D. Furnas, J. Gamble, E. Hackett, D. Waddington and G. Frenn are other greats that probably come to mind, but like Pasanella, they're just not good enough. How about trying J. Cole on for size. During his reign at 242 pounds, even the great J. Kuc was no match for him. The total he set in 1972 is still one of the best of all time. The man was incredible - bad to the bone even.

SUPER HEAVY WEIGHTS

These are guys you don't want to make mad. A swat on the top of the head from a World Class Super-heavyweight and you'll be eating through your fly for months. So let me proceed with caution. In comparison to the other weight classes, this one STINKS! Don't worry, these guys could never catch me. Besides, I have to tell it the way it is and/or the way I think it is. Only the 114 pound class has less elite lifters. Think about this. Five athletes who competed in the early 70's -- J. Williams, J. Kuc, D. Reinhoudt - are still ranked in the top 20. Where are all the good, big men? Probably in the NFL or at Domino's Pizza. Still, there are a few big men, besides the ones I've already mentioned who could be classified as Super Stars. Guys like O. D. Wilson, J. Ware, B. Kazmaier, P. Wrenn and D. Waddington. If I had to guess, I'd say most people would select Kazmaier. Without question, he had the best body of all the Super heavy weights and he wasn't exactly a wimp. He had the best total in the world for more than a half decade. He's also won all these World Strongest Man Competitions, and he's the best known lifter in this class. Still, he was beatable as are and/or were all the Super heavy weights. So, let me get the hat out again .... The winner is .... D. Reinhoudt.

Well, there you have it. The Greatest Powerlifters of all time. Perhaps someone else could have made better selections, but I doubt it. *Dr. Judd Blasiotto*

Southern States Bench Press
18 Apr 92 - Jonesboro, GA

Teenage			
114 lb			
D. Stewart Jr	180	B. McCall	465
L. Smith	140	C. Bailey	425
T. Jacobs	135	Open	
123		123	
B. Stover	145	B. Stanfill	275
R. Tew	135	L. Burgamy	205
132		S. Hall	120
J. Edwards	115	132	
148		M. Callahan Jr.	320
T. Watts	285	R. Allen	310
E. Miller	225	L. Brown	290
C. Goodwin	165	148	
165		C. Brunson	350
M. Smith	325	S. Moye	350
D. Hamby	310	O. Bullard	330
S. Smith	300	165	
181		L. McCormick	470
A. Hitchcock	345	S. Lee	405
D. Isaac	320	T. Franklin	405
J. Feliu	305	181	
198		G. Jones	450
M. Ruddell	415	J. Karesek	435
K. Wilkie	220	M. White	430
220		198	
B. O'Kahara	180	G. Arnold	460
242		S. Braz	425
A. Westbrook	350	M. Ruddell	415
SHW		220	
J. Tipton	360	R. Carter	475
Novice		J. Grant	455
123		B. Ruddell	450
B. Stover	145	242	
L. Smith	140	S. Nimmons	585
T. Jacobs	135	E. Flowers	550
132		L. Taylor	515
L. Brown	290	275	
J. Edwards	115	D. Hammonds	530
148		L. Thomas	465
C. Brunson	350	J. Wheatley	445
S. Moye	350	SHW	
B. Dunn	320	R. Crayton	530
165		J. Coggins	500
E. Kennedy	330	B. McCall	465
M. Birt	325	40+ 165 lbs	
D. Hamby	310	R. Wilson	300
181		R. Maddox	275
M. White	430	40+ 165-198lbs	
H. Gillis	390	R. Zostrow	375
B. Mabus	385	J. Shoaf	305
198		T. Stalvey	285
S. Braz	425	40+ 198-220lb	
M. Ruddell	415	G. Arnold	460
A. Hart	410	L. Pinnell	450
220		B. Black	320
B. Ruddell	450	40+ 220-242lb	
J. Weaver	430	O. Johnson	465
D. Webb	405	L. Melton	440
242		C. Baumgartner	420
L. Taylor	515	40+ 242-275lb	
K. Weisz	510	J. King	365
G. Sutton	505	L. Thomas	465
275		40+ over 275lb	
K. Elmore	440	R. Crayton	530
F. Mays	420	Women	
M. Gregory	400	C. Sterling-132	185
SHW		C. Wright-98.75	125
K. Crump	500	K. Stewart-122	105

(Thanks to Sandy Ellis for providing these results).

APA Independence Day Bench Blast
4 Jul 92 - Lancaster, PA

Teenage		165	
F. Ambrifi	305	B. Boyer	360
K. Tobias	195	G. Hoxworth	265
K. Muligan	90	181	
Masters		W. Luciano	360*
J. Bower	400*!	198	
R. Morris	380*	C. Herman	415
K. Fidler	360*	T. Walter	405
K. Ray	245*	B. Volker	350
L. Pierson	315	220	
A. Ketner	325	S. Reppart	505*
G. Hoxworth	265	J. Wolfe	450
Women		T. Grimwood	430
T. Grimwood	280*	B. Grimwood	380
A. Boyce	205*	K. Fiddler	360
K. Muligan	90	242	
L. Thomas	120	J. Bower	400
Open		R. Mooris	380
123		R. Smith	365
D. Aguiar	195*	SHW	
132		R. Seagreaves	515
A. Boyce	205	C. Riedy	390
148		S. Adams	325
P. Lorenzetti	330	A. Ketner	325
M. Boyer	280		

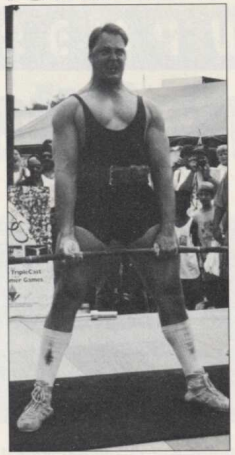
Outstanding lifter light weight - Peter Lorenzetti, heavy weight - Steve Reppart. * State Recrod. ! World Record. The Indenpendance Day bench blast was held at the Days Inn in Lancaster, Pa. Although we only had 30 lifters, everyone had a fun and relaxed competition. I would like to thank all of the spotters, score keepers, the announcer Tom (Mr. Microphone) Levering, and every one else that helped. Look out for more Winning Factor meets in the future. (Thanks to Gary Heisey for providing these meet results).

APF North Americans
8 Dec 91 - Keene, NH

Women	SQ	BP	DL	Total
123				
G. Pariselli	285	180	225	690
Teens				
K. Lambert 164	550	285	525	1360
D. Dugan 132	400	230	400	1030
A. Eaves 202	525	315	435	1275
T. Cook 195	410	275	450	1135
Juniors				
S. Wardell	660	400	570	1630
Sub Masters				
S. Bellavance	470	315	560	1345
Masters				
E. McCulloch	330	210	330	870
E. Silk	380	275	475	1130
132 class				
E. Brownstein	465	275	435	1175
D. Dugan	400	230	400	1030
148 class				
J. Tardanico	500	235	455	1190
C. King	375	275	460	1110
165 class				
K. Lambert	550	285	525	1360
B. Amlaw	470	330	400	1200
181 class				
J. Kyrousis	485	350	530	1365
T. Donahue	450	360	425	1235
E. Silk	380	275	475	1130
E. McCulloch	330	210	330	870
198 class				
S. Bellavance	470	315	560	1345
T. Cook	410	275	450	1135
220 class				
J. Wardell	660	400	570	1630
S. Purcell	555	330	530	1415
A. Eaves	525	315	435	1275
242 class				
N. Lavitola BL	840	500	780	2120
K. Knight	550	340	570	1460
275 class				
T. Lamy	700	520	560	1780
L. Grande	740	440	135	1315
308 class				
A. Boutin	450	370	450	1270

Best Lifter: Nick Lavitola. The 1991 North Americans was small in numbers but big with talent. The day started with the women's division. It was all Gail Pariselli, weighing only 123. Nice going Gail. The teenage division was won by Keith Lambert weighing 164 lbs. This kids going to go far. 2nd place as equally impressive was Danny Dugan at 132 lbs. 3rd place went to Andy Eaves from Marlborough NH, and 4th place went to Tim Cook. The masters division went to 61 year old Eugene McCulloch from Virginia, with a nice total, 2nd place went to likeable Ed Silk from Keene NH. The submasters was won by Steve Bellavance with a solid total, 23 year old John Wardell won the junior division with some mighty fine lifts. The 132 lb. class saw some rel class in the form of Eric Brownstein. Eric only weighed 127 lbs. He squatted 465 easily and came up with 515 twice. He benched a solid 275 to go with a 435 deadlift for a massive 1175 total.. I predict some hugh lifts from this young man very soon. 2nd place went to teenager Danny Dugan. There's big things in this young fellas future also. The 148 lb. class was won by James Tardanico with easy successes. He's another one to watch. 2nd place went to Charlie King. Charlie can be one of the best 148 pounders in New England, if he stays with it. Train hard Charlie. Teenager Keith Lambert easily won the 165 class. 2nd place went to Bernard (Sparky) Amlaw the former NH state record holder in the bench press (380) with an off day. Maybe next time Sparky. The 181 class was won by Jason Kyrousis. 2nd place went to Tom Donahue. 3rd place went to Masters competitor Ed Silk. 4th place went to masters champion Eugene McCulloch. The 198 class was won by Steve Bellavance. 2nd went to teenager Tim Cook. John Wardell won the 220 lb. class hands down. 2nd went to Sean Purcell and 3rd went to teenager Andy Eaves. I've been involved with powerlifting for 18 years and have yet to see anyone with more potential than 242 lb. champ Nick Lavitola from New Jersey. He squatted 840 lbs with ease, benched 500 and ripped a 780 deadlift off the floor to completion in record time. Nick's 2120 total in only his 2nd meet is without question astonishing. This 29 year old only weighed 226 lbs. Good luck in the future Nick, you will go far. 2nd place went to Kenneth Knight. The 275 lb class champ is Tim Lamy from Manchester NH. His 520 bench was a NH state record. Tim only weighed 254 lbs. Tragedy struck 2nd place finisher big Lou Grande when he tore his pec with a 455 bench attempt. He squatted 740, benched 440 and planned on a 800 plus deadlift, but settled for 135 lbs, so he could get to the hospital. Luckily big Lou will be fine. The 308 class was won by Anthony Boutin from Keene NH. Being this the first time in NH that the 308 class has been contested, all his lifts are state records. Judges were: Kieran Kidder, Joe Romano, Bob Todt, Glen Stevens, and I know I forgot some people, I'm sorry. P.S. I have to apologize for these results being late. To all the lifters and to Kieran Kidder who took all the heat for my mistake, I promise you this will never happen again. Being a lifter myself I know how important these results can be as far as getting in the TOP 100, etc. Again I'm sorry. (Thanks to Louie LaPoint for providing us with these results)

POWER PEOPLE



Bert Wagner is one of the strongest photographers in Powerlifting today. Several of his shots have appeared in PL USA and will in the future.

G.C.I. Meet
13 Jun 92 - Grafton, OH

148	SQ	BP	DL	Total
Phelps	350	265	375	990
165				
Blanks	325	305	405	1035
181				
Chambers	580	3440	550	1470
Priester	575	355	575	1505
198				
M. Shannon	575	350	600	1525
Daniels	530	260	475	1265
220				
Metheney	475	325	500	1300
Askew	555	350	600	1505
Pass	550	370	590	1510
242				
Jenkins	550	365	600	1520
275				
B. Smith	555	- - -	505	1060
SHW				
Hunter	600	450	650	1700

We would like to thank the Warden Carl Anderson, Mr. John Chambers our activites administrator, and Mr. Ornette Gardenhire for all their effort in letting the meet take place and making it a sucess. Once again we also want to thank K. K. Foster, our scorekeeper. Best lifter goes to Mike Shannon for outstanding effort and the biggest gains since our last meet. Keep up the good work. (Totals sent in by 'Big' Brad Smith).

3rd Lift for Laurels
July 92 - Brookville, PA

Bench Press		B. Krasinki	380
132 class		P. Campbell	375
D. Shull	225	Deadlift	
165 class		132 class	
Blattenberger	410	D. Shull	405
T. Beechey	375	148 class	
C. Skoloda	320	B. Holopeter	360
E. Bodendorfer	295	165 class	
181 class		M. Wilson	425
W. Hawk	370	S. Feidler	400
R. Fischer	360	181 class	
B. Bayer	255	B. Bayer	500
F. Bogden	200	F. Bogden	440
198 class		198 class	
S. Sallack	450	J. Valchine	620
B. Troup	330	S. Nisbet	575
S. Nisbet	325	L. Eleuteri	540
S. Treiber	305	J. Demchak	515
220 class		220 class	
B. Kowalcyk	450	T. Micale	560
G. Lewis	320	242 class	
242 class		P. Campbell	615
M. Voit	460	B. Krasinski	550
G. Lewis	380	K. Billoutte	495

(Thanks to Terry Wolfe for providing the results)

Iowa Drug Free High School Bench
25 Apr 92 - Des Moines, IA

Men			
12-13		S. Pearson	205
114		C. Evin	
J. Camire	55	198	
181		D. Black	300
C. Haugen	200	M. Feverback	275
14-15		M. Strobbe	275
114		B. Miller	200
R. Gomez II	130	220	
Brian Barthell		J. Wienmann	290
123		C. Hayes	245
J. McBeth	160	G. Stender	235
132		E. Mock	230
A. Sharp	170	S. Prince	
148		SHW	
J. Looft	255	J. Hayes	330
M. Paup	225	P. Stadmiller	260
R. Elliott		18-19	
165		123	
R. East	225	J. Weydert	190
J. Lande		132	
A. Buysse		T. Paulstian	195
181		148	
J. Josinger II	235	C. Cavanh	250
198		T. Cerretti	245
R. Heidt	245	C. Miller	220
220		C. Erin	
P. Jones	195	T. Groomes	
SHW		165	
R. Hartwig	220	E. Molstad	255
16-17		N. Mitchell	255
114		B. Hoyt	245
H. Mott	145	B. Pierce	225
123		198	
T. Paulian	195	J. Tapken	335
132		K. Decarosa	305
M. Berding	175	S. Cummings	295
148		J. Etter	
M. Paup	225	220	
T. Rohner	200	B. Barquist	265
T. Seymour	195	C. Bactazor	235
165		SHW	
E. Molstad	265	R. Thompson	340
S. Howard	200	K. Larson	335
B. Jones	195	K. Lucier	280
Q. Robinson	180	E. Lyons	260
181		Women	
L. Sage	240	16-17	
J. Luton	235	139	
J. Burger	215	J. Ellis	100

(Thanks to Wally Esper for these meet results.)

WSCC Strict Curl California State
7 Mar 92 - Fresno, CA

Mens open		148	
132		C. Grizoffi	103wr
A. Marritt	122.5	H. Vannuchi	77.5
D. Vega	115	Women Masters	
J. Lloyd	80	148	
148		J. Couch	52.5wr
T. Couch	122.5	Mens Submaster	
165		198	
F. Couch, Jr.	172wr	B. Taggert	140wr
C. Sitze	145	Mens Masters	
J. Wells	135	40-44	
E. Scott	132.5	T. Beaver	137.5wr
181		H. Berman	110
C. Hogan	145	B. Jennings	120wr
R. Creevy	142.5	M. Nakamura	125wr
M. Copeland	130	45-49	
198		R. Creevy	142.5wr
M. Ashworth	155	M. Sperling	125
J. Zapata	150	M. Magill	137.5wr
B. Jennings	120	J. Lloyd	80wr
220		J. Simpson	140wr
J. Yeamon	155	H. Hansen	110
D. Vannuchi	142.5	50-54	
D. White	140	F. Couch, Sr.	130wr
242		M. Lammons	75wr
E. Woods	180	60-64	
J. Eaton	145	D. Diperri	120wr
T. Beaver	137.5	R. Cruz	90wr
275		Teens 13-15	
K. Brown	223wr	F. Katyz	50wr
M. Nakamura	125	R. Baird	65wr
SHW		18-19	
P. Davis	135	J. Rooker	140wr
Womens		A. McDarmid	130
132		C. Knee	130
K. Easly	57.5	S. Gambrill	120
		V. Dicostanzo	117.5

The second annual WSCC California Strict Curl Championships pulled in all the great lifters. The crowd which was in the hundreds gave all the support they needed. The music was turned up and the lifters responded. Taz Couch the announcer was fantastic at building up the contest. The lifters totaled over 50. The 132'd Arron Marritt ranked number 2 in the world curled 122.5 to pull away from his competition, the 148 class saw Taz Couch also ranked number 2 in the world curl 122.5 and just miss 130 twice. Better luck next time. Then the crowd stood up and screamed as friends and teamates pumped up Fred 'Mr. Curl Couch' as he broke the world record for the eighth time of his career by lifting 9 pounds over his bodyweight. He curled 172 pounds. Fred also took his ninth best lifter in a row. Chris Hogan of the American Team took the 181 class with an impressive 145 curl. The 242 class saw Erick Woods curl 180 pounds which now ranks him number 1 in the world. Eric easily took his class as he gave the world record a scare by just missing 191 pounds. Just as the crowd thought they could take a break, Big Ken Brown got them up off their seats again as he curled the all time world record 223 pounds. Ken had more to spare and says he will curl 230 pounds by May!! In the masters division the Couch family took over. The father and mother of Fred and Taz Couch both broke world records. Another big story in the masters class was Ritchie Creevy as he broke his own world record for the second time in two weeks, the legend ended up with 142.5 pounds. The women's division saw Correena Grizoffi attempt the heaviest curl ever, for a woman '103 pounds' 3 times before breaking the world record. Look out Kim Couch!!

Team award went to Moores Karate and Health Club, Special thanks to American Fitness, World Tour Promotions, Taz'z Promotions and the fantastic crowd. Oh, by the way, what was in that drink? (Thanks to Rick Couch for the results).

POWER PEOPLE

The Trenton Power Team which placed 2nd in the New Jersey DOC Championships, include, back row, left to right, Fitzpatrick (220), Moore (198), Wilson (242), Fullard (220); front row, Wood (181), Pettaway (165). "Thanks to Rec. Director Mr. Lee, Mr. Webster and Mr. Nova for making this possible.

V.A. Instructional Meet
13 Jun 92 - Milwaukee, WI

132	SQ	BP	DL	Total
D. Cavanaugh	215	160	200	575
165				
M. Arnath	290	215	250	755
D. Sharon	617!	318	577!	1512!
181				
P. White	310	225	330	865
A. Liefer	255	175	330	760
198				
M. Raullen	300	310	400	1010
220				
L. Millen	370	300	420	1090
275				
G. Reshel	463	582	679	1724
308				
A. Sharon	784	617!	729	2130

* WPC World Record. Power Excel was asked to provide an instructional meet to teach the basics and the rules to interested parties. Dawn Sharon, her husband Asher, and myself, Greg Reshel, had peaked our lifts for this event. Our training this off-season had been experimental as we had taken periodization theory to extremes. We exceeded our expectations and felt both strong and sharp. We will be explaining our research in upcoming articles as we try to share our discoveries with all interested lifters. Dawn Sharon became the top totaling female powerlifter in the history of the sport regardless of which formula is used. Her 1512 lb. total in the 165 lb. class exceeds the former record by nearly 200 lbs. In the WPC you are allowed to wear double thickness suits and shirts. We worked hard to give Dawn every advantage the gear could give her. It only remains to try another contets to bench as her shirt ripped on the second attempt. Dawn feels she might get another 30+ pounds, especially if she does not squat all out before benching. Dawn's 617 lb. third attempt was slow and deliberate as her new squat technique relies on leverage and balance. Dawn's 577 lb. third attempt deadlift was the opposite as Dawn was able to smooth and fast. Dawn's records will be recorded as a 279.5 kg. squat, a 261.5 kg. deadlift and a 680 kg total due to the misweighted plates that were used. This translates to a 1499 total world record though history will remembers that the actual weight was 1512 lbs. Asher Sharon has been maturing as a light Superheavy and is finally getting comfortable with the techniques he must use to complement his mass. Asher has been setting his sights this year on the magic 600 lb. bench mark. He was not disappointed as he used his denim shirt to maximum advantage ramming up a strong 617 lb. third attempt bench. This lift will be recorded as 279.5 kg WPC world record in the 308 lb. class. Asher also recorded personal bests in the squat and the deadlift to bring him over the 2100 lb. mark. Look for Asher to squat 800+ lbs. soon. I was happy to put up a clean 582 lb. bench in the 275 lb. class as I finally adjusted to a new shirt. This was especially satisfying as I tried to total with a "token" squat because of the steel appliance in my back and finish with a slow but satisfying 679 lb. deadlift. I am very excited by the possibilities of our new training routine. I hope that others will be able to break their plateaus as we have. The novice lifters attempting their first meet was very quick to catch on to the rules of performance. Their lifting was exceptional with very few missed attempts. We hope that the athletes that we have introduced to the sport come to derive as much enjoyment as we get from training and competition. I would like to thank all who patiently loaded, spotted, and helped this event become a reality. Your help was invaluable as it allowed us to focus on our lifts and presentation. (these competition results provided through the courtesy of Greg Reshel).

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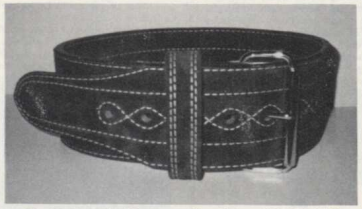

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WSCC Malibu Strict Curl
28 Feb 92 - Malibu, CA

Men's Open			
132			
J. Lukman	134wr	Womens Div.	
A. Marritt	120	123	
D. Vega	110	C. Gunlock	75wr
148		132	
M. Phillips	140wr	K. Couch	95
T. Couch	127.5	148	
M. Bliss	115	C. Grizofi	102.5wr
165		WomensMasters	
F. Couch	171wr	148	
L. Turner	145	C. Clemunte	80wr
R. Igeiasius	105	Teens Div.18-19	
181		181	
M. Callan	167.5wr	R. Brookbush	145wr
G. Ruchione	167.5	Mens Masters	
D. Jewell	157.5	40-44	
198		M. Nakamura	122.5
D. Clemmons	175wr	45-49	
220		R. Creevy	135wr
J. Eaton	142.5	50-54	
C. Knee	135	D. Jewell	157.5wr
275		60-64	
M. Nakamura	122.5	S. Lombardo	110wr
SHW		65-69	
M. Sanchez	170.5wr	B. Abel	111wr

The first annual Malibu strict curl championships was sanctioned by the WSCC, which seems to be pulling in the great lifters and today was proof enough. The contest was held at the Great Malibu Inn across from the Malibu fishing pier. The contest was held outside on stage. With such a great success there will be another before years end at this location. The legends were here and the records would fall. The womens proved just that as 123 pound Cheryl Gunlock blasted the record by 20 pounds by curling 75 pounds for the new record. The 132 class saw Kim couch back in competition try to break her world record but failed by only inches. Kim wants the all time highest curl and I'm sure she will do that soon. Then from Fresno, Correena Grizofi tied the all time highest mark held by Kim Couch byt breaking the 148 pound world record and curling 102.5 pounds. The womens masters division saw Candy Clemente break another world record with an impressive curl of 80 pounds. It seemed as though Golds Gym of Sylmar was here to break records both in the womens division and the Mens. Next up teen record holder Robert Brookbush of Golds Gym set the record up high with a curl of 145 pounds. All masters broke world records and showed the young men they could even do battle with them. Golds Gym trainer Dennis Jewell proved that, as he curled 157.5 which ranks top five in the world in the mens open 165 class. The mens open division saw several records fall as well, starting off with the incredible 132 pound Joe Lukman as he broke his own world record once again by curling over body weight (134 pounds). Then Melvin Phillips raied his record by curling 104 pounds to take the 148 class over Taz Couch. The 165 class saw superstar curler Fred Couch break his own World Record by curling seven pounds over body weight which ranks him pound for pound the greatest of all time. Fred curled 171 pounds and plans to break that record next week at the State Championships. The 181 class saw the closest battle of the day when both Mike Callen and Greg Ruchione tie with the world record of 167.5 but Mike had Greg on body weight which gave him the record. We hope to see them do battle again in the near future. Dennis Clemons broke the 198 recoird with an impressive 175 pound curl. Dennis also took the heavy best lifter award. The 220 class was won by a first timer named Jon Eaton who also brought the winning team of Moores Karate & Health Club, Mike Nakamura took both the masters and open 275 class. Heavy weight Mike Sanchez took the supers and broke his own world record by a 1/2 pound. Special thanks goes to the Great Malibu Inn and its employees, World Tour Promotions, Taz'z Promotions, all judges, announcer Taz Couch. See you next week. (Thanks to Rick Couch for results)

NASA - SPSM Trusty Meet
18 Apr 92 - Jackson, MI

Pure Novice	SQ	BP	DL	Total
123				
J. Berry	215s	200s	325s	740s
132				
S. Gilliam	385s	240s	375	1030s
R. Williams	205	235	400	840
148				
S. Smaller	405s	230	380	1015
M. Martinez	280	215	385	880
M. Shaw	250	190	400	840
165				
A. Wilburn	405s	295	485s	1185s
C. Cleveland	405	310s	455	1170
D. Roundtree	365	225	400	990
181				
S. Thomas	430	305	485	1220
198				
J. McLaurin	375	280	500	1155
F. Pinkard	300	255	455	1010
220				
L. Smith-el	530s	400s	630s	1560s
H. Baldridge	400	260	400	1060
242				
L. Smith	500	345	650sO	1495
123 Master I				
J. Berry	215s	200s	325s	740s
220 Submaster				
R. Stevenson	400	320s	550s	1270s

s - new NASA state record; O - NASA State Open record. Best lifter's Light; S. Gilliam 132 class-total 1030: Heavy: L. Smith-el 220 class-total 1560. Officials: Mario Torrez, Manual Rosas, Donald Clower. (Thanks to L. Tisi for results).

U.S.P.F. 'Schools Out' Bench Press
6 Jun 92 - Everett, WA

Teen Women			
114		198	
J. Alex	75	P. Lopez	305
123		T. McCarty	300
J. Moser	135	220	
Open Women		J. Kernagen	300
114		Open Men	
J. Jordan	05	148	
123		C. Sotherland	225
S. Neighbors	125	165	
132		B. Mosteller	275
J. Moser	145	181	
147		B. Bloo	245
K. Keller	165	R. Lothiall	225
M. Hinton	110	198	
198		C. McHarg	320
V. Welch	180	J. Martinson*	200
Teen Men		220	
132		B. Webb	315
A. Wiersum	155	242	
165		M. Magruder	365
J. Stubble	315	E. Beide	325
S. McCarty	- - -	275	
181		R. Cooper	425
J. Pattison	225	SHW	
B. Kloes	215	L. Haywood	450

Best Lifter Women - Kathleen Keller; Men - Lonny Haywood. * denotes special olympian. This meet was held at Immaculate Conception Gymnasium in Everett, WA. The new state Chairman for the state of Washington, Vince Moser, and the old state chairman Rodger Kuebler put the meet together. Although only 27 lifters competed, the meet was held very professionally. Gray slacks, white shirts and navy blue ties: that was the attire for the officials. Marty and Diane Wilson from Body Ammo Plus presented a power belt to each of the best lifters. THANKS! Special thanks to Jim Kuebler, the head judge. Ray Mitchell, Chuck Lehman and Vince Moser side judges. Spotters John Moser, Robert Jones. Announcer, the one and only, Rodger Kuebler. Score keeper Shannon McCord. Concessions Vera Moser. Robwert Conrad for making the chalk trays and Wayne Fritz for all the last minute details. Let's do it again. (results by USPF State Chairman Vince Moser, Vince's Fitness Center).

Spring Classic Bench Press
6 Jun 92 - Dover, DE

Women			
S. Clavier	145	L. Zimmerman	260
P. Heiges	135	J. Molesi	250
C. Defillipo	115	D. Sachs	235
Teenage		165	
114-132		M. Miller BL	365
B. Tucker	185	W. Mann	315
J. Woody	125	S. Duncan	290
J. Demko	130	F. Smith	275
T. DeVary	100	D. Dill	270
148-181		181	
S. Duncan BL	290	S. Wargo	365
J. Gillman	300	M. Scott	350
E. Knotts	245	M. Murray	330
M. Kendall	255	T. Mitchell	250
J. Demond	210	198	
198-SHW		C. Watson	385
R. Callahan	250	T. Bailey	375
K. Rash	250	J. Payne	355
O. Bell	230	R. Hopkins	350
D. Durham	210	220	
T. Stubbs	210	G. Schulz	470
Senior: 35 +		D. Marcus	465
G. Miller	470	A. Fortney	455
B. Brinton	440	B. Brinton	440
W. Evans	420	J. Valle	400
D. Rollery	360	242	
J. Guajardo	340	G. Miller	470
Open		W. Miller	420
114		J. Swiderski	405
T. DeVary	110	H. Hudson	400
123		B. Moore	400
B. Tucker	185	SHW	
P. Heiges	135	H. Ricci BL	560
132		E. N. Davis	505
S. Clavier	155	J. Knowles	450
148		U. Bellamy	425
R. Derr	275	W. Lamar	335

Teams: Gio's Gym - 1st place; Pocomoke Fitness - 2nd place. (Thanks to Burke's Gym for results).

***Montana Wrecking Crew**..kneeling, left to right: Mike Shirilla, Tony Lee, Bill 'Bubba' Bentley, Doyle Davis. Standing, left to right: Mark Peacock, Susan Schwartz, Bill Mihm, Scott Blixt, Issac Barrett, Nigel Davis, Chance Ferlicka, Jim Ramsey (meet director). (Thanks to Jim Ramsey for photo).*

USPF Montana State Championships
25 Apr 92 - Great Falls MT

Women Light	SQ	BP	DL	Total
S. Schwartz	195	105	225	525
Women Heavy				
J. Turner	385	260	375	1020
A. Harris	185	100	200	485
M. Hoffman	160	125	220	505
Men Master				
M. Shirilla	555	310	490	1355
S. Forbes	375	275	500	1150
Mens				
148 lb				
D. McCarthy	405	300	490	1195
T. Lee	375	220	355	950
165 lb				
S. Miller	565	275	475	1315
D. Allen	450	280	480	1210
D. Royse	460	275	435	1170
181 lb				
E. Wettach	450	250	550	1250
D. Davis	430	315	450	1195
N. Davis	370	260	410	1040
198 lb				
B. Bentley	650	425	600	1675
M. Shirilla	555	310	490	1355
220 lb				
C. Ferlicka	675	375	670	1720
I. Barrett	525	380	480	1385
D. Dunlop	525	365	495	1385
R. Reed	505	290	500	1295
242 lb				
S. Blixt	725	475	730	1930
T. Chase	500	325	475	1300
275 lb				
B. Mihm	600	440	575	1615
J. Bennett	645	370	565	1580
R. Hawley	520	300	545	1365
SHW				
M. Peacock	450	305	460	1215

Women best lifter - Jodi Turner; Masters Best Lifter - Mike Shirilla; Men's light*session best lifter - Scott Miller; Men's Heavy weight best lifter - Scott Blixt. (Thanks to Tim Myers and Jim Ramsey for providing Powerlifting USA with these results)

ADFPA No Boys Allowed
13,14 Jun 92 - Bigler, PA

Women's Div.	SQ	BP	DL	Total
104				
P. Kovalchik-39	220	143	297	661
122				
L. Flanagan-35	154	83	209	446
129				
M. Kuhns	187	137	242	567
L. Dersch	181	104	225	512
139				
J. Dingle-37	248	148	281	677
154				
D. Krupa	297	170*	336	804
Hvy				
P. Durst-45	330	209	330	870
B. Bulebash	275	126	264	666

Outstanding open lifter was 39 year old Paula Kovalchik of Kingston, PA with her state and American masters records in the deadlift and total. Outstanding Pennsylvania lifter was 31 year old Dot Krupa of Philipsburg, PA with her state record bench press.

Men's Div.				
123				
B. Schlegel-47	363*	176	402*	942*
148				
N. Theodorou-41	451	236	512*	1201*
P. Griffith-47	473	264	396	1135
I Bonacci-47	402*	242*	402	1047*
R. Dodson-53	380	209	363	953
165				
G. Hoxworth-43	314	253	424	992
T. Ess-43	292	187	330	810
J. Stevens-46	440	236	473	1151
T. Slye-48	352	203	429	986
J. Klein-52	225	242	424	892
181				
S. Zerbe-42	402	281	451	1135
B. Bayer-46	501*	225	501*	1229
F. Rosengren-46	402	259	429	1091
H. Farmer-69	225	121	385	733

Outstanding open lightweight lifter was 47 year old Paul Griffith of Colora Maryland with his fine 1135 lb total. Outstanding PA lifter was Nick Theodorou of Palmer with a day which included a state master's deadlift record lift of 512 lb included in his 1201 lb total.

198				
J. McAllister-44	518	330	501	1350
B. Schaffer-42	473	308	501	1245
W. Markley-44	424	225	413	1063
M. Sheehan-44	- - -			Bmb
J. Orengia-45	523*	314	573*	1410*
K. Fidler-45	451	330	473	1256
J. Herbein-54	440	264	507*	1212
T. Kiefer-39	485	286	440	1212
220				
L. Bucchioni-43	501	225	551	1278
B. Obrecht-45	424	314	490	1229
D. Ross-64	358*	259	369*	986*
M. Huff-64	347	231	440	1019
242				
M. Artherholt-48	358	264	402	1025
M. Giardina-57	501	308	451	1262
275				
G. Walker-41	589	325	562	1477
CJ Batten-48	462	440	600	1504
D. Henderson-48	562	341	573	1477
SHW				
D. MacKenzie-51	374	242	462	1080
B. Churovia-50	154	473*	154	782
D. Reph-50	- - -			

Outstanding heavyweight lifter in both the open and Pennsylvania division was 45 year old Joe Orengia of Erie, Pa. who set state records in the squat, deadlift and total while missing an American record deadlift of 622 lb. * - Pennsylvania state records in either the masters division or the open women's division. A great job was done by all of the help at this meet. Spotter loaders Dave Yoder, Scott Kline and Jay Siegel. Scorers-announcers Brenda Siegel, Allan iegel, Gary Yoder, Dennis Henderson Jr., Carla Bonitatibus and Joe Orengia, and referees Brenda Siegel, Allan Siegel, Fred Glass, Jay Siegel, Carla Bonitatibus, Joe Orengia, Gary Yoder, Bill Obrecht, Jack Stevens and Paul Griffith who helped make all of the American records possible.

The meet would not have been a success without all of the above help and all of the lifters who showed up from seven different states.

Six lifters were tested by polygraph and were drug free and proud and one lifter has submitted a sample for urine analysis and we are sure that he too will prove to be drug free and proud. (Submitted by Directors Al and Brenda Siegel).

4th Fudpucker's Power Classic
30 May 92 - Ft. Dick, CA

123	SQ	BP	DL	Total
K. Fulfer		200		
165				
A. Desroches	465	290	500	1255
K. Schiesel	485	285	485	1255
B. Allen	295	235	405	935
C. Cullen	200	210	280	690
181				
B. Shaw	405	315	405	1125
D. Sewell	245	260		
198				
R. Newton	520	415	470	1405
E. Anderson	450	270	500	1220
J. Dikes	275	250	305	830
220				
T. Trcick	465	320	475	1260
S. Hayden	300	230	360	890
242				
T. Overholtzer	615	370	530	1515
M. Badura	500	300	500	1300
M. Payne	425	340	405	1170
275				
J. Vonada	490	350	470	1310
SHW				
B. Stacey	650	420	500	1570
M. Obando	325	240	355	920

Kelly Fulfer, who is paralyzed from the waist down, had a fine bench for his first meet. Art Desroches and Keith Schiesel battled it out to the end. Both were from out of town and both are excellent powermen. Cullen, Hayden, Obando, and Dikes are high schoolers who showed a lot of heart in this, their first power meet. Buck Shaw of arm wrestling fame, lifted in his first power meet at 51 years of age. Tim Trcick is an old powerman from South Dakota. He was entering meets there in the mid-70s. Rick Newton was awesome. Look for great things from him in the future. Eric Anderson put on quite a show, psyching for his deadlifts. Joe Spack would have been very proud of Eric. Allen, who is just 21 years old did extremely well for his first meet. Sewell will be benching 300+ in the near future; fine potential. Mark Payne, the painmaster, entered again this year just for the hell of it. He missed his last three weeks of training because of vacation and doing what he does best - partying. Hoary veteran, Tom Oversholtzer, showed up once again to prove that he still hasn't lost his legs, and that he could lift under the new rules. Before the meet, Tom suggested that we all lift in just our Fruit-of-the-Looms. Naturally he ws overruled. A 1515 total for the Incredible "Mummy Man" at 49 years of age. Jim Vonada lifted with a bad back and is capable of 1400+ as a very light 275. Big Bruce Stacey, the 301 lb. Northwoods Giant showed up with a basket of tomatoes and was threatening to boycott the meet. Big Bruce is the president of a rival power den from down the road called the Dream Haven. Sounds like a trailer park retirement home for old folks to me. It seems he claims the Fudpuckers cheat. About a half dozen Fuds persuaded him to put down his basket and partake in the festivities. Suzy Creamcheese, from Salt Lake City, was there to cheer him on. Many thanks to judges Bob Huigar, Scott Bush and Mark Maxwell; announcer Sal D'Errico, scorekeepers - Taryn Smith and Penny Badura; and spotters/loaders - Gary Tracy and Curt Van Dike. Overholtzer gave his trophy to Eleanor D'Errico, "the Godmother of the Fudpuckers," who was in the hospital with a broken hip. (Thanks to the Iron Gulu for these meet results.)

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NAS Meridian Summer Bench Press
5 Jun 92 - NAS Meridian, MS

Women			
		R. Wolf	275
T. Johnson	110	B. Amos	265
E. King	100	170-189	
C. Lowe	75	D. Yarber	320
150 & below		M. Honston	240
B. Drakeford	220	B. Fish	210
151-169		J. Allen	200
K. Jemison	330	190 & above	
R. Stewart	300	R. Purnell	360
		J. Blaszak	260

Most reps with bodyweight. K. Jemmison - 40' D. Yarber - 32' B. Amos - 31' R. Stewart - 31' R. Purnell - 24. Naval Air Station Meridian, MS held its second bench press meet of the year 05 Jun 92. This time the contest was held at the enlisted club on base and drew three women and thirteen men for the Friday evening meet. The crowd really warmed up to the lifters as they pushed their way toward placings in individual weight classes. Kieth Jemison was our best lifter again, pressing 330 lbs at a bodyweight of only 160!. Overall, we had three Marines place first, one Navy first place, and a single National Guard lifter place first. After the main event, the bar was broken down and five of our lifters attempted to bench their bodyweight as many times as possible. Kieth Jemison proved he had the stamina as well as the power to press his weight an incredible 40 times before replacing the bar on the rack and calmly returning to his seat. Plans are already being made for more meets this year. We invite all Military lifters in the area to come on out and lift among your peers. POC: Sgt. Rob Willis, Comm. 601-679-1775. (Thanks to Rob Willis, Sgt. USMC, for providing these results).

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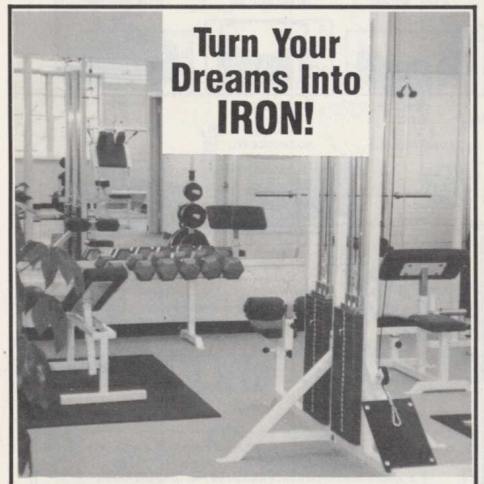
Texas Police Olympics
13 Jun 92 - San Antonio, TX

Open Women	SQ	BP	DL	Total
165				
M. Lynch	210	140	250	600
Senior				
132				
S. Folkers	140	75	170	385
Senior-Masters				
165				
S. Warms	300	150	325	775
Men Open				
148				
R. Ramirez	400	275	365	1040
A. Cardenas			375	375
165				
S. Beggs	490	320	440	1250
181				
D. Hamlet	365	315	450	1130
T. Harrison	320	175	350	845
275				
R. Hadley	450	325	550	1325
Senior 30-34 yrs				
148				
J. Amaya	275	225	325	825
165				
M. Janusz	415	305	435	1155
R. Saucedo	410	175	420	1005
J. Stan	250	225	400	875
181				
S. Johnson	430	285	450	1165
S. Lovelady	360	240	430	1030
220				
J. Davis	605	375	650	1630
M. Brasuel	525	350	505	1380
S. Shauger	460	290	440	1190
275				
B. Wilson	200	250	420	870
Masters 35-39 yrs				
148				
A. Rodriquez	275	170	275	720
198				
M. Ricker	520	290	550	1360
D. King	405	265	450	1120
220				
R. Patino	520	300	475	1295
Senior-Masters				
40-44yrs				
198				
R. Meine	450	285	500	1235
242				
K. Walker	580	335	620	1535
W. Bryan	600	360	555	1515
Grand Masters				
44-49 yrs				
275				
B. Sawyer	520	295	500	1315
Bench Press				
Open		R. Francois		405
148		275+		
T. King	285	R. Thomas		420
165		Senior		
W. Sabir	335	165		
T. Haymaker	325	S. Burke		330
D. Mihalco	285	F. Simpson		320
B. Amoles	200	198		
181		C. Lockett		315
R. Lancaster	365	SHW		
T. Hopkins	290	K. Sam		350
198		Master		
M. Markel	425	181		
R. Jackson	335	F. Garza		250
220		198		
A. McNeal	365	R. Campbell		325
242		220		
M. Harrod	405	L. Benavides		335

This years Texas Police Olympics Powerlifting/Bench meet was held at the Holiday Inn - Airport in San Antonio, Texas. This years Meet Director was Jim Griffith, with Gary Albrecht working as the local coordinator and also handling announcing duties, expeditor-spotters/loaders - Joe Vaughn and Paul Van Veen. All of these individuals worked tirelessly and without relief the entire meet, a special thank you goes out to them. Also to the equipment suppliers for the meet, Jim Griffith and the World Gym of San Antonio. The 1993 Texas Police Olympics will be held in Grapevine (Dallas-Fort Worth) during the second week of June. (Thanks to Mike Ricker for results)



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31 May 92 - Deerlodge, MT

148	SQ	BP	DL	Total
K. Robbins-BL It.	410	235	475	1120
L. Thomas	370	265	410	1045
C. Pronteau	400	235	405	1040
165				
J. Morrison	375	290	480	1145
R. DeJorlair	300	245	480	1025
T. McCann	350	260	415	1025
W. Ogle	345	250	425	1020
181				
G. Carpenter	400	340	550	1290
G. Demers	425	270	505	1200
R. Benton	345	325	470	1140
T. Smith	430	235	470	1135
R. Sattler	420	300	350	1070
198				
K. Miller-BL Hvy	500	330	550	1380
D. Curtis	350	300	450	1100
J. Smith	390	235	455	1080
220				
S. Mays	485	330	550	1365
B. Snyder	440	280	500	1220
W. Blomquist	400	235	475	1120
A. Henderson	325	245	470	1040
220				
M. Demers	545	340	605	1490
F. Laws	400	350	450	1200

(Thanks to K. Robbins for providing the results).

ADFPA Southern Grand Prix BP Tour
23 May 92 - Hinesville, GA

Women			
		165 lb	
97 lb		S. Lee	390
D. Simone	100	181 lb	
111 lb		T. Samples	275
V. Godby	130	220 lb	
176+ lb		J. May	350
A. McPherson	120	275 lb	
Masters		D. Russell	315
181 lb		SHW	
T. Trevorah	295	R. Heiterer	380
220 lbs		T. Beck	370
J. May	350	Open	
Teen		114 lb	
123		L. Burgamy	200
J. Craft	185	148 lb	
148 lb		F. Lindberg	335
R. Robbins	270	T. Jones	235
K. Cale	150	165 lb	
165 lb		L. Russell	400
J. Powell	275	S. Lee	390
181 lb		181 lb	
T. Samples	275	D. Cox	335
198 lb		198 lb	
P. Madden	405	R. Diano	435
275 lb		L. Encarnacion	430
D. Russell	315	P. Madden	405
SHW		S. Eakins	365
T. Beck	370	220 lb	
Novice		I. Encarnacion	450
123 lb		J. May	350
J. Craft	175	SHW	
148 lb		J. Coan	445
F. Lindberg	335	M. Serrano	415
B. Robbins	270	R. Heiterer	380

Team - North Georgia Barbell Club. Special thanks to Wayne Browning, Tom Trevorah, Ellen Trevorah, Walt Reese. Julio Cruz, Dave Roberts, Dennis Junkins, Kris Siren, and my wife Jill. Congratulations to Coach Jim Bishop for his efforts in putting together one of the very few drug free teams in the South. (results from Denis Ference).

Talk Stops Here - Strict Curl
9 May 92 - Fresno, CA

Mens Open			
123		275	
A. Marritt WR	123	K. Brown WR	223.5
132		M. Nakamura	120
J. Lloyd	85	Womens Div.	
148		123	
T. Couch	125	K. Easley	62.5
165		148	
L. Turner	140	C. Grizofi WR	105
J. Rooker	140	Sub 123	
181		K. Easley WR	62.5
D. Hurst	150	Mens SubMaster	
D. Monroe	135	198	
J. Paralez	130	A. Moore WR	142.5
S. Smith	120	Mens Master	
198		J. Lloyd WR	85
M. Ashworth	157.5	R. Cruz WR	100
D. Vannuchi	142.5	B. Jennings WR	120.5
G. McClung	120	M. Nakamura	120
220		Boys Teen	
R. Young	160	18-19	
R. Greer	145	S. Reynoso WR	125
C. Knee	137.5	J. Rooker WR	141
242		J. Curnyn WR	147.5
J. Eaton	150	Boys Teen	
S. Thompson	145	13-15	
D. Eidson	145	J. Jennings WR	60

This year's 2nd annual was a big success. 12 world records were broken. Arron Marritt's bodyweight curl was the federation's third man to do so. Arron also took the light weight best lifter award. Big Ken Brown broke his record for the fourth time of his career by curling the all time highest of 223.5 pounds. Sal Reynoso took the teen division and a new world record with an impressive 125 curl. Other impressive lifts were submasters Al Moore and Katrina Easley who both broke world records. First place team Moores Karate and Health Club won its fifth in a row over an impressive team from Santa Barbara (YMCA). Special thanks goes to head judge and all time record holder Fred Couch and side refs Bob Jennings, Ken Brown, Darryl Vannuchi, Larry Turner, also desk help Taz Couch, Jon Eaton and Katrina Easley. See you next year... (Thanks go out to Rick Couch for providing the results).

ADFPA New England Bench
16 May 92 - Maynard, MA

132		V. Paquette	440
T. Tidwell	280	B. Salvatore	390
J. Delbonis	270	275	
S. Mason	190	A. Fornaro	380
148		P. Groark	340
J. Higgins	335	SHW	
M. Blovin	305	J. Manning*	520
B. Janjigian	285	D. Daube	465
165		K. Nyholm	440
J. Saphire	385	Master	
C. Maloof	330	D. Chevalier	425
181		N. Sousa	370
R. Kielczweski*	410	J. Burke	350
R. Paull	370	J. Demaree	370
B. Byron	335	P. Beaureagard	300
J. Rafferty	315	F. Dzerkacz	325
K. Harding	315	C. Tringale	275
198		Submaster	
J. McIntosh	440	J. Voight	425
D. Chevalier	425	B. Westcott	330
J. St.Laurent	360	K. Sweikhart	280
P. Flannery	- - -	Teen	
220		J. Saphire	385
J. Kice	475	C. Collins	370
J. Voight	425	J. Gioudani	270
C. Stamm	390	S. Guerrieri	245
J. McCarthy	385	Women	
F. Gold	375	S. Elwyn	160
M. Boone	- - -	P. Marrama	155
242		J. Cumming	100
B. Jarmo	475	K. Cullinen	100

*denotes best lifter. The 2nd annual New England Bench meet was another good year of high quality competition with 47 lifters. There is a lack of 114 & 123 pounders so the 132s started it off. Tom Tidwell took the class and John Delboris was close behind. Steve Mason, only 15, took 3rd. In the 148's Jerry Higgins benched an amazing 330 to clinch first and Mike Blovin edged out 2nd due to weighing 10 lb. less than his competition John Panteledes. John Saphire as a teen took both the teen title and the mens 165 lb class, while Chris Maloof took 2nd. The 181's as usual had one of the best benches with Rick Kielczweski competing against himself, but showing an aggressive attack against the bar like he was going to beat it in a boxing match and was not going to let it intimidate him. Asking for a 4th attempt he made an unprecedented 425. Ron Paull the meet director rushed in to take 2nd and Brad Byron 3rd. It seemed every weight class had a record breaking bench that day, as James McIntosh got a 440 to capture the 198's over Dave Chevalier. An awesome display for the masters champ and Chris Collins who was supposed to go in the mens and teens, edged Jim St. Laurent for 3rd, which also gave him 2nd for the teens. Joe Kice in the 220's benched 38 lb. over double bodyweight, a feat likely to stand for years in drug free lifting unless Joe breaks it again next year. John Voight, the submasters champ took 2nd and Chris Stamm got 3rd. Bill Jarmo had a PR and an impressive day at that in the 242's, and for fun almost got a 485 on a 4th. Vince Paquette had 2nd and Brent Salvatore 3rd. In the 275s Al Fornaro benched 380 for the win and Pete Groark took 2nd with 340. The superheavies displayed one of the best benches and masters in the country. Jay Manning benched 520 with ease and just missed a 540 which gave him his weight class and the heavyweight's best lifter. The crowd oohed and aahed!! After they saw Jay open with and make the easiest 500 we had all ever seen! It was like 135 lb. His speed from the chest too 4/5s up is incomparable. Dan Daube got 2nd. Karl Nyholm took 3rd with 440 in his first competition. Masters class had some great lifting as first went to Dave Chevalier 197 lb. did 425. Neil Sousa at 181 took 2nd with 370, Jim Burke at 179 lb. benched 350. Submasters included only three lifters. Jon Voight at 217 lb. took it with 425. Bill Westcott at 194 lb. did a 330 and Karl Sweikhart took 3rd with a 280. The teens had the dominating Jon Saphire and Chris Collins took 2nd. 3rd went to Jim Giordain. Womens class was wrapped up by Sue Elwyn (119 lb.) and Paulette Marrama got 2nd. Jeannine Cumming lifted her bodyweight in her 1st meet. Thanks to Al Bianchi, John Bianchi, Cindy Martin for a successful meet and, of course, Dave Boucher the squatting phenomenon was a help coaching many of the lifters. (results courtesy Ron Paull)

Pennsylvania State High School
16,17 May 92 - Concordville, PA

114	SQ	BP	DL	Total
D. Herrera	285	165	350	800
J. Shaffer	250	185	360	795
T. Pruzinski	265	155	300	720
S. Hill	250	160	300	710
D. Jackson	265	125	290	695
S. Jones	245	150	285	680
E. Davis	250	135	290	675
A. O'Hara	270	130	270	670
S. Farrow	245	140	275	660
K. Brandon	240	135	230	605
D. Ziegler	215	120	220	555
123				
O. Hugh	360	215	375	950
L. Snyder	370	170	400	940
W. Mora	370	200	365	935
M. Pentasuglio	325	205	370	900
P. Stever	300	230	360	890
D. Randall	320	220	350	890
H. Kheri	340	200	340	880
G. Menser	260	145	305	730
D. Dunbar	260	160	300	720
C. Stauffer	200	165	305	670
132				
T. Devine	435*	210	420	1065
B. Rapp	380	230	430	1040
R. Yellis	400	220	370	990
D. Gold	350	250	385	985
D. Hawkins	350	235	370	955
H. Sanford	290	195	350	835
M. Washo	340	155	320	815
S. Daniels	200	160	250	610
148				
T. Smith	440	250	510	1190
H. Dillard	425	245	425	1095
B. Dunkleburger	430	240	420	1090
J. Delgado	440	205	445	1090
J. Floyd	425	225	425	1075
J. L. Donnice	390	230	415	1035
C. Lacy	380	215	405	1000
T. Skipper	360	220	420	1000
J. Guiffrida	365	220	330	915
B. Eppley	380	155	370]	905
M. Hoppy	300	230	355	885
B. Stever	290	225	360	875
F. Rodriguez	290	205	370	865
R. Mosteller	275	200	370	865
C. Wohlback	295	195	340	830
R. Seagraves	310	195	315	820
B. Dickey	265	175	360	800
W. Mort	200	150	300	650
165				
S. Richardson	460	295	470	1225
J. Ramos	465	230	500	1195
D. Pichardo	455	225	275	1160
J. Hightower	450	255	450	1155
T. Dockery	400	285	450	1135
N. Tennant	430	2250	455	1110
J. Ziegler	400	260	450	1090
J. Toth	380	255	450	1085
G. Bass	435	220	425	1080
M. Henderson	380	260	435	1075
M. Lindsey	405	240	425	1070
R. Hunter	340	270	440	1050
S. Freed	410	200	415	1025
S. Bartholomew	340	225	450	1015
H. Stewart	385	220	405	1010
A. Bell	325	260	390	975
N. Tarola	400	205	365	970
M. Fretz	340	205	400	945
D. Brinkman	285	160	380	825
181				
A. Walker	525	330	555	1410
K. Jones	520	330	525	1375
J. Knight	420	300	530	1250
E. Finegan	470	290	470	1230
D. Reid	445	275	485	1205
S. Fogarty	450	275	455	1180
R. Fournier	460	290	430	1180
S. Brown	465	225	460	1150
T. Lambert	380	275	460	1115
J. Wells	415	250	430	1095
R. Ford	415	200	425	1040
T. McLaughlin	350	175	360	885
M. Killar	315	185	330	830
198				
M. Leventry	530	350	540	1420
T. Smith	545	380*	485	1410
S. Stinnett	495	300	525	1320
K. Klahold	500	320	490	1310
M. Grassa	540	300	470	1310
D. Smith	515	250	525	1290
S. Diggs	450	315	500	1265
R. Evans	465	270	475	1210
T. Boyer	500	230	460	1190
B. Shatkus	440	245	455	1140
J. Burne	470	275	400	1135
J. Morgans	425	235	445	1105
J. Fink	445	225	430	1100
H. Fairclough	440	220	440	1100
J. Jaffe	415	255	415	1085
J. Brunnabend	425	255	405	1085
A. Tramonte	415	200	455	1070
A. Potts	350	225	470	1045
M. Wallace	370	225	425	1020
M. Hobson	335	235	440	1010
A. Dehennis	330	240	430	1000
M. Hindon	315	225	385	905
T. Huff	310	190	350	850
220				
S. Florence	575	350	605	1530
M. Jackson	590	315	595	1500
J. Phillips	530	290	520	1340
B. Lawless	490	270	540	1300
T. Dean	475	275	500	1250
R. Taylor	420	265	520	1205
I. Breslin	475	255	465	1185
B. Kelly	440	250	420	1110
H. Sowell	400	215	470	1085
R. Breyer	410	245	430	1085
J. Valentine	425	250	400	1075
T. Werley	400	230	440	1070
F. Weakland	320	220	430	970
242				
D. Shiffer III	640*	415*	575	1630*
R. Whatley	620	400	600	1620
D. Mateo	570	325	600	1495
J. Quaye	605	320	525	1450
T. Mosteller	530	400	500	1430
Z. Burrows	495	305	610*	1410
L. Calhoun	480	270	575	1325
T. Frazier	530	270	500	1300
P. Grimm	500	260	475	1235
J. Gordon	400	270	490	1160
B. Council	425	225	425	1075
C. Kokolus	425	235	385	1045
E. Myirski	400	190	425	1015
SHW				
L. Nickens	770*	380	600	1750*
L. Garmon	700	405*	570	1675
D. Wesley	650	380	570	1600
J. Griffen	600	295	500	1395
M. Gross	500	295	505	1300
J. Dodge	550	275	440	1265
C. Gerken	480	220	425	1225
M. Stahl	470	235	500	1205
C. Ellis	440	260	460	1160
B. Baker	435	225	460	1120
J. Mosteller	400	350	315	1065

Teams: Glen Mills-91; Abington Heights-50; Northampton-30; Allen High School-23; Allentown Central Catholic-17; Cheltenham-15; Forrest Hills-!15; Upper Perkiomen-12; Shanksville-7; Somerset-6; Wilson-5; Saucon Valley-3. Glen Mills High School was the site of the 1992 P.S.C.P.A. State High School Championships. This years meet was the most exciting in the short history of the P.S.C.P.A. 8 of the 10 titles came down to the last deadlift. The spectator attendance was excellent and they seemed to really enjoy the efforts of the 150 athletes. Lifters from the 114 lb. weight class through the 181 lb. weight class competed on Saturday. David Herrera of Glen Mills eked out a victory over Jamie Shaffer of Shanksville. Troy Pruzinski of Northampton came in 3rd. Orland Hugh followed teammate Herrera's lead as he captured the 123 lb. division. Hugh edged Northampton's Lester Snyder who failed twice with a 435 lb. deadlift. William Allens, Wesley Mora and Abington Heights Mark Pentasuglio followed. Fans saw a great match in the 132s. Tom Devine of Glen Mills had a state record squat and his deadlift was enough to hold-off defending State Champ Brett Rapp of Somerset. Northamptons Ryan Yellis finished 3rd. Glen Mills Darrel Gold came close to eclipsing the State Bench record and settled for 4th. Tindee Smith of Glen Mills was the runaway victor in the 148 lb. division. Tindee's deadlift was a State Record, and he was 95 lbs., better than runner-up Henry Dillard. Brad Dunkleburger of Wilson High School defeated Allentown Central Catholics Joe Delgado on bodyweight for 3rd. Sean Richardson of Glen Mills defeated teammate Javier Ramos when Javier failed to complete a 535 lb. deadlift. William Allen's Danny Richardo was 3rd. The long-awaited matchup at the 181 lb. division finally took place. as teammates Antwaine Walker and Kelvin Jones squared off. Walker went 9 for 9 and his 555 lb. deadlift proved to be the difference. Kelvin Jones was the first person to congratulate Walker on his victory. Jermaine Knight and Eric Finegan of Upper Perkiomen finished 3rd and 4th. Sunday was another successful day, however, the Glen Mills athletes could not capture every weight class as they did on Saturday. Mike Leventry of Forest Hills captured the 198 lb. division over Glen Mills Tim Smith who gained 17 lb. in 2 weeks to challenge Leventry. Smith did have some satisfaction as he captured the State Bench Press record. Glen Mills Sharron Stinnet finished third. Another exciting battle ensued in the 220 lb. weight class division. Two time National Champion, Mike Jackson was defeated by New Brighton's Scott Florence who was coached by multi National Champion Tony Pharr. Florence posted an 8 for 9 day, and Jackson finished his fine career. Most of the pre-meet excitement centered on the 242 lb. weight class. Neither Don Shiffer (Abington Heights) or Ray Whatley (Glen Mills) disappointed anybody. Shiffer's total was enough to outlast Whatley. Check out the totals of 3rd thru 6th place!! Glen Mills Zephania Burrows set the State record in the deadlift when he pulled 610 lbs. Lamont Nickens of Glen Mills put on a show to win the SHW class, weighing 266, and squatting a state record 770 lbs.!! (not a misprint). His total was also a State Record. Teamate Lamont Garmon finished second and shattered the State Bench Press mark. The team title went to Glen Mills for the 8th consecutive year. They were followed by Abington Heights, Northampton and Allen High School. The P.S.C.P.A. would like to thank the following people: JUDGES: Ned Cramer, Mary Cramer, Fred Glass, Dave Todd, Ed Dracup, Don Meyer, Bill Brinton, Rob Keller, and Kim Hawkins. GLEN MILLS ATHLETIC DEPARTMENT: Pete Forjohn, Steve Natalie, Peter Natalie, Earl Ireson, Rob Pasquariello, Brian Wethey, Bobbie Brooks, Amy Barger, Jim Barr, Gabe Fucci, and Mark Hines. Glen Mills vocational dept; Jim Moore, Jamie Pugliese, Denise George, Gary Toth, Dwayne plant, and Bob Muto. Glen Mills Group Living Dept. For team of spotters headed by Platform Manager, Mike O'Brien. Glen Mills Food Service; Headed by Anne Lee; Glen Mills Education Dept; Karen Scargill; Johnson Hall Unit; For a great snack bar headed by Jim Chabany. A special thank you to Glen Mills Executive Director C. D. Gerrainola (Thanks to Jeff C. Hill, P.S.C.P.A. for providing the results of this competition to *PL USA*).

Antwaine Walker *of Glen Mills Schools, the Pennsylvania High School Champion at 165 (Jeff Hill)*

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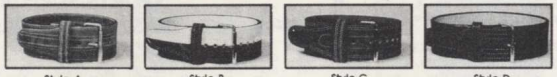

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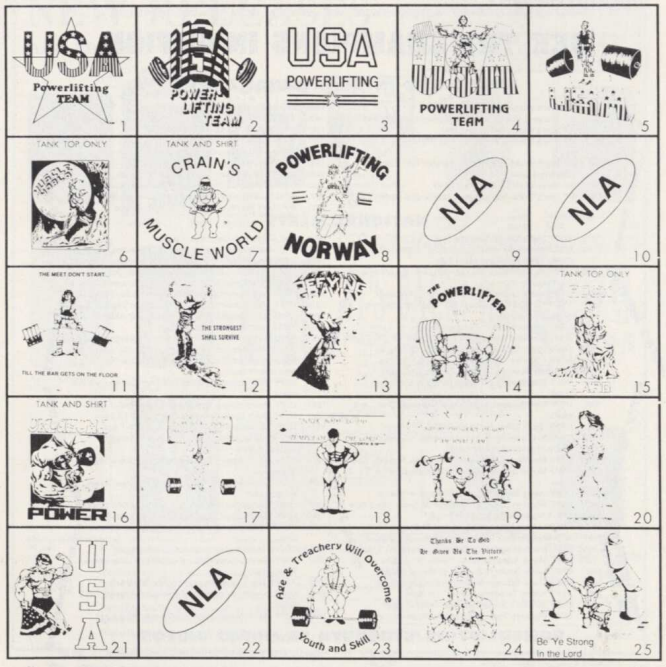

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River Valley Bench Press Classic
28 Mar 92 - Weirton, WV

114		D. Richards	310
Teen		198	
A. Pagano	170	Teen	
V. Wright	130	E. Smith	370
123		T. Minto	315
Teen		R. Veltri	300
J. Tomassetti	185	Masters	
Women		J. Glaser	370
D. Marburger	125	T. Doran	315
132		R. Sheville, JR	300
Teen		G. Mullins	240
J. Leith	120	Open	
Novice		E. Smith	345
P. Wallace	275	J. Bine	295
148		220	
Teen		Novice	
M. Rice	290	R. Frank	360
C. Patterson	220	J. Littleton	300
M. Mariani	170	B. Williams	240
Novice		Masters	
M. Bine	260	G. Clark	405
J. Krause	160	C. Evans	335
J. Sheville	160	B. Williams	240
Open		60-69	
W. Domitrovich	285	E. Nagy	330
D. Williamson	250	Open	
165		D. Artman	390
Women		D. Martellotti	385
T. Churchill	125	R. Frank	360
Teen		L. Tharp	345
B. Stevens	215	C. Evans	335
Novice		242	
M. Flint	240	Teen	
M. Watts	165	E. Stevens	385
Submasters		Novice	
T. Magnone	300	C. Saunders	405
Masters		D. Martellotti	305
R. Blanchard	200	Masters	
Open		M. Highfield	340
M. Sinicropi	375	Submasters	
O. Tolliver	305	G. Hoyt	370
M. Rice	290	Open	
R. Blanchard	200	G. Mercer	480
181		C. Saunders	405
Teen		M. Tiberio	395
M. Diveto	240	G. Hoyt	370
D. West	225	275	
Masters		Submasters	
T. Rice	310	G. Delbert	370
Open		Open	
G. Hudzik	390	R. Larkey	450
T. Richards	360	G. Delbert	370

Team - Nagy's Gym. (results courtesy Eric Nejus)

Buchanan County YMCA BP/DL
9 May 92 - Grundy, VA

Lightwt. Div.			
123		18-19	
C. Blackburn	190	C. May-173	280
C. Branhamn	140	B. Keene-187	300
132		J. Tabor-	315
S. McClure	235	Hurley	270
H. Ball	175	Deadlift.	
V. Lester	140	123	
148		C. Blackburn	330
R. James BL	275	J. Maddow	175
D. Akers	265	D. Bialey	255
A. Keene	205	132	
165		W. Stanton	315
B. Carnell	290	J. White	265
J. Pack	245	148	
D. Deel	190	D. Akers BL	510
181		J. Baker	340
K. Burkett	345	165	
B. Smith	345	J. Hubbard	415
B. Davis	300	181	
198		B. Smith BL	535
T. Henderson	305	B. Davis	500
220		K. Burkett	350
K. Bailey	310	220	
C. Ruble	208	T. Coppola	565
T. Coppola	218	K. Ruble	450
220+		K. Bailey	505
S. Bale BL	475	220+	
H. Mooney	475	S. Bale	630
M. Watts	370	M. Hurley	430
Women's Div.		C. Marshall	520
V. Lester	140	Women Master	
M. Webb	115	M. Webb	265
E. Winner	65	Men Master	
Women Master		L. Smith	500
M. Webb	115	W. Bowman	560
Men Master		C. Rose	400
L. Smith	380	Women Teen	
C. Robertson	370	15-17	
E. Wolfe	370	E. Winner	190
C. Rose	250	Men Teen	
Women Teen		15-17	
E. Winner	65	S. Poole	315
Men Teen		W. Stanton	315
15-17		F. Richardson	300
S. Poole-110	183	J. White	265
J. Maddow-123	195	K. Six	365
B. Milam-198	300	18-19	
A. Keene-137	205	C. May	380
A. Young-127	190	J. Tabor	475
J. Hubbard-163	235	M. Hurley	430

(Thanks to Buchanan County YMCA for results)

ANPPC Drug-Free Hudson Valley BP
17 May 92 - Saugerties, NY

Teenage		181		D. Cannon	170 90 210 470
J. Harvey 179	360*	J. Harvey	360	148	
T. Sakalis 145	280*	M. Hebert	340	J. Monk	425 290 395 1110
R. Salsbury 187	325	198		M. Malozzi	375 215 400 990
Women		P. Wagner	400	165	
Antonovich 137	125	T. Henchey	360	H.R. Markley	520 315 490 1325
Mens Open		D. Weiss	340	S. Lee	315 270 510 1095
132		M. Nathanson	330	181	
R. Richter	200	220		A. Succarotti	680 490 635 1805
148		F. Ogbogu	385	F. Popiolek	560 380 560 1500
B. Petach	330*	242		P. Catina	500 275 500 1275
M. Terrone	285	D. Cease	350	W. Patrick	480 355 425 1260
T. Sakalis	280	Masters		198	
165		F. Dini BL	510	P. Johnson	455 345 455 1255
J. Wagner	315	T. Cinelli	350	T. Steiner	450 335 415 1200
S. Moreau	240	B. Schoenfisch	235	J. Clemens	375 260 400 1035
Overall Best lifter: Fred Dini * indicates record lifts. Best Teamscore: Flex Fitness Center, No. Tarrytown, NY. Record Lifts at this meet: Teenage (14-15) years old) Tony Sakalis (148 class) 280 lb. Teenage (18-19 years old) James Harvey (181 class) 360 lbs. Mens Open: Basel Petach (148 class) 330 lbs. Masters (40-45 years old) Fred Dini (275 class) 510 lbs. (Thanks to Angelo for results)				220	
				R. Fortney	550 425 580 1555
				C. Ferrell	575 315 660 1550
				242	
				J. Swierderski	595 400 640 1635
				E. Kaiser	600 315 640 1555
				275	
				R. Seagraves	635 490 630 1805
				J. Hunter	620 470 635 1725
				J. Harris	405 240 420 1065
				Class I & below	
				148	
				J. Monk	425 290 395 1110
				181	
				P. Catina	500 275 500 1275
				220	
				J. Sevier	505 285 505 1295
				242	
				G. Episcopo	625 335 560 1520
				Masters	
				M. D'Tomasso	350 270 430 1050
				Womens	
				K. Edwards	225 95 240 560
				D. Cannons	170 90 210 470

USPF Delaware State
9 May 92 - Wilmington, DE

Open	SQ	BP	DL	Total
123				
J. Howering	330	205	355	890
D. Howering	255	120	285	660
D. Clemens	205	125	220	550
132				
J. Dryden	260	190	315	765
165				
S. Lee	315	270	510	1095
R. Cagle	420	215	420	1055
Teen				
J. Dryden	260	190	315	765
E. Simpson	255	120	285	660
J. Harris	405	240	420	1065
J. Cook	300	220	360	880
D. Clemens	205	125	220	550

USPF Sanction 921069. 42 lifters came out to compete in the Delaware State Championships held at the Central Branch YMCA. Nice job done by Laura Dominick, Knud Hanson and the staff at the 'Y'. Thanks to the judges, spotters, loaders and helpers for their efforts. (Thanks to E. F. Murphy, Jr. for report and Training Center for results)

Baddest Bench in the Brigade
20 May 92 - USNA Annapolis, MD

Womens Div.			
Marcott-116lb	130*	166-200	
Gramerholz-153	140	Haritage-199 lb	350
Becsey-135 lb	95	Courtright-174	305
Men's Div.		Mineo-195 lb	320
165 below		Adler-199 lb	330
Sullivan-162 lb	325*	200 above	
Davis-163 lb	320	Shanley-203 lb	375
Kim-159 lb	305	Cambron-207lb	315
Ventura-135 lb	225	Wentz-230 lb	315

* Baddest bench (Mens-Womens division). Bench meet was inter-brigade using no bench shirts, touch and go with rack call. Special thanks to S. Marcott, M. Mineo, F. Sullivan, and all first year team members for your much needed assistance in meet promotion and supervision. (Thanks to D.W. Pratt, Powerlifting coach, United States Naval Academy, for providing us these results).

CTH&FC Bench Press and Deadlift
23 May 92 - Charlestown, WV

Bench Press		Women	
Womens		D. Walch	240
H. Ferguson	100	Teens	
Teens		T. Weatherholtz	410
T. Weatherholtz	260	Masters	
Masters		B. Carmack	500
R. Brooks	390	132	
132		B. Rouzer	365
D. Snapp	230	148	
148		C. West	275
J. Rinker BLL	355	165	
165		T. Weatherholtz	j410
K. Koontz	285	181	
181		J. Smith BLL	515
J. Smith	360	198	
198		V. Nelson BLH	575
G. 'O' BLH	385	220	
220		R. Emmons	600
R. Brooks	390	242	
242		B. Simpson	550
A. Miller	380	275	
275		D. Orndorff	450
D. Orndorff	345	SHW	
Deadlift		A. Lawrence	600

BLL - Best Lifter Lightweight Division; BLH - Best Lifter Heavyweight Division. (Thanks to Chris Chesley for providing results of this contest).

ANNPC Central USA Open Bench
30 May 92 - Mattoon, IL

Teenage		D. Bassett	280
G. Nesbit	450	A. Waggoner	235
M. Foley	390	181	
R. Derringer	300	K. Knapp	335
D. Bassett	280	J. Wilkens	330
Submaster		198	
J. Facer BL	525	J. See	360
L. Ferguson	290	M. Sweet	305
Master		S. Wattles	300
J. Fox	375	220	
M. Hays	335	J. Facer	525
D. Galloway	250	R. Rush	450
R. Guire		D. Marlow	375
148		242	
B. Julius	275	G. Nesbit	450
B. Hutchinson	265	J. Byerly	415
165		C. Hays	410
D. Williams BL	375	275	
L. Ferguson	290	P. Moore	450

Team: Mt. Vernon Health and Fitness. The ANPPC Central USA Bench Press Championship was held at the DeMars Center. This competition was held in conjunction with the ANPPC Central USA Bodybuilding Championships. Mike Sweet, who placed second in the 198 lb. bench meet took best poser and overall title in the bodybuilding competition. In the teenage division, from Indianapolis, Indiana, Greg Nesbit pressed a personal record 450 to win that division, as well as the open 242's. In the master's division Jim Fox took an easy first with 375 but it was his son Derrick Williams, who took the best lightweight lifter title, while taking the 165's. Patrick Moore, overcoming two bomboats in the past year, came on strong with a personal best 450 to take the 275's. The show of the day, however, was the magnificent benching of 215 lb. Jeff Pacer. Jeff once again took the 220's, the submasters' and best lifter in the heavyweight division. Jeff is the kind of person who is really good for the sport, not only is he a great lifter, but a very friendly and gentle person in every way. Mt. Vernon Health and Fitness took the team honors. A very special thanks to Rex for all his help. (Thanks to Dr. Darrell Latch for results).

USSCA Iowa State Curl
18 Apr 92 - What Cheer, IA

Open			
124			
K. Meskew	115!	D. Miller	132.5
149		SHW	
A. Deweese	100!	L. Murrell	90
166			100!
D. Worrall	142.5	Pure	
	147.5!	149	
J. Dawkins	130	K. Lentz	120
183			125!
K. Randall	180	W. Key	117.5
	185*!	T. Hawkins	110
S. Bunnell	150	166	
221		D. Worrall	142.5
B. Stuart	165		147.5!
	172.5!	R. Grooms	135
J. Peterson	160	J. Lindley	132.5
S. Sieloff	152.5	J. Dawkins	130
243		183	
G. Lockwood	170	S. Bunnell	150
R. Carson	160		152.5!
	171!	J. Van Sickle	140
SHW		M. Wood	130
L. Thompson	150	T. Six	115
	155!	199	
Iowa closed		J. Hansen	130
149		221	
K. Lentz	120	M. Bruegge	160
	125!		165!
T. Hawkins	110	S. Sieloff	152.5
166		J. Evitts	145
R. Grooms	135	243	
	140!	G. Lockwood	170
J. Dawkins	130	M. Murphy	157.5
T. Nguyen	125	276	
183		K. Bruegge	162.5
K. Randall	180	D. Miller	132.5
	185*!	SHW	
J. Van Sickle	140	L. Thompson	150
A. Rickard	140		155!
R. Unruh	137.5	Teen II(16-17)	
A. Hendred	125	149	
199		R. McCalley	90
D. Sparks	152.5	166	
J. Hansen	130	J. Martin	140
221			153*!
B. Stuart	165	P. Scanlon	111
	172.5!	Teen III(18-19)	
M. Bruegge	160	166	
J. Summers	137.5	J. Lindley	132.5
243			142.5*!
R. Carson	160	B. Pierce	105
	171!	243	
M. Adams	160	M. Adams	160*
M. Murphy	157.5	Mastersl(40-44)	
276		183	
K. Bruegge	162.5!	A. Hendred	125!

! - State Record; * - American Record. It was a cloudy and rainy day in Iowa when the records began to fall just like the rain outside the Penn Central Mall in Oskaloosa, IA. Tensions were running high up until the bar left the rack, and the race was on. Not only did the USSCA see twenty four State records change, but when four of the American records changed hands from the west coast to the midwest, USSCA President and founder Kevin Meskew could not believe his eyes. When Big Kevin Randall took the American Record from Maurice Taylor on his third attempt of 171.5 lbs. was one thing but then turned around on his fourth attempt with 180.0 lbs and to add insult to injury made a fifth attempt of 185.0 lbs!!! Then it was Iowa's farm raised teens turn to show what they are made of. First it was Jeff Martin who not only took the American Record but Curled 153 lbs, the most ever by a seventeen year old kid!! Justin Lindley had his day in the sun by capturing the American Record in the 149 wt. class with a 142.5 lb lift. Then the Big Kid from Iowa City, IA. Mark Adams turned a trick by curling the most weight of all time ever by a teen of 160 lbs. In closing I have to say that without all the help that my wife and I got, all of this would never happen. Kevin Meskew, who hopped a bus from California to help; Larry and Sherry Murrell who pulled out some excellent Judging; Keri Thomassen; Sue Spain; Ginny Spain; Wayne Hames; Dr. Richard Spair at the Crasy Table!! Ed Deweese and Greg Robbins for helping with the hardest job of all loading the bar, and Dave Rempe of Dave's Weight Equipment for all the equipment used. (Thanks to Barry and Ginny Spain for providing these contest results).

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1986 USPF Men's Junior Nationals-Dallas, Tx-2 tapes
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1988 USPF Men's Teenage Nationals-Houston- 2 tapes
1988 USPF Natural Nationals-Dallas, Tx-2 tapes
1988 USPF Women's Senior Nationals-Austin-2 tapes
1988 USPF Women's Teenage Nationals-Shawnee-1 tape
1988 YMCA Nationals-Columbus-2 tapes
1989 APF Men/Women's Senior Nationals-Columbus-1 tape
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
1989 USPF Men/Women's National Masters-Dallas-2 tapes
1989 USPF Men/Women's Senior Nationals-Las Vegas-3 tapes
1989 USPF Men/Women's Teenage Nationals-Shawnee-2 tapes
1989 YMCA Nationals-Columbus-2 tapes
1990 APF Men/Women's Senior Nationals-Pittsburgh-2 tapes
1990 ADFPA Men/Women's Teenage Nationals-St. Louis-2 tapes
1990 USPF Junior Nationals-Iron Men/Iron Women-San Francisco- 2 tapes
1990 USPF Men/Women's Masters Nationals-San Bernardino-3 tapes
1990 USPF Men/Women's Teenage Nationals-OKC-2 tapes
1990 USPF Men's Senior Nationals-Hollywood, Fl-2 tapes
1990 USPF Women's Senior Nationals-Shawnee-1 tape
1991 ADFPA National Bench Press Championships-St. Louis-2 tapes
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1991 USPF National Bench Press Championships-Shawnee-1 tape
1991 ADFPA Men's Nationals-St. Louis, MO-2 tapes
1992 USPF Men/Women's National Collegiates-Greensboro, NC-2 tapes
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MDSA Deadliest DL in the Dakotas
30 May 92 - Minot, ND

Teenage Men		Master	
165		181	
B. Durick	410	J. Haga	435
220		220	
A. Johnson	400	W. Cadwallader	475
242		Open Only	
T. McMahon	450	Men	
Men		132	
198		D. Horton	420
J. Dorsher	525	165	
220		T. Elmendorf	515
P. Johnson	425	220	
242		E. Morningstar	400
D. Sturgeon	450	Submaster	
Submaster		SHW	
242		C. Schneider	630
D. Jacobson	445	Master	
SHW		165	
C. Schneider	630	R. Mason	530

Judges - Corry Schneider, Aaron Johnson, Gary Clock and Darwin Jacobson. Announcer - Darwin Jacobson. Door Prize - Brad Durick won a pair of Black Bart wristwraps worth $10.00. Paul Johnson won a Just plane Good Health T-Shirt worth $9.00. The meet was held at Oak park. I believe it was the first outdoor deadlift meet in North Dakota. The Lord blessed us with a beautiful day. I would like to thank the loader-spotters who did a fantastic job!! The crowd was estimated at 80 and they were very supportive. If things work out, next year's meet will be held in Wahpeton or Fargo, ND. My plans are to have sculptured rattlesnake trophies at next year's meets, and the meets will be limited to the first 30 lifters total. T-Shirts of the meet were for sale. Darwin Jacobson lifted as a guest lifter. Roy Mason pulled 530 with no problem weighting only 152.50. After the meet, he put on his famous deadlift exhibition. Darwin Jacobson and Roy Mason easily pulled a 400 pound two man deadlift using only one finger on each hand. Douglas Horton tried a huge 475 but it was not to be. Tom Elmendorf came close with a 525 - he is a fierce competitor and should be tough to beat in the next few years. Donavon Sturgeon pulled his personal best by 20 pounds. Teenage lifters Tom McMahon, Aaron Johnson, and Brad Durick did some good lifting and set MDSA Teenage records. Erik Morningstar, Pasul Johnson, John Dorsher, Warren Cadwallader, and Jim Haga all pulled personal bests at their bodyweight. Corry Schneider was whisker close with a big 655 deadlift. It was the first time in five years that I've competed in the deadlift - the hardest part was getting into my suit!! Hopefully I'll be able to sneak in a little training time in between putting on meets. Special thanks to Corry 'Crowbar' Schneider, Donavon Sturgeon, and the boys from the Riviera for all the work they did. (Thanks to Darwin Jacobson for results).

1st Set Free Christian Fellowship BP
11 Apr 92 - Anaheim, CA

127+		225	
L. Ahfook	200	A. Raifaisen	450
145		L. Wright	450
I. Carillo	325	R. Cosio	405
T. Castillo	265	A. Calderone	405
K. Glass	145	S. Powell	395
165		F. Robinson	370
C. Ortega	420	C. Enciso	365
L. Walker	345	J. Pontes	335
K. Nunez	315	C. Thomas	330
J. McNamara	260	T. Smith	325
M. Aguilar	225	R. Calderon	320
B. Rogers	220	D. Wright	310
L. Weishaar	220	R. Gibson	305
R. Brooks	185	250	
A. Nelson	130	R. Perkins	400
185		N. Summerville	395
K. Tate	455	D. Redden	275
C. Graham	425	SHW	
J. Carreon	360	S. Godoy	425
G. Berteaux	340	C. Cole	370
205		D. Zimmerie	365
R. Burns	435	M-40-49	
K. Booth	420	B. Meek	465
D. Andrews	415	H. Berman	405
C. Lucks	415	D. Smith	400
J. Wright	365	B. Torrez	250
S. Merickel	365	M-50 & Up	
P. James	365	R. Cortez	275
E. Berteaux	340	H. Benner	210
D. Robinson	310	J. Weishaar	280
T. Rodriguez	305	F. Riggio	240
J. Goldstein	- - -	B. Bible	175
		L. Hendrick	330

57 athletes competed in the 1st Set Free Christian Fellowship Bench Press Championships. A health expo, organized by Set Free Pastor, Phil Aguilar, was held in conjunction with the contest. Remarkably, no entry fees were solicited due to the tremendous sponsor support. Strength & Power Productions - Certified Scale - Competition Equipment. Anaheim Sports Medicine Group - Sports Massage booth, Bodyfat Analysis, Dr. Spak - Foot & Ankle Screening - Dr. Heiberman-Posture & Spinal Analysis. Family Fitness Centers - Free Week Memberships & Discount Coupons. Lens Crafters - Eye Screening & Discount Coupons. Skinsations - Skin Care. California Nutrition - Health Food. Unipro Products - Supplementation. Dr. Klein - Cosmetic Surgery. Dr. Pensanti - Hemaview Screening. Announcer, and co-meet director, Charles LaMantia guided 5 flights of lifters with the support of: Kellie LaMantia, Amy Mack, Candice and other SET FREE personnel. Referees Kevin and Carol Meskew enforced strict and impartial judgements on the performance of the lifts. Guest lifter, and co-meet director, Charles Ortega, jolted the crowd his religious testimony and went on to easily jam up 420 lbs. at a bodyweight of 164 lbs., looking good for 450 lbs. He assures us that with continued training for his body and spirit, he will set a new submaster record in the near future. 1st-2nd and 3rd place finishers received a handsome trophy. In addition, first place finishers received a SET FREE BENCH PRESS T shirt and a SET FREE VIDEO. Pastor Phil said that any competitor could get a shirt for free, just by dropping the church a letter. We were treated to a few sets of songs and dances by the famous SET FREE POSSE, and top-notch bodybuilder, Sue Gafner delivered a 25 minute seminar on bodybuilding with a very en thusiastic question and answer period afterwards. Bodybuilding sensation and super sexy Diana Dennis performed a posing routine on a Killer Harley Davidson (compliments of SET FREE Motorcycle Ministry) that pushed the temperature of the environment up an additional 15 degrees. In the end, the Christian bodybuilder, charged through the audience and disappeared into the crowd.

In closing, to Phil Aguilar, pastor of SET FREE; thank you for the opportunity to bring the world's strongest sport to the athletes; for the opportunity to serve others, and for the opportunity to serve the Lord! (results provided to Powerlifting USA by Meet Director Charles LaMantia).

Nordic Masters
7 Jun 92 - Espoo, Finland (kg)

Men 40-49	SQ	BP	DL	Total
56 kg				
M. Konsell	150	100	180	430
60 kg				
P. Timonen	135	92.5	190	417.5
67.5				
L. Backlund	200	125	205	530
E. Jarvenpaa	155	115	195	465
75 kg				
J. Asko	230	125	245	600
C. J. Perlstrom	210	107.5	242.5	560
L. Josefsson	215	115	230	560
J. Uudekull	137.5	100	200	437.5
82.5 kg				
M. Tikkamaki	247.5	152.5	270	670
K. Andersson	210	115	245	570
90 kg				
A. Rainio	305	157.5	295	757.5n
C. Ellstrom	260	157.5	282.5	700
100 kg				
M. Lahti	230	180	250	660
U. Lehtinen	222.5	122.5	250	595
R. Oren	215	115	240	570
110 kg				
P. Lepisto	265	160	315	740
125 kg				
J. Ostby	265	160	245	670
B. Hansen	245	155	235	635
125+ kg				
M. Tanskanen	310	195	270	775
G. Bostrom	270	172.5	235	677.5
Women 40+				
52 kg				
A.M. Honka	$20	65	140	335
E. Kumpuniemi	105	55	125	285
S. Ragil	70	45	85	200
75 kg				
S. Jarvenpaa	140f	95f	110f	345f
Men 50+				
52 kg				
V. Konttinen	140	60	150	350
56 kg				
H. Mahonen	70	52.5	110	232.5
60 kg				
T. Pulkkinen	175	85	200	460
67.5				
V. Karvinen	202.5	132.5	232.5	567.5
75 kg				
M. Lappalainen	250e	92.5	275e	617.5
M. Toll	165	97.5	175	437.5
82.5 kg				
S. Tiri	207.5	147.5	235	590
A. Reponen	220	122.5	215	557.5
B. Ulfving	190	115	195	500
90 kg				
V. Kumpuniemi	235	147.5	295e	677.5
R. Kivinen	225	160	200	585
100 kg				
J. Aijo	292.5w	180	285	757.5w
T. Kristensen	222.5	137.5	237.5	597.5
110 kg				
M. Aunula	270f	140	255	665
J. Pupart	175	120	205	500
125kg				
M. Kontto	260f	172.5	125	667.5
125+ kg				
V. Isoniemi	230f	132.5	247.5	610f

w - new World Records; e - European record; n - Nordic record; f - Finnish record. (Thanks to Heikki Orasmaa for providing these meet results).

NASA Greater Pennsylvania
30,31 May 92 - Altoona, PA.

Youth	SQ	BP	DL	Total
88				
Roth	52.5	25	52.5	130
SHW				
O'Connell	60	32.5	95	187.5
Women				
132				
Neff	82.5	45	95	222.5
165				
Scott	115	57.5	127.5	300
SHW				
Esposito	132.5	67.5	152.5	352.5
114 H.S.P.				
Glessner	85	45	95	255
Pure				
148				
Schockte	92.5	182.5	92.5	376.5
165				
Kavovngs	247.5	135	217.5	600
Savino	165	132.5	175	472.5
181				
Gaines	262.5	177.5	277.5	727.5
Slusarick	237.5	117.5	265	680
198				
Brown	267.5	160	255	682.5
Long	356	247.6	277.6	660
Nibignca	272.5	145	222.5	640
Jones	205	127.5	220	552.5
Wicker	165	115	197.5	477.5
220				
Novack	250	187.5	260	697.5
Samuals	250	162.5	257.5	670
Diprinzo	235	130	205	570
242				
Hill	275	170	245	690
Krasinki	257.5	170	262.5	690
Pure Novice				
148				
Matis	172.5	112.5	180	465
Schachte	92.5	182.5	92.5	367.5
165				
Willest	150	105	170	425
181				
Knoll	255	160	235	650
Neiman	210	117.5	215	542.5
198				
Dibianca	257.5	145	222.5	640
Jones	205	127.5	220	552.5
Wicker	165	115	197.5	477.5
Marshall	145	125	182.5	452.5
220				
Roth	272.5	155	245	672.5
Samuels	250	152.5	257.5	660
VanHoose	177.5	145	207.5	540
Zembower	172.5	137.5	205	515
242				
Hill Jr.	275	170	245	690
Krasinski	257.5	170	262.5	690
275				
Bell	250	205	287.5	742.5
Brown	182.5	127.5	195	505
H.S.P.				
148				
Glessner	120	70	155	345
198				
Klahold	235	142.5	240	617.5
Juniors				
198				
Dibianca	272.5	145	222.6	640
Klahold	235	142.5	240	617.5
Claycomb	220	142.5	227.5	590
242				
Emerick	247.5	147.5	245	640
165				
Lambert	185	112.5	217.5	515
Natural				
148				
Schackte	92.5	182.5	92.5	367.5
Glessner	120	70	155	345
165				
Bey	255	152.5	250	657.5
Scarano	195	140	185	520
181				
Slusarick	237.5	177.5	265	680
198				
Groboski	250	177.5	195	622.5
220				
Chinrdio	262.5	170	257.5	690
McFarland	260	142.5	250	652.5
Dipringo	235	130	205	570
242				
Andrews	242.5	160	240	642.5
275				
Ledick	265	170	267.5	702.5
SHW				
Barnhart	290	165	255	710
Sub Masters				
165				
Bey	255	152.5	250	657.5
Willest	147.5	105	170	425
181				
Gallagher	227.5	135	250	612.5
198				
Gentner	160	115	202.5	477.5
Wicker	165	115	197.5	477.5
220				
Novack	250	187.5	260	697.5
McFarland	260	142.5	250	652.5
McGinnis	175	125	227.5	527.5
242				
Krasinski	257.5	170	262.5	690
275				
Brown	182.5	127.5	195	505
Masters I				
165				
Bey	255	152.5	250	657.5
198				
Long	245	137.5	277.5	660
220				
Dick	240	185	295	720
Harper	250	160	290	700
McIntosh	175	122.5	165	462.5
242				
Hill Jr.	275	170	245	690
275				
Lodick	265	170	267.5	702.5
Walker	277.5	137.5	255	670
SHW				
Wolf	272.5	160	245	677.5
Masters II				
181				
Deangelo	147.5	122.5	175	445
Bench Press		220		
Women		Terpak		157.5
105		Juniors		
Muller	52.5	165		
132		Brunetti		125
Eastep	85	181		
SHW		Keane		182.5
Esposito	67.5	198		
Mens Pure		Moore		182.5
148		Swigert		172.5
Schachte	182.5	Henderson		137.5
Cunningham	115	Natural		
Farrer	100	148		
165		Schachte		182.5
Blattenberger	180	165		
Marcus	165	Blattenberger		180
Douds	155	Douds		155
Brunetti	125	181		
198		Keane		182.5
Langham	162.5	Slosarick		177.5
Brown	160	198		
242		Grahoski		177.5
Elsasser	177.5	220		
Krasinski	170	Chiardio		170
Pure Novice		Yarnell		160
148		242		
Hoover	122.5	Thomas		227.5
Matisz	112.5	275		
165		Barnhart		165
Shahid	165	Sub Masters		
Douds	155	148		
Dulick	127.5	Hoover		122.5
Brunetti	125	165		
181		Stoner		135
Keane	182.5	Dulick		127.5
198		181		
Moore	175	Fischer		155
220		Dick		152.5
Snowberger	200	198		
Rey Jr	165	Largham		162.5
Mascara	162.5	242		
Simpson	150	Krasinski		155
Zembower	137.5	275		
275		Brown		127.5
Bell	205	Masters I		
Brown	127.5	165		
Teen		Cooley		152.5
165		220		
Lambert	172.5	McIntosh		122.5
H.S. Pure		Masters II		
198		242		
Swigert	172.5	Glunt		125

(Thanks to Richard Peters and Danny Black of the Natural Athletes Strength Association for providing us with the results of this competition and their numerous other powerlifting contests held across the country throughout the year).

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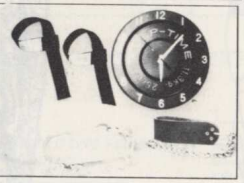

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(article continued from page 25)

you would lose body fat slowly. Radical diets do not cause you to lose only fat - muscle and water will go too.

Lose weight slowly - Weightlifters should lose no more than 1 kg per week. More rapid weight loss results in the loss of muscle tissue. If you sustain a mild caloric deficit, you will lose fat. You lose little muscle or water this way. The weight stays off better. When you lose muscle, your body's metabolism slows. This reduces your need for food. Then as you go back on yournormal diet, you gain weight rapidly because you no longer need as much food as before.

Stress a balanced diet - that is relatively high in complex carbohydrates and loss in fat. Create a caloric deficit by combining caloric restriction with more exercise. Take in enough protein to sustain your muscles' needs. For weightlifters, this is approximately 1.5 grams of protein per kilogram body weight a day. You will lose muscle if you fail to take in enough calories, regardless of how much protein you eat.

Exercise - is critically important for a successful weight loss program. For the average person, the best exercises for losing weight include running, walking, and cycling. Weightlifters have a problem. Long distance running interferes with their ability to gain strength. Several studies have shown that endurance exercise biases muscle fibers toward slower contractions. Do not run excessively when you are trying to get strong and lose weight at the same time.

Increase energy expenditure through regular tough workouts in the gym and sprint type activities. Sprint activities may include fast intervals on a stationary bike or sprints on a football field or track. Sprints tend to overload fast twitch muscle fibers - the same ones you use when you lift weights. Long, slow, exercises, such as jogging, bias you muscle fibers toward better endurance but less strength and power.

Monitor the body composition - Make sure that most of the weight loss is from a reduction in bodyfat rather than a reduction in lean body mass. The best way to do this is with an underwater weighing test. These are widely available in university exercise physiology laboratories, health clubs, and medical facilities. Every serious weightlifter should know his or her body composition. For example, if you lift in the 181 pound class (male) and carry 18 percent fat, you have the muscle mass of someone lifting effectively in a much lower class. If you could weigh the same and reduce your bodyfat to less than 10%, you could would be more effective. Muscle is what moves the weights. You are better off with more muscle and less fat.

If you don't have access to underwater weighing, other methods are available. Perhaps the best is skinfold calipers. Almost every health club or high school physical education department has these. You can even buy plastic calipers from health oriented magazines. Another popular method is bioelectrical impedance. While this technique works about as well as skinfolds, it is sometimes subject to large error.

Estimate nitrogen balance - Nitrogen balance is a sophisticated technique that tells you whether you are gaining or losing body protein. Accurate nitrogen balance measurements are beyond the ability of most scientific laboratories, let alone the average weight lifter. Fortunately, a company called SSRG recently developed a home nitrogen balance kit. The kit allows weightlifters to estimate nitrogen balance at home. It works by measuring urine urea nitrogen (UUN) using chemical test strips. The basic test is simple and well accepted. Every comprehensive nutrition textbook describes this test. UUN is the principle source of lost nitrogen from the body. Measuring UUN will help you estimate whether you are losing muscle rather than fat during your weight loss program.

Weight loss aids - The grocery and drugstore shelves are full of weight loss products. Research has shown these over the counter drugs are largely ineffective. Drugs that suppress appetite, such as amphetamines, are very dangerous. The best advice is to stay away from drugs that promise to help you lose weight. They probably don't work. If they do, they may damage your health.

There may be some nutritional supplements that can aid in controlling body fat. One of the most interesting is medium chain triglycerides (MCT's). Recently, we did a study on weightlifters in my lab that produced some strange and unexpected results. Anabolic steroid alternatives have interested me for many years. We were doing an experiment on insulin boosting. The project involved feeding people Metabolol (Champion Nutrition) 30 minutes before a workout and every 15 minutes during the workout. The weight ifters trained this way 3 days a week for 8 weeks. We worried that the program would cause the lifters to gain bodyfat. Instead, they lost fat. The findings shocked us. While I can't really explain the results, I think they might be due to the medium chain triglycerides contained in the Metabolol. Many studies appearing in the medical literature have shown that MCT's decrease bodyfat in hospital patients. Perhaps they decreased fat in the weightlifters as well.

The best strategy for body composition management is do it slowly. Change your body gradually so that you gain muscle and lose fat. Rapid weight losses cause you to lose muscle and body water. This translates into less strength and power.

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

USPF West Virginia Bench Press
10 May 92 - Parkersburg, WV

Open			
114			
M. Sargent	248*	**Women**	
132		**105**	
K. Woodell	264	T. Woodell	132w
148		**123**	
J. Rinker	363	K. Sparks	121
L. Saunders	308	**Teen**	
B. Van Kirk	303	**148**	
R. Snuffer	225	B. Van Kirk	303
J. Blake	198	M. Leigh	231
165		R. Snuffer	225
D. Robbins	402*	J. Blake	198
D. Lewellyn	341	**Masters**	
F. Leichliter	292	**132**	
R. Coffield	281	K. Woodell	264m
R. Wooten	242	**198**	
M. Leigh	231	D. Marchette	374m
181		H. Cochrane	352
T. Bowers	358	S. Milam	330
G. Combs	358	B. Likens	319
D. Whiteman	314	M. Gullo	270
A. Maynar	259	R. Ross	264
198		**220**	
D. Jeffrey	462*	D. Cleek	308
E. Lilly	418	**242**	
D. Woyan	418	C. Thomson	363m
D. Currence	369	**275**	
G. Coen	358	G. Dillon	429m
220		**Guest**	
J. James	435	**Out of state**	
M. Bryant	413	**181**	
T. Marcum	402	D. Schlarb	303
M. Edinger	402	**198**	
K. Rippetto	336	B. Bean	374
J. Morgan		D. Sherrill	248
242		M. Tonkovich	
M. Olenick	413	**220**	
275		J. Seevers	319
J. Shuck	451	**242**	
M. Tennant	413	S. Bell	451
SHW		B. Burkhart	363
J. Bolden	606*	T. Anderson	319

* State single lift record, w State womens record, t State teen record, m State masters record. Many lifters took advantage of the 4th attempt rule granted specifically for the purpose of breaking/setting new West Virginia state single-lift bench press records. The following lifters were granted 4th attempts: Bill Van Kirk - 308 at 148; Gary Combs - 363 at 181; Carl Herald - 402 at 275; and Gary Dillon - 435 at 275. The 1992 West Virginia State Bench Press Championships was great contest held in conjunction with the Mr. WV Physique competition at Parkersburg South High School Auditorium. Nearly 60 lifters competed in this year's 11th Annual WV Bench Press Championships in the categories of men's open, women's open, men's masters, men's submasters, and men's teenage. Sixteen new WV single lift records were either set or broken. Perhaps the most significant highlight of the contest was the performance of SHW J.C. Bolden. John Bolden of Buckhannon had what ws most certainly his finest hour as he became a member of the 600 + bench press club! After struggling with a 584 opener, he blasted 606 up on a 2nd attempt as though it were a play toy. John succeeded in competing his 3rd lift with an awesome 617 only to receive two reds from what appeared to be uneven extension as the lockout. A 4th attempt was granted for another record but he couldn't quite lockout the monstrous poundage. John weighed in at 290 and needless to say, the 606 broke the record, one John already owned since 1990. Bolden's 606 BP is the most weight ever officially lifted by a West Virginian. He will rank 1 in the all-time top 10 SHW WV benchers. Mark Sargent of the Buckhannon Power Team broke his own record in the 114's with a lift of 248. Kenny Woodell won both the open and master divisions at 132, setting a new master's record with a strong 264. His wife, Teresa Woodell, set a new record in the women's division lifting in the 105 lb. class with a lift of 132 lbs. James Rinker of Romney looked great at 148 with a lift of 363 which ranks him ~2 in the WV all-time top 10. Teenage Donald Robbins set a new record with 402 in the 165 lb. class at a body weight of 160. Donald broke the record set by Kevin Phillips in 1983. This was Donald's first major contest appearance since 1987. Tom Bowers of Beckley won his very 1st title at 181. Dave Jeffrey was awesom at 198 with a 462 lift that broke his own record set back in 1984. The lift was also a submasters record. Dave was the official meet director for this year's competition and held the very 1st championships back in 1982. He is the No. 1 bench presser in WV at 198 and is tied for 2nd on the WV top 10. Although Earl Lilly weighed a little heavy and elected to lift 198, he will hit some big lifts as soon as he plans to be 181 again. Doug Currence of Charleston has definitely won the respect of many with his "reverse-grip" bench press, pushing 369. Although he placed 4th, it was definitely an achievement that deserves recognition. It was good to see Jack Shuck back in competition again as he was strong with 451 in winning the 275's. Young teen Bill Van Kirk of Weston set a new record at 148 with 308 on a 4th attempt. Barboursville High School student and athlete Steve Hass benched 374 at 242 for a new teen record. Teammate Tony Racer looked strong at 220. All lifts in the submaster category were recorded as records. 1992 marks the first year the division was offered. Congratulations to Ralph Coffield in the 165s, Gary Combs at 181, and Carl Herald who benched a PR of 402 for a record on a 4th attempt. In the masters division, Harry Cochrane set a new mark at 198 with a 352 in the 50+ class. Charlie Thomson of Beckley broke the 242 lb. record with 363. Gary Dillon set a new record on his 3rd attempt with 429 and again with 435 on a 4th attempt. In conclusion this year's championship ws a great one as the tradition continued. A special out of state division was added and was successful with 8 lifters. The officials were Paul Sutphin, William Kyle, Joe Helminski, and John Bayliss. Table scorers were Lori Jeffrey, Sara Jeffrey, Lisa Tennant, and Paul Sutphin. Announcers were Paul Sutphin and Lori Jeffrey. Look forward to the 1993 12th Annual WV BP Championships to be held in St. Albans. (results by Paul Sutphin).

Czecho-Slovak Championships
11 Apr 92 - Jesenik (kg)

	SQ	BP	DL	Total
52kg				
S. Kolsovsky	170	117.5	155	442.5
M. Sebo	147.5	97.5	160	405
56kg				
D. Skirkanic	170	107.5	200	477.5
B. Raska	150	92.5	190	432.5
P. Malina	162.5	97.5	165	425
R. Siska	157.5	75	185	417.5
J. Kozak	145	80	160	385
60kg				
A. Mihok	212.5	130	235	577.5R
E. Sokol	170	115	220	505
P. Stajer	147.5	117.5	205	470
J. Planka	145	102.5	200	447.5
67.5kg				
J. Trnka	267.5	130	265	662.5
J. Knot	202.5	120	240	562.5
S. Kucerak	190	130	232.5	552.5
J. Janecek	185	125	235	545
L. Griger	185	110	242.5	537.5
75kg				
S. Hoza	275	160	250	685
Z. Fanta	265	142.5	250	657.5
P. Lebotsky	217.5	135	255	607.5
J. Germanus	215	152.5	232.5	600
H. Hloch	217.5	140	235	592.5
82.5kg				
P. Theuser	300R	175	280	755R
D. Macek	245	165	260	670
V. Jaremczuj	225	150	262.5	635
R. Krayzel	227.5	167.5	240	630
P. Buzas	235	145	250	630
90kg				
J. Micka	257.5	175	285	717.5
L. Pasecky	260	165	280	705
Z. Chobot	265	162.5	262.5	690
A. Cupori	250	165	275	690
I. Svec	230	175	240	645
100kg				
L. Dzingel	270	175	290	735
R. Urbanek	260	185	282.5	727.5
V. Cech	250	157.5	310	717.5
L. Blahuta	260	165	290	715
J. Gyevath	265	170	275	710
110kg				
J. Pasztor	300	175	305	780
M. Coufal	225	190	280	695
Z. Vasut	225	170	272.5	667.5
125kg				
R. Ondrasik	315	192.5	285	792.5
B. Lexa	230	160	280	670
L. Urcikan	250	145	275	670
125+kg				
M. Patro	380R	200	360	940R
J. Ondacek	300	195	350	845

R -indicates new Czecho-Slovak records. In the competition participated 67 men, from them six being still juniors under 23 years and four masters over 40 years. Some great lifters with qualifying totals under their belts were injured or sitting in audience - Urban, Maska, Zvonic, Gabrhel, Myslivec, Snajdr, who reduced his bodyweight down from 118 to 108 kilos/, Sota. (Thanks to Josef Svub for providing the results of this meet).

***Joseph MICKA**, 1991 World Masters Champion, squatting at the Czecho-Slovak Nationals (courtesy J. Svub)*

Gold's Gym Invitational Bench
9 May 92 - Pittsburgh, PA

132			
J. Kernick	315*		
148		**181**	
D. Mieze	225	T. Shamitko	155
165		**220**	
N. Popoleo	370	B. Murzyn	410

* denotes APF Jr. World Record. Special thanks to WPC referree's Bob Olinger, John Bayliss and Carl Herald! APF sanction 389. (Thanks to Jeff Wright for providing these competition results).

ADFPA Nebraska State
10 MAY 92 - Omaha, NE

Women	SQ	BP	DL	Total
S. Mellen-127	245w	115w	270w	630w
T. Lee-120	215w	95w	245w	555w
Men				
148				
L. Ligouri	345*	275*	450*	1070*
N. Williams				
181				
J. Larchick	545!	400!	520	1465!
220				
J. Bockoven	575	385	610	1570
D. Medina	575	325	560	1460
275				
R. Robinson	550!	505!	530	1585!
P. Hansen	465	300	600	1365
K. Newcomb				
Teen				
14-15				
A. Ligouri	195	155	235	585
16-17				
K. Kuhn	505t	275t	465t	1245t
J. Tranisi	370t	260t	375	1005t
18-19				
S. Walter	520t	300t	460	1280t
K. Allis				
Masters				
L. Ligouri-40	345m	275m	450m	1070m
T. Romick-50	530m	240m	500m	1270m
Lifetime				
Open				
R. Robinson-254	550!	505!	530	1585!
D. Wonder-162	440	285	430	1155
Hollenbeck-190	455	295	505	1255
L. Buresh-144	145	330!	145	620
K. Newcomb				
Masters				
J. Gutgsell-178	455m	255m	440m	1150m
T. Romick-222	530m	240m	500m	1270m

* State women's record, ! State men's record, m State Masters record, t State Teen's record. (Thanks to Jeff Larchick for these meet results.)

Application for Registration in **UNITED STATES POWERLIFTING FEDERATION**

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STREET ADDRESS | CLUB NAME

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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

2nd West Coast Bench & Strict Curl
6 Jun 92 - Fresno, CA

Bench Press			
Women			
105			
A. Sandoval	110		
C. McCarthy	95		
123			
C. Gunlock	125		
K. Easley	112		
132			
M. Johnson	120		
H. Vannucchi	110		
148			
K. Davinson	170		
Teen Girls			
105			
C. McCarthy	95		
Womens Sub			
123			
K. Easley	112		
Teen Boys			
13-15			
J. Ramirez	230		
J. Jennings	110		
16-17			
B. Gargano	140		
18-19			
J. Rooker	410		
R. Garcia	275		
J. McNeil	245		
C. Knee	280		
J. Curnyn	300		
Mens Masters			
40-49			
R. Creevy	412		
D. Myers	520		
T. Espinosa	375		
M. Villareal	310		
R. Kane	320		
J. Lloyd	207		
B. Sink	230		
50-59			
M. Lammons	180		
60-69			
B. Pendleton	205		
L. Miller	125		
Mens Subs:			
33-39			
C. Rodgers	270		
L. Johnson	335		
Mens Open			
132			
J. McCneal	245		
J. Lloyd	207		
148			
R. T. Couch	415		
B. Parker	300		
S. March	290		
C. Rodgers	270		
165			
J. Rooker	410		
P. Giron	260		
181			
J. Alvarado	430		
R. Creevy	412		
C. Hogan	330		
M. Pendleton	315		
198			
R. Kane	320		
M. Villareal	310		
220			
J. Huxley	300		
D. Vannucchi	285		
C. Knee	280		
242			
L. Johnson	335		
B. Sink	230		
275			
D. Kuzirian	395		
T. Espinosa	375		
SHW			
D. Myers	520		
S. Hill	450		
Strict Curl			
Womens			
123			
C. Gunlock	85		
K. Easley	63		
S. Hargess	60		
H. Vannucchi	77.5		
M. Rosendale	55		
148			
C. Grizoffi	106		
K. Davinson	95		
M. Carrasco	90		
165			
V. Bischel	70		
181			
Y. Flowers	110		
Women Subs			
123			
K. Easley	63		
Women Masters			
132			
M. Rosendale	55		
Boys Teen			
13-15			
N. Grizoffi	70		
J. Jennings	65		
16-17			
S. Otremba	127.5		
18-19			
J. Rooker	147.5		
J. Curnyn	150		
C. Knee	140		
J. McCneal	115		
Mens Master			
40-49			
R. Creevy	135		
M. Sperling	132.5		
B. Sink	140		
B. Jennings	125		
J. Lloyd	95		
M. Villarreal	100		
T. Espinosa	120		
50-59			
M. Lammons	100		
60-69			
D. Diperri	130		
B. Pendleton	110		
R. Cruz	100		
Mens Subs			
33-39			
A. Moore	145		
198			
T. Trout	143		
Mens Open			
123			
A. Merritt	124		
132			
J. McNeil	115		
J. Lloyd	95		
148			
T. Couch	125		
S. March	115		
165			
F. Couch	172		
J. Rooker	147		
B. Scelzi	130		
S. Otremba	127		
181			
A. Moore	145		
C. Hogan	145		
R. Creevy	135		
E. Cardova	135		
R. J. Pareine	132		
M. Sperling	132		
D. Monroe	130		
198			
E. Woods	175		
D. Hurst	145		
T. Trout	143		
D. Vannucchi	142		
B. Jennings	125		
220			
P. Rodriguez	187		
E. Wallace	165		
C. Knee	140		
242			
J. Eaton	157		
J. Greco	152		
B. Sink	140		
275			
K. Brown	225		
T. Espinosa	120		
SHW			
N. Benjamin	150		

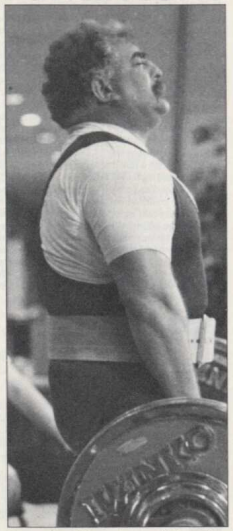
The day started off with the bench press contest. The lifters came from all over the United States. Records would fall throughout the day and TV coverage was here to film this spectacular event. A flight of world class bench pressers and strict curlers were put up first for the TV coverage, and what a show they put on. First up the legend Rick the Tazmainian Devil Couch with a body weight of 145 pounds played with 400 and 415 before backing out of his 3rd attempt. Taz plans to attempt the 132 pound record by benching 410 pounds before years end. The Tommy the Hitman Burns pressed 500 pounds for five reps. and the crowd was amazed. Then the great masters lifter Ritchie Creevy peeked perfectly with a new APA/UBPf world record of 412 pounds. Then a near miss at 425. Ritchie is looking for a 450 bench in the next year. Jon Rooker became the best 165 pound teen in the world by breaking the world record with a press of 410 pounds. Big Dan Myers another masters great in the supers class hit a personal best of 520 pounds. Other notable records were set by April Sandoval, Katrina Easley and Cheryl Gunlock in the Womens Division. All three have a great future in the sport. Then theres the two Johns who train together. John Alvarado with a 430 bench-press and a near miss at the state record (437). John Lloyd (masters) with a world record 207 at 132. Then the strict curls. Fred (Mr. Curl) Couch in the 165 class set his world record higher for the eighth time of his career by curling 172.5 pounds. Then Big Ken Brown set his all time curl even higher by curling 225 pounds. Both took home outstanding lifter awards. Cheryl Gunlock, Coreena Grizoffi and Katrina Easley set their world records higher also. First timer Yasmina Flowers curled an all time high for women (110) pounds. and sub masters Al Moore and Terry Trout broke world records. Open mens lifters Aaron Merritt, Eric Woods and Paul Rodriguez set world records. The day saw the greatest bunch of lifters ever gathered in Fresno, California and a fantastic show they put on for the large crowd. Thanks for your support and see you in the near future. Story by American Family and Sports Center. (Thanks to Rick Couch for providing these meet results).

MDSA Minnesota Closed Meet
6 Jun 92 - Willmar, MN

Women	SQ	BP	DL	Total
132				
S. Tews	195	115	235	545
S. O'Connell		165		
148				
T. Jaksha	255	145	350	750
K. Skaggs	210	90	235	535
Teenage Men				
148				
J. Streeter	350	225	380	955
C. Oakleaf		230		
165				
D. Sandberg	360	285	415	1060
242				
M. Ritze		290		
Men				
165				
S. Schimmel	600	305	520	1425
J. Braun		315		
181				
T. Erickson		320		
198				
T. Ewy		385		
K. Sorenson		325		
R. Dalton	325	275	405	1005
R. Jasperson		270		
D. Heimerl			370	
220				
D. Jones		365		
242				
S. Williams	605	375	620	1600
S. Wandersee	370			
275				
J. Brick	765	490	645	1900
300				
D. Gazett	730	425	780	1935
SHW				
D. Vanzo	350	535	145	1030
K. Sorenson		450		
Submaster				
181				
G. Caradori	355	310	380	1045
198				
G. Erickson			430	
275				
T. Blenker	300	325	350	975
Master				
198				
M. Bengtson		290		
G. LaBelle	310	265	370	945
242				
S. Kokales	525	370	560	1455
R. Davis		315		
Open Meet				
Women				
123				
L. Mattson	185	95	255	535
148				
T. Jaksha	255	145	350	750
165				
K. Kuhn	275	160	275	710
Teenage Men				
132				
A. Damrow		220		
165				
B. Durick	430	290	415	1135
Men				
165				
D. Johnson	475	300	500	1275
181				
J. Aleckson		325		
198				
M. Walkow	500	305	555	1360
J. Dorsher	445	285	530	1260
220				
R. Rogney		370		
242				
M. Siegler	705	565	705	1975
B. Svapaia	485			
275				
J. Brick	765	490	645	1900
300				
D. Gazett	730	425	780	1935
Submaster				
SHW				
C. Schn eider	625		635	
Master				
165				
R. Mason	285	90	535	910
242				
B. Norton		290		

Judges: Corry Schneider, Brad Durick, Jay Aleckson, Ross Rogney, Donavon Sturgeon, John Dorsher, Keith Sorenson, and Darwin Jacobson. Door Prizes: John Brick won a MDSA sweatshirt but we couldn't find one that would fit him, so he picked out a Jake & Jenny's Gym long sleeve T-Shirt. Duane Johnson won a bottle of Dibencozide Blend that retails for $35.00. I would like to thank the loader-spotters who did a fantastic job. Ross Rogney was awarded a special sculptured bencher trophy for all the work he has put into Minnesota powerlifing over the years. Roy Mason deadlifted 535 weighing only 156 at 74 years of age! Dan Gazett pulled a huge 780 deadlift and totaled 1935. John Brick squatted a huge 765 and totaled 1900. Scott Schimmel squatted 600 at only 160 pounds bodyweight. Steve Kokales gets better and better with each meet - he smoked all of his attempts. Roger Davis benched 315 at 68 years of age and seems to be getting stronger with age. Keith Sorenson benched 450 for a personal record. David Vanzo came to bench and smoked 535 and locked out 550, but his foot slipped. Junior World champ Michael Siegler blew a 750 squat up but was a little high, then went on to bench 565 and deadlift 705 for a 1975 total weighing only 235. When he puts all his lifts togehter, he'll go over 2100. Terry Ewy broke the Minnesota MDSA bench record at 198 with a 385. 44 lifters lifted in these meets, and unfortunately I had to turn down 23 who wanted to enter after the deadline (due to our bodybuilding competition). Sincere thanks to all who helped!! (Thanks to Darwin Jacobson for providing these meet results)

POWER PEOPLE



***Dave Kuzirian** above, lifting, has received the sanction for the first ever U.S.P.F. PROFESSIONAL Single Lift Championships (enter one or two or three lifts) to be held on January 16th & 17th, 1993 in Carson City, Nevada. Dave has been working on this concept for quite a while and now has corporate level sponsorship to assure its success.*

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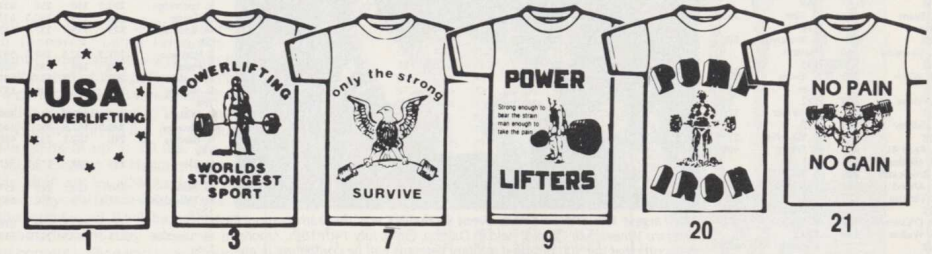

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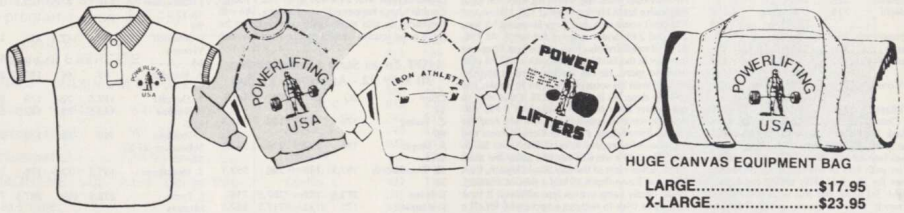

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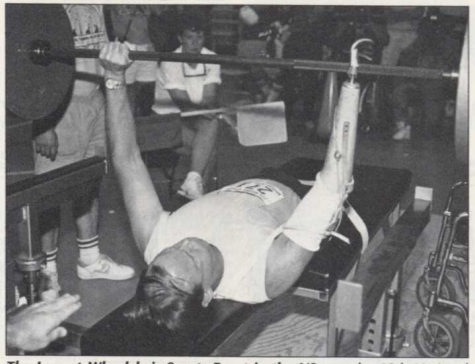
Sam Butler's Outdoor BP/DL Meet
6 Jun 92 - Dowagiac, MI

Bench Press		Masters 50-59	
Teen		148	
198		R. Frasz	230
J. Brunicardi	305	Deadlift	
B. Horner	220	Teen Male	
Women		198	
148		B. Horner	440
B. Sims	150	Teen Female	
198		132	
L. Boshoven	290	S. Long	220
Masters		Women	
132		148	
V. Evans	85	B. Sims	265
Men		198	
123		L. Boshoven	500
G. Simmons	210	Masters	
132		132	
M. Wider	175	V. Evans	270
165		Men	
R. Fricke	220	132	
181		M. Wider	375
T. Adams	165	165	
198		T. Woodling	525
A. Reed BL	400	R. Fricke	400
M. Mellinger	340	181	
J. Brunicardi	305	E. Ruiz	555
D. Ahnert	290	T. Adams	390
R. Thomas	175	198	
220		D. Ahnert	440
M. O'Connell	385	R. Thomas	370
M. Walker	350	220	
242		B. Crum	615
K. Pepin	425	S. Butler	465
P. Deguch	410	242	
C. Sims	400	C. Sims	565
B. Ramsay	365	J. Szalewski	505
J. Szalewski	320	SHW	
J. McNeill	310	J. Sims BL	675
SHW		D. Silvers	510
W. Banaszewski	360	Masters	
J. Sims	300	181	
Masters 40-49		J. Smoker	510
220		242	
M. O'Connell	385	G. Williams	555
242		SHW	
G. Williams	355	D. Silvers	510

Team Champions: Steve's Gym. Special thanks to: Mark Mellinger, Sam and Brenda Butler, Tyrone Ward, Big Lou, Mike Wider, Steve Wider, Rachael Smoker and Mike O'Connell who supplied us with two of his fantastic, customized benches for the met. This entire meet was a highlight. Set up on one side of Sam Butler's 20 acre ranch with its gently rolling hills and beautifully landscaped area around his deluxe two-story log cabin. The meet came off without a hitch, and the lifters responded in kind. Fueled on Brenda Butler's world famous char-broiled hamburgers and fresh country air, lifter after lifter hit personal bests. There were so many PR's I lost count. I'm sure over half of those entered, hit one. In fact in the first deadlift flight that I lifted in, there was only one missed attempt! On an individual level, the following were the most impressive feats: Having lifted at 123, I know that PRs don't come easy, but Grey Simmons hit two, 200 and 210, and was good for more. At 198, Al Reed solidified his claim as the best drug-free bencher in the Michiana area with a 400 PR with room to spare. He has worked hard at improving and won his second best lifter in a row, and nobody deserves it more. At 220 it was nice to see Master lifter Mike O'Connel hit a PR, particularly since he supplied the benches. Another Master lifter hitting a PR was Richard Frasz and it's always impressive to see a lifter over 50 do that. The 242's were by far and away the most competitive class of the day. Paul Deguch, Curt Sims and Kevin Pepin all had a shot at winning. Pepin finally came out on top, although it took him three tries to register a successful lift. The deadlift was very close for best lifter. Eddie Ruiz would have wrapped it up if he could have locked out 580 at 181. As it was, Jon Sims, weighing 277, just squeaked by him with a PR 675 after missing 665 on his second attempt. At 220, Sam Butler figured he was going to lift poorly after working like a dog for a week to get his place ready and then weighing in light, so it really topped the meet off in grand fashion, when he surprised himself with a PR 465 at 41 years young. Couldn't have happened to a nicer guy. We will definitely do this meet again next year, so be there or be square. (results courtesy Jon Smoker)

POWER PEOPLE



The Largest Wheelchair Sports Event in the US was the 12th National Veterans Wheelchair Games, held in Dayton, Ohio, July 14th-18th. Among the sports that the 500 disabled military veterans will be competing in are track & field, swimming, basketball, archery, and powerlifting (VA Dept)

USPF Texas State Championships
30 May 92 - Arlington, TX (kg)

Open	SQ	BP	DL	Total
52				
G. Young	170	97.5	160	427.5
60				
A. Mayer	195	122.5	210	527.5
67.5				
M. Woodworth	197.5	155	200	552.5
75				
J. Tyree	272.5	150	287.5	710
J. Vasques	175	135	217.5	527.5
82.5				
S. Todd	262.5	165	237.5	665
B. Schnedler	237.5	150	235	622.5
90				
J. Harrison	317.5	207.5	282.5	807.5
K. Holbrook	277.5	185	202.5	665
W. Robinson	230	170	235	635
100				
P. O'Hara	247.5	172.5	285	705
125				
D. Muns	300	182.5	275	757.5
Below Class II				
67.5				
M. Woodworth	197.5	155	200	552.5
J. Jones	120	75	170	365
75				
M. Arrrendell	197.5	160	205	562.5
W. Sabir	195	152.5	215	562.5
J. Vasquez	175	135	217.5	527.5
A. Doty	185	132. 5	200	517.5
82.5				
R. Lockridge	232.5	140	255	627.5
S. Greely	225	155	237.5	617.5
M. Ramirez	225	155	237.5	617.5
90				
J. Harrison	317.5	207.5	282.5	807.5
J. Pogue	240	185	235	660
S. Cook	205	147.5	255	607.6
S. McCoy	240	137.5	220	597.5
100				
P. O'Hara	247.5	172.5	285	705
C. Heasley	222.5	162.5	252.5	637.5
B. Barclay	215	162.5	232.5	610
110				
H. Zier	295	180	272.5	747.5
125				
M. Miller	250	162.5	245	657.5
H. Thibodeaux	227.5	170	250	647.5
125+				
T. Barron	317.5	192.5	300	810
M. Gonzales	255	147.5	247.5	650
Teen				
14-15				
67.5				
B. Stults	70	95	150	315
75				
J. Kaniatobe	130	87.5	162.5	380
16-17				
90				
J. Sowards	240	142.5	215	597.5
Women				
48				
A. Hotelling	85	45	100	240
56				
T. Devoltz	137.5	72.5	170	380
B. Bartine	142.5	75	162.5	380
67.5				
L. Holland	100	60	110	270
Submaster 35-39				
56				
T. Devoltz-w	137.5	72.5	170	380
75				
J. Tyree	272.5	150	287.5	710
Masters				
40-44				
82.5				
J. Rodri	182.5	117.5	185	485
45-49				
82.5				
P. Ivie	202.5	120	192.5	515
65-69				
75				
M. Guadag	117.5	90	152.5	360

Team - Power Connection, coached by Jim Toy. MC and Meet Director- Jim McCoy; score table - Pete Ivie, Tom Borgeson; judges - Nelson Dennis (head), Gregg Curry, Tom North, and Randal Deaver; loaders/spotters- Randal Deaver, Brian Scarmack, David Greggo; poundage sign - Janet Davis. (Thanks to Joe McCoy for the results.)

Talk Stops Here - Bench Press
17 May 92 - Fresno, CA

Womens Div.		C. Rodgers	270
123		Rodriguez	350
K. Easley	110	R. Thomas	320
148		181	
C. Grizofi	165	J. Rooker	370
Mens Sub		D. Monroe	275
L. Johnson	335	A. Stokes	230
C. Rodgers	270	198	
Mens Mast		M. Villareal	300
M. Villarreal	300	220	
C. Burns	345	T. Burns	520
J. Lloyd	200	B. Costa	300
Mens Open		P. Hull	275
123		242	
A. Merritt	210	M. Nakamura	315
132		275	
J. Lloyd	200	P. Villagomez	520
148		K. Burnell	405
D. Gonzalez	290	SHW	
S. March	285	S. Hill	440

This year's second annual was a big success. The sanction was by the United Bench Press Federation. The judges were strict but very fair. The announcer, the Tazmanian Devil, Rick Couch ran the show. Special thanks to the Lucky Lady Saloon for its great location. Lightweight best lifter went to Teen record holder Jon Rooker who broke the world record in the 181 class. Heavyweight best lifter as usual was the Hitman - Tommy Burns. Other records set were Katrina Easley (sub masters), John Lloyd (masters) & Cary Rodgers sub masters. See you next May. (Thanks to Rick Couch for providing these meet results).

Application for Registration in Natural Athlete Strength Association

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STREET ADDRESS

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LIFTER STATUS | REFEREE STATUS | HIGH SCHOOL ATHLETE? | COLLEGIATE ATHLETE? | U.S. CITIZEN?

CLUB NAME

DATE OF BIRTH | AGE | SEX

NOTE: High School Athletes who validate their school enrollment by including a copy of their high school activity card or other proof of enrollment may register for $10. Currently incarcerated inmates of penal institutions may also register for the $10 fee. All memberships include a personal copy of the rule book.

PARENT'S INITIAL IF UNDER 18 | I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT X

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5. Check whether this exercise is to be done in ☐ Lbs. or ☐ Kgs.
6. Number of WEEKS _____ schedule to run (8 maximum).

Provide the same information (1 thru 5) for each additional exercise you want on the schedule.

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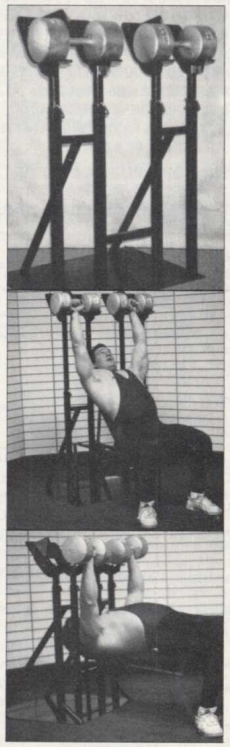
Pasanella, D	1030	573	854	2458	28MAY89
Furnas, D	981	600	821	2403	28JUN87
Warman, S	953	529	843	2314	26JUL92
Nichols, B	959	556	782	2298	21OCT87
Wohleber, D	960	410	904	2274	12DEC82
Gamble, J.	892	573	804	2270	24JUL83
Cole, J	865	570	820	2255	17SEP72
Henderson, T	870	525	835	2230	04MAY85
Chaillet, M	865	512	848	2226	29JUN86
Waddington, D	909	534	777	2221	07FEB82
Isaac, T	921	575	722	2218	03JUN89
Hackett, E	903	507	804	2215	01FEB81
Moran, L	903	600	705	2210	24JUL83
Pearce,R	815	606	782	2204	21FEB87
Hardridge, T	881	562	760	2204	03DEC88
Wilson, S	825	570	805	2200	20DEC81
Wood, J	875	600	725	2200	13NOV88
Bentley, T	859	600	738	2199	17JUL88
Dempsey, R	859	523	810	2193	24JUL83
Hatfield, F	920	501	766	2188	01APR84
Smith, C.B.	870	518	793	2182	29JUN86
Karkowski, K	942	512	727	2182	28JUL91
McCormick, T	815	512	848	2176	12FEB83
Kidney, L	870	540	760	2171	12JUL81
Davis, W	887	507	777	2171	11APR87
Kuc, J	839	474	856	2169	11MAY85
Kretsch, B	848	512	804	2166	13AUG88
Morelli, J	870	490	805	2165	00DEC86
Shaw, D	815	523	821	2160	12DEC82
Colangelo, D	881	501	777	2160	03JUN84
Davis, J	903	507	749	2160	07FEB87
Welch, G	865	523	771	2160	29MAR87
Ward, G	903	501	755	2160	18NOV87
Ross, L	832	523	804	2160	10DEC88
Drapel, J	832	523	799	2155	12DEC82
Villanucci, V	810	551	788	2149	03DEC88
Strickland, O	850	555	735	2140	16FEB86
Estep, W	815	584	733	2132	12DEC87
Stewart, A	826	518	788	2132	30JUL89
Oliver, J	804	523	804	2132	29JUL90
Parks, D	830	460	835	2125	18OCT86
Driscoll, C	812	470	840	2122	30APR88
Kazmaier, W	782	534	804	2121	27AUG78
Palmer, S	810	534	777	2121	12DEC82
Santos, J	832	507	782	2121	05JUN88
Lowe, G	910	450	760	2120	28MAR92
Brooks, D	843	507	760	2110	22FEB86
Sandlin, R	832	512	760	2105	11DEC82
Samaniego, S	832	606	683	2105	07JUL85
Reidy, K	830	540	730	2100	20APR80
Hardman, T	750	600	750	2100	28MAR81
Bobloach, J	800	540	760	2100	16NOV84
Carini, J	805	540	730	2100	01MAR86
Gentry, P	820	520	760	2100	09DEC89
Howell, G	825	540	735	2095	15NOV87
Gjermo, B	845	515	735	2095	11APR92
Madson, C	843	562	688	2094	16SEP84
Brown, K	832	507	755	2094	29JUN86
Derrico, D	837	556	600	2094	07DEC86
Paulucci, T	780	510	800	2080	83
Clifford, J	804	463	810	2077	12FEB83
Rapp. T	815	468	793	2077	29JUL90
Martin, T	865	507	699	2072	24JUL83
Stevans, G	837	496	733	2066	06MAR83
Weih, M	744	573	749	2066	08JUN86
Doonkeen, K	804	589	672	2066	08APR88
Ponzi, S	780	560	725	2065	24MAR84
Stuber, E	785	475	805	2065	23SEP84
Springer, P	775	550	740	2065	18AUG90
Patterson, C	733	573	755	2061	30SEP78
Arnold, E	832	512	716	2061	06JUL86
Thill, J	749	523	788	2061	06DEC86
Taylor, L	870	460	730	2060	07FEB87
Koorajian, D	805	485	770	2060	04NOV89
Young, D	722	584	749	2055	26MAY82
Nichols, G	766	573	716	2055	07JUN87
Stager, B	865	490	7406	2055	86
Pool, D	800	555	700	2055	28DEC91
Ryder, K	738	567	744	2050	12DEC87
Wooley, R	800	540	710	2050	08MAR89
Okey, C	800	545	700	2045	28NOV87
Swanson, W	804	534	705	2040	08JUN86
Barwick, B	782	450	812	2044	09JAN82
Brandon, B	800	535	705	2040	18MAR84
Knowlton, K	804	501	733	2039	07JUL91
Boucher, P	800	400	765	2035	23NOV91
Leiato, A	815	555	665	2035	23NOV91
Burruel, M	854	441	738	2033	05JUN83
Frenn, G	815	405	812	2032	21AUG71
Malchow, K	805	520	705	2030	28SEP91
Russell, B	799	479	749	2028	17NOV90
Cundy, D	735	490	801	2026	30AUG69
Jacobs, L	775	550	700	2025	19OCT86
Wilson, R	793	474	755	2022	07JUN80
Tabback, T	771	479	661	2022	09APR83
Brodeur, P	859	474	688	2022	04MAR84
Pugh, J	782	523	716	2022	16AUG87
Meek, B	782	507	720	2020	06MAY90
Kiley, K	730	570	720	2020	23NOV85
Brick, J	832	501	683	2017	22MAY87

DUMBELL POWER RACK



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Natural Division			
148 class		A. Lagouri	150
L. Ligouri	275	148 class	
J. Harter	260	J. Harter	260
165 class		165 class	
J. Doggett	215	J. Doggett	215
181 class		181 class	
V. Pickrell	330	K. Krajicek	340
R. Caples	315	R. Caples	315
T. Kinghorn	255	T. Kinghorn	255
198 class		198 class	
M. Chaney	390	B. Pickrell	315
D. Doggett	315	D. Doggett	315
242 class		J. Kaiman	280
J. Pick	425	J. Doggett	225
Masters Div.		Teenage Div.	
40+		132 class	
V. Pickrell	330	B. Rader	185
L. Ligouri	275	A. Lagouri	150
M. Foyt	260	H. Brooks	126
J. Doggett	225	181 class	
Novice Div.		B. Jordan	165
123 class		198 class	
B. Rader	185	B. Pickrell	315

(Thanks to Jeff Baird for providing these results)

5th USPF St. Albans Bench Classic
13 Jun 92 - St. Albans, WV

Open Div.		242 lb	
148 lb		C. Young	415
L. Saunders	315	275 lb	
165 lb		B. Howard	420
F. Leichliter	310	Women	
181 lb		165 lb	
E. Lilly	425	M. Webb	120
R. Phillips	355	Spec.Olympics	
J. Grant	240	D. Phillips	145
198 lb		Teenage Div.	
D. Harpold	365	148 lb	
J. Shook	330	J. Leichliter	130
220 lb		165 lb	
M. Bryant	435	C. Skoloda	320
R. Brooks	390	181 lb	
J. Reynolds	375	J. Grant	240
B. Goss	340	Sub-Masters	
242 lb		181 lb	
T. Smith	305	K. Smith	245
275 lb		198 lb	
B. Howard	420	S. Siders	285
Closed Div.		R. Lucas	265
WV Residents		N. Chill	245
148 lb		220 lb	
R. James	270	B. Goss	340
165 lb		242 lb	
F. Leichliter	310	T.Smith	305
J. Cooper	310	Masters Div.	
G. Columbo	300	181 lb	
181 lb		A. White	275
T. Bowers	375	J. Gunter	275
R. Phillips	355	M. Corey	265
J. Allen	270	198 lb	
J. Grant	240	S. Milam	330
198 lb		W. Lucas	240
D. Currence	375	220 lb	
J. Shook	330	R. Brooks	390
20 lb		J. Thomas	375
J. Reynolds	375	D. Waller	315
J. Thomas	375	242 lb	
		O. Cosley	350

Highlights and contest report: Meet Director: Rus Phillips, Head Referee in charge: Paul Sutphin, Cat II Int.; Head Referee: Paul Sutphin, Cat II, Int L' Side Referees: Marie Yoakum, testing for state, David Poe. Other Official: Doug Currence, Nat'l' Scorekeepers' Deb Gibson, Flip Gibson, Robin Phillips; Announcer: Keith Wallace.

The 1992 St. Albans Bench Press Classic was a success as usual. Highlights of the lifting included Earl Lilly whose 425 ties for the No. 1 spot on the W. VA. all time Best list! Doug Currence lifted a strong 375 to take the 198's, with a 'reverse grip'. Congratulations to Doc Waller of Paintsville, Ky. and Mary Webb who have never missed a St. Albans BP event. (Paul Sutphin).

L.C.I's Semi-Annual Meet
20 Jun 92 - Lima, OH

144	SQ	BP	DL	Total
Frymier	215	275	415	905
Mills	275	175	415	865
Riling	185	185	250	620
Bower	- - -	- - -	- - -	- - -
162 class				
Lovelace*	440	275	440	1155
Brady	380	240	405	1025
Reer	350	235	435	1020
Doniver	350	255	405	1005
Lusetich	325	25	375	915
Barnett	360	190	350	900
Morris	- - -	- - -	- - -	- - -
Steger	- - -	- - -	- - -	- - -
185 class				
Pullum	420	305	500	1225
Russell	425	275	510	1210
Jones	450	250	475	1175
Abelt	275	275	405	955
Riling	200	220	330	800
Fields	280	- - -	- - -	280
204 class				
Riley	505	330	475	1310
Buckner	505	300	475	1280
Barnes	430	250	580	1260
Jeffries	420	315	505	1240
Johnson	325	275	500	1100
Emerson	415	245	430	1090
224 class				
Cruz**	575	360	525	1460
Chaney	405	290	525	1220
Russell	- - -	- - -	- - -	- - -
Quarterman	- - -	- - -	- - -	- - -
Pelfrey	- - -	- - -	- - -	- - -
226 class				
Dillard	510	320	500	1330
Fort	410	260	485	1155
Open Division				
144 class				
May	505*	230	555	1290*
Greenlee	465	310*	510	1285
162 class				
Tate*	505	300	605*	1410
Wade	525	335	525	1385
Poole	510	335	520	1345
Olesczcak	470	250	515	1235
Parish	440	240	450	1130
Henderson	405	240	450	1095
Swartz	350	220	475	1045
Green	- - -	-	- - -	- - -
Williams	- - -	- - -	- - -	- - -
185 class				
Quickle	550	370	575	1495
Harshaw	505	330	600	1435
Warner	570	315	540	1425
Block	495	265	475	1235
Markley	490	285	455	1230
204 class				
Hightower**	680	375	600	1655
Powell	590	330	600	1520
224 class				
Maddox	720*	430*	620	1770
Williamson	635	300	540	1475
226 class				
Dotson	705	380	650	1735
Master Division				
Weeks-45	505	265	550	1320
Staten-48	350	265	420	1035
Young-47	290	245	405	930
Murray-43	- - -	- - -	- - -	- - -

* Institutional Record. * Best lifter light, ** Best lifter heavy. This has been one of L.C.I's best competitions. We'd like to thank all the judges and the lifters for a well presented meet. We look forward to our up-coming U.S.P.F. meet which should be some time in January of 1993. From the home of the L.C.I. Flyers, more power to ya!! (Thanks to Willie 'the wiz' Hightower for results)

Powerlifting USA BACK ISSUES

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

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

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

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

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

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

Jun/91... John Gamble Interview, USPF & ADFPA Collegiates, ADFPA Women's, Shoulder Rehab, Jim Witt, TOP 100 198s, ADFPA TOP 20 123s.

Jul/91...USPF Masters, Dave Pasanella, John Gamble Pt. II, Drugs & Dopes, APF Juniors, Nitrogen Balance, TOP 100 220s, ADFPA TOP 20 132s.

Aug/91...ADFPA Men's Nationals, IPF Women's Worlds, Video Training, ADFPA Police & Fire, Off Season, TOP 100 242s, ADFPA TOP 20 148s.

Sep/91...USPF Seniors, APF Seniors, More on Ed Coan, Women's Advanced Training, Ken Ufford Deadlift, TOP 100 275s, ADFPA TOP 20 165s.

Oct/91... Ken Lain Benches 655 at 242, ADFPA Deadlift Nationals, Strong Advice from Louie Slmmons, TOP 100 SHWs, ADFPA TOP 20 181s.

Dec/91... Jewish Hercules of Cleveland, Anti-Catabolic Nutrition, IPF Jr. Worlds, Death of O.D. Wilson, TOP 100 123s, ADFPA TOP 20 220s.

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.

Apr/92... Hypertrophy & Strength, IPF World Bench Press, Power Fashion Pictorial, Training Simplicity, TOP 100 181s, ADFPA TOP 20 114s.

May/92... Natural Nationals, USPF/ADFPA Collegiates, Power Strength Symposium, Russian Sports Nutrition, TOP 100 198s, ADFPA TOP 20 123s.

Jun/92... Baddest Bench in America, ADFPA Women's, Heisey Deadlifts 925, DASH Hawaii Meet, 'Love' by Dr. Judd, TOP 100 220s, ADFPA TOP 20 132s

Jul/92...USPF Juniors, Elastic Muscle Energy, Iron Game Collectibles, Tom Overholtzer, Gary Gubner, AIDS & PL, TOP 100 242s, ADFPA TOP 20 148s

Aug/92...ADFPA Men's Nationals, IPF Women's Worlds, APF - USPF - NASA National Masters, Marcus Henry, TOP 100 272s, ADFPA TOP 20 165s

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

FORTY AND RISING... "This course includes pictures and instructions which cover motivation and philosophy as well as exercises for the man forty and older. Paul wrote this after he turned forty-five because he feels that society has the wrong attitude toward aging. Every man approaching or past forty who doesn't want to give up his ambitions and goals will profit from this material. The exercises are designed especially for the older man, whether he is currently active or completely out of shape. The reader will be inspired by this publication, written by someone who feels that a person can continue a very productive life and even make his greatest contributions to society after forty." This course, noted as Item 6 in the current Paul Anderson catalog, costs $25. Priority Mail shipping in the USA would be an additional $4.50 ($6 for Canada, $25 for overseas). Book Rate - Air shipping is $3 for the USA, $6 in Canada, and $13 overseas. Book Rate - Surface shipping for the USA is $3, $3.50 for Canada, and $4 for overseas orders. Checks should be payable to the Paul Anderson Youth Home, P.O. Box 525, Vidalia, GA 30474. Orders from Paul Anderson's catalog go to the support of his youth home, especially important now that Paul's health problems preclude him from traveling the country, giving speeches in order to support his life's work with youth.

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N.A.S.A. Up-Time's United States Natinal Deadlifting Championships
4 Jul 92 - East Lansing, MI

Women		Pure Novice	
105		E. Ruiz	565
S. Douglas	265	C. Chapman	470
Master 2		Pure	
114		D. Hudak	585
A. Mullins	175	D. Crowe	500
Teen		M. Gunter	500
D. Gierer	200	T. Keller	465
132		M. Childs	420
Teen		198	
H. Vaughn	310	Teen	
Pure Novice		J. Strauss	330
C. Chapman	370	Natural	
Women		J. Maddox	580
W. Keller	55	Pure Novice	
Pure		C. Watkins	485
M. Grab	480	B. McNall	410
J. Brenner	380	Master 1	
Submaster		J. Douglas	480
M. Grab	480	B. McNall	410
W. Keller	55	Pure	
148		C. Watkins	485
Pure Novice		220	
C. Wilson	425	Pure Novice	
D. Striggow	315	P. Tate	575
B. Raymond	305	D. Forstner	510
Women		Natural	
N. Schoenebeck	280	B. Elbert	675
Submaster		P. Hollinger	555
M. Grab	470	R. Thornton	- - -
Teen		Pure	
H. Hart	340	M. Moran	615
J. Dwyer	340	R. Striggow	615
Master 1		Submaster	
S. Sher	400	R. Striggow	615
Natural		Master 1	
J. Vaugh	440	P. Hollinger	555
Pure		Master 3	
P. DeLaGarza	530	H. McEvoy	430
J. Vaughn	440	242	
S. Goss	375	Master 1	
D. Striggow	315	S. Butler	450
165		Teen	
Submaster		D. Forstner	510
G. Guthrie	525	Submaster	
Pure Novice		E. Brennan	650
G. Gable	455	D. Atherton	570
J. Johnson	275	275	
Master 1		Pure Novice	
F. Tuma	505	D. Fallis	550
G. Bartotti	410	R. VanEyck	450
Pure		G. Krueger	525
B. Fuller	295	Master 1	
N. Ray	270	B. Baron	585
181		G. Krueger	525
Natural		R. VanEyck	450
M. Raya	500	Natural	
Submaster		D. Fallis	550
E. Ruiz	565	G. Krueger	525
M. Gunter	500	Pure	
M. Raya	500	T. Steines	625
Teen		B. Baron	585
R. Carmichael	450	D. Fallis	550
B. Baron	300	G. Krueger	525
Master 1		Supers	
J. Curtin	495	G. Manson	510
T. Keller	465		

Teams: PowerHouse-Port Huron; Powerbuilders-Jackson; Mario's Gym-East Lansing; Team Canada. Held at Park Inn International, the contest was very successful with 61 lifters competing on the Fourth of July - outside. The weather was cooperative and in the 70's. Partial sponsors were: Up-Time, Goff's of East Lansing (refreshments), and Pizza Hut (food for the personnel). Up-Time provided supplements and tank tops and t-shirts. The competition was drug-tested utilizing urinalysis. Results will arrive later. Next N.A.S.A. meets - August 1 - GreatLakes State Games - and Oct. 3 - the Michigan State Meet. Tentative - December open meet. The competition was very closely contested in many categories making for an exciting competition. Thanks to: N.A.S.A. National referees Manuel Rosas, Bill Brown, and Walt Ailles. Loaders: Bob Rosas and Ty Mericle - members of East Lansing High School football state champions. Thanks to Shawn Mendenall for her expertise in the scoring. Thanks to Stu Schweigert of Olde Towne Gym in Saginaw for the use of the weights and to the lifters for their continued support of this competition. Good to see the same faces over and over and enjoying the drug-free atmosphere. Many state and meet records were established today under the watchful eyes of 3 national referees and one international referee. Susan Douglas of Jackson, Michigan performed superbly at her bodyweight. Amy Mullins is a 57-yr old lifter who lifts well - she always provides her own transportation. She drives in on a large motorcycle. What a woman!! Danyele Gierer did well in her first competition. Hope to see more of her in the future. Former ADFPA North American champion and last year's champion Mark Grab of Mario's Gym lifted well again with a 480 missing his next attempt at over 500. Lansing resident Craig Chapman performed well with 370. Teen Holly Hart (16) surprised us all with a 1st attempt of 300, weighing 135, finishing with 340! Petronilo DeLaGarza exceeded all with a 530. He will be traveling to Spain in August to compete at the World's Fair. Submaster Greg Guthrie bested everyone with 525 missing 550 twice, once with what looked like an extremely close call by the referees (2-1). National Master Champion, Frank Tuma, of East Lansing (Mario's Gym) repeated as champion with 505. Enrique Ruiz, born in Puerto Rico, took high honors with 565, well ahead of everyone else. John Maddox was also well ahead of all competitors at 580, missing 620 twice. Natural Brian Elbert did well with 675, missing 700! Mike Moran and submaster Randy Striggow went at it toe-to-toe, attempt for attempt, each finishing with 615 but young Mike weighing lighter thus claiming honors. Great contest!! Next year, again, fellows! Ed Brennen bested all with 650. Ted Steines from Wisconsin bested all with 625. Master Bill Baron did well with 585. Super-George Manson lifted 510 missing 540 for Mario's Gym. (Thanks to Mario Torrez for providing results of this meet).

BCPA Chilliwack Open (KG)
14 Jun 92 - Chilliwack, BC, Canada

Women	SQ	BP	DL	Total
56.0 kg				
L. MacDougall	92.5	57.5	117.5	267.5
J. Kaplanchuk	85	52.5	112.5	250
S. Deyoung	77.5	45	110	232.5
56.0 kg				
T. Hargreaves	130	77.5	150	357.5
P. Ling	110	57.5	140	307.5
Men				
67.5 kg				
B. Brothers	190	120	215	525
75.0 kg				
M. DeYoung	187.5	142.5	220	550
D. Reynolds	207.6	110	227.5	545.5
B. Davis	192.5*	102.5	230*	525*
M. Perry	167.5	135	185	487.5
H. Phagoora	162.5	107.5	175	445
B. McKim	157.5*	115*	170	442.5*
82.5 kg				
L. Faedo	205	157.5	227.5	590
S. Soetisna	152.5	92.5	210	455
J. Meredith	142.5*	112.5	137.5	293.5
90.0 kg				
M. Danso	245	160	270*	675
R. Doern	230	140	220	590
B. Phillips	215	135	230	580
J. Allard	227.5	135	212.5	575
J. Wolbers	137.5	120	182.5	440
I. Gregson	- - -	140	- - -	140
100.0 kg				
S. Mueller	255*	147.5*	227.5	630
110.0 kg				
K. Mowat	265	187.5	222.5	675
B. Hicks	250	152.5	250	652.5
M Ellis-White	242.5	140	260	642.5
125.0 kg				
R. Rousseau	275	165	295	735

4th attempt records - Sigmund Mueller - squat 267.5, BP 150.0. * B.C. Provincial records. The meet made some tense moments for director Pat Ling when a picket line forced a change in venue the day before the contest! The organizational skills of Pat and her assistants (including husband Larry) are obviously exceptional as she successfully changed venues and went on to compete in a very well run and exciting meet. As if they had not done enough, Pat and Larry hosted a barbecue for all competitors, officials and volunteers at their home after the event. A fantastic job Pat and Larry! (Thanks to Chris Robb for providing *PL USA* with these meet results).

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VIDEOTAPES

ADFPA Men's Nationals
6,7 Jun - Fridley, MN

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U.S.P.F. Lifetime Natural New York City Open BP & DL
21 Jun 92 - N.Y., N.Y.

Bench Press		Masters			
148 Junior		K. Stanley	270		
J. Anteby	260	275			
165 Teen		J. Duggan	425		
M. Dunn	265	Deadlift			
Open		148			
M. Meyer	290	Junior & Open			
181 J Novice		A. Gentile	390		
L. Reyes	225	165			
198 Junior		M. Meyer	440		
M. Isom	315	181			
Open &		R. DeLitta	430		
Submaster		198			
L. Licandro	300	Open &			
Masters		Submaster			
J. Guadagno	265	L. Licandro	500		
220 Junior		220 Open			
M. Todd	280	T. Sobel	650		
		275			
		J. Duggan	600		

This was an exciting contest. The U.S.P.F. has returned to New York City and has several shows coming up in and around the Big Apple, including the Lifetime Drug-Free National Deadlift Championships in December. Natural competition is the way to go. All the lifters and helpers did a fine job and it was heart warming to see them pulling for each other. As usual, Mike Meyer was a great help and provided free donuts to the competitors. How does a guy get so strong on donuts, Mike? Anthony Gentile is another lifter who promoters dream about. He brought over a dozen people to watch and did some great lifting too. The teenage and junior lifters all displayed tremendous potential and the veterans were very helpful, even though some took only token lifts. The bench presses made by Jeff Anteby (junior 148) and Mike Dunn (teen 165) and the deadlift made by Anthony Gentile (junior 148) exceed the U.S.P.F. natural New York records in their divisons. Hopefully they will enter full powerlifting meets in the future to get official credit for them. (meet results provided by Artie Margulies).

CDFPA Canadian Nationals
13 Jun 92 - Taber, Alberta (kg)

Womens Div	SQ	BP	DL	Total
52.5 kg				
L. White	100	52.5	137.5	290
58.5 kg				
P. Turcato	117.5	60	135	312.5
63.0 kg				
L. Wiebe	117.5	60	160	337.5
K. Ozga	115	50	135	300
80.0 kg				
T. Burkey	112.5	65	160	337.5
L. Erho	125	60	137.5	322.5
Mens Div.				
60 kg				
R. Pasquotti	170	90	190	450
J. Crosbie	100	75	150	325
67.5 kg				
E. Boyt	115	87.5	142.5	345
75 kg				
D. Loster	170	100	182.5	452.5
H. Kovac	160	97.5	192.5	450
P. Karr	142.5	82.5	210	435
82.5 kg				
C. Thomas	245	130	255	630
S. Reade	227.5	137.5	260	625
M. Kern	215	150	240	605
J. Bedford	177.5	137.5	230	545
D. Nikoleychuk	190	100	215	505
90 kg				
T. Pickeral	250	145	250	645
D. Pinder	185	125	182.5	492.5
T. Fryer	137.5	100	175	412.5
100 kg				
J. McMurren	210	150	227.5	587.5
M. Young	227.5	140	200	567.5
K. McCinnis	182.5	122.5	242.5	547.5
H. Ward	207.5	130	200	537.5
K. Osen	190	130	215	535
S. Mahar	195	117.5	200	512.5
B. Wright	147.5	112.5	190	450
110 kg				
R. Sparks	300	165	295	760
T. Sawchuk	252.5	152.5	230	635
A. VanDrimmelen	212.5	142.5	257.5	612.5
T. Sharun	195	155	205	555
T. Gerla	210	115	210	535
125 kg				
S. Urano	310	185	285	780
T. Loewen	185	155	230	570
SHW				
B. Simpson	300	152.5	227.5	680

Best Lifter: Women Laura White. Best Squat: Women Pam Turcato., Best Bench: Women Laura White. Best Deadlift: Women Laura White. Best Overall lifter: Randy Sparks., Lightweights-Cam Thomas, Heavyweights Randy Sparks. Best Squat Men Stew Urano, Best Bench, Men Stew Urano, Best Deadlift Men, Randy Sparks. (Thanks to Randy Sparks for providing results of this contest).

Augusta Bench Press Classic
30 May 92 - Augusta, GA

Teenage Div.		220	
L. Briggs	280	A. Robinson	345
A. Robinson	345	M. Stratford	240
J. Pruitt	275	242	
H. Faulkner	185	S. Green	400
D. Thompson	145	S. Soper	380
C. Cratic	135	B. Freeman	375
Womens Div.		K. Firster	325
N. Morrison	145	275	
D. Stachouliak	150	D. Bridges	400
J. Bounds	115	J. Striggles	400
G. Zorick	125	L. Atkins	285
Masters(over35)		Open	
L.W. Div.		114	
J. Barnes	350	L. Burgamy	215
D. Thompson	285	132	
D. Kitchens	250	J. Sanders	160
Masters(over35)		148	
H.W. Div.		C. Cratic	135
J. Striggles	400	165	
D. Bridges	400	G. Warr*	470
L. Keyes, Jr	370	Sa. Lee	390
B. Freeman	375	K. Glover	355
Novice Division		R. Haynes	345
123		181	
D. Thompson	145	G. Jackson	455
132		J. Haynes	400
J. Sanders	160	B. Mabos	395
148		W. Simmons	385
C. Cratic	125	198	
165		W. Thompson	430
S. Lee BL	390	B. Nimmons	425
M. Soong	260	A. Whisenant	375
D. Kitchens	250	D. Walker	370
181		220	
J. Haynes	400	J. Thompson	445
B. Mabus	395	T. Stevens	370
J. Hall	335	242	
B. Phillips	330	S. Nimmons BL	600
198		G. Sutton	520
A. Whisenant	375	B. Freeman	375
D. Walker	370	275	
B. Outlaw	350	D. Hammond	500
G. Levi	350	J. Striggles	400
		L. Atkins	285

Greg Warr made 485 lbs. but his buttocks came off the bench. (results courtesy of Randall Kea)

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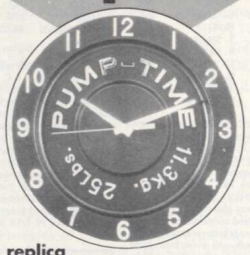

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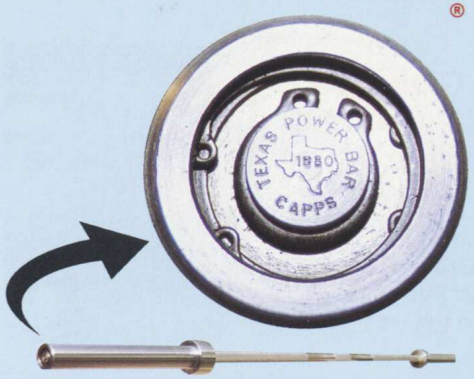

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12 SEP, ANPPC Drug Free Eastern USA (teen, women, men, masters, team) Tracy Johnson, Lancaster Health Club, 1319 Millersville Pike, Lancaster, PA 17603, 717-397-8623.

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, CDFPA Chilliwack Open, Hugh Ward, 46150-A Yale Rd. E., Chilliwack, BC V2P 2P1 Canada

19 SEP (new date), 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.

19 SEP, Power of the Planet (open, womens & high reps) Rick Fowler, 725 - 27th Pl., Granite City, IL 62040, 618-451-9856.

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 Harnsher, 657 South Ohio Ave., Columbus, OH 43205, 614-645-4809 2-8pm

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 (new date), 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.

26 SEP, California ADFPA Squat, Doug Carroll, The Weight Room, 3535 Industrial Dr. Bldg. 2, Santa Rosa, CA 95403, 707-571-8441.

26 SEP, MCI Norfolk Prison Postal Sr. Meet, Rec. Supervisor, Paul M. Cruz, Box 43, Norfolk, MA 02056, 617-668-0800 ext 115.

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 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, 4th Annual Florida State Squat/ Florida State Record Holders Bench Press Championships, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 813-687-6268.

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, Powerhouse Outdoor Bench Press (weather dependent) Powerhouse Gym, 947 Rt. 1 & 9, Rahway, NJ 07065, 908-388-5438.

3 OCT, NASA Michigan State, Mario Torres, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.

3 OCT, ADFPA Hawk Country Open (men, women, teen, master, grand master) Bill Ormundson, 4063 Ugstad Rd., Hermantown, MN 55811, 218-729-9532.

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 Texas Regional (Dallas) Richard Peters, Box 735, Noble, OK 73068

10 OCT, Fox Valley Bench Press Open, Frantz Sports Center, 60 S. Broadway, Aurora, IL 60505, 708-892-1491.

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

10 OCT, 3rd Fall Classic BP and/or DL (men, women, teen, master) Kirk Kujawski, 02936 Jaquay Rd., Boyne City, MI 49712, 616-582-7573.

10 OCT, 1st Most Massive Bench Press (touch'n go) Mass Production Gym, 21 W. Main St. Mini-Mall, Cobleskill, BY 12043, 518-234-9148 or 8399 (John Schmitz).

10 OCT, ANPPC Drug Free Southern USA (teen, women, men, masters, team) Steve Richard, 1245 Lions Club Rd., Scott, LA 70583, 318-261-1327.

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

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

Saturday, November 21, 1992

11th annual ADFPA Fall MidAmerica Bench Press, Deadlift, Iron Man Extravaganza

ADFPA Iowa Powerlifting Championships

This is a contest put on by lifters for the enjoyment of those of you who want to compete in a legitimate drug free contest. Featuring sculptured trophies, championships belts, and 4 & 3 foot trophies. Division for both meets - 3 year drug free, lifetime drug free, novice, women, masters, teen

For More Info - S.A.S.E. to LIFETIME FITNESS, 4041 - 11th Place, Des Moines, Iowa 50313

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

1 November 1992

2nd Annual Eastern Ohio Bench Press and/or Deadlift Championships

Full weight classes in all divisions: 2 teen classes (13-16, 17-19), masters, submasters, novice, open, women

1st place trophies - 25"

Kerry DiDomenico
234 Alfred Dr.
Wintersville, OH 43952
614-264-4805

10 OCT, New Jersey Bench Press, Mike Chamik, 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, 1st Bernalillo Country Parks & Rec USPF Open (men, women, masters, high school, bench press) Steve Garcia, 620 Lomas N.W., Albuquerque, NM 87102, or Jeff Maddy 505-831-1430.
11 OCT, (new date) 1st APF Butler Dare to Compare Bench Press - Deadlift Challenge (open, masters, teen - sculptured trophies) Matt Berkman, 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 Bemis 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, Iron Island APF Open Deadlift, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014.
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)

1st Annual
MASON DIXON
Bench Press
Championships
26 September 1992
Open, Novice, Women
Masters 35-45, 45 & over
Sculptured Trophies
5 ft. Best Lifter Trophy
Ricky Dotson
or Barry Walter
Peak Physique Gym
310 Lincoln Way
New Oxford, PA 17350
717-624-4940

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, World Gym Dedham Bench Press Classic #3 (open, women, teen, submaster, masters, grand masters) Bob Kaufman, 215 Weatherbee Dr., Westwood, MA 02090, 617-329-8087.
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, World Tour Promotions/ Tasmanian Devil Promotions Bench Press & Bodybuilding Championships, Ritchie Creevy, Box 2552, Malibu, CA 90265, 818-889-0026 or 209-251-4239.
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, 30174 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 J1X 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, 5197 th 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
25 OCT, APF/WPC Central Plains (open, novice, police) Gary Baum, 60 S. Broadway, Aurora, IL 60505.
25 OCT, USPF/ APF Great Northwest, Gus Rethwisch, Box 5292, Bend, OR 97708, 513-389-3818.
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, 11th Mountaineer Bench Press, Universal Health Club, 808 B St., St. Albans, WV 25177, 304-722-6341.
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.
1 NOV, ADFPA Human Draft Horse Bench Press/ Deadlift, Richard Mezoff, 104 N. 39th, Seattle, WA 98103, 206-632-3821 eves.
1 NOV, 2nd Eastern Ohio Bench Press and/or Deadlift (teen, master, submaster, novice, open, women) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805.
5,6,7 NOV WPC Worlds (Stone, England), Ernie Frantz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491.
7 NOV, ADFPA Bench Press Challenge, Brenda Owens, St. Johnsbury Academy Fieldhouse, St. Johnsbury, VT 05819, 802-748-8683.
7 NOV, 5th Fort Monroe Open Bench Press (open, masters, women) Jeanette Coffman, PO Box 401, Fort Monroe, VA 23651, 804-727-3090.
7 NOV, APA Indiana State Bench Press (open, novice, women) Mike Dunmire, 310 N. Peterman Rd., Greenwood, IN 46412, 317-888-4389.
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 - Slam, 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, USPF Washington Open (men, women, class II, teen, master) Toby Huyber, 1210 Auburn Way North, Suite 175, Auburn, WA 98002 or Vince's Fitness Center, 206-259-3797
7,8 NOV, USPF/APF Hawaii State, Gus Rethwisch, Box 1838, Pearl City, HI 96782, or 513-389-3818.
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, Glass Capital Bench Blast (open, men, women, masters, teen) The Firm, 806 Starr Ave., Toledo, OH 43605, or Jim Momany 419-697-0767.
8 NOV, 3rd ADFPA Ohio Open Bench Press and/or Deadlift (teen-masters-women) Kings Gym, 24748 Aurora Rd., Bedford Heights, OH 44146, 216-439-5464.
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, 212-876-8373 or 914-328-7726.
14 NOV, ANPPC Drug Free United State Bench Press (teen, women, men, master, team) Bill Jackson, Tigers Golds Gym, Route 9W Bypass, Kingston, NY 12401, 914-338-2887.
14 NOV, 8th Eastern American Bench Press (open, over 40, women, novice, teen) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 404-474-2633.
14 NOV, NASA Nicholas Fitness Center Bench Qualifier and/or Deadlift (Summersville, WV) Greg Van Hoose, 1116 Locust Ave., Fairmont, WV 26554, 304-363-4345.
14 NOV, 4th Annual Central Pennsylvania Bench Press (men, women, teen, masters, submasters) Chip Aumiller, 166 Pheasant Valley Rd., Lewiston, PA 17044, (day) 717-242-1223 or (eves.) 543-5383.

DECEMBER 12, 1992

ADFPA EAST COAST CHAMPIONSHIPS

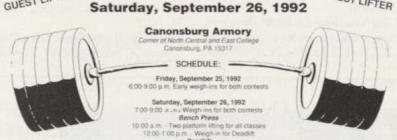
Men
Masters
Women
Teens

Contact
Craig Safran
PO Box 4065
Bayside, NY 11360
(718) 224-3649
or
(718) 357-3533

PRINCE'S
THIRD ANNUAL EAST COAST BENCH PRESS & DEADLIFT CHAMPIONSHIPS

GARY HEISEY GUEST LIFTER — GARY HEISEY GUEST LIFTER

Saturday, September 26, 1992



Canonsburg Armory
Corner of North Central and East College
Canonsburg, PA 15317

SCHEDULE:

Friday, September 25, 1992
6:00-9:00 p.m. Early weigh-ins for both contests

Saturday, September 26, 1992
7:00-9:00 a.m. - Weigh-ins for both contests
Bench Press
10:00 a.m. - Two platform lifting for all classes
12:00-1:00 p.m. - Weigh-in for Deadlift
Deadlift
2:00 p.m. - Two platform lifting for all classes

APF SANCTIONED — APF SANCTIONED

DIVISIONS:
Open, Master, Teenage, Women's

WEIGHT CLASSES:
114 123 132 148 165 181 198 220 242 275 SHW

ENTRY FEE:
$25 for one contest and $30 for both contests.

TROPHIES:
Open Division - Top 5 places in each weight class for both contests
Masters - Top 5 places for both contests
Teenage - Top 5 places for both contests
Women's - Top 5 places for both contests
Sculptured trophies will be presented to first through third in all open divisions
Three sculptured trophies will be awarded to an Outstanding Lifter in the Bench Press, Deadlift, and the Women's Division.

FOR FURTHER INFORMATION OR AN APPLICATION PLEASE CONTACT: MARK PRINCE at PRINCE'S GYM (412) 745-0640

GARY HEISEY

will be on hand to conduct a Question & Answer session on Deadlifting.

SPONSORED IN PART BY:
BOSS

3 October 1992
World of Fitness Classic
USPF Drug Tested
NATURAL & PURE

TODD MONROE
3011 S.R. 59
Ravenna, OH 44266
216-296-9956

or PAT LEONTI
216-699-5497

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 Corley, 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 6OD, 021-426-5066 - 788-0488, Fax 021-788-0480.
21 NOV, USPF Gulf Coast and Mississippi State Bench Press, Gold's Gym, Box 2326, Gulfport, MS 39505, 601-863-GOLD.
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 Henderson YMCA Bench Press Classic, Larry Robinson, 1925 Ruin Creek Rd., Henderson, NC 27536.
28 NOV, NASA Arizona Regional (Phoenix) Richard Peters, Box 735, Noble, OK 73068
28,29 NOV, NASA Masters & Submasters Invitational, Earl Davis, 16939 S. Jodawe, 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, NASA Baltimore Bench Press Championship (pure, pure novice, natural, women, teen, submaster, master I & II), Karen Marbury, 110 Enchanted Hills Rd. #304, Owings Mills, MD 21117.
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
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, 11856 1/4 Balboa Blvd., Granada Hills, CA 91344, 818-366-5928.
8-10 DEC, IPF World Bench Press Championships, Lin Say Chang, No. 12 Lane 106, Sec. 3, Min-Chuan Rd., Taipei, Taiwan, R.O.C. (02) 716-9851 FAX (02) 712-1646.
12 DEC, ADFPA East Coast Championships (men, master, women, teen) Craig Safran, Box 4065, Bayside, NY 11360, 718-224-3649 or 357-3533.
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, 2nd FOP Lodge 29 Bench Press (men, women, teen, master), Sgt Mike Ferrantelli, 10200 Central Blvd., Land o Lakes, FL 34369, 813-996-6982.
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.

1992 U.S.P.F WASHINGTON OPEN
POWERLIFTING CHAMPIONSHIPS

United States Powerlifting Federation Sanctioned
Men, Women, Class II, Teenage & Masters
November 7th & 8th
Presented By:

VINCE'S FITNESS CENTER

And
THE NORTHWEST GYM NEWS

Sponsored By:

Team Award By:
GIORGIO'S GYM EQUIPMENT
SPOKANE, WASHINGTON

MAC TEXAS POWER BAR

CRAIN'S MUSCLE WORLD

Special Best Lifter Awards by Inzer Advanced Designs
Awards For Best Bench, Squat and Deadlift

INZER ADVANCE DESIGNS
We Make Power Gear A Science

SPECIAL TEAM AWARD
1ST PLACE TEAM ENTRY WILL BE AWARDED AN OLYMPIC BENCH PRESS BY GIORGIO'S GYM EQUIPMENT & AN ORIGINAL TEXAS POWER BAR BY MAC BAR BELL

For more Information Call Vince's Fitness Center (206) 259-3797

3 October 1992

4th Annual Florida State Squat Championship

(1st time Monolift System)

Florida State Record Breakers Bench Press Championship

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

BEAUTIFUL SCULPTURED TROPHIES

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, Tri-State Winter Classic I Bench Press and/or Deadlift, Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805.
13 DEC, CDFPA Winter Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada, V2P 2P1, 792-8014.
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)
19 DEC, MDSA Sultan of Squat (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
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
20 DEC, 2nd ADFPA Dumbarton Deadlift Open (open, masters, women masters, teen, entry deadline 12 Nov) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207, 410-944-2866
DEC, 9th Southeastern Cup, Buddy Duke, 201 N. Burwell, Adel, GA 31620, 912-896-3988.
16 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.
24 JAN, CDFPA January Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
30 JAN, NASA Arkansas PL/BL/Special Olympics (pure, natural, women, teen, master 1 & 2, submasters) Don Skills, 314 MWRS/MWMP, Little Rock AFB, AR 72099, 501-988-7716 or Larry Kye 988-6000 or 982-7668.
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 Tresilley, 324 Washington Ave., Oshkosh, WI 54901, 414-236-3390.
14 FEB, ADFPA Connecticut State Open (men & women's open, teen, masters) Stamford YMCA, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000 or Lloyd Weinstein 203-847-9610.
20 FEB, Minnesota Open PL & BP, Mike Mitchell, 2434 Prior Ave. N., Roseville, MN 55113, 612-636-1524.
21 FEB, CDFPA Ward's Class II, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
27 FEB, USPF M/W Oklahoma State Open PL/BP/DL, James DeHaven, 540 W. Main, Norman, OK 73069, 405-366-0199.
FEB, WDFPF North Americans, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-562-9692.
13 MAR, MDSA Super Squat Nationals (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
13 MAR, MDSA MN Monster Bench Press (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
13 MAR, Beast of the Northeast VI BP/DL (open, masters, teen, women), Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442.
13, 14 MAR, ADFPA Lifetime Drug Free Nationals, John Petroff, 13267, Windy Gate, St. Louis, MO 63146.
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, CDFPA Open Nationals, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
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
2, 3, 4 APR, USPF High School Nationals, Paul Sutphin, 2813 Marellen, Bluefield, WV 24701, 304-325-6351.
3 APR, ADFPA World Gym Bench Press Challenge II (open, women, masters, teen), Fred Kendell, 1140 Fair Oaks, Blvd. Suite 1B, Fair Oaks, CA 95628, 916-965-5545.
3,4 APR, ADFPA National Bench Press, Larry Miller, 73687 Detour Ln., Freeport, OH 43973.
3,4 APR, ADFPA National Collegiates (E. Stroudsburg Univ., Emmaus, PA).
4 APR, ADFPA Towson Bench VI Open & Wayne Detling Memorial Novice (deadline 4 Mar) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207.
10,11, APR USPF Jr. Nationals, Tim & Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.
24 APR, NASA Open Tournament, Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
25 APR, CDFPA Spring Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
APR, Iron Athlete Open (open, women, teen, junior, submaster, master), Dennis Mihaka, Rd #1, Box 174, Fultonville, NY 12072, 518-922-6143.
APR, ADFPA Women's Nationals, Linda Jo Belsito, 209 W. Nicholai St., Hicksville, NY 11801.
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.
14, 15, 16 MAY, USPF National Masters, Ronnie Ray/Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74802, 405-275-3689.
15 MAY, MDSA North Dakota State Meet (Goodrich, ND, open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
21-23 MAY, CPU Canadian Junior, Senior, Master Championships (men & women) Mike Armstrong, 6335 13 Ave., Edmonton, Alberta, Canada T6L 2E5, 403-462-7566.
29 MAY, MDSA Deadliest Deadlift in the Dakotas, Fargo, ND (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
30 MAY, CDFPA Ward's Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
MAY, ADFPA Ozark Bench Press- Deadlift (open-women, masters, novice in BP; open-masters, women in DL) Rick Fowler, 725- 27th Pl, Granite City, IL 62040, 618-451-9856.
5 JUN, MDSA MN State Meet (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
5 JUN, Idaho State Championships, Drew Wolfe, Box 12, Lemhi, ID 83465, 208-756-4878.
18,19,20 JUN, USPF Men's/Women's Nationals, Tim & Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.
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.
3 JUL, USPF & NASA United States Deadlift Championship (urinalysis), Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
25 JUL, ADFPA Baltimore Bench Open (deadline Jun 25), Brian Washington, 3506 Essex, Baltimore, MD 21207.
7 NOV, ADFPA Maryland Bench (closed, deadine 7 Oct) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207.
19, 20 MAR, ADFPA National Bench Press, Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111.
MAR, ADFPA Lifetime Drug Free Nationals, Brian Washington, 3506 Essex Rd., Baltimore, MD, 21207.
11-13 APR, (TBA) ADFPA National Collegiates, Mike Hartle, 6332 17th Ave. S., Richfield, MN 55423.
9, 10 JUL, ADFPA National Teenage, John Petroff, 13267 Windy Gate, St. Louis, MO 63146.
13,14 AUG, ADFPA National Deadlift, Bob Gaynor, 19 Sunrise Dr., Mt. Top., PA 18707, 717-823-6994 or 474-6111.
28,29 AUG, USPF Bench Press Nationals, Brian Washington, 3506 Essex, Baltimore, MD 21207.
12 SEP, CDFPA Fall Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
12 DEC, CDFPA Winter Open, Hugh Ward, 46140 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.

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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(article continued from page 9)

***Huge Chris Confessore** opened with an all time world record, and went on to try 628. (Wagner)*

His programs include flexibility and lots of running work, attention to proper nutrition, and it showed. He represented his university well with an explosively done 953 squat. Mark Chaillet and his Temple Hills group are known as deadlifters, and he did what was necessary in his best lift to drive past Detroit's Vince Villanucci. George Soto looked stronger than last year, but missed too many attempts to be a factor. I like to watch him lift and I believe he can improve with better weight selections. Basil Bozinis was there strictly for benching, and he made the teenage record that he was looking for.

Israelson, Lewis, and Gary Mitchell are huge, strong men who will only get better. Kidder squatted well, showed good ability in the other lifts, and walked with second. John Ware looked trim and fit at 308 but was way off on his squats. His total was still outstanding, though not what he expected.

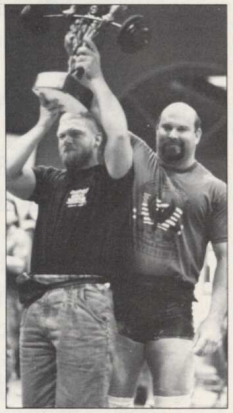
The 242, 275, and 308 lifters are huge, but the crowd was buzzing beforehand because of the really big guys. Anthony Clark was gracious enough to pick us up at the airport, and he is as nice and well spoken as he is muscularly large. He will do very well representing TOKA and his other endorsement lines. His 672 opening bench press was a joke, although world record attempts at 727 were too much on this day. He lifted an carried a Ford Escort quite a distance in front of the Pittsburgh Sports Garden the night prior to the lifting and was incredibly impressive. Jeff Huber was obviously tremendously strong, manhandling all of his attempts, but obviously high. He will be a future force. Jim Voronin continues to improve and who wouldn't with Scott Warman pushing you along?

The "show" was provided by Steve Brodsky. Instead of the flowing locks of last year, his shaved dome and exuberant manner captured everyone's immediate attention. He needed more in the deadlift, but it wouldn't have mattered. Matt Dimel appears to have fully returned from his horrible accident of a few years ago. A 903 squat may not seem like "much" (huh!) compared to the 1000 plus he used to handle, but relative to his extensive surgery, it is a miracle. He looked overpowering on his deadlifts, too, finishing with a great 821. I think his daughter enjoyed his first place award more than he did.

This was, as always, a meet that represented great lifting and great camaraderie. It was too well run to have any real problems, but this group would have pulled together to help each other out had the need arose. The paucity of injuries and fair, consistent judges, made for a wonderful weekend of lifting.

As an addendum to my article on the APF Senior National Powerlifting Championships, word must be mentioned re: the Monolift. This innovative racking device, developed by Ray Madden and his son Regan is certainly different from those racks that have come before it. The APF Masters Championships on June 6th saw the debut of the Monolift Squat Rack in a national level meet. It was well received and a decision was made to utilize it at the Seniors.

Some lifters, especially those that immediately adapted to it, were thrilled. Steve Brodsky summed it up with his statement, "This is 'IT'!". Others were less enthusiastic and some were merely bewildered. The Monolift can be used as a regular squat rack. The adjustable bar hooks move in and out manually which can be a bit cumbersome with very, very heavy weights on it as the bar has to be elevated a bit. In a contest situation, this was not a problem due to the spotters and loaders available to do this quickly, and the slides are smooth and easy to use. A very strong hydraulic rack allows for height adjustments. The lifter could take the bar from the racks, step back as is per usual, and squat, walking in to return the bar. Another option was for the lifter to take the bar, have a rack operator retract the holding hooks so that the lifter did not have to step as far, and then bring the hooks forward when the lift was completed, the lifter walking into the rack to return the weight.



***Scott Warman,** in his finest lifting moment gave up the Best Lifter award he certainly earned to Ross Althouse, who lost his leg in a motorcycle accident, but continues to train and who helped numerous lifters at the competition.*

***Triumphant Return** to National competition by Matt Dimel (Wagner)*

The real advantage was available for those who were comfortable in setting their feet as if they were preparing to squat, not walk out, taking the weight, having the hooks retracted, and then descending immediately into the squat. With no walkout necessary, lots of energy was saved. At the completion of the lift the hooks were brought forward and the bar returned. Needless to add, this is a lot safer for the lifter and spotters too. For some, they stood with the weight, had the hooks retracted, and then altered their feet to squat but still avoided any walking out with the heavy weight.

Without a rack operator to retract and bring the hooks back to position, the rack is a very heavy duty, albeit expensive standard adjustable rack in operation. With an operator, it is a real innovation with the potential to speed meets up and reduce the potential injury risk to lifter and spotter. As more and more lifters have exposure to it in training and at meets, they ultimately will decide how widespread it's use will be. Ray Madden, the inventor, can be contacted at 222 Woodcroft Rd., Baden, PA 15005 for further information.

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(this article continued from page 11)

others. His total 1812 would most certainly test anyone on the planet.

Next came the 198's. Mike Barber is a jovial character. He caught a few ZZZ's under one of the cloth covered tables before the competition, then hopped in the Ozone Chamber after Curtis Payne took his turn and seemed to turn into an exhuberant chunk of energy. Mike reminds me of a roly-poly Ben Vereen and has an affable, happy-go-lucky personality which can be deceptive. Mike turns into a bounding ball of energy on the platform. His matchup with Don Scott was a classic. Don was born with only one kidney so when asked to provide a urine specimen he is only able to give half a sample (these are Don's own words - honest)! His mother wouldn't let him play contact sports in high school, so he joined the Marines and played football there. Once when running an obstacle course in the rain he tripped over a telephone pole and ten Marines, close behind, fell on top of him. He got a debilitating knee injury and the bone actually came through his leg. 'That is why I am a disabled veteran', he claimed.

You would have never known it on the platform. The battle between these two see-sawed back and forth. Mike squatted 639 and missed huge jumps to 683 then 711. Don managed 633 on his third, then took a 5 lb. lead with his 413 second after Mike breezed through all three benches - with a final 402. A bit overspiritied Don tried to increase his lead and missed 429. In the deadlift Scott struggled managing 628 but could not negotiate his increase to 666 for the victory. Barber, puffing and steaming inched up all three and created a new W/R 691 lbs. His total - an impressive 1730!!

The 220's was yet another exciting battle, pitting Pacifico protege Mike Rennie against mighty Johnny Graham. Rennie squatted 694, but with his unorthodox rebound style couldn't get through the sticking point with 744. Graham gained the advantage with a splendid 733 missing 749. Graham almost zeroed in the bench making 369 on his do-or-die try. Rennie took a 5 lb. lead into the deadlift with his 413 bench but missed 424. Graham opened and finished with 661, missing more and scoring 1763. Rennie pulled out the victory notching all three. The final 677 which gave him 1785.

Wayne Hammes ended up with the 2nd place award at 242. He stayed closest to Maurice Smith in the deadlift (611 to 639) but was far out classed in the first two disciplines. Smith sunk a W/R 807 squat, and stroked a 501 bench then coasted home to a 1945 total.

I was unable to return to L.A. in Ken's car so I had to catch the only flight available and missed the 275 and Superheavy action.

Scott Edmiston gave big Bill Nichols the push he needed. Bill dunked a prodigious 870.8 breaking the NASA World Record and went on to try a huge 920.4, a weight he will most certainly make in the not too distant future. Scott sailed through stopping at 782 then out benched Bill 485 to 446. Sixty one lbs. is a big defcit to overcome but someone forgot to tell Edmiston. Bill finished at 683 for a big 2000 total. Scott inched up 677 then 699 and went for the bodyweight win at 733. Too much - this time! What great competition.

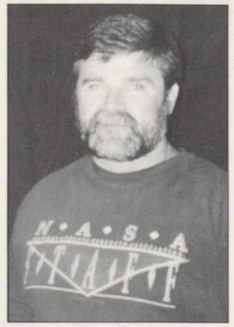
If someone told Perry Lee Thomas he would win the Supers with 1681 total he would have probably laughed. Perry saw a sure second place and drank enough water to slip into the heaviest class. Leviathan Shane Hamman seemed destined for the biggest lifts of the day. He set a Jr. W/R record with 870.8 and then broke the Jr. World Record again with 906.7, quite a drug free load. He popped 474 a bench and going for the biggest total of the meet called for 705.4 deadlift. His world championship bubble popped and with it his world title as he couldn't pull the stubborn mass of iron.

Thus ended the competition. The bench press division had it's share of powerful pec pushers. C.T. Fletcher was the strongest of the strong. He punched up a W/R 536.8 on his third and 540 on a 4th as well. He looks a lot like New York Nick Patrick Ewing only much shorter and more with much more push.

Keep up the good work N.A.S.A. I have only good things to say about this organization and kudos to Rich Peters and Co. (except for one thing, meet results unedited and late. Next day air, next time Rich. Otherwise, great job!)

N.A.S.A. Grand Nationals/Worlds 19-21 JUN 92 - Las Vegas, NV (kg)

Women	SQ	BP	DL	Total
Grand Nationals				
52.0				
I. Delgado	67.5	50	102.5	220
56.0				
G. Rosado	150	85	165	400
		4th	172.5	
C. Mavar SM	110	42.5	132.5	285
60.0				
C. Graham	112.5	67.5	130	310
S. Martin	107.5	47.5	137.5	292.5
67.5				
C. Vazquez	132.5	57.5	142.5	332.5
V. Uglesich	87.5	40	97.5	225
C. Dubois PN	95	52.5	117.5	265
V. Uglesich PN	87.5	40	97.5	225
C. Dubois MII	95	52.5	117.5	265
90.0				
L. Trahan	140	70	140	350
SH				
C. Morgan	100	60	115	375
Women World				
44.0				
H. Pischer S-R	92.5	47.5	100	240
48.0				
J. Harrison S-B	137.5	52.5	145	335
		4th	150	
52.0				
R. Benjamin S-R	130	57.5	122.5	310
56.0				
L. Denmon S-B	137.5	77.5	157.5	372.5
M. Hetzel S-R	130	82.5	150	362.5
60.0				
K. Maubury S-B	155	87.5	155	397.5
67.5				
B. Miller S-B	155	80	170	405
C. Gensler S-R	137.5	80	177.5	395
75.0				
B. Yancey S-R	200*	111*	1$75	485
82.5				
E. Brill S-B	177.5	95	160	402.5
J. Orliss S-R	157.5	85	160	402.5
90.0				
J. Dussow S-B	160*	70	145	375
SH				
V. Perry S-B	205*	117.5*	237.5*	560*
4th	212.5	4th	240	
Grand Nationals				
Men				
56.0				
B. Caston	147.5	115	165	427.5
60.0				
M. Uhle N	205	132.5	185	522.5
R. Trujillo SM	120	85	165	370
V., Madrigal T	182.5	132.5	192.5	NIL
67.5				
J. Longee T	177.5	112.5	195	485
A. Alexander MI	182.5	115	200	497.5
J. Morgan M2	92.5	82.5	125	300
K. Hoston N-P	255$	145	247.5	647.5
R. Ferron P	197.5	120	215	532.5
75.0				
L. Inamine P	245	172.5	232.5	650
R. Cirigliando N	222.5	147.5	272.5$	642.5
M. Wonyette N	247.5	127.5	260	635
A. Rafael N	245	162.5$	215	622.5
R. Cirigliando SM	222.5	147.5	272.5*	642.5
M. Wonyette SM	247.5	127.5	260	635
A. Rafael M1	245	162.5	215	622.5
B. Janes M1	- - -	137.5	- - -	NIL
J. Aguirre T	215	122.5	197.5	535
82.5				
Decrenscenzo P	297.5	160	262.5	720
C. Alnsco P	232.5	132.5	250	615
S. Seibold P	182.5	192.5	227.5	602.5
T. Jones P	200	142.5	250	592.5
A. Fonseca P	195	115	237.5	512.5
G. Leal P	182.5	102.5	227.5	512.5
K. Kanemoto N	262.5	195	222.5	680
T. Jones N	200	142.5	250	592.5
K. Kanemoto SM	262.5	195	222.5	680
J. Touris SM	232.5	137.5	230	600
T. McNeal SM	210	125	227.5	562.5
R. Tsutsui M1	235	170	190	595
F. Millian M1	225	107.5	227.5	560
G. Leal M1	182.5	102.5	227.5	512.5
T. Fitzgibbon M1	172.5	117.5	182.5	472.5
T. Jennings SM	140	82.5	142.5	365
C. Baumahi M2	160	155	185	500
Decrensenzo T	297.5	160	262.5	720
E. Swilla T	220	150	230	600
90.0				
R. Morgan P	242.5	122.5	232.5	597.5
B. Lacey M1	245	147.5	250	642.5
T. Piazza M1	237.5	155	62.5	455
F. Kendell M1	- - -	- - -	- - -	NIL
W. Arnold PN	195	115	227.5	537.5
C. Drecksel SM	287.5	157.5	272.5	717.5
R. Morgan N	242.5	122.5	232.5	597.5
100.0				
P. Camp P	262.5	165	255	682.5
K. Wood P	242.5	127.5	245	615
S. Shipley PN	167.5	135	182.5	485
B. Baranic PN	165	65	175	405
A. Meadows T	295	185	242.5	722.5
G. Hernandez T	190	142.5	200	532.5
B. Baranic T	165	65	175	405
G. Hernandez JR	190	142.5	200	532.5
K. Fisher SM	287.5	165	310*	762.5
J. Dentice SM	272.5	180	302.5*	750
		4th	321	
K. Wood SM	242.5	127.5	245	615
D. Johnson M2	272.5	152.5	262.5!	687.5
R. Corbellini M1	277.5	145	265	687.5
P. Camp M1	262.5	165	255	682.5
S. Shipley M1	167.5	135	182.5	485



***Richard Peters** with yet another big meet under his belt (photos by Herb)*

110.0				
D. Worley M1	275	137.5	272.5	685
J. Apodaca M1	215	157.5	210	582.5
D. Munoz PN	282.5	165	240	687.5
D. Gurney PN	227.5	165	242.5	635
A. Hayes T	330	145	227.5	702.5
125.0				
D. Matthews M2	175	117.5	190	482.5
D. Schaan M2	167.5	115	190	472.5
J. Twet M2	62.5	130	170	362.5
M. Philippi P	335	205	322.5	862.5
T. Ugapo	310	220	272.5	802.5
M. Fafard P	290	190	250	730
D. Dallmeyer M1	257.5	147.5	260	665
M. Fafard SM	290	190	250	730
D. Dallmeyer N	257.5	147.5	260	665
125.0+				
T. Tuatagaloa M1	257.5	190	252.5	700
Gillembardo M1	182.5	135	185	502.5
L. Hedrick M1	145	125	170	440
A. Esposito J	275	137.5	267.5	680
M. French N	287.5	147.5	272.5	707.5
R. Felimer P	297.5	207.5	310	815
C. Beltramo N	215	160	192.5	567.5
Mens Worlds				
52.0				
V. Tran US-B	190	115	210*	515
R. Auleidge US-R	150	95	157.5	402.5
56.0				
H. Nguyen US-B	205	110	185	500
D. Maez US-R	160	102.5	192.5	455
60.0				
J. Olivier US-R	210	140*	242.5*	592.5
WestbrookUS-B	252.5	110	222.5	585
67.5				
K. Scisney US-R	242.5	142.5	- - -	NIL
F. Okafor US-B	240	142.5	- - -	NIL
75.0				
K. Thomas US-B	245	177.5	265	687.5
C. Wilcox US-R	272.5	152.5	247.5	672.5
82.5				
C. Payne US-B	327.5	165	331*	822.5*
D. Cole US-R	287. 5	132.5	270	690
90.0				
M. Barber US-B	290	182.5	313.5*	785
D. Scott US-R	287.5	187.5	287.5	762.5
100.0				
M. Rennie US-B	315	187.5	307.5	810
J. Graham US-R	332.5	167.5	300	800
110.0				
M. Smith US-B	366*	227.5	290	882.5
Hammes US-R	302.5	180	277.5	760

PL USA received a phone call and two letters from associates of women entered in the world championship phase of this competition indicating dis-satisfaction with the coaching their lifters received at the meet and with the fact that no international competitors were available for them to compete with at the contest.

125.0				
B. Nichols	395	202.5	310	907.5
S. Edmiston	355	220	317.5	892.5
125.0+				
P. Thomas	275	212.5	275	762.5
S. Hamman	411*	215		

* asterisk denotes NASA World Record. Hamman's 411.0 was also a Junior W/R. Key: * women's national record, * women's world record, $ Natural National record. ¹ Submasters National Record. ² Teenage National Record, N-P Natural and Pure National record. ! Masters 2 National record. Key Abbreviations: SM - submasters, PN - Pure & Natural, M1 - Masters I, N - Natural, T - Teenage, M2 - Masters 2, P - Pure, JR - Junior.

Grand Nationals Bench Press

Women			
44			
A. James	65AW		
48		W. Tanaka	190
S. Williams	37.5	F. Dena	167.5
52		Masters I	
S. Jensen	52.5	T. Piazza	155
56		Junior	
G. Rosado	85	S. Merickel	175
Teen		M. Weil	162.5
J. Hawkins	60	P. Erno	160
60		100	
A. Bird	75	Masters I	
67.5		S. Roscoe	180
High School		P. Camp	165
S. Deck	67.5	R. Hood	
Masters I		Masters 2	
R. Ballard	65	A. Tiano	157.5
75		T. Methola	147.5
I. Ciesielski	72.5	Pure	
SHW		G. Cox	220
Masters I		D. Burrell	200
C. Morgan	60	R. Kitani	195
Men		S. Matheson	177.5
56		A. Doten	182.5
Submaster		T. Methola	147.5
B. Caston	115	E. Phillips	
60		A. Roylace	
Submaster		Natural	
R. Trujillo	85	G. Cox	220
67.5		G. Liana	152.5
Pure		C. Cooley	172.5
S. Bell	155	R. Letcher	135
T. Gelsone	152.5	M. Inoke	
K. Fukumoto	152.5	Submaster	
Submaster		E. Vdvari	192.5
B. Tralongo	142.5A	M. Davis	150
Junior		Teen	
C. Hurley	132.5	A. Meadows	185
75		Junior	
Masters I		S. Matheson	177.5
B. Janes	137.5	110	
Masters 2		Novice	
B. Escobedo	92.5	K. Blackston	202.5
Pure		Pure	
B. Escobedo	92.5	K. Blackston	202.5
82.5		D. Gurnsey	165
Pure		Natural	
K. Tate	197.5	K. Blackston	202.5
S. Seibold	192.5	Masters I	
B. Larson	185	B. Norton	122.5
B. Beebe	185	Submaster	
K. Morrison	172.5	R. Jackson	210
S. Feador	137.5	A. Moore	167.5
Pure Natural		Masters 2	
J. Miller	162.5	L. Walter	147.5
G. Prott	155	125	
M. Villarrean	137.5	Masters I	
Junior		J. Moore	187.5
G. Lomonaco	160	E. Olson	142.5
Masters I		Masters 2	
H. Berman	182.5	B. Masher	135
R. Tsutsui	170	J. Twet	130
R. Ortiz	147.5	D. Matthews	117.5
M. Villabreal	137.5	Junior	
Natural		J. Riemann	182.5
K. Kanemoto	195	Pure Novice	
S. Seibold	192.5	T. Ugapo	220
B. Larson	185	C. Sanders	217.5
B. Beebe	185	T. Filanga	182.5
Submaster		J. Dennison	
K. Kanemoto	195	Submaster	
B. Beebe	185	C. Fletcher	243.5W
S. Feador	137.5	4th attempt	245W
M. Woods	130	C. Sanders	217.5
Teen		M. Faford	190
I. Lafoon	127.5	S. Carlson	182.5
J. Johnson	127.5	S. Goday	180
90		Natural	
Pure		C. Fletcher	243.5W
P. Lewis	215W	4th attempt	245W
S. Merickel	175	C. Sanders	217.5
F. Dena	167.5	T. Filaga	182.5
Submaster		J. Dennison	
P. Lewis	215W	125+	
S. Merickel	175	Junior	
M. Weil	167.5	A. Esposito	137.5
Natural		Pure Natural	
P. Lewis	215W	C. Beltramo	160

Our thanks to Herb Glossbrenner for his report on the competition under the very tragic circumstances of Dr. Ken Sommer's passing.

(article continued from page 7)

Sorry Folks... an injured Ed Coan couldn't do it this time. (Wagner)

married some time later this year.

Tony Conyers had a 3 attempt day, more than enough to put him in second place, but to challenge the likes of Dan Austin you have to be going 9 for 9 or maybe better.

In the 165 lb. division, LCDR David Ricks, USN, journeyed from his new military station in Japan and put together another fine, consistent total. Drug testing does not bother him one bit. The newcomer in the class was Willie Grider of Georgia who missed several key attempts or he would have challenged Dave very closely. He is just bull strong, and with a bit more experience polish, he will blast well through the 1700 barrier. Dominic Sardo was very disappointed in his tough day at getting starting attempts on the board.

In the 181 lb. division it was Battle Royale, with several lifters playing key roles in various phases of the competition, but Greg Jones, another '92 ADFPA National Champion, used his bench press to forge enough of a lead over persistent Bob Johnston of the Marine Corps to win the title.

In the 198 lb. class, Sly Anderson also came over from his military duty station in Japan and actually was planning to make weight for the 181 lb. division and was halfway on his way to that goal when military team coach Sean Scully advised him that he should probably stay at 198. Still, dropping the weight affected his strength, and when he came out for his opening 688 lb. squat he missed it very badly. World champion that he is, he got up for his second attempt and made it strongly. Everyone heard Sly emotionally thank God for the successful lift. After that point, he assumed a position in the drivers seat, although Anthony Harris made some strong lifts to shadow Sly all the way to the title. Gene Bell entered the division, but his wife is expecting at his overseas station and he passed on this year's competition.

In the 220 lb. division, one of the pre-meet concerns was the lifting status of the great Ed Coan, who is serving out a drug suspension by the IPF. Controversy stormed around whether he should be allowed to lift in the Sr. National Championships and whether the lifters who competed against him and would also be banned by the IPF for doing so. To resolve the problem, Ed agreed to participate as a guest or exhibition lifter. In that case, the title was open for some of the other lifters to find a spot on the USA team. Ed's training had been going better than ever. He had done a 975 squat without the straps up on his suit and benched 585. He had done a 900 deadlift, but unfortunately it was in somewhat of a stiff legged style, and he injured a small muscle in the back of his leg. Prior to that he had been recovering from some torn rib cartilage. Unfortunately, on his initial try at a 970 squat, he re-injured himself and that took the edge off his attempt to exceed his earth-shaking lifting of last year. Handled by his close friend and wrestling superstar Doug Furnas, Ed took a considerable jump in the deadlift to 903, but could not get the bar moving with the injury. He likes the sound of 2501 as a total in next year's competition.

***Vicki Steenrod** made record breaking benches en route to the title.*

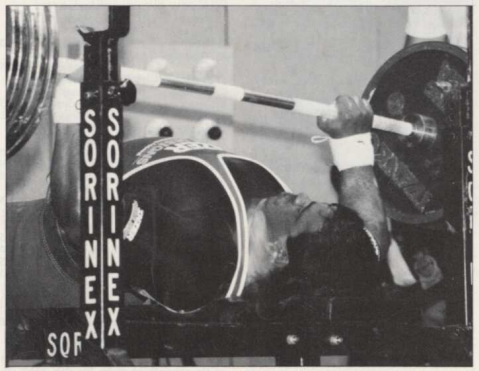
In the absence of Ed as an official competitor, Steve Goggins showed admirable coachability, going 8 for 8 until his final miss in the deadlift at 760. He had a whole lot left in both the bench and squat.

In the 242 lb. division Dave Jacoby looked extremely strong, particularly in the squat where he did not spend all the dividends his hard training had earned him. Willie Bell was unable to move a deadlift attempt, but Dave was well ahead.

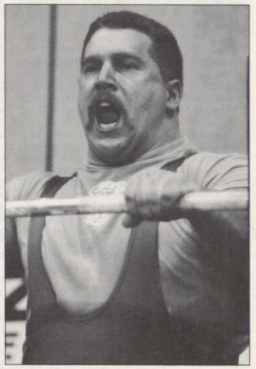
Popular Kirk Karwoski ended up winning Best Lifter for his session, verifying the confidence he brought to the meet after a 970 squat double in training. He took a 964 squat down, which looked great, but it wasn't passed and then took it down again for whites and lifted very strongly after that. He seemed very pleased with his 755 deadlift and the 2248 total he produced is a huge one, auguring well for the gold at the Worlds again.

Harold Collins, a local Lumbee Indian, had an exceptional response from the audience, especially upon his successful 617 lb. bench press and he appeared for the award presentation in full Indian headdress and breastplate. Gary Mitchell had lifted in the APF Senior Nationals the weekend before and came back to squat with not quite the power he had before, but he ended up with a nice total anyway. Teenage phenom Shane Hamman, who pops his mouth when he makes a big squat, got himself a strong third. Lou Grande and Bud Mucci got into an animated discussion on the platform and Lou was subsequently disqualified from the competition.

The Champion of Champions awards, the Best Lifters of all the Best Lifters in both men's and women's categories, went to Dan Austin and Mary Jeffrey. The Team Championship in the Women's division was won by the Bio-Muscle group that Mary lifts for with Gilly's Gym under the direction of namesake Ernie Gilbert coming in second. For the men, Sean Scully and associates should very proud of the fact that they were able to win the team title for the military once again, despite the fact that funding for many military lifting programs has been sliced or eliminated. Black's Health World finished just behind, followed by Crain's Muscle World. This excellent venue will be the site for next year's competition and I'm sure the Kings look forward to putting on an even greater Men's & Women's event in the year 1993.



***Native American Power..** Harold Collins benched a 617 (Wagner)*



***Capt.Kirk** roars out in approval after the 964 was passed. (Bert Wagner)*

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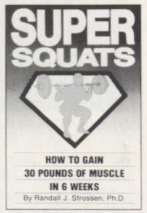

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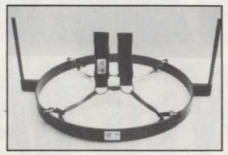

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Bulletin Board... this is the place to look for organizational news and notes // from Dr. Ken Leistner, D.C., Executive Board Member, APF, comes the following notice about the **World Cup United States All Star Team**. "The World Powerlifting Congress will host the World Powerlifting Championships in Stone, England on November 5-8, 1992. In an attempt to take the first steps towards promoting harmony among all United States Powerlifting organizations, the American Powerlifting Federation would like to extend the following invitation to interested lifters: For any female or male lifter who has placed in the top three positions in a National or World Championship meet in the past two years, an invitation is extended to apply for a position on an All Star Team of United States lifters. This All Star team will represent the United States, not the APF Team representing the United States in the World Championships, in the World Cup of Powerlifting, to be held simultaneously with the WPC World Championships. Eligible lifters from the various United States organizations such as the ADFPA, USPF, NASA, and other official sanctioning powerlifting organizations are encouraged to contact Ernie Frantz as quickly as possible. It is the goal of the APF to have a team that truly represents the numerous U.S. organizations lift against similar All Star Teams from England, South Africa, and other countries. This is a wonderful opportunity for lifters of many philosophies to share the platform and the camaraderie that comes with friendly competition. This "Best of the Rest" U.S. team will be housed and compete at the same venue that will host the WPC World Championship competition. For your opportunity to represent the United States at the world Cup of Powerlifting Competition November 5-8, 1992 in Stone, England, please contact Ernie Frantz, 60 S. Broadway, Aurora, IL 60505, 1-800-537-5532. // Coaches and blind athletes are invited to become involved in the **United States Association for Blind Athletes** powerlifting program. All that is required is a love of the sport and dedication. Matt Wahlig is the coach of the 13 member USABA Powerlifting Team, 7 of whom traveled to the 3rd World Powerlifting Championships for the Blind in Perth, Australia this past April, with all of them placing and 5 of them becoming world champions. For further information on the program contact Matt Wahlig at 314-353-5668 or the USABA itself at 719-630-0422. // Mike Armstrong, President, Alberta Powerlifting Union, has developed an IBM compatible Microsoft Excel spreadsheet program for **processing powerlifting scoresheets**. The personnel at the desk enter the lifter's name, bodyweight, best squat, bench, and deadlift and the program will total the lifts, determine the Schwartz or Malone coefficient and display the formula total for the total and each individual lift. If anyone is interested in this program, contact Mike at 6335 13 Avenue, Edmonton, Alberta, Canada T6L 2E5, 403-462-7566. // With the death of committee chair Lee Marsh, Joe Pyra has sent a message to **ADFPA Master Lifters**, "As acting chairman, I am preparing the agenda for the Masters meeting to be held at 7pm Friday, November 6th. Anyone wishing to submit an agenda item should send it to me by October 15th. According to our committee by-laws, we will also elect a chairman and four ADFPAMC members. Anyone wishing to run for these positions, please advise me in writing by October 15th, so a ballot may be prepared. I wish to take this opportunity to announce my candidacy for chairman committee member. Looking forward to seeing all my friends again. Sincerely, Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07828." //

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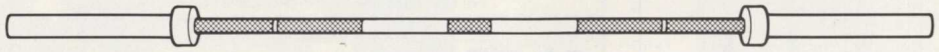

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3rd APA Concord Open
11 Jul 92 - Concord, NH

Novice	SQ	BP	DL	Total
132				
J. Coleman	275	170	335	780
M. Catlow	225	205	275	705
165				
D. Desaulniers	345	250	430	1025
181				
M. Queenan	425	270	430	1125
K. Hughes	420	250	440	1110
220				
R. Dedrick	135	270	425	830
242				
S. Simoneau	455	370	420	1245
SHW				
M. Perkins	600	340	575	1515
Submasters 33-39				
181				
W. Colby	500	275	450	1225
Masters 45-49				
181				
C. McDonald	300	200	440	940
220				
C. Hucklebury	460	290	505&	1255
Open				
132				
J. Coleman	275	170	335	780
M. Catlow	225	205	275	705
148				
J. Rand	515	275	510*	1300
165				
D. Desaulniers	345	250	430	1025
181				
R. Bailey	590	335	535	1460
K. Hughes	420	250	440	1110
198				
A. Kennard	565	350	575	1490
R. Paul	470	280	450	1200
220				
M. Donnelly	605	265	540	1410
242				
D. Hickey	800	475	710	1985$
S. Gallant	590	330	540	1460
S. Simoneau	455	370	420	1245
275				
B. Moore	725	375	640	1740

*-denotes APA Open New Hampshire Record. &-denots WPA Masters 45-49 Record. $-denotes Best Lift as determined by Schwartz Formula. This meet was held on Saturday July 11, 1992. It was judged by WPA/APA President Scott Taylor, Scott Quinn and Brad Prendergast. Anthony Sawyer ran the scorer's table for his first time, and pulled it off like a veteran. This competition marked the New Hampshire State Prison's third summer meet and was by far the smoothest run yet. The lifting was highlighted by the spectacular performance of Drew Hickey, who earned the best lifter awards as determined by the Schwartz formula. His 800 pound squat looked as easy as his opener and led the way for his near 2000 pound total. A pair of prison lifters also had fine days. James Rand could possibly be one of the strongest 'unknown' 148's in the country. With only two years of training he managed to post a 515 squat and a 510 deadlift. A 48 year old Charles Hucklebury, one of the newest members of the NHSP power team, posted a record deadlift in his first competition here, giving immeasurable inspiration to the younger lifters. The NHSP power team would like to thank all of the outside lifters for coming in to lift with us, because without that outside stimulation our program would stagnate. We would also like to thank Scott Taylor for all of the competitions he arranged for us. Last of all we need to thank all of the spotters who stayed calm through a few anxious moments, and did an exceptional job throughout the meet. (Thanks to Mark Donnelly for results). I'd like to thank Mark Donnelly for bringing outside lifters and inmate lifters together for a fine day of competition. Jim Rand (148 div), who is new to the sport, made a nice 515 squat and 510 deadlift. Great lifts for a newcomer. Drew Hickey came close to a 2000 total in the 242's. We are working on the APA Prison Nationals, which should be put together soon. Thanks to all who lifted. (Scott Taylor, President)

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

82.5 kg. 181 lb.

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from July 1991 to June 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.	655 Kantor, C..2/15/92	450 Stone, J..8/25/91	685 Meyers, T..4/11/92	1719 Jones, G..6/7/92
2.	655 Jones, G..6/7/92	424 Green, K..3/21/92	666 Jones, G..6/7/92	1675 Robinson, S..3/28/92
3.	650 Robinson, S..3/28/92	418 Thomas, W..8/3/91	650 Thomas, W..8/3/91	1668 Thomas, W..8/3/91
4.	625 Macri, M..4/18/92	418 Kanemoto, K..9/21/91	639 Ray, B..8/17/91	1640 Meyers, T..4/11/92
5.	622 Patao, V..2/29/92	415 Conaly, W..3/28/92	635 Ybarra, F..4/25/92	1555 Pilkenton, M..12/14/91
6.	620 Hughes, S..8/17/91	415 Horne, T..4/18/92	633 Szigethy, J..8/17/91	1543 Bloom, G..6/7/92
7.	615 Taghivand, B..10/19/91	410 Cieri, D..8/25/91	628 Glumac, R..8/3/91	1535 Baertlein, B..3/14/92
8.	610 Meyers, T..4/11/92	408 Register, J..11/3/91	628 Barbour, K..11/3/91	1532 Friday, S..6/7/92
9.	610 Ybarra, F..4/25 92	407 Campus, M..3/21/92	625 Pilkenton, M..12/14/91	1532 Rodacker, M..6/7/92
10.	600 Thomas, W..8/3/91	405 Cambell, D..12/7/91	625 Robinson, S..3/28/92	1530 Hughes, S..8/17/91
11.	600 Bakos, J..8/17/91	402 Ross, J..11/3/91	615 Lockett, G..5/24/92	1525 Kantor, C..2/15/92
12.	600 Baertlein, B..3/14/92	402 Friday, S..6/7/92	606 Krasowski, M..8/17/91	1520 Bakos, J..8/17/91
13.	600 Arciuolo, R..5/9/92	400 Robinson, S..3/28/92	606 Bloom, G..6/7/92	1515 Taghivand, B..10/19/91
14.	600 Bloom, G..6/6/92	400 Ford, R..4/26/92	600 Latorre, J..8/17½91	1515 Macri, M..4/18/92
15.	585 Holzgraf, S..8/17/91	400 Larchick, J..5/10/92	600 Turner, D..8/17/91	1515 Ybarra, F..4/25/92
16.	585 Pilkenton, M..12/14/91	396 Ronsini, M..2/23/92	600 Rodacker, M..6/7/92	1505 Holzgraf, S..8/17/91
17.	584 Wojtal, J..7/6/91	396 Jones, G..6/7/92	595 Wright, C..8/18/91	1500 Lockett, G..5/24/92
18.	583 O'Neal, M..5/17/92	390 Long, T..3/28/92	590 Bakos, J..8/17/91	1485 Arcinolo, R..5/9/92
19.	578 Taylor, G..3/7/92	390 Surratte, M..4/11/92	590 Kantor, C..2/15/92	1477 Patao, V..2/29/92
20.	573 Rodacker, M..6/7/92	390 Arciuolo, R..5/9/92	590 Simpson, E..2/28/92	1471 Glumac, R..11/8/91

G. SUPER DELUXE DECLINE ROMAN CHAIR $120.00

H. HYPER-EXTENSION ROMAN CHAIR $90.00

I. SUPER DELUXE NEW TYPE CURL EXTENSION $260.00

J. SUPER DELUXE BENCH PRESS with SAFETY RACKS $200.00

K. SUPER DELUXE 10 IN 1 HEAVY OLYMPIC BENCH $345.00

L. 3'' SQUARE FLAT BENCH $160.00

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