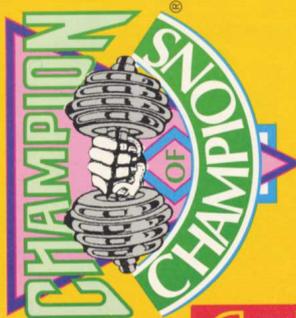
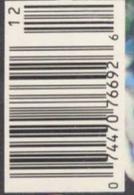


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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$26.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr., North, Suite D-216, Camarillo, CA 93010. Second-class postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: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

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## TABLE OF CONTENTS

- Volume 16, Number 5, December 1992 -

WDFPF WORLD CHAMPIONSHIPS.....Jay Siegel.....	6
TEAM USA vs. SPAIN.....George Panzak.....	10
TOP 100 FEATHERWEIGHTS.....E. Jean Lambert.....	12
WORKOUT OF THE MONTH.....Bernard Vasquez.....	17
VIC KENNEDY PROFILE.....Steve Elgin.....	18
NEGATIVE THINKING, PART II.....Biasiotto/Ferrando.....	21
LIFTING STRAPS.....Doug Daniels.....	24
WORLD'S STRONGEST MAN.....Brian Batchelder.....	26
TRAINING UNDER ADVERSITY.....Dr. Ken Leistner.....	33
RESIDUAL EFFECT PEAKING.....Greg Reshel.....	34
ASK THE DOCTOR.....Mauro Di Pasquale MD.....	36
ORNITHINE ALPHAKETOGLUTURATE.....Mark Murray.....	39
NEW WEIGHT CLASSES.....Marty Gallagher.....	40
USA ALL TIME 114 BENCH.....Herb Glosbrenner.....	69
UNCLASSIFIED ADVERTISEMENTS.....	70
COMING EVENTS.....Mike Lambert.....	77
ADPPA TOP 20 220s.....E. Jean Lambert.....	83
USPF PRESIDENT'S MESSAGE.....Sandy King.....	84

ON THE COVER... Scott Werner celebrates his breaking of the 500 lb. barrier in the bench press as a middleweight in a very unique Inzer Bench Press Shirt. See details of his achievement on page 17 of this issue. Photograph and setup at Chaillet's Fitness in Suitland, Maryland is the work of Mr. Bert Wagner.

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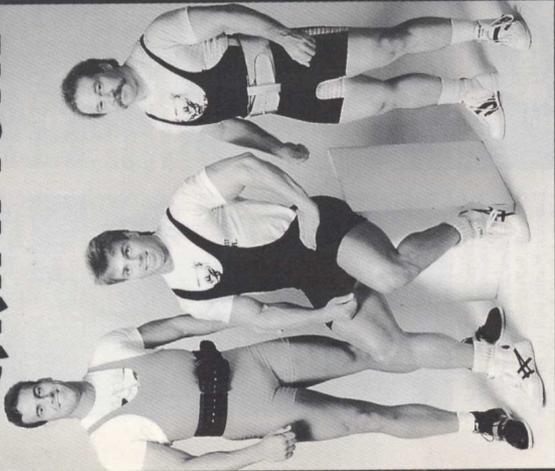
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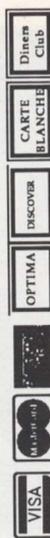


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# WDFPF WORLDS

## as told to POWERLIFTING USA by Jay Siegel

only reason I could think of. On to the lifting...

Despite some great training lifts, Doan Nguyen didn't have the kind of day he had anticipated. He could only manage openers on his way to the gold. He gave us all quite a scare by not getting his 407 deadlift opener until his 3rd attempt. France's Patrick Legard took the silver for the second consecutive year for Doan.

The 123's saw USA collegiate lifter Dave Weiss earn a world title on his very first try. Dave wasn't up to the great deadlifting he had done at the Nationals, where he won on a bodyweight, but "Slice" Weiss had a memorable stay in Derby making new friends along the way.

Former 132 pound world champion Ron Hoff had the misfortune of running into the best male lifter the rest of the world had to offer. Bernard Vincent of France powered his way to a superb 1300 total to out distance Hoff and Crooks of the host country. Vincent missed a big 552 4th attempt world record dead, on his way to a tie for third best overall lifter in the contest.

At 148 we had what looked like our first real battle of these championships. The USA's Eric Kupperstein rode the strength of his 534 squat, and Poland's Jan Wegiera, down from the 165's, used his big bench of 325 to create a tie



**Yueh-Chun Chang...** one of the many women winners for the US

The 1992 WDFPF World Championships hosted by Great Britain in Derby, England, proved to be that young organization's most successful one to date. With nine countries and almost 100 competitors, this truly was a world event. The festivities began on Friday night with a well attended social for all the lifters, coaches, and administrators. The USA definitely earned best dressed team with everyone wearing their baggy "flag" pants.

The real action commenced on Saturday morning with the men's 114, 123, 132, and 148ers lifting in the first night. Why did the men lift Saturday and the women on Sunday? I guess they do everything backwards over there. That's the



**USA WORLD TEAM...** included (bottom row, left to right) Betina Alizer, Judy Gedney, Perla Vasquez, Hueh Chun Chang, Cindy Regan, Leanne Adams; middle row, Eric Kupperstein, Ron Hoff, Doan Nguyen, Cathy Faraldo, Dave Weiss, Felecia Manganiello; back row, Andrea Sortwell, Bruce Gjermo, Shawn Cain, Martin Beavers, Steve Scialpi, Bob Dempsey, Angela Perri, and Bull Stewart. In the center, holding the official USA team jacket is ADFPA President, Al Siegel. Not all team members present. (Morrison photo)



**"Slice" Weiss won on his first try.**

Blindt, showed improvement in all of his lifts, but still was no match for Beavers. Martin built up almost a 100 pound lead after nailing 3 world record benches. How about a 407 without the use of a bench press shirt (which weren't permitted at this competition)? Martin easily had the best day of any USA lifter on his way to the Champion of Champions Award. Blindt appears headed to 181 next year.

It may not get any easier for him there as the second best lifter in the meet is 181 pound Greg Jones. 1992 ADFPA and USPF National champ Jones, down from around 190 the day before, easily earned his second world title. His 683 squat upped his own world record.

The victory parade rolled on for the USA at 198. Representing the US for the first time was the ADFPA's next potential superstar, Steve Scialpi. His squatting and deadlifting power is awesome. The day started with a world record 710 squat and ended with a crowd pleasing 779 world record deadlift. He may do a drug-free 2,000 at 198. Jan Lukka of Poland lifted a European deadlift record 683 on his way to the silver.

At 220, "Mr. Consistency" Shawn Cain added another title to his collection. Shawn was winning through the entire contest, but was being pushed by France's Cyrille Maree along the way. When Shawn missed his opening deadlift on a technicality, he wanted to raise on his second attempt, much to the chagrin of the USA coaches. Luckily, Frank Caramico saw to it that Shawn first won the "@#%&" meet

before adding any weight. Shawn repeated, then tried the big PR 744, which he barely missed. The battle for the bronze was won by the entertaining Les Pilling (tastes great).

The final fight on Saturday brought us our first upset of the world competition. No, it wasn't multi-world champion Andrew "Bull" Stewart of the US; Bull wasn't threatened as he coasted to a world record 760 deadlift and another world title. Bull and 132 pounder Vincent third best lifter overall. CDFPA President Randy Sparks lifted well for the silver.

The favorite at 275, "on paper", was returning World Champion Bruce Gjermo of the US. Fortunately for big Phillippe Barbara of France, titles aren't earned on paper. Gjermo wasn't "on" like he was at the Nationals this past year, and Barbara was right there to apply the pressure. Gjermo struggled to a 5 kilo lead after the benches. Barbara



**Eric Kupperstein finished up nicely.** (photos by Cary Morrison)

didn't miss a deadlift and eventually won the class by 7.5 kilos. In fairness to Bruce, he pulled what looked like a potential winner, but it was turned down. For no apparent reason.

### WDFPF World Championships

26,27 Sep 92 - Derby, GB (kg)

CLASS	SQ	BP	DL	Total
Men				
Nguyen US	185	105	185	475
Legard FRA	165	80	195	440
123				
Weiss US	170	112.5	200	482.5
Hoff UK	155	75	190	420
Vincent FRA	225	120	245	590
Hoff US	155	120	202.5	535
Crooks GB	150	87.5	175	412.5
148				
Wegiera US	342.5	125	255	622.5
Great Britain	200	142.5	240	607.5
Spice KR	210	115	265	590
Jainai POL	215	145	227.5	587.5
165				
Beavers US	285	182.5	262.5	730
Blindt GB	270	175	227.5	672.5
Duburn	215	130	220	615
Kucerka	215	130	240	585
Adlam	200	130	215	575
111				
Mikulayik	200	120	250	570
119				
Coates US	310	180	285	775
Oakley	275	127.5	290	692.5
Boufiane	270	135	250	655
Vaughan	242.5	140	260	642.5
Roade	215	132.5	285	617.5
139				
Carroll	225	122.5	190	417.5
198				
Scialpi US	322.5	155	337.5	815
4th				
Luka POL	280	172.5	310	762.5
10th				
Blindt	210	130	177.5	517.5
Handala	265	155	260	710
Jos GB	265	152.5	280	702.5
Kepla POL	255	155	290	700
Amhler GB	255	157.5	252.5	665
210				
Macne	310	182.5	292.5	792.5
292.5				
Pilling	295	170	285	750
Frouler	285	165	300	750
Adams AUS	230	135	227.5	592.5
140				
Murten	215	140		
242				
Stewart US	345	210	345	900
Sparks US	300	155	285	740
Tudor GB	277.5	185	267.5	730
West IRE	272.5	152.5	285	710
150				
Black	215	135	227.5	577.5
Hall POL	215	140	220	575
275				
Barbara	355	205	317.5	877.5
Regan USA	185	120	175	480
Briggs AUS	175	85	170	430

Big Bob Dempsey, the US representative at 319, wasn't entirely healthy for this meet, and it certainly affected his total. He did manage a world record 479 bench press to go with his world championship.

Last year's silver medalist at 319, Howard Thomas, moved up to the Supers to get away from Dempsey. The move proved to be an intelligent one as Thomas increased his total from last year and more importantly increased his spot in the medals by one.

The long first day of lifting ended with the US bringing home 9 gold and 2 silver.

The second day of lifting didn't exactly get off to a rousing start for the US when the women took over. At 97, reigning world champ and world record holder Judy Gedney couldn't get a squat on the board. I'm sure this unexpected result won't happen again any time soon.

104 pound Suzanne Brooker had a great day of lifting in earning a world title for Great Britain. She set world records everywhere but the deadlifts as she was too much for the US's Perla Vasquez. Perla didn't have as good a day as she is capable and will be more of a factor in the future.

Another world record setting performance was turned in at 111 by the US's Yueh-Chun Chang. She wasn't up to her awesome lifting of the past Nationals but still won her class by over 100 kilos! Could be a dynasty emerging. Her day was dominated by over 100 kilos! Could be a dynasty emerging. Her day was dominated by over 100 kilos! Could be a dynasty emerging.

Great Britain's Annette Blindt at 116 accomplished what her husband Adrian couldn't do the world before, she defended her world title. Her great benching more than made up for the deficit she had after the squats. Second went to Felicia Manganiello who squatted well, but wasn't healthy enough to really push Blindt. Felicia did a great job in outfitting the entire US team with the help of some sponsors she found.

Leanne Adams got things rolling in the 122's by squatting a 347 world record. She finished by missing a huge 402 deadlift. In between, she did world records of 380 in the deadlift and 876 in the total. Also doing some impressive lifting was silver medalist Edith LeWoutec of France. She added to her own previous world record total, but it still wasn't enough to unseat Adams. After a slow start the US had earned their first gold of day number two.

The second gold of the day and the second highest total of the day all belonged to the US's 129 pound representative, Betina Alizer. On her way to a 970 total, she hit a

great world record bench of 225. As in Australia the previous year, Betina earned the women's Champion of Champion's Award.

The largest and most hotly contested class of the entire two day event was the 139 pound women's class. 50 pounds separated the top six lifter while three women had a very legitimate chance of winning the gold. Included in those three were current world champ Joanne Edwards of Australia, world deadlift record holder Raymond Cadres of France, and US National Champ Cathy Faraldo. Faraldo's superior bench pressing gave her a small but not insignificant lead.

Complete one deadlift left the door open. First, Cadres had her chance. She made an attempt at the winning deadlift, but couldn't pull it off. One down - one to go. We all held our breath as Edwards prepared to go for the win. I don't know if it was a mis-calculation or what, but Edwards called for 2.5 kilos more than she actually needed. That may have proved to be her downfall, as she just missed locking out what would have been the winner. Gold to Faraldo.

At 194, returning champ Andrea Sortwell kept the winning streak going the US's way. She had a set for nine day and seemed to get stronger as the day got older. She finished by smoking all three deadlifts. The tussle for second between Ely Millington of Great Britain and Myrian Jarembowski of France wasn't decided until the final deadlift. Jarembowski didn't have enough and had to settle for the bronze.

Belgium entered one lifter in the contest and brought home one gold medal. It was 176 pounder Laurence Morale, whose bench pressing led her to victory over the US's Angela Perri. Perri, who was leading after the squats, was a last minute alter-



**Greg Jones - both a USPF and an ADFPA National 181 lb. champ.**

saw two familiar names in current world champions Cyndi Regan of the US and Carolyn Briggs of Australia. In what appeared to be a close battle after the squats turned into a runaway after Regan showed off her bench press. The final result



Steve Scialpi continues his winning ways, with the WDFPF World title.



MR. CONSISTENCY... Shawn Cain tops off yet another great year

ing, while the rest headed for three days of sight-seeing in London. I'm sure that everyone from the US three silver, while Great Britain had two gold and two silver. The festivities ended in Derby with a buffet/disco that was a lot of fun and also very well attended.

More than half of the US team headed statewide on Monday morning,

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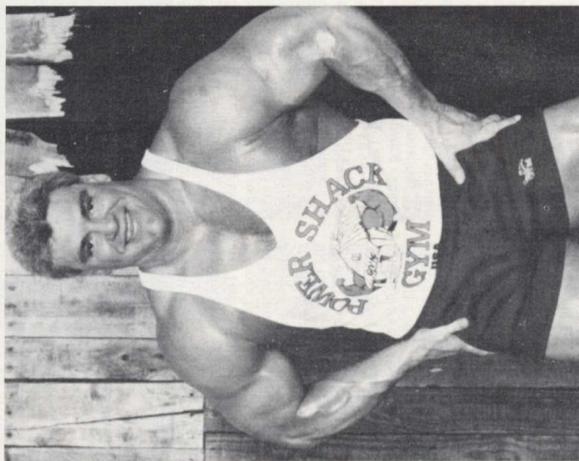
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# TEAM USA VS. SPAIN

as told to POWERLIFTING USA by George L. Panzak

considered a model family for our powerlifters. I have had the privilege of coaching her son Kevin, and feel that his personality and character is an inspiration for all powerlifters. When all questions were raised and answered, the meeting adjourned and the meeting adjourned for a good night's rest in preparation for the big meet the next day.

Day 4, August 22: The day of the long awaited meet has arrived! After a hearty breakfast, team U.S.A. boarded two Mercedes Benz buses and traveled to the meet site in Madrid. Upon arrival to the meet site, Team U.S.A. assembled for team pictures prior to the championships. Pomp and circumstance was abundant during the opening ceremony as both Team U.S.A. and Team Spain was marched in before a huge Spanish crowd. For the first time in powerlifting history, American and Spanish powerlifters stood side by side on Spanish soil as the national anthems were played for both countries. Immediately following the moving opening ceremony, both teams and the Spanish fans were entertained by powerlifter Bill Ortiz, who performed a traditional native American Indian dance. He received a warm round of applause from the crowd. It was apparent in the warmup area that Team U.S.A. was ready and anxious for their first attempts. The championships was a dual platform contest that had the special olympians, women and juniors lifting first in the morning session. Outstanding tributes should be paid to our Special Olympians Jimmy Dietrich 165 lbs. and Russell Tillson 198 lbs. who captured first place in the their

respective weight classes. Jimmy and Russell were champion competitors with personal record performances. Congratulations should be given to our outstanding women's lifters took first place. Kelly Ann Fagan 105 lbs., Julie Field 148 lbs., Elaine Hunter 165 lbs. and Gwen Padillo 181 lbs. class. Special congratulations should be given to our 65 year old grandmother champion Lilian Davis in the 123 lbs. and Julie Martin for their exceptional first international competition. Our junior champions who took first place were Chris Harner 114 lbs., Justin Lindberg 148 lbs., Chris Easton 165 lbs., Jim Smith 181 lbs., Garret Taylor 198 lbs., Ramon drew Meadows 220 lbs., Ramon Torregrosa 242 lbs. class. Jason McLaughlin who won the 123 lbs. class, is an exceptional teenage lifter who possesses tremendous potential to be a national champion. Jason gave a gallant attempt on a national teenage deadlift record that he just missed for a hitching violation. The afternoon session saw the masters and the big boys in the senior divisions competing against the Spaniards. Our champions in the Master's Division were Michael Wilder 123 lbs., Petronillo De La Garza 148 lbs., James Barlow 165 lbs., Mike Pittman 181 lbs., Paul Hough 220 lbs., and Murray Snowden 275 lbs.

In the Master's II division, the first place winners were Bill Ortiz 165 lbs., and Randolph Leonard in the 242 lbs. class. Randolph complemented Lilian Davis' earlier performance as he was our 71 year old grandfather champion! He accomplished this feat with a come from behind third attempt squat that inspired the entire team at U.S.A. Now for the big boys in the senior division.

Day 3 and 6, August 16: En route to Seville for a scheduled powerlifting demonstration at the U.S. Pavilion in the World's Fair, Team U.S.A.'s buses stopped at a roadside restaurant where a wedding reception was being held. Little did we know how the Spanish people were enthralled with Men of Iron. The Spanish people were just crazed with Tyrone Wade's physique and he obliged them with a show-stopping posing exhibition that literally brought the house down. After the overnight bus ride from Madrid to Seville, Team U.S.A. checked in at Moron Air Force Base just outside of Seville. We were greeted by Jay Donnelly, who was commissioned by the U.S. Pavilion to receive our group. Team U.S.A. wishes to extend its gratitude to Mr. Donnelly for his efforts "above and beyond the call of duty" in hosting our visit. The next two days was another history making event for powerlifting. For the first time in a World's Fair history, powerlifting was provided the opportunity to demonstrate its sport to people gathered from all nations. This was a great moment for powerlifting in its attempt to become an Olympic sport. During the two days, yours

team was also treated to exquisite Moroccan and Arabic food, belly dancers and camel rides. Our accreditation to the vast international venue to watch big weights being lifted in the squat, bench press and deadlift events. Outstanding performances were provided by Special Olympians Jimmy Dietrich and Russell Tillson. Noteworthy to mention was the exceptional performance by Andy Meadows during the demonstration at the World's Fair. Andy's huge thighs and big squats certainly got the attention of the international audience. His powerlifting performance along with his "A" grade point average as a pharmacy student presents a positive role model for young and upcoming powerlifters. In addition, Julie Fields, Elaine Hunter and the rest of Team U.S.A. should be saluted by all following powerlifters for their outstanding representation of United States Powerlifting Federation (U.S.P.F.) at the 1992 World's Fair. We are all proud of their promotion and contribution to the sport of powerlifting. A very special thanks is extended to U.S. Pavilion's Sports Director, Joe Schuberg and Commissioner General, Frederick Bush to receive our group. Team U.S.A. wishes to extend its gratitude to Mr. Donnelly for his efforts "above and beyond the call of duty" in hosting our visit. The next two days was another history making event for powerlifting. For the first time in a World's Fair history, powerlifting was provided the opportunity to demonstrate its sport to people gathered from all nations. This was a great moment for powerlifting in its attempt to become an Olympic sport. During the two days, yours



TEAM USA member Julie Dyer deadlifts in exhibition. (Muhich)

Christopher Columbus's voyage in 1492 to the New World would bring uncertainty and challenges that aroused the curiosity of Spain's mightiest sailors and explorers. Columbus and his brave men desired to discover the unknown world with hopes of finding different cultures. Little did Columbus know that his quest to unite foreign cultures during that period would still remain distant some 500 years later only to be revived in the spirit of sport. It is only fitting that a tribute be paid to commemorate the 500 year old maiden voyage in 1492 by American powerlifters competing in Spain for the first time in powerlifting history with the first annual international U.S.A. vs. Spain Friendship Powerlifting Championships. The 1992 journey to Madrid, Spain begins as follows:

Day 1, August 12: Under the joint auspices of The Association for International Cultural Exchange Programs (AICEP) and The United States Powerlifting Federation (USPF), a talented group of American powerlifters from novice to elite, and women assembled in Newark Airport before embarking on the journey to Spain. They were greeted by co-directors Dr. Ed Enos and author, coach George L. Panzak. Each lifter and guest had the opportunity to personally introduce themselves before the team inside the terminal. After the greetings, Team U.S.A. boarded a chartered Spanish jet en route to a seven hour trip to Madrid, Spain.

Day 2, August 13: Team U.S.A. arrived at Madrid International Airport and was greeted by Spain's

son. Our bench press champion in the 114 lbs. class was Boyd Hineycurt who established a National record with a big bad bench of 292 lbs.1. Boyd was a fierce competitor and his performance was a definite inspiration for the rest of team U.S.A. and for all fellow powerlifters. The following American champions were Charlie Poole 165 lbs., David Anguish 198 lbs., Ray Evans 242 lbs., William Minor 275 lbs., and Edward Brooks in the Superheavyweight class. Without a doubt, our outstanding lifter was the ever present Tyrone Wade. Tyrone easily captured the 181 lb. division while displaying an amazing champion physique. He was truly a team leader and always presented a positive attitude. The final results was a Team U.S.A. victory over the Spanish powerlifters in this first international friendship championships: AICEP, the USPF and Team U.S.A. want to extend their great appreciation and thanks to our outstanding medical staff who served the medical and emergency needs of the lifters during the competition. The medical team was comprised of chiropractors, Dr. Ken Muhich and Dr. Clement Jlek for their timeless professional service and dedication provided to our lifters. In addition, team U.S.A. was very fortunate to receive the gracious professional services from our massage therapists; Leah-Anne Hoewer, Zella Liewelijn, Helga Day 3 and 6, August 16: En route to Seville for a scheduled powerlifting demonstration at the U.S. Pavilion in the World's Fair, Team U.S.A.'s buses stopped at a roadside restaurant where a wedding reception was being held. Little did we know how the Spanish people were enthralled with Men of Iron. The Spanish people were just crazed with Tyrone Wade's physique and he obliged them with a show-stopping posing exhibition that literally brought the house down. After the overnight bus ride from Madrid to Seville, Team U.S.A. checked in at Moron Air Force Base just outside of Seville. We were greeted by Jay Donnelly, who was commissioned by the U.S. Pavilion to receive our group. Team U.S.A. wishes to extend its gratitude to Mr. Donnelly for his efforts "above and beyond the call of duty" in hosting our visit. The next two days was another history making event for powerlifting. For the first time in a World's Fair history, powerlifting was provided the opportunity to demonstrate its sport to people gathered from all nations. This was a great moment for powerlifting in its attempt to become an Olympic sport. During the two days, yours

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MR. TROPHY receives thanks for making up the awards for the contest from George Panzak (right) Thanks go to George Panzak and Dr. Ken Muhich for the photographs provided for use in this article

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the Hotel Aladdin, where the late Malcolm Forbes and Elizabeth Taylor resided during their visit. Special thanks should be given to our extremely capable and gracious tour guide, Mr. Basch Odi, of Tour Africa who is fluent in six languages.

Day 8, August 28: Although Columbus's voyage was delayed, and not in vain, as Team U.S.A. continued its hallmark by uniting cultures. They bid an adios to Spain and Morocco as they embarked on a Spanish chartered jet en route to New York and home called America. Special Invitation: AICEP has extended an invitation to all powerlifters from Special Olympians, novice to elite lifters, male and female, plus teenage to master lifters to register for the First Annual International U.S.A. vs. Sweden Friendship Powerlifting Championships. The meet is scheduled to be held in Sweden during the week of February 19, 1993. IPF rules will govern the competition. For further information and registration packets for a first come first serve basis, please contact AICEP at 514-697-3735.

Heimer-USA	227.5	175	272.5	675
Honecutt-USA	114		132.5	132.5
Buarez-USA	148		170	90
Amey-USA	157.5	115	182.5	400
Waller-USA	165		103	105
Poppe-USA	217.5	147.5	247.5	612.5
Hager-USA	205	92.5	213.5	510
Carroll-USA	181		250	147.5
Marina-USA	250	147.5	203.5	605
Carroll-USA	240	160	235	635
Roscoe-USA	195	85	225	575
Walker-USA	172.5		172.5	172.5
Anguish-USA	198		207.5	152.5
Waller-USA	227.5	144	247.5	607.5
Villanueva-USA	205	110	230	545
Galindo-USA	160	112.5	220	492.5
Marinez-USA	177.5	110	190	477.5
Hernandez-USA	250	120	370	770
Widrig-USA	150	195	345	645
Evans-USA	237.5	162.5	275	695
Jackson-USA	205		205	205
Minor-USA	320	240	287.5	847.5
McLaughlin-USA	272.5	150	200	722.5
Bull-USA	127.5	85	140	322.5
Brooks-USA	227.5	200	205	632.5
Brooks-USA	227.5	200	205	632.5
Widrig-USA	114		127.5	70
Widrig-USA	127.5	70	162.5	360
Delaguerre-USA	147.5	122.5	192.5	462.5
Barlow-USA	170	145	200	515
Barlow-USA	170	170	170	170
Linman-USA	230	230	230	230
Houg-USA	230	182.5	245	657.5
Master I	210	120	240	570
Master II	67.5	80	70	217.5
Master III	142.5	95	190	427.5
Master IV	167.5	172.5	340	680
Master V	157.5	125	182.5	465
Master VI	87.5	67.5	112.5	267.5
Master VII	102.5	140	242.5	585

Women	SC	BP	DL	Total
Fagan-USA	80	55	185	240
Berry-USA	57.5	45	105	207.5
Carroll-USA	80	50	120	250
Davis-USA	117.5	75	135	327.5
Carroll-USA	147.5	75	170	390
Marina-USA	160	55	145	360
Miguel-USA	97.5	50	120	267.5
Miguel-USA	90	35	115	240
Field-USA	145	97.5	162.5	405
Waller-USA	137.5	85	125	260
Andres-USA	85	50	125	260
Hunter-USA	152.5	87.5	195	435
Palillo-USA	85	62.5	127.5	275
Junior				
Hager-USA	115	107.5	145	367.5
Kich-USA	115	50	135	300
McLaughlin-USA	162.5	82.5	192.5	447.5
Bull-USA	127.5	85	140	322.5
Leon-USA	135	70	170	375
Dipharze-USA	137.5		137.5	137.5
Lindberg-USA	190	87.5	182.5	460
Scheingue-USA	147.5	75	202.5	425
Stekline-USA	125		125	125
Easton-USA	237.5	130	212.5	580
Carroll-USA	185	110	235	530
Carroll-USA	170	110	210	490
Smith-USA	230	147.5	205	582.5
Hernandez-USA	172.5	142.5	202.5	517.5
198				
Taylor-USA	232.5	162.5	245	640
Meadows-USA	305	195	257.5	757.5
Kich-USA	230	120	250	630
Kich-USA	142.5	70	170	382.5
Torregrosa-USA	277.5	135	272.5	680
Hernandez-USA	250	135	250	635
Pogue-USA	212.5	182.5	190	585





# INTERVIEW

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

## VIC KENNEDY as interviewed for PL USA by Steve Elgin

Vic Kennedy is a well known name in the sport of powerlifting. He is a throw back to the old days of lifting. His beliefs are based on those of old hard work ethic. I recently spoke with Vic about powerlifting.

**SE:** What is your age and occupation?

**VK:** I am 30 years old and have been a Montgomery County, MD Police Officer since 1983.

**SE:** How long have you been powerlifting?

**VK:** I began lifting on a regular basis in November of 1977, but I didn't engage in the sport of powerlifting until 1980.

**SE:** How did you get started?

**VK:** In 1977, I was lifting to build strength for football. Pete DiSante, my friend and training partner, already knew about powerlifting. Pete was a big fan of Pacifico, and he showed me the book, *Inside Powerlifting*. I felt that it was a sport worth trying. When I began to seriously get into the sport, I was immediately influenced by Paul Anderson. I mean, here was a man who was so superior to those he competed against that he was of legendary stature during his competitive years. The strongest men out there today still can't touch what Anderson did, and Anderson did it drug-free! I was also influenced by Doug Young, Don Reinhardt, and the Olympic Lifter John Davis. One of the most influential people in my life was not a lifter at all. My football coach, Brady A. Straub (who sadly died of cancer in 1986), stressed the importance of discipline in life. He used to tell us that you must be a gentleman first, a scholar second, and an athlete third.

**SE:** What was your first contest and total?

**VK:** My first meet (clearly not one for the cover of PL USA) was the Prince George's Plaza Open in 1981. My awesome lifts that day were a 375 squat, a 325 bench and a 400 deadlift for an 1100 pound total.

**SE:** What mistakes did you make in the early years of your training?

**VK:** I think that the biggest mistake that I made in the beginning was competing too often. We were not concerned about the quality. Also, anyone starting out, must seek out more experienced athletes and coaches. There's an-

other one that we Northwood High School beginners missed.

**SE:** What is your best total in each weight class you have competed in?

**VK:** My first meet was at 242, and I've never come close to that bodyweight since. I totaled 1578 at 273, while I was running 3 miles a day in the Police Academy. 275 is another weight class I haven't seen in years. My best Superheavy totals were 2088 at the 1992 Natural Nationals and most recently a 2154 personal best at the ADFPA Central Pennsylvania Open.

**SE:** What are your best training lifts? What are your best training lifts that you are as

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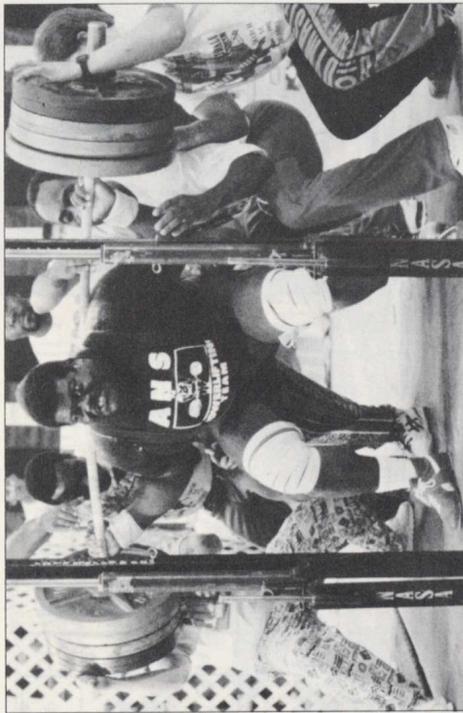
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900 Plus Squatter... Vic first cracked the barrier at the NASA Natural Nationals. (Linda Finnegan photo)

similar goal to yours. I've had some good ones over the years like "Too Cool" Kevin Moran, and Rob Huseman, my current and very intense partners. Also, Steve Elgin, Phil Harris, Lester Maslow, Gary Mitchell, "Bubba" Farrell, Chuck Iorio Jr., and Scottie Anderson; the list goes on and on. As I stated before, Pete DiSante was my first partner and he got me started.

**SE:** Do you have a coach?

**VK:** I have a tremendous coach, Bernard Vasquez is a "Pure" Drug-Free Superheavy, coaching a "Pure" Drug-Free Superheavy. It makes sense that way since he understands my recuperative limitations. A coach must be well read, insightful, and a great motivator. I've had some good coaching in the past, but none have quite understood Drug-Free lifting the way Bernard does. Any coach you have must have the ability to help you grow as an athlete, but more important, he must help you grow as a person. You must question the motives of any coach or partner who encourages you to be part of the drug culture.

**SE:** How do you feel about supportive equipment?

**VK:** Supportive gear is great at meet time. I get a boost from good knee wraps and a good squat suit. There is a safety factor in supportive gear as well. The knee should be unwrapped during 700, 800 or 900 plus squats (those weights are relative, of course). Bench shirts will save a lot of shoulders as well. The gear is not, however, a crutch. It should not be used year round and definitely nothing more than a belt during conditioning unless required due to a medical condition.

**SE:** Do you use supplements?

**VK:** I have experimented with a lot of supplements over the years, as I'm sure many other drug-free athletes have as well. I like the "Daily Complete" vitamins from Ultimate Nutrition Systems. Also, Boron and Chromium Picolinate are a must. I also take an antioxidant to fight free radicals. I switch back and forth between Bricker "Recover" Aminos and NSP Argentinian Bee Liver Tabs. Carb drinks and a glass of Cytochrome before training helps my energy levels. I hope that all lifters look to supplements and not steroids to aid them in their athletic pursuits. Anabolic steroids are only going to hurt the good things that you're doing to your body while training. Remember, the strongest man is the man who gets there naturally.

**SE:** What advice would you give a

new lifter?

**VK:** A new lifter must remember to address every aspect of training. I.e., diet, rest, good supplementation, good training practices, and a good work ethic. I think the new lifter needs to read and gain information, there's no substitute for knowledge. The quality of meet performance is truly important, not the quantity of meets attended. The most important thing for any new athlete to keep in mind is to stay away from drugs. As a police officer, I've seen hundreds of lives destroyed by drug use, and yes, that includes anabolic steroids. The first time you say "no" to drugs will be the last. From that point onward, it will become routine, and others will respect your desire to stay clean.

**SE:** What activities do you participate in outside of powerlifting?

**VK:** My activities outside of powerlifting are many. I am Vice President of Fraternal Order of Police Lodge #35 in Montgomery County, MD. We are one of the most active and efficient police unions in the state of Maryland. I teach part-time in the Community Awareness Program, a series of classes designed to educate troubled kids to the evils of crime and drugs. I am also very active in Montgomery County MADD, as a speaker on Victim Impact Panels. I can't forget my family and friends; they got a big chunk of my time too. I've got an understanding wife, and three great kids that make it all worthwhile.

**SE:** What are your future goals?

**VK:** Actions speak louder than words. I don't want to set limits on the strength gifts that God gave me. I wish to thank Steve Elgin and Mike Lambert for the opportunity to get my ideas out to my fellow lifters.

Anyone wishing to reach Vic Kennedy or coach Bernard Vasquez, Total Fitness and Nutritional Consultant, may do so c/o Athletic Nutrition Systems, P.O. Box 2687, Gaithersburg, MD 20886, 301-330-4178.

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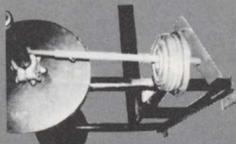
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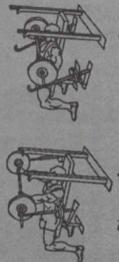


Diagram 1

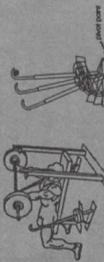


Diagram 2

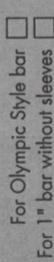


Diagram 3



Diagram 4

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Dale Carnegie once said, "Remember, happiness doesn't depend upon who you are or what you have; it depends solely upon what you think." Obviously then, what you think is of paramount importance. In fact, as Carnegie suggests, your quality of life is influenced by your thoughts. When your internal thought patterns are negative, there are interrelated negative effects on yourself and your performance. Conversely, when your internal thought patterns are positive, you've taken a major step towards success and happiness. With this in mind, every thought, word, and action you make should have a positive nature. If negative thought patterns do emerge, they should be eliminated and replaced with positive affirmations. Remember that there is a magic in believing - if you believe you can't, most likely you won't, but if you believe you can, there is a good chance you will.

But the question remains: how do you rid yourself of negative, self-defeating thoughts and replace them with positive, life-enhancing ones? It isn't easy, but it can be done. It will require considerable self-awareness, patience, practice and the help of the people around you. The rewards of your efforts can be monumental. By changing your internal thought pattern from negative to positive, you can transform yourself from mediocrity to greatness. Here are some extremely helpful hints to do just that:

1. **Use Thought-stopping.** When you find yourself thinking or saying something negative, stop to yourself out loud or internally. "Stop!" It sounds corny, but trust me, it works.
2. **Change Negatives to Positives.** When you say or think something negative, immediately "stop" yourself, analyze why you used the negative, and then manipulate it into a positive affirmation. The idea is not to stop yourself from thinking, but rather to change your thoughts from negative and destructive to positive and constructive ones.
3. **Do Not Project Negative Thoughts to Others.** Take responsibility for your own actions and thoughts. It's easy to blame others when negative feelings and thoughts crop up: Everyone's out to get me - You're not fair - No one cares about me. "Eliminate this mindset, take full responsibility, and then take control of the situation. Remember, you are the captain of your own ship. You are the one who is control of your destiny - no one else.
4. **Practice Using Positive Affirmation.** Every chance you get use positive, self-reinforcing

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# "He Who Uses Negatives Will Positively Fail", Part II

by Judd Biasiotto Ph.D. and Army Ferrando Ph.D.



Betcha He Thinks Positive ... Dan Austin is one of the all time greats

the world won't make you great, but positive thinking and positive actions will. You can believe that.

6. **Look for the Positive in Every Situation.** In every cloud there is a silver lining; sometimes you just have to look for it. When things go really bad, when all hope seems lost, look for anything positive in the situation and then build on it. By continually reinforcing even a small bit of behavior, you can eventually realize a desired response. Note also that many times the significance of a situation is how you receive it. There is considerable truth to the old adage that for some people a half cup of water is half empty while for others it is half full. Try to see the positive in each situation and it will make you a more positive person.

7. **Surround Yourself with Positive, Happy People.** It's been said that birds of a feather flock together. Surround yourself with positive, happy people and you will become a positive happy person. Conversely, if you surround yourself with negative, self-defeating people, you become the same.

Consequently, it is imperative that you separate yourself from negative people. Often, negative individuals will reinforce the negative of a situation rather than the positive. Their insecurity many times causes them to pull others down to make themselves feel better. No one needs that. It is very difficult, if not impossible, to live a positive life when people are tearing you down. Let the naysayers bring someone else down.

7. **Encourage the Support of Friends.** Family members, friends, and coworkers can play an important part in helping your efforts to become a positive person. Enlist their support. Tell these people you have a mission in life to be positive. Ask them not to criticize you for your efforts, but rather to encourage you to be your best. Generally, when you ask people for their help, they will make an effort to do so.

8. **Be Positive with Others.** If you are positive with others, they will be positive with you. There is a feedback loop involved in human discourse. Just as success breeds success, so does positive elicit more positive. Not only will you reap what you sow, but others will seek to be in your company. Let's face it, everyone loves a little sunshine in their lives.

In our next episode (Part III), we will take a look at how to restructure our daily word selection to insure a formula for success. Now I could say "Don't miss it," but instead I'll say, "Be there, be great!"

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from the mythical Ollis T. Fudpucker's Barbell Club. In the beginning, there was Peanuts West's "Westside Barbell Club", Rev. Bob Zwers' "Hall of Fame", Pat Casey's "Pioneer Health Club", and the mythical "Ollis T. Fudpucker's Barbell Club" the powerlifting fraternity with the logo that shocked the AAU establishment. The "Wild Bunch" from the other side of the L.A. Zoo. The mythical moustache of Fudpucker's Barbell Club. Grab a piece of powerlifting history from one of California's 1st Powerlifting Dungeons. Home of the infamous "Torture Cage" that transformed many pencil necked Geeks with lousy physiques into bona fide "Hawg Status" monsters. Fudpucker's Barbell Club's logo preceded both God's Gym and World Gym logos. (from Gullu Enterprises (a Gullu is 10% Guru, 90% Little))

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- ANTHONY GARRETT, A.J. Gyms, Whitesburg, KY (13 July 1980)

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# STARTIN' OUT

A special section dedicated to the beginning lifter

## LIFTING STRAPS

as told to POWERLIFTING USA by Doug Daniels

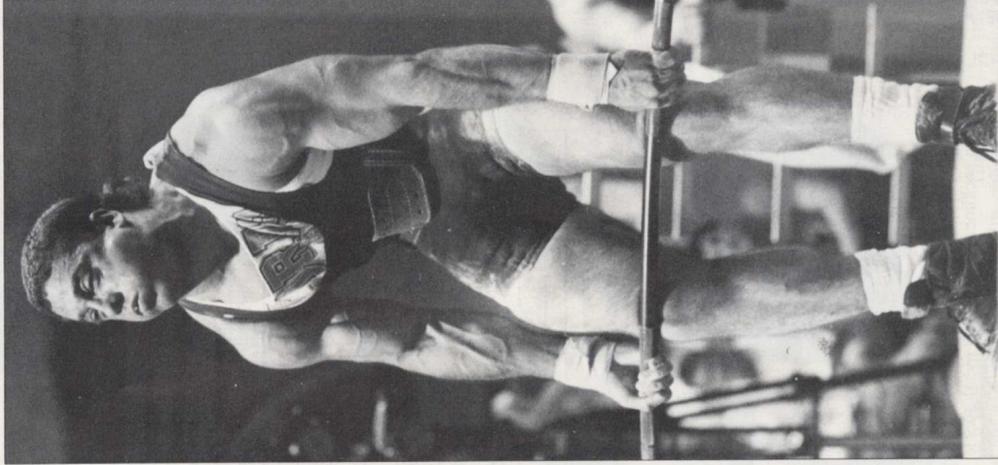
Lifting straps are about the most cost effective of all training gear, but there's a lot of confusion and misunderstanding on their proper use. If they are used wisely, they can be of great value to just about anyone training with weights.

Basically, lifting straps are made of strong fabric and are sewn or bolted on one end in a loop that fits around your wrist. The other end extends out for several inches. This end is wrapped around the bar and held inside your fist. This way, some of the bar's weight is held by the wraps and wrist, sharing the load with the hands. Of the two styles, I have experienced better durability with sewn straps. Since they're inexpensive, you can afford to experiment with different types. Some straps also vary in the lengths of the end that is wrapped around the bar. Again, experiment.

Their main purpose is to assist in gripping a weight that would otherwise be too heavy to hold for the period of time it takes to perform an exercise and help eliminate gripping power as the weak link. Their most common use is for back work such as pull-downs, rows, chins, deadlifts, and snatches. There are other subtle benefits to them that I'll deal with later. They are also controversial as some experts feel they hinder development of gripping strength so necessary in many sports, as they are used as a crutch by lifters with weak grips.

Since back exercises are strap's main beneficiaries, I'll examine some back moves for their application. Let's say that you incorporate one arm dumbbell rows for lats. You start with a dumbbell that you have no problem holding on to, but as your lats and arms increase in size and strength, you must use heavier dumbbells. This causes you to have problems holding on to the dumbbell. Your lats are capable of 8 reps, but you can only hold on for 2 or 3 reps. This means you may have to interrupt the set every few reps to re-grip the weight. That takes away a lot of the intensity from the movement. Using straps for these heavy sets would enable you to get the whole set in and allow further increases in rowing strength.

Snags are prime strap candidates too. The weights used here are relatively massive and using straps would enable the lifter to hold on to big weights and not worry about grip. Chins benefit too, as would pull-downs. Many powerlifters can deadlift more with straps than without. However, the use of straps in competition is not allowed. Partial deadlifts in the power rack almost require the use of straps



It Takes A Great Grip to hold on to well over 700 pounds, like Robert Steil did at the APF Seniors, where he made 727 in the 220 lb. class

because the weights can far surpass your grip strength. You can hang from the chin bar and do leg raises for the abs for high reps without your grip being the limiting factor.

One day when I was in the gym, a member asked the instructor why, when he did back work, he ended up pumping up his arms more than his back. Putting my two cents in, I suggested using straps. The subtle benefit of using straps for back exercises is that it can actually decrease the use of the biceps in many back exercises. By connecting the straps to the bar or handle, you lessen the involvement of grip. This can result in less use of the biceps and forearms and allocate more of the movement or work to pulling the elbows down or back which is the direct function of the back muscles. If a lifter concentrates on pulling with the elbows and less with the arms, this connection can be further accentuated, thus more stimulation for the back and less for the arms. Arthur Jones, of Nautilus fame, was one of the first to discuss the isolation of the back muscles in back work. Bypassing the use of the smaller, weaker arm muscles with straps can achieve this goal, to a limited extent but much more inexpensively. Straps can be high tech. What will they think of next?

The notion of some experts that using straps can hinder development of grip strength does have some merit. If you overuse straps, you probably won't develop more gripping strength and you may lessen it. My suggestion is to use it only on sets of exercises where your grip would prevent you from using the amount of weight you could use. Start off the lighter sets without straps, but on those max sets, use them. However, I do feel that using them on extremely heavy weights will add some strength to your grip because of the overload and your ability to now hold on to those big weights for complete sets. If you're a powerlifter and you have trouble holding on to your deadlifts, do most of your sets without straps. Some deadlifts with straps are okay, if they help develop your pull, but their overuse won't help come meet day. Since bodybuilders don't really care about grip strength, they can use them more, but I still recommend limiting their use to heavy sets. Their constant use will take away from forearm development necessary for a complete physique.

I hope I have shed a little light on the benefits and proper use of lifting straps in training. They are an extremely cost effective tool that just about every weight trainer can incorporate. Use them thoughtfully and your training will be in 'good hands'.



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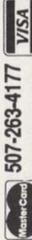
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# World's Strongest Man

as told to POWERLIFTING USA by Brian Batchelder



Winners. left to right: Magnusson, Van der Parre, Reeves, (Batchelder)

This year's World's Strongest Man took place between 1-3 October in Iceland - the original land of the Vikings and home of many of the world's top strength athletes. The competition featured 10 athletes and 8 events, each staged at various locations in this country - whose dramatic landscapes can include dramatic volcanoes, geysers and hot springs and which has provided the setting for several science fiction movies.

The Athletes

1) Gerrit Badenhörst - South Africa. Height - 6 ft. 1". Weight - 304 lbs. The first South African to compete in the contest. 3 times World Powerlifting Champion with World Records in the Squat (450 kg), Deadlift (402 kg) and Total (1102.5 kg). He has also been a silver Olympic lifter and rugby player.

2) Gregg Ernst - Canada. Height - 6 ft. Weight - 326 lbs. This former from Lunenburg is twice Atlantic Powerlifting Champion and an Arm Wrestling Champion. He has also back-lifted a team of oxen weighing 4420 lbs.

3) Magnus Ver Magnusson - Iceland. Height - 6 ft. 3". Weight - 287 lbs. Last year's title winner, European Powerlifting Champion with a highest total of 110.15 kg. This new Viking has gone from strength to strength. In a recent competition he looked much stronger than ever before.

4) Ilkka Nummisto - Finland. Height - 6 ft. 1". Weight - 275 lbs. At the age of 48 this is his 5th attempt at the title. He is the current Finland Strongest Man and made his sporting name in canoeing, in which he represented his country at 4 Olympic games. He is also 3 times Finnish Powerlifting Champion.

5) Ted Van Der Parre - Holland. Height - 7 ft. Weight - 350 lbs. 2 times Holland's Strongest Man, a past Judo Champion and American Football player. Ted finished 4th last year.

6) James Perry - USA. Height - 6 ft. Weight - 500+ lbs.!! The late O.D. Wilson's former training partner. This NASA Powerlifting Champion has dedicated his performance to O.D. The Insurance Agent from Carolina also spent 2 years in semi-pro ranks in football.

7) Jamie Reeves - England. Height - 6 ft. 3". Weight - 320 lbs. Returned to WSM after a 2 year absence through injury, 2 bicep tears - one in 1990 the other in 1991. Jamie is determined to regain the title he won on his second attempt in Spain 1989. He gave notice of this intention when he beat Taylor, Magnusson and Badenhörst in the South African World Mighty Man Contest in Spring

Magnus Ver Magnusson - 454.5 kilos, 3rd Jamie Reeves Gregg Ernst, James Perry, Ilkka Nummisto - shared the points with 427.5 kilos, Gary Taylor finished with 415 kilos, Ted Van Der Parre, Henning Thorsen finished with 355 kilos, Ilkka Nummisen on 320 kilos.

Event 3 - The Loading. This was done in pairs against the clock. 5 plastic barrels weighing 90 kilos filled with water, partially submerged in water, were collected and loaded onto a platform 4 ft. high on a beach near the shoreline. Most competitors did not finish the event and were timed on the number of barrels they loaded. This was not only a silly event, but a very dangerous event performed in the rain and freezing cold conditions. It will look funny for TV viewers and will go a long way towards destroying seriousness with which the public accept these events and the credibility of the athletes. The results were as follows: 1st - Magnus Ver Magnusson, 2nd - Henning Thorsen, 3rd - Ted Van Der Parre, 4th - Gerrit Badenhörst, 5th - Jamie Reeves.

The rest were decided on bar-rep lifts and times. At the end of Day 1 the positions and points were as follows: 1st - Magnus Ver Magnusson 26 points; 2nd - Gerrit Badenhörst; 3rd - Jamie Reeves; Ted Van Der Parre 20.5 points; 5th - James Perry 16.5 points; 6th - Henning Thorsen, Gregg Ernst 16 points; 8th - Ilkka Nummisto 10.5 points; 9th - Gary Taylor 10 points; 10th - Ilkka Nummisen 6 points.

DAY 2 - Event 4 - Rocklifting. Various shaped stones in increasing weights were lifted overhead. Each athlete had 6 attempts, this was done in front of a waterfall with mist blowing across in the pouring rain and freezing cold temperatures. A very dangerous event considering possibility of slipping which occurred several times with one athlete dropping a 300 lb weight on himself and nearly taking his ear off. The results are as follows: 1st - Magnus Ver Magnusson - 130 kilos; 2nd - Gerrit Badenhörst - 120 kilos; Jamie Reeves (controversially having 135 kg turned down); 4th - Ted Van Der Parre and Henning Thorsen; 6th Gary Taylor, Ilkka Nummisen, and Gregg Ernst; 9th - James Perry; 10th Ilkka Nummisto.

Event 5 - Thor's Hammer. This was a 60 lb ring weight with a shaft thrown for height over a bar. The placements were as follows: 1st - Ted Van Der Parre; 2nd - Jamie Reeves; 3rd Gary Taylor; 4th - Gerrit Badenhörst; 5th Magnus Ver Magnusson; 6th Henning Thorsen, Gregg Ernst; 8th Ilkka Nummisto; 9th Ilkka Nummisen; 10th James Perry.

The points at the end of Day 2

were as follows: 1st Magnus Ver Magnusson - 42 points; 2nd Gerrit Badenhörst - 38 points; 3rd Jamie Reeves - 38 points; 4th Ted Van Der Parre - 27 points; 5th Henning Thorsen - 27 points; 6th Gregg Ernst - 24 points; 7th Gary Taylor - 21.5 points; 8th James Perry - 21 points; 9th Ilkka Nummisto - 14.5 points; 10th Ilkka Nummisen - 11.5 points.

DAY 3 - Event 6 - Forward Hold (Axes). This was done holding a 28 lb axe by its handle out in front with arm outstretched horizontally at shoulder height and the other arm supporting shoulders and buttocks must be held against backboard. Positions were as follows: 1st - Ted Van Der Parre, 2nd Gary Taylor, 3rd Jamie Reeves, 4th Gerrit Badenhörst, 5th Ilkka Nummisto, 6th Henning Thorsen, 7th Magnus Ver Magnusson, 8th Ilkka Nummisen, 9th Gregg Ernst, 10th James Perry.

This event was where most of the controversy occurred. The majority of the athletes appealed against Ted Van Der Parre's result, stating that his arms were undeniably bent throughout most of his attempt. The athletes were promised that this event would be reviewed on a screen and this never occurred, each official blaming the other for the result. This was the most significant factor in the overall result.

Event 7 - Plane Pull (Arm over Arm). A 14-ton aircraft was pulled hand over hand over a 20 meter course. The results were as follows: 1st Magnus Ver Magnusson - 34.34 seconds; 2nd Ted Van Der Parre 37.72 seconds; 3rd Gary Taylor 38.01 seconds; 4th Jamie Reeves 38.40 seconds; 5th Ilkka Nummisto - 40.54 seconds; 6th Henning Thorsen - 42.17 seconds; 7th Gerrit Badenhörst - 42.36 seconds; 8th Ilkka Nummisen - 42.54 seconds; 9th Gregg Ernst - 52.74 seconds; 10th James Perry - 1 minute 19.69 seconds.

After several attempts it was noticed that the aircraft was being pulled at an angle to the starting blocks, this was corrected about halfway through - with several athletes having the advantage of a smoother pull. Jamie Reeves was also given a second pull due to TV cables being caught in the wheels on his first pull. The unfairness of changing the position of the plane just after Gerrit Badenhörst's pull probably cost him very dearly.

Event 8 - Husafell Stone. This involved carrying a 410 lb rock as far as possible. The results were as follows: 1st Gregg Ernst 68.60 meters; 2nd Jamie Reeves 53.82 meters; 3rd Gerrit Badenhörst - 52.90 meters; 4th Ted Van Der Parre - 47.10 meters; 5th Magnus Ver Magnusson - 46.10 meters;

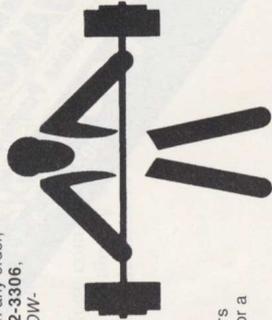
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wife? Sorry do not pay the bills. There are numerous people who could have refereed this competition, all of whom have experience in doing so, and yet it relied on a powerlifting referee with little or no experience of this sort of competition. I heard afterwards that the same guy who got him the job got Steve Wonder a driving license.

What we need in future competitions is a liaison between athletes, sponsors and organizers to decide fairly what is safe and what looks good. TV will, no doubt, do a marvellous job of cutting out the disputes, making some top athletes appear inadequate. This will serve to stop any chance they might have in gaining sponsorship for their efforts and will possibly deter other countries from becoming involved in the strongman game.

recognized. Competitions like this send the sport back into the dark ages by way of making the athletes look clumsy and funny. There are no comebacks for these athletes when they are injured, sometimes very seriously. I personally saw O.D. Wilson collapse in Tenerife last year and wait 20 minutes for an ambulance after the Stomelift. I saw him throw up several times while we drove on a long spiraling trek up a mountain to perform the Deadlift last year. He was in the hospital when he got back to the U.S.A. and we all know what happened shortly after that.

When the Worlds Strongest Man was shown a few months later he was given no credit or mention in the program. Tell me where is the respect and concern? Has anyone tried to make amends to O.D.'s

6th Gary Taylor - 42.43 meters; 7th Henning Thorsen - 40.85 meters; 8th Ilkka Nummisto - 39.72 meters; 9th James Perry - 5.41 meters; 10th Ilkka Nummisen - no distance.

Final positions and points were: 1st Ted Van Der Parre - 63 points; 2nd Jamie Reeves, Magnus Ver Magnusson - 62 points; 4th Gerrit Badenhörst - 57.5 points; 5th Gary Taylor - 43.5 points; 6th Henning Thorsen - 41.5 points; 7th Gregg Ernst - 38 points; 8th Ilkka Nummisto - 29 points; 9th James Perry - 25 points; 10th Ilkka Nummisen - 19 points.

Summary - I would like to make a point that these comments are not intended to rob Ted Van Der Parre of his glory. Ted is a very strong athlete who has been competing for quite a while and has beat many top guys in the past. I felt very sorry for Jamie Reeves, Magnus Ver Magnusson and Gerrit Badenhörst who were obviously very well prepared for this competition. Their supremacy in traditional power events was unquestionable and had the events not been so gimmicky, who knows what would have happened.

The organization, choice of how events were to be performed, lack of safety standards and complete disrespect for the athletes requirements e.g., performing in freezing conditions in unsuitable clothing supplied by sponsors, were all abysmal.

Strongman Competitions have come a long way since 1977. Indeed, many events have become standardized e.g., the Crucifix, Hold Out in Front, 56 lb. for Height etc., in many countries the athletes are accepted as sportsmen and well



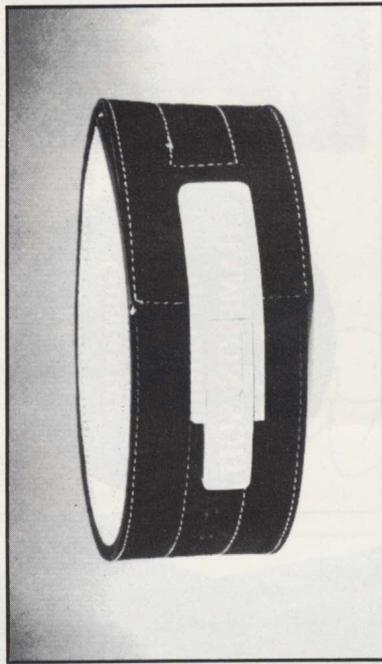
Jamie Reeves with the 'Deadlift' apparatus. (Batchelder photograph)

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Last month, we highlighted the athletic journey of Chip Kell. His advanced strength training activities over many years propelled him to the highest level of competition and the greatest possible acclaim in football and track and field. Until he entered the professional ranks, it also kept him relatively injury free. As a freshman at the University of Tennessee, it was often the coach's intention of placing a new player, such as Chip, in against a full varsity lineup. As freshman were not then eligible for varsity competition, it was a means to "toughen them up" while seeing who had the "stuff" to take on the experienced, battle-hardened veterans. It was usually a humiliating initiation for the fresh, as would be expected. When a fresh faced Chip Kell was asked to "go in, pull, and trap that old boy over there", who happened to be an All SEC linebacker, Chip did just that, literally running the defender over. When the coaches asked for a repeat, and with the entire team now knowing what was about to occur, Chip not only repeated the carriage, but did not break stride until he reached the water break area forty yards away, coinciding with the whistle for that break. Injury, like failure, was not on Chip's list of things that happen.

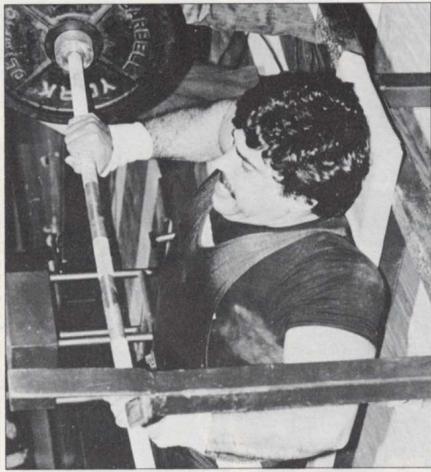
In Canada, his promising career with Edmonton came to an abrupt end when his knee was literally blown out when spared directly into the patella. Many surgeries later, not only was it obvious that Chip Kell could not longer run, it was a question of how many years of walking would be possible before needing replacement/prosthetic surgery. Despite this, for many years Chip attempted to squat and deadlift, and, in fact, won state titles up until the early 1980's. Since then, however, it is literally impossible to even contemplate doing any meaningful work for the lower extremities.

Chip's frustration in being unable to compete in all three lifts has been channeled into the bench press and its assistance work. He is routinely capable of weights in the five hundred pound range, but has no intention of appearing as a boastful or inconsiderate lifter. He is offended by those who taunt others with their accomplishments and prefers to get back into the competitive arena and allow his performance to speak for itself. At this time, he is utilizing a brief, difficult program that emphasizes the use of the heaviest weights possible, brief rest between sets, and the utilization of a unique piece of equipment called the Equalizer.

The Equalizer is an ipsilateral or ipsilateral Smith Machine, which

## More From Ken Leistner

### Training Under Adversity: Chip Kell Part II, by Dr. Ken Leistner



Chip Kell in powerlifting competition. (photo courtesy Ken Leistner)

can be used by one arm at a time, or both simultaneously. All of the advantages that come from this type of training, seen with much of the advanced Hammer Strength training equipment for both upper and lower extremities, are available when using the Equalizer. It has a very advanced bearing system that allows the carriage to be completely counterbalanced, thus, it is perfect for rehabilitation and use by women, or other athletes who may have a strength deficit. One of the disadvantages of a standard Smith type machine, at least in my opinion, is the fact that the fixed, or guided straight line resistance causes excessive internal rotation of the humerus, or bone in the upper arm. This in turn, can produce impingement or pinching and inflammation of the rotator cuff (tendon) in either shoulder. Using the Equalizer where the arm movement is independent from one another, allows the lifter to both align his or her upper body so that it is most comfortable, and the slight movement of the hand on the handle gives enough "play" that the danger of impingement is avoided, something not possible with the standard Smith type apparatus. Lagging limb development,

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can be used by one arm at a time, or both simultaneously. All of the advantages that come from this type of training, seen with much of the advanced Hammer Strength training equipment for both upper and lower extremities, are available when using the Equalizer. It has a very advanced bearing system that allows the carriage to be completely counterbalanced, thus, it is perfect for rehabilitation and use by women, or other athletes who may have a strength deficit. One of the disadvantages of a standard Smith type machine, at least in my opinion, is the fact that the fixed, or guided straight line resistance causes excessive internal rotation of the humerus, or bone in the upper arm. This in turn, can produce impingement or pinching and inflammation of the rotator cuff (tendon) in either shoulder. Using the Equalizer where the arm movement is independent from one another, allows the lifter to both align his or her upper body so that it is most comfortable, and the slight movement of the hand on the handle gives enough "play" that the danger of impingement is avoided, something not possible with the standard Smith type apparatus. Lagging limb development,

body as his lower extremity injuries allow. One of his programs, one that could be called "foundational" looks like this:

Monday: Bench Press-warmup sets of 1x8; 1x3; 1x1; 1x1 with increasing weights. Work sets of 2x5 reps with the same weight, increasing each week according to schedule. Backoff set of an all out 10 reps. Low Cable Row- 1x12; 1x10; 1x6 with increasing weights. Tricep Press-down- 1x12; 1x10; 1x8 with increasing weights. Barbell or Dumbbell Hammer Position Curl- 1x8; 1x6; 1x4. Abdominal Work for varying sets and reps.

Wednesday: Seated Military Press in The Equalizer-warmup set of 1x10; work sets of 1x6; 1x4; 1x2. Chip emphasizes an explosive start from the deltoids, and sets his special 0-90 degree bench in the Equalizer so that he gets a very full range of motion. Lat Pull Behind Neck- 1x10; 1x8; 1x6 with increasing weights. Dips- 1x12; 1x8; 1x5 with increasing weights. Lat Pull To Chest with Supinated Grip- 1x8; 1x6; 1x4, with increasing weights. Abdominal work for varying sets and reps.

Friday: 30 Degree Incline Press with Barbell- warmup set of 1x10; work sets of 1x6; 1x4; 1x2 with increasing weights. Backoff set of an all out 1x8. Prone T-Bench Row (done on his Kell prone row design)- 1x12; 1x10; 1x5 with increasing weights. Chip uses his T-Row Bench because it both isolates the musculature that retracts the scapulae, and takes all of the force off of the lumbar spine. One Arm Bench Press on The Equalizer-Chip sets the Equalizer so that he can do the equivalent of very, very heavy dumbbell bench presses without a spot, handoff, and without the potential damage to the shoulder that would come when trying to control dumbbells that weigh up to two hundred pounds. The 0-90 Degree Bench is set at 15 degrees for this movement. 1x8; 1x6; 1x4. Hyperextension on Glute Ham Bench- 2x12-15 reps Abdominal Work for varying sets and reps.

On paper, this may not appear to be a lot of work, and perhaps it isn't especially compared to the marathon workouts that many other lifters indulge in. Chip trains briefly with minimal rest between sets and exercises. He stresses perfect form, and of course, is using equipment that really focuses the work where he wants it. Because of this, he doesn't have to train with a great volume of work, and the quality of his workouts allows him to achieve maximal gains. Chip hopes to will again mount the platform for the joy of competition and the camaraderie he enjoys with fellow lifters.

previous injury, etc. does not prevent the strong limb from the limitations imposed by the weaker one. Pressing very heavy dumbbells overhead, on the incline bench, or flat bench is often difficult because the dumbbells are cumbersome and sometimes impossible to position properly even when assistance is available. The dumbbells may not be heavy enough to provide effective resistance. The Equalizer can be loaded so that the resistance is equivalent to 1.1/4 pound or 300 pound dumbbells, and they are easily placed at whatever position one desires. Chip developed this piece in part because he could not find heavy enough dumbbells and the spotters to give them to him.

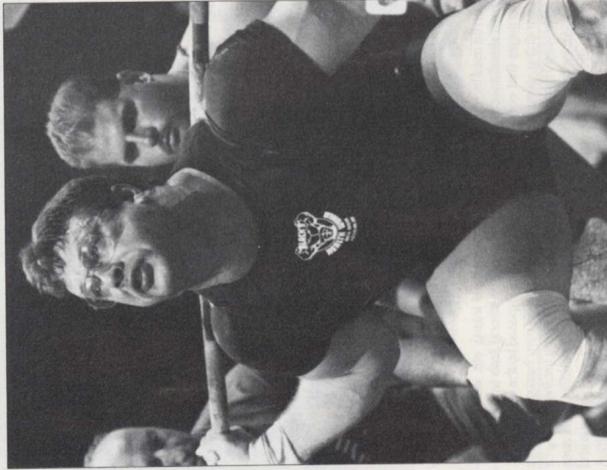
Despite the fact that he hates the designation "bench press specialist", injury has left Chip with little else to do. However, unlike other lifters in a similar position, he has tried to maintain cardiovascular conditioning through various means, including his weight training programs. Thus, he may concentrate on the bench press for a while, and certainly would in preparation to a meet, but also does a lot of high rep work and a variety of exercises to insure that he trains as much of his

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## Using Residual Effect to Peak All Three Lifts for Top Performance as told to PowerliftingUSA by Greg Reshel



Give It A Try.... Residual Effect Training could boost your total a lot

This article will illustrate the use of what we call "residual effect training" to peak all three lifts simultaneously for a maximum total effort. It is apparent that we did some things right when we used residual effect principles on all three lifts to carry Dawn to her 1512 total at 162lb, bodyweight. It is also apparent in the months after her big total that we depleted some reserves in the process as she has been able to bodybuild effectively, but her resources for rigorous strength/power training are not what they were in the winter and spring of this year. For the purpose of this article, I will use Dawn's preparation for her meet in June 1992, to provide examples for correct balancing of residual effect training to peak all three lifts.

Any experienced powerlifter will tell you how difficult it is to truly peak all three lifts simultaneously so that they can provide a true maximum total in combination. The difficulty lies in three somewhat related areas. I will describe each of these areas in turn in an effort to provide a clear basis for the specific discussion of applications to follow.

Each and every muscle group has a different rate of recovery. When you train all three lifts you are utilizing many different muscle groups in synergistic combination. The frequency with which you can train each lift will be dependent on the muscle group or groups involved with that lift that have the slowest rate of recovery. Any attempt to train more often or with more intensity than the capacity of the muscle with the slowest rate of recovery will end in failure. If you push too hard, the slow recovery muscle will overtrain and will reduce that muscle's capacity to work effectively which will degrade the skill of your performance lifts. As a result, you will either have to compensate by altering the line and general form of your lift or your top end will be compromised, frequently limiting you to less than 90% of our true maximum potential. I have spoken with many athletes that have made progress while peaking their lifts. These athletes hit a personal best 5 rep set and possibly a personal best 3 rep set while peaking only to hit a wall and hit less than their best single in a contest. One or more muscle groups were overtrained in the process of peaking, causing their top end to be re-

stricted. When the weakest muscle group or the one most overtrained fails, the lift itself fails regardless of the strength of the other muscle groups. Muscle groups, especially stabilizing muscle groups, are instrumental in the performance of more than one lift. Muscles in the upper back are directly involved in the control and fulfillment of all three lifts. The hips are directly involved with squat and deadlift but also act as primary stabilizers during a skilled contest bench press. The list of more you push each contest lift individually, the less technique you may have on one or more of the individual lifts. The reason for this is in neuromuscular inhibition. Muscles are fired by nerves triggered by the brain in a sequence that is preset by the patterns of your

training. The more consistent your patterns are during training, the more solid the pattern of nerve firing during your contest performance. Sloppy or improper nerve patterns cause sloppy and inefficient technique. Inhibition is caused by the strenuous performance of one of the lifts overloads the nerve paths of another lift, causing the second lift to be less efficient and drops the athlete's potential for performance. The simplest example is the squat and the bench press. Whether in the gym or in a meet, heavy or strenuous squatting can overload the nerve centers in the upper back, causing an inhibition in the nerves that fire the shoulder rotators. Ask any powerlifter or bodybuilder that has experienced pain, fatigue, or a "dead" feeling radiating down their arms after heavy squatting. This dead or heavy feeling in the arms can be a severe problem when it comes to benching heavy and there is a loss of stabilization as well as a loss of explosive power. Heavy bench training occurring at the same time the athlete is pushing heavy in the squat can run into early plateaus and frequently into substandard performance that is neurological in origin rather than an actual muscle fatigue or overtraining state.

A true contest peak is a tightening of compromises where a training program is carefully organized to prevent undesired overtraining and conflicting neural education so that each lift can progress to its potential. Residual effect training targets key muscle groups for overtraining. When these muscle groups are pushed over their limits, time is allowed for complete recovery so that an athlete is fully capable for a 100% effort the day of the contest. We have found that there is an adaptive biochemical response to overtraining that provides the athlete that is lucky enough to time things right with a strength bonus. There is an approximate 10-21 day window of extraordinary strength and explosive power at the peak of recovery from overtraining.

Before launching into our records of Dawn's preparation for her 1512 lb. total, I feel that it is important to understand that there are different forms of overtraining. The most important distinction comes between overtraining a single muscle and systemic overtraining.

When an athlete overtrains a muscle or muscle group, they get sore and flat in the movements governed by their muscle in question. Systemic overtraining causes the athlete to get drained psychologically and physically where they lose energy, lose weight, ambition; their immune system is depleted, and progress of any kind is usually impossible. A lesser distinction can be made between volume overtraining and load overtraining. Volume overtraining occurs when an athlete works close to their maximum too often to recover fully. The athlete then loses strength and efficiency in their lifts. If you would try to squat and overtrained the squat itself, you would fall into the category of systemic overtraining as the squat is one of the best "compound" movements. That is the squat uses virtually all muscle groups in the body either to push or to stabilize the weight. Instead, an athlete must target a key segment in the system and choose an isolation exercise to overtrain that group as specifically as possible.

To illustrate we will look at Dawn Sharon's training cycle from winter and spring 1992. Dawn was seeking peak individual lifts in all three contests to hit the really big total. She organized her life around her training and gave up a lot of freedom that we all take for granted, to get more sleep, eat more often, and to eliminate as much stress in her life as possible. Her husband Asher plotted a parallel course to try to tap into his own potential and so they had each other's support when training became difficult. Overtraining is never pleasant and it produces a great deal of stress and anxiety. Without the support of people close to you, it is very difficult to succeed. The chosen course was to overtrain the hip rotators through a narrow range of movement at about 9 weeks out of the meet. Secondly, Dawn would overtrain her lower pecs and a narrow range of her internal rotational stabilizers at the shoulders in an effort to get more drive out of the hole in her new wide grip bench style. This should occur at about 7 weeks out. The last and trickiest group was to overtrain the lower erectors and the stabilizing muscles of the low back at six weeks out. Previous experience had shown that, all things being equal, she would need these lengths of time for her genetics to recover from overtraining in these groups.

What follows is a list of the principle lifts and the primary isolation movements used to overtrain the muscle groups mentioned above. I will mention the fundamental goal

in each phase of the training, but I am not including a great deal of assistance work used to give Dawn as much endurance that she could feel relatively sure that her recovery would be swift and complete for all three lifts. I will chart the last 24 weeks of the approach to the meet in June 1992. The list begins the week ending December 28, 1992.1.

Squat: First Cycle for Mass-Week 1: Squat: 145x5x3, 235x5, 315x3x4 sets; leg press: 600x12x3 sets, 600x30. Week 2: Squat: 145x5x3, 235x5, 315x5, 365x5x3; leg press: 800x12x3 sets, 800x25. Week 3: Squat: 145x5x3, 235x5, 315x5x4 sets; leg press: 600x12x3 sets, 600x30. Week 4: Squat: 145x5x3, 235x5, 315x5, 365x5x3; leg press: 800x15x2 sets, 800x30. Week 5: Squat: 145x5x3, 315x5x5 sets; leg press: 600x10x4 sets, 600x40. Week 6: Squat: 145x5x3, 235x5, 315x5, 365x5x3; leg press: 800x15x3 sets, 800x30.

Third Cycle for Nerve Path Education (note: squat warmup is usually 145x3 sets, 235x5, 315x5) -Week 7: squat: 6 sets of 3 reps @ 335; light squat: 5 sets of 1 rep @ 315. Week 8: squat: 5 sets of 2 reps @ 385; light squat: 5 sets of 1 rep @ 365. Week 9: squat: 6 sets of 3 reps @ 355; light squat: 5 sets of 1 rep @ 315.

Fourth Cycle for Power (note: squat warmup is usually 145x3x3 sets, 235x5, 315x5) -Week 10: squat: 385x3, 405x3, 425x3; leg press: 600x10x3x3 sets. Week 11: squat: 385x3, 415x3, 445x3; leg press: 800x15x3 sets. Week 12: squat: 405x3, 435x3, 465x3; leg press: 800x10x3x3 sets. Week 13: 365x3, 415x3, 455x3; leg press: 1000x15x3 sets. Week 14: squat: 385x3, 435x3, 485x3; leg press: 1000x10x3x3 sets. Week 15: squat: 405x3, 455x3, 505x3; leg press: 1200x12x3 sets. (Note: The high and wide stance leg press have burnt her hips out at this point)

Fifth Cycle is the Peaking and Recovery Cycle. Week 19: 145x5x2, 235x5, 315x5, 405x5, 465x2. Week 20: 145x5x2, 235x5, 315x5, 405x2, 485x2. Week 21: Turnup Meet-Open 475, 2nd-541, 3rd-602. Week 22: 145x5x2, 235x5, 315x5, 405x1, 315x5x2 sets. Week 23: 145x5x2, 235x5,

(article continued on page 53)

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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:** Enclosed is a money order in the amount \$17.00 (one extra dollar for first-class postage). Please send one copy of Beyond Anabolic Steroids. In addition I'm interested in any information you may have on ephedrine and/or dymetadine 25. If there is no mention of this product in the book I've ordered but rather in another of your books or updates, please also send ordering information. Thank you. **Doug**

**DEAR DOUG:** Ephedrine is a sympathomimetic amine that occurs naturally in plants of the genus Ephedra and thus may be present naturally in many herbal preparations and teas containing Ma Huang (Chinese Ephedra). Products containing Ma Huang include Excel, Energy Rise, Bishop's Tea, and Brigham Tea. As well, ephedrine may be added to some preparations and tonics with or without indication. Ephedrine shares some of the properties of adrenaline and the amphetamines and as such acts as a mild peripheral and central nervous system stimulant. However, it's use can make you jittery and give you heart palpitations. Like the amphetamines, chronic use has its unpleasant psychological and physical effects, although ephedrine has less CNS effects and a much lower level of abuse. It's used clinically as a nasal decongestant and for the treatment of asthma, although it has largely been replaced by compounds with less CNS stimulatory effects. Dymetadine 25 is an OTC form of ephedrine HCL. Let me know if you need more information. Sincerely, **Mauro**

**DEAR MAURO:** I'm 43 years old and have been bodybuilding for twenty years and powerlifting for one. My bench press is 325 lbs, squat 410 lbs and dead lift 500 lbs. I do not and have never used drugs or steroids. I am extremely puzzled by all the various articles I've been reading, about guys who are lifting "enormous" weights and yet claim they do not use steroids. How is this possible. I know that you are strongly against the use of drugs and would consequently appreciate your advice as to how I can "hit" the high weights without using steroids. Looking forward to your earliest reply. Yours sincerely, **Barry**

**DEAR BARRY:** You don't have to use anabolic steroids to get big and strong. There are a lot of people out there that are genetically gifted and who would do well in bodybuilding and powerlifting without the use of any performance enhancing compounds. Realistically however, most athletes, especially those in the strength and muscle sports, use

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some sort of chemical boost. Most athletes who use drugs will generally not reveal their use to anyone except the closest of friends - certainly they'll deny their use to the media and in articles. This is understandable considering the consequences that ensue when an athlete admits to the use of performance enhancing drugs. As well, most athletes would rather be seen as being natural rather than getting some of their strength and physique from a bottle. The best way to be successful without the use of steroids is to know what you are doing or have a coach that does. You need to first of all have some sort of aptitude for the sport you're in. Then you have to optimize your nutrition and training. It can be done without steroids or any other performance enhancing drug, but it is harder and requires more smarts. I'm working on a natural method of enhancing internal hormones by diet and exercise - hopefully by following this method an athlete can maximize his potential and achieve the same results of using anabolic steroids or growth hormone or any of the dozens of other ergogenic aids - without the side effects and the worry. I'm going to write a book on this method and hopefully have it ready sometime next year. In the meantime you might be interested in my new book, Beyond Anabolic Steroids (ad enclosed). All the best in your training. Sincerely, **Mauro G. Di Pasquale, M.D.**

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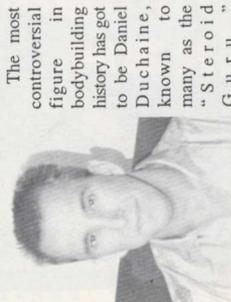
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## FORMULATOR CALLS RULING AN OUTRAGE!

Los Angeles, CA



powerful that a number of athletic committees say it gives competitors an unfair advantage and have banned the supplement's performance ingredients!

Some athletes might recognize Ultimate Orange as the secret supplement bodybuilders have been raving about since Duchaine introduced it back in 1982, long before there were any such things as metabolic optimizers, anabolic activators or even simple carbohydrate supplements. The development of Ultimate Orange was years ahead of its time and as many fad supplements have come and gone over the years, Ultimate Orange has continued to gain popularity. Duchaine recalls, "I literally used to make Ultimate Orange in my kitchen, but word-of-mouth advertising about its effectiveness quickly put an end to that. The demand for the product far exceeded what I could put together in my home laboratory. So, I contacted a good friend who runs a high-tech nutritional laboratory and talked him into manufacturing the product for me. I've also had to have someone take over distribution of the product for me."

**THE FIRST "DRUGS" HUMANS EVER USED**  
So what's the secret of Ultimate Orange? Duchaine contends that there are several. First of all, Ultimate Orange contains a potent herbal blend which users claim gives the product a profound "kick." "Shortly after mixing a serving of Ultimate Orange powder in water and drinking it, the user can feel the 'power' of this product," claims Duchaine. Ultimate Orange's "special ingredients" are so effective at enhancing athletic performance that they have been banned by the IOC, USOC, NCAA and IPC. But, these herbs are allowed in over-the-counter products in the United States and are considered very safe by experts. Duchaine cites, "Herbs are the first 'drugs' that humans ever used and many herbs have significant potential to benefit athletic performance!"

In addition to Ultimate Orange's potent herbal blend, the product also contains a complete blend of vitamins and minerals, a number of essential amino acids and a high-tech carbohydrate blend called QuadraCarb™. This proprietary nutrient

combination contains stage released carbohydrates from the branching chain glucose polymers of amylopectins. Quadra-Carb also contains high glycaemic index maltose with dextrose and low glycemic index fructose. Duchaine calls Quadra-Carb the perfect carbohydrate source to fuel the body before, during and after intense workouts and contends that any athlete who is not subject to drug testing should be using Ultimate Orange! And virtually everyone who has tried Ultimate Orange is calling it the most powerful pre-workout drink ever!

## AVAILABLE TO THE PUBLIC FOR THE FIRST TIME EVER

For 10 years, Ultimate Orange has been available only to Duchaine's personal clients and special contacts but, now, for the first time ever, Ultimate Orange is available to the general public. A company called the NSA has recently taken over distribution of the product. They are selling a one pound container (16 servings) for \$19.95 plus \$6.50 postage and handling. So now, any athlete who is interested in discovering the "power" of Ultimate Orange first-hand can simply pick up the phone, call 1-800-637-1572, ask for Dept. #149 and order it. (The NSA takes almost any credit card.) To order the product by mail, all a person needs to do is write down their name and address along with the words "Ultimate Orange" on any piece of paper and send it along with a check or money order (payable to NSA) to: NSA, Dept. #149, P.O. Box 277, Golden, CO, 80402.

So far, the NSA reports that Ultimate Orange sales are going wild! So wild that they fear the manufacturer may not be able to keep up with the demand. Duchaine is not at all surprised by the response and remarks, "It just goes to show how starved athletes are for a product that really does something."

Duchaine is currently researching new and improved ways to enhance athletic performance and if he remains true-to-form, two things are certain—one, he'll continue to uncover performance agents that really work, and two, his findings will continue to stir-up controversy—that is something you can bet on!

It has been a long wait! We have tried countless so-called steroid replacement supplements. Many of us have discovered if it is not steroids, then it isn't going to work like steroids. Let's face it, for optimal results, even human growth hormone users have had to include steroids for their needed anabolic-catabolic effects. Besides the anabolic effect (building of muscle tissue) of steroids, the real reason users have grown huge is from the anti-catabolic effects. Steroids and some other prescription drugs have size-making attributes due to their anti-catabolic effects (preventing tissue breakdown by turning up the receptor sites for cortisol and enzyme receptors). That's right, the key to growing big muscles is to slow tissue breakdown! The problem of using drugs that tie up receptor sites (besides the numerous side effects of messing with sex hormone) is that whenever you discontinue this dangerous supplement program, the build up of receptor and enzyme systems will consume much of the size built during drug cycling.

Most bodybuilders would like to find natural supplements that would create anti-catabolic effects without creating a build-up of cortisol or destructive enzymes that would eventually undo the anabolic effects.

Fortunately, medical research has discovered just what the powerlifting community has been asking for. Studies utilizing burn patients have been published in several medical journals including the *Lancet*, 24 March 1990; 335(8691); 701-3. The natural anabolic agent for maintaining tissue in this research is called OKG (Ornithine Alphaketoglutarate). In its unadulterated form this blend of natural amino acids has worked wonders in preventing tissue atrophy. The exact mechanism that is causing the anti-catabolic effects of OKG is not known. Its effects appear due to an anabolic influence which over-rides catabolism. Use of this blend of natural amino acids can be effective for safely creating muscle mass. Increases of muscle size should not rapidly diminish when OKG is discontinued.

The effects of OKG will vary from patient to patient. Doses used in clinical trials have been looking for? We'll see.

# NEW PRODUCT ANNOUNCEMENT

# OKG

## (Ornithine Alphaketoglutarate)

as told by Mark Murray and reprinted from THE GYM NEWS, Vol. 2 No. 3, Summer 1992

form to person. For some, the results might come close to those obtained by steroid use. Growth would take a little longer, but expect results to last! With OKG you will still need to be living the right lifestyle and providing your body with the right nutrients to grow. Best results with OKG will be obtained by those of you that are training, eating, sleeping, and living right. When using OKG properly, be prepared to hear accusations by the uninformed that you "gotta be on the juice!"

A word to the wise; be sure that you are using genuine, unadulterated OKG! Beware of the irrational shotgun approach of including small amounts of OKG to a mixture of various metabolic optimizers.

The dosage of pure OKG that works best will vary with different individuals. Doses used in clinical

trials have been looking for? We'll see.

# IS OKG ANTI-CATABOLIC?

SO: LANCET, 1990 MAR 24; 335(8691): 701-3 CP: ENGLAND

AB: "The hypothesis that muscle protein catabolism after trauma is associated with a shortage of alpha-ketoglutarate, rather than glutamine, was tested. Addition of alpha-ketoglutarate to postoperative total parenteral nutrition prevented the decrease in muscle protein synthesis and free glutamine that usually occurs after surgery."

SO: Br-J-Surg, 1990 FEB; 77(2): 214-8 CP: ENGLAND

AB: ".....In conclusion, in the immediate postoperative period total parenteral nutrition supplemented with ornithine-alpha-ketoglutarate countered the decline in the muscle free glutamine."

SO: In-Vitro-Cell-Dev-Biol, 1990 FEB; 26(2): 187-92 CP: UNITED STATES

AB: "Ornithine alpha ketoglutarate (OKG) is largely used in clinical nutrition for its anabolic effects.....Glutamine, which is the preferential energetic substrate of fibroblasts, can be produced from glutamate and might play a role in the action of OKG."

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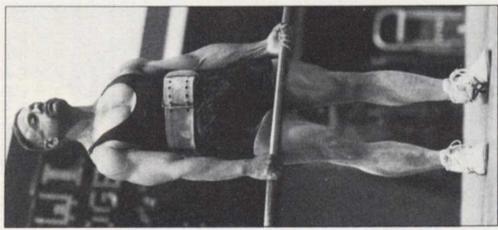
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studies were up to 20 grams a day. I suspect that dosages as low as 2 to 5 grams prior to workouts will be adequate for many to obtain their desired metabolic results.



Could OKG be the natural supplement that drug free lifters have been looking for? We'll see.

## International Weightlifting Federation will Change its Weight Classes. Can Powerlifting Be Far Behind?

as told to Powerlifting USA by Marty Gallagher



Jim Voronin has already been a competitor in the APF's new 308

The International Weightlifting Federation, in an unprecedented realignment, will change the weight class limits in each of its ten weight divisions. The long rumored move will be announced in November and according to one well placed I.P.F. source "is a 99.9% certainty." Off the record, I.P.F. officials indicate that the reasoning behind the move is to allow new records to be set by athletes utilizing the latest drug testing methodology. Unofficially, I.W.F. officials feel that with the collapse of the communist bloc sports machines, many of whom made it governmental policy to assist athletes in beating drug tests, there is a much better chance that the sport of weightlifting can clean up it's tarnished image as a dirty sport.

A new low point was reached in the 1988 Olympic Games when the Bulgarian weightlifting squad withdrew and sent home in disgrace their entire team after three gold medal winning lifters came up positive for drugs or drug masking devices in a four day period. It was blatant indication of state conditioned drug use and threatened the very existence of the sport. Many top Olympic officials felt that weightlifting was a sport so intrinsically tied to steroid usage that it should be tossed out of the Games.

Vowing to clean itself up, the I.W.F. expanded it's list of banned substances and tightened up it's drug testing procedures. This latest innovation, changing the body-weight demarcations, is the most recent in a long line of moves designed to revitalize the sport. The I.W.F. feels that this will give the sport and it's athletes a much needed shot in the arm.

Up to this juncture, world records had been set by athletes using steroids, yet skilled in avoiding detection. Using performance enhancing drugs and often times assisted by governmental sports bureaucracies, these athletes lifted poundages of such incredible magnitude that most knowledgeable observers felt the chances of tested athletes ever surpassing these records were slim to none. Rather than declare these records null and void (which would be an injustice to the drug-free record holders) the I.W.F. has nearly side-stepped the whole issue by simply changing the weight limits. The ten new divisions will be as follows:

- 114 - now 119.04
- 123 - now 130.07
- 132 - now 141.09
- 148 - now 154.32
- 165 - now 167.5
- 181 - now 182.98
- 198 - now 200.6
- 220 - now 218.25

kilo or two up or down, just enough to create a new weight division but nothing radical. There had been some talk of eliminating or combining several classes in an attempt to shorten the meets. Instead we have the same number of classes - ten (no 275 pound class in weightlifting) and a new set of records waiting to be set by athletes competing under much stricter drug enforcement guidelines. Television is more impressed when world records are being set and that was highly unlikely with tighter doping controls and the astronomical world records already on the books.

If the I.P.F. adopts the new weight class divisions the U.S.P.F. will undoubtedly follow suit. Will the A.D.F.P.A., A.P.F., N.A.S.A., and I.F.I.F. - and numerous, do likewise? Most lifters when quizzed liked the idea; although the record holders - by definition a small segment of the lifting populace - were none to thrilled by the idea. It is an interesting question and one that all competitive lifters should mull over and formulate an opinion on. It is an idea whose time has come and powerlifters everywhere should voice their opinions to the decision makers within their respective organizations. After all, to be forewarned is to be a contributor.

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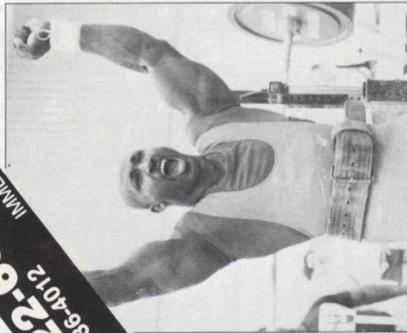
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Bench Press	Police	SHW	Novice	Submaster	Master I	Master II	Novice	Submaster	Master I	Master II
148	290	265	240	215	210	205	185	180	175	170
R. Schmitt	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins
158	290	265	240	215	210	205	185	180	175	170
R. Schmitt	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins	R. Higgins

200	310M	300	810
225	180	350	755
R. Davis	J. Clark	Bench Press	Women
340	260	355	855
415M	240	475M	1130M
550M	290	585	1345M
600	320	640	1460M
650	350	700	1580M
700	380	760	1700M
750	410	820	1820M
800	440	880	1940M
850	470	940	2060M
900	500	1000	2180M
950	530	1060	2300M
1000	560	1120	2420M
1050	590	1180	2540M
1100	620	1240	2660M
1150	650	1300	2780M
1200	680	1360	2900M
1250	710	1420	3020M
1300	740	1480	3140M
1350	770	1540	3260M
1400	800	1600	3380M
1450	830	1660	3500M
1500	860	1720	3620M
1550	890	1780	3740M
1600	920	1840	3860M
1650	950	1900	3980M
1700	980	1960	4100M
1750	1010	2020	4220M
1800	1040	2080	4340M
1850	1070	2140	4460M
1900	1100	2200	4580M
1950	1130	2260	4700M
2000	1160	2320	4820M
2050	1190	2380	4940M
2100	1220	2440	5060M
2150	1250	2500	5180M
2200	1280	2560	5300M
2250	1310	2620	5420M
2300	1340	2680	5540M
2350	1370	2740	5660M
2400	1400	2800	5780M
2450	1430	2860	5900M
2500	1460	2920	6020M
2550	1490	2980	6140M
2600	1520	3040	6260M
2650	1550	3100	6380M
2700	1580	3160	6500M
2750	1610	3220	6620M
2800	1640	3280	6740M
2850	1670	3340	6860M
2900	1700	3400	6980M
2950	1730	3460	7100M
3000	1760	3520	7220M
3050	1790	3580	7340M
3100	1820	3640	7460M
3150	1850	3700	7580M
3200	1880	3760	7700M
3250	1910	3820	7820M
3300	1940	3880	7940M
3350	1970	3940	8060M
3400	2000	4000	8180M
3450	2030	4060	8300M
3500	2060	4120	8420M
3550	2090	4180	8540M
3600	2120	4240	8660M
3650	2150	4300	8780M
3700	2180	4360	8900M
3750	2210	4420	9020M
3800	2240	4480	9140M
3850	2270	4540	9260M
3900	2300	4600	9380M
3950	2330	4660	9500M
4000	2360	4720	9620M
4050	2390	4780	9740M
4100	2420	4840	9860M
4150	2450	4900	9980M
4200	2480	4960	10100M
4250	2510	5020	10220M
4300	2540	5080	10340M
4350	2570	5140	10460M
4400	2600	5200	10580M
4450	2630	5260	10700M
4500	2660	5320	10820M
4550	2690	5380	10940M
4600	2720	5440	11060M
4650	2750	5500	11180M
4700	2780	5560	11300M
4750	2810	5620	11420M
4800	2840	5680	11540M
4850	2870	5740	11660M
4900	2900	5800	11780M
4950	2930	5860	11900M
5000	2960	5920	12020M
5050	2990	5980	12140M
5100	3020	6040	12260M
5150	3050	6100	12380M
5200	3080	6160	12500M
5250	3110	6220	12620M
5300	3140	6280	12740M
5350	3170	6340	12860M
5400	3200	6400	12980M
5450	3230	6460	13100M
5500	3260	6520	13220M
5550	3290	6580	13340M
5600	3320	6640	13460M
5650	3350	6700	13580M
5700	3380	6760	13700M
5750	3410	6820	13820M
5800	3440	6880	13940M
5850	3470	6940	14060M
5900	3500	7000	14180M
5950	3530	7060	14300M
6000	3560	7120	14420M
6050	3590	7180	14540M
6100	3620	7240	14660M
6150	3650	7300	14780M
6200	3680	7360	14900M
6250	3710	7420	15020M
6300	3740	7480	15140M
6350	3770	7540	15260M
6400	3800	7600	15380M
6450	3830	7660	15500M
6500	3860	7720	15620M
6550	3890	7780	15740M
6600	3920	7840	15860M
6650	3950	7900	15980M
6700	3980	7960	16100M
6750	4010	8020	16220M
6800	4040	8080	16340M
6850	4070	8140	16460M
6900	4100	8200	16580M
6950	4130	8260	16700M
7000	4160	8320	16820M
7050	4190	8380	16940M
7100	4220	8440	17060M
7150	4250	8500	17180M
7200	4280	8560	17300M
7250	4310	8620	17420M
7300	4340	8680	17540M
7350	4370	8740	17660M
7400	4400	8800	17780M
7450	4430	8860	17900M
7500	4460	8920	18020M
7550	4490	8980	18140M
7600	4520	9040	18260M
7650	4550	9100	18380M
7700	4580	9160	18500M
7750	4610	9220	18620M
7800	4640	9280	18740M
7850	4670	9340	18860M
7900	4700	9400	18980M
7950	4730	9460	19100M
8000	4760	9520	19220M
8050	4790	9580	19340M
8100	4820	9640	19460M
8150	4850	9700	19580M
8200	4880	9760	19700M
8250	4910	9820	19820M
8300	4940	9880	19940M
8350	4970	9940	20060M
8400	5000	10000	20180M
8450	5030	10060	20300M
8500	5060	10120	20420M
8550	5090	10180	20540M
8600	5120	10240	20660M
8650	5150	10300	20780M
8700	5180	10360	20900M
8750	5210	10420	21020M
8800	5240	10480	21140M
8850	5270	10540	21260M
8900	5300	10600	21380M
8950	5330	10660	21500M
9000	5360	10720	21620M
9050	5390	10780	21740M
9100	5420	10840	21860M
9150	5450	10900	21980M
9200	5480	10960	22100M
9250	5510	11020	22220M
9300	5540	11080	22340M
9350	5570	11140	22460M
9400	5600	11200	22580M
9450	5630	11260	22700M
9500	5660	11320	22820M
9550	5690	11380	22940M
9600	5720	11440	23060M
9650	5750	11500	23180M
9700	5780	11560	23300M
9750	5810	11620	23420M
9800	5840	11680	23540M
9850	5870	11740	23660M
9900	5900	11800	23780M
9950	5930	11860	23900M
10000	5960	11920	24020M

200	310M	300	810
225	180	350	755
R. Davis	J. Clark	Bench Press	Women
340	260	355	855
415M	240	475M	1130M
550M	290	585	1345M
600	320	640	1460M
650	350	700	1580M
700	380	760	1700M
750	410	820	1820M
800	440	880	1940M
850	470	940	2060M
900	500	1000	2180M
950	530	1060	2300M
1000	560	1120	2420M
1050	590	1180	2540M
1100	620	1240	2660M
1150	650	1300	2780M
1200	680	1360	2900M
1250	710	1420	3020M
1300	740	1480	3140M
1350	770	1540	3260M
1400	800	1600	3380M
1450	830	1660	3500M
1500	860	1720	3620M
1550	890	1780	3740M
1600	920	1840	3860M
1650	950	1900	3980M
1700	980	1960	4100M
1750	1010	2020	4220M
1800	1040	2080	4340M
1850	1070	2140	4460M
1900	1100	2200	4580M
1950	1130	2260	4700M
2000	1160	2320	4820M
2050	1190	2380	4940M
2100	1220	2440	5060M
2150	1250	2500	5180M
2200	1280	2560	5300M
2250	1310	2620	5420M
2300	1340	2680	5540M
2350	1370	2740	5660M
2400	1400	2800	5780M
2450	1430	2860	5900M
2500	1460	2920	6020M
2550	1490	2980	6140M
2600	1520	3040	6260M
2650	1550	3100	

**WNPF Southern USA Championships**

12 Apr 92 - Holly Wood, FL

Class	W	P	D	L	Total
114	50	40	30	20	140
132	325*	190*	850*		
133	335*	210	375*	920*	
148	175*	100*	185*	460*	
150	500	240	460	1200	
165	430	240	450	1120	
170	470	325	510*	1305*	
181	440*	240*	450*	1130*	
182	330	185	285	700	
199	390	285	450	1125	
200	525	405	545	1475	
210	525*	405*	545*	1475*	
215	430	245	475	1150	
220	405	255	475	1135*	
225	405	255	475	1135*	
230	405	255	475	1135*	
235	405	255	475	1135*	
240	405	255	475	1135*	
245	405	255	475	1135*	
250	405	255	475	1135*	
255	405	255	475	1135*	
260	405	255	475	1135*	
265	405	255	475	1135*	
270	405	255	475	1135*	
275	405	255	475	1135*	
280	405	255	475	1135*	
285	405	255	475	1135*	
290	405	255	475	1135*	
295	405	255	475	1135*	
300	405	255	475	1135*	
305	405	255	475	1135*	
310	405	255	475	1135*	
315	405	255	475	1135*	
320	405	255	475	1135*	
325	405	255	475	1135*	
330	405	255	475	1135*	
335	405	255	475	1135*	
340	405	255	475	1135*	
345	405	255	475	1135*	
350	405	255	475	1135*	
355	405	255	475	1135*	
360	405	255	475	1135*	
365	405	255	475	1135*	
370	405	255	475	1135*	
375	405	255	475	1135*	
380	405	255	475	1135*	
385	405	255	475	1135*	
390	405	255	475	1135*	
395	405	255	475	1135*	
400	405	255	475	1135*	
405	405	255	475	1135*	
410	405	255	475	1135*	
415	405	255	475	1135*	
420	405	255	475	1135*	
425	405	255	475	1135*	
430	405	255	475	1135*	
435	405	255	475	1135*	
440	405	255	475	1135*	
445	405	255	475	1135*	
450	405	255	475	1135*	
455	405	255	475	1135*	
460	405	255	475	1135*	
465	405	255	475	1135*	
470	405	255	475	1135*	
475	405	255	475	1135*	
480	405	255	475	1135*	
485	405	255	475	1135*	
490	405	255	475	1135*	
495	405	255	475	1135*	
500	405	255	475	1135*	

WNPF Southern USA Championships

12 Apr 92 - Holly Wood, FL

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12 Apr 92 - Holly Wood, FL

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WNPF Southern USA Championships

12 Apr 92 - Holly Wood, FL

WNPF Southern USA Championships

**Northwest Illinois PL & BP**

20 SEP 92 - Dixon, IL

Class	W	P	D	L	Total
123	50	30	20	10	110
132	405	190	340	935	
148	330	165	210	705	
150	430	260	385	1075	
165	430	260	385	1075	
170	430	260	385	1075	
181	430	260	385	1075	
182	430	260	385	1075	
199	430	260	385	1075	
200	430	260	385	1075	
210	430	260	385	1075	
215	430	260	385	1075	
220	430	260	385	1075	
225	430	260	385	1075	
230	430	260	385	1075	
235	430	260	385	1075	
240	430	260	385	1075	
245	430	260	385	1075	
250	430	260	385	1075	
255	430	260	385	1075	
260	430	260	385	1075	
265	430	260	385	1075	
270	430	260	385	1075	
275	430	260	385	1075	
280	430	260	385	1075	
285	430	260	385	1075	
290	430	260	385	1075	
295	430	260	385	1075	
300	430	260	385	1075	
305	430	260	385	1075	
310	430	260	385	1075	
315	430	260	385	1075	
320	430	260	385	1075	
325	430	260	385	1075	
330	430	260	385	1075	
335	430	260	385	1075	
340	430	260	385	1075	
345	430	260	385	1075	
350	430	260	385	1075	
355	430	260	385	1075	
360	430	260	385	1075	
365	430	260	385	1075	
370	430	260	385	1075	
375	430	260	385	1075	
380	430	260	385	1075	
385	430	260	385	1075	
390	430	260	385	1075	
395	430	260	385	1075	
400	430	260	385	1075	
405	430	260	385	1075	
410	430	260	385	1075	
415	430	260	385	1075	
420	430	260	385	1075	
425	430	260	385	1075	
430	430	260	385	1075	
435	430	260	385	1075	
440	430	260	385	1075	
445	430	260	385	1075	
450	430	260	385	1075	
455	430	260	385	1075	
460	430	260	385	1075	
465	430	260	385	1075	
470	430	260	385	1075	
475	430	260	385	1075	
480	430	260	385	1075	
485	430	260	385	1075	
490	430	260	385	1075	
495	430	260	385	1075	
500	430	260	385	1075	

Northwest Illinois PL & BP

20 SEP 92 - Dixon, IL

Northwest Illinois PL & BP

20 SEP 92 - Dixon, IL

Northwest Illinois PL & BP

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Northwest Illinois PL & BP

20 SEP 92 - Dixon, IL

Northwest Illinois PL & BP

20 SEP

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

Women Div.	580	370	475	1425	97	97	135	95	205	435
J. Barton	275	365	475	1415	SHW	148	148	148	148	148
E. Martin	500	315	550	1365	L. Codon	148	148	148	148	148
SHW	580	370	475	1425	148	148	148	148	148	148
National Div.	181	315	385	405	1085	148	148	148	148	148
C. Burns	480	300	525	1305	M. Moultrie	148	148	148	148	148
B. Skipper	525	380	540	1445	T. Downing	148	148	148	148	148
J. Jerome	550	405	620	1575	T. Ramsey	148	148	148	148	148
H. Master	725	440	550	1715	148	148	148	148	148	148
H. McInelly	550	410	545	1505	148	148	148	148	148	148
K. Schweinfurth	405	205	205	610	148	148	148	148	148	148
J. Minor	440	255	520	1215	148	148	148	148	148	148
L. Williams	500	350	500	1350	148	148	148	148	148	148
H. Wright	450	350	475	1275	148	148	148	148	148	148
J. Barton	550	365	475	1390	148	148	148	148	148	148
L. Codon	580	370	475	1425	148	148	148	148	148	148

Women Div.	580	370	475	1425	97	97	135	95	205	435
T. Curtis	475	310	475	1260	181	181	181	181	181	181
T. Holding	560	355	565	1480	181	181	181	181	181	181
D. Boyer-BL	280	155	260	695	181	181	181	181	181	181
D. Morgan	200	95	200	495	181	181	181	181	181	181
K. Schweinfurth	405	205	205	610	181	181	181	181	181	181
J. Snellwood-BL	505	305	455	1265	181	181	181	181	181	181
C. Zawatzki	485	250	440	1170	181	181	181	181	181	181
S. Hillcoat	430	300	440	1170	181	181	181	181	181	181
S. Peckhart	330	225	330	885	181	181	181	181	181	181
J. Mania	330	225	330	885	181	181	181	181	181	181
T. Garland	425	275	430	1130	181	181	181	181	181	181
Z. Prome	550	405	620	1575	181	181	181	181	181	181
S. Cluster-BL	725	440	550	1715	181	181	181	181	181	181
F. Ambrosino	760	350	615	1725	181	181	181	181	181	181
S. Submaster	300	315	500	1365	181	181	181	181	181	181
M. White	470	325	450	1245	181	181	181	181	181	181
A. Zinna	210	105	215	525	181	181	181	181	181	181
D. Green	197.5	105	215	525	181	181	181	181	181	181
J. Zedeker	257.5	172.5	260	690	181	181	181	181	181	181
Northall Press	220	110	220	550	181	181	181	181	181	181
S. Force	182.5	242	275	604	181	181	181	181	181	181
G. Delbert	170	90	170	430	181	181	181	181	181	181
Hyllon	210	130	217.5	557.5	181	181	181	181	181	181
B. Lewis	210	107.5	197.5	522.5	181	181	181	181	181	181
S. Bednar	167.5	130	192.5	490	181	181	181	181	181	181
M. White	170	90	170	430	181	181	181	181	181	181
A. Zinna	210	130	217.5	557.5	181	181	181	181	181	181
D. Green	197.5	105	215	525	181	181	181	181	181	181
J. Zedeker	257.5	172.5	260	690	181	181	181	181	181	181
Northall Press	220	110	220	550	181	181	181	181	181	181
S. Force	182.5	242	275	604	181	181	181	181	181	181
G. Delbert	170	90	170	430	181	181	181	181	181	181
Hyllon	210	130	217.5	557.5	181	181	181	181	181	181
B. Lewis	210	107.5	197.5	522.5	181	181	181	181	181	181
S. Bednar	167.5	130	192.5	490	181	181	181	181	181	181
M. White	170	90	170	430	181	181	181	181	181	181
A. Zinna	210	130	217.5	557.5	181	181	181	181	181	181
D. Green	197.5	105	215	525	181	181	181	181	181	181
J. Zedeker	257.5	172.5	260	690	181	181	181	181	181	181
Northall Press	220	110	220	550	181	181	181	181	181	181
S. Force	182.5	242	275	604	181	181	181	181	181	181
G. Delbert	170	90	170	430	181	181	181	181	181	181
Hyllon	210	130	217.5	557.5	181	181	181	181	181	181
B. Lewis	210	107.5	197.5	522.5	181	181	181	181	181	181
S. Bednar	167.5	130	192.5	490	181	181	181	181	181	181
M. White	170	90	170	430	181	181	181	181	181	181
A. Zinna	210	130	217.5	557.5	181	181	181	181	181	181
D. Green	197.5	105	215	525	181	181	181	181	181	181
J. Zedeker	257.5	172.5	260	690	181	181	181	181	181	181
Northall Press	220	110	220	550	181	181	181	181	181	181
S. Force	182.5	242	275	604	181	181	181	181	181	181
G. Delbert	170	90	170	430	181	181	181	181	181	181
Hyllon	210	130	217.5	557.5	181	181	181	181	181	181
B. Lewis	210	107.5	197.5	522.5	181	181	181	181	181	181
S. Bednar	167.5	130	192.5	490	181	181	181	181	181	181
M. White	170	90	170	430	181	181	181	181	181	181
A. Zinna	210	130	217.5	557.5	181	181	181	181	181	181
D. Green	197.5	105	215	525	181	181	181	181	181	181
J. Zedeker	257.5	172.5	260	690	181	181	181	181	181	181
Northall Press	220	110	220	550	181	181	181	181	181	181
S. Force	182.5	242	275	604	181	181	181	181	181	181
G. Delbert	170	90	170	430	181	181	181	181	181	181
Hyllon	210	130	217.5	557.5	181	181	181	181	181	181
B. Lewis	210	107.5	197.5	522.5	181	181	181	181	181	181
S. Bednar	167.5	130	192.5	490	181	181	181	181	181	181
M. White	170	90	170	430	181	181	181	181	181	181
A. Zinna	210	130	217.5	557.5	181	181	181	181	181	181
D. Green	197.5	105	215	525	181	181	181	181	181	181
J. Zedeker	257.5	172.5	260	690	181	181	181	181	181	181
Northall Press	220	110	220	550	181	181	181	181	181	181
S. Force	182.5	242	275	604	181	181	181	181	181	181
G. Delbert	170	90	170	430	181	181	181	181	181	181
Hyllon	210	130	217.5	557.5	181	181	181	181	181	181
B. Lewis	210	107.5	197.5	522.5	181	181	181	181	181	181
S. Bednar	167.5	130	192.5	490	181	181	181	181	181	181
M. White	170	90	170	430	181	181	181	181	181	181
A. Zinna	210	130	217.5	557.5	181	181	181	181	181	181
D. Green	197.5	105	215	525	181	181	181	181	181	181
J. Zedeker	257.5	172.5	260	690	181	181	181	181	181	181
Northall Press	220	110	220	550	181	181	181	181	181	181
S. Force	182.5	242	275	604	181	181	181	181	181	181
G. Delbert	170	90	170	430	181	181	181	181	181	181
Hyllon	210	130	217.5	557.5	181	181	181	181	181	181
B. Lewis	210	107.5	197.5	522.5	181	181	181	181	181	181
S. Bednar	167.5	130	192.5	490	181	181	181	181	181	181
M. White	170	90	170	430	181	181	181	181	181	181
A. Zinna	210	130	217.5	557.5	181	181	181	181	181	181
D. Green	197.5	105	215	525	181	181	181	181	181	181
J. Zedeker	257.5	172.5	260	690	181	181	181	181	181	181
Northall Press	220	110	220	550	181	181	181	181	181	181
S. Force	182.5	242	275	604	181	181	181	181	181	181
G. Delbert	170	90	170	430	181	181	181	181	181	181
Hyllon	210	130	217.5	557.5	181	181	181	181	181	181
B. Lewis	210	107.5	197.5	522.5	181	181	181	181	181	181
S. Bednar	167.5	130	192.5	490	181	181	181	181	181	181
M. White	170	90	170	430	181	181	181	181	181	181
A. Zinna	210	130	217.5	557.5	181	181				

**WNPF Squat and Deadlift Nationals**  
14, 15 Jun 92 - New Rochelle, NY

Squat	Deadlift	Total
W. Submaster	250	330
C. Higgs	270	390*
C. Worthen	475	500
165	180	345
181	200	381
199	220	419
217	240	457
235	260	495
253	280	533
271	300	571
289	320	609
307	340	647
325	360	685
343	380	723
361	400	761
379	420	799
397	440	837
415	460	875
433	480	913
451	500	951
469	520	989
487	540	1027
505	560	1065
523	580	1103
541	600	1141
559	620	1179
577	640	1217
595	660	1255
613	680	1293
631	700	1331
649	720	1369
667	740	1407
685	760	1445
703	780	1483
721	800	1521
739	820	1559
757	840	1597
775	860	1635
793	880	1673
811	900	1711
829	920	1749
847	940	1787
865	960	1825
883	980	1863
901	1000	1901
919	1020	1939
937	1040	1977
955	1060	2015
973	1080	2053
991	1100	2091
1009	1120	2129
1027	1140	2167
1045	1160	2205
1063	1180	2243
1081	1200	2281
1099	1220	2319
1117	1240	2357
1135	1260	2395
1153	1280	2433
1171	1300	2471
1189	1320	2509
1207	1340	2547
1225	1360	2585
1243	1380	2623
1261	1400	2661
1279	1420	2699
1297	1440	2737
1315	1460	2775
1333	1480	2813
1351	1500	2851
1369	1520	2889
1387	1540	2927
1405	1560	2965
1423	1580	3003
1441	1600	3041
1459	1620	3079
1477	1640	3117
1495	1660	3155
1513	1680	3193
1531	1700	3231
1549	1720	3269
1567	1740	3307
1585	1760	3345
1603	1780	3383
1621	1800	3421
1639	1820	3459
1657	1840	3497
1675	1860	3535
1693	1880	3573
1711	1900	3611
1729	1920	3649
1747	1940	3687
1765	1960	3725
1783	1980	3763
1801	2000	3801
1819	2020	3839
1837	2040	3877
1855	2060	3915
1873	2080	3953
1891	2100	3991
1909	2120	4029
1927	2140	4067
1945	2160	4105
1963	2180	4143
1981	2200	4181
1999	2220	4219
2017	2240	4257
2035	2260	4295
2053	2280	4333
2071	2300	4371
2089	2320	4409
2107	2340	4447
2125	2360	4485
2143	2380	4523
2161	2400	4561
2179	2420	4599
2197	2440	4637
2215	2460	4675
2233	2480	4713
2251	2500	4751
2269	2520	4789
2287	2540	4827
2305	2560	4865
2323	2580	4903
2341	2600	4941
2359	2620	4979
2377	2640	5017
2395	2660	5055
2413	2680	5093
2431	2700	5131
2449	2720	5169
2467	2740	5207
2485	2760	5245
2503	2780	5283
2521	2800	5321
2539	2820	5359
2557	2840	5397
2575	2860	5435
2593	2880	5473
2611	2900	5511
2629	2920	5549
2647	2940	5587
2665	2960	5625
2683	2980	5663
2701	3000	5701
2719	3020	5739
2737	3040	5777
2755	3060	5815
2773	3080	5853
2791	3100	5891
2809	3120	5929
2827	3140	5967
2845	3160	6005
2863	3180	6043
2881	3200	6081
2899	3220	6119
2917	3240	6157
2935	3260	6195
2953	3280	6233
2971	3300	6271
2989	3320	6309
3007	3340	6347
3025	3360	6385
3043	3380	6423
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3079	3420	6499
3097	3440	6537
3115	3460	6575
3133	3480	6613
3151	3500	6651
3169	3520	6689
3187	3540	6727
3205	3560	6765
3223	3580	6803
3241	3600	6841
3259	3620	6879
3277	3640	6917
3295	3660	6955
3313	3680	6993
3331	3700	7031
3349	3720	7069
3367	3740	7107
3385	3760	7145
3403	3780	7183
3421	3800	7221
3439	3820	7259
3457	3840	7297
3475	3860	7335
3493	3880	7373
3511	3900	7411
3529	3920	7449
3547	3940	7487
3565	3960	7525
3583	3980	7563
3601	4000	7601
3619	4020	7639
3637	4040	7677
3655	4060	7715
3673	4080	7753
3691	4100	7791
3709	4120	7829
3727	4140	7867
3745	4160	7905
3763	4180	7943
3781	4200	7981
3799	4220	8019
3817	4240	8057
3835	4260	8095
3853	4280	8133
3871	4300	8171
3889	4320	8209
3907	4340	8247
3925	4360	8285
3943	4380	8323
3961	4400	8361
3979	4420	8399
3997	4440	8437
4015	4460	8475
4033	4480	8513
4051	4500	8551
4069	4520	8589
4087	4540	8627
4105	4560	8665
4123	4580	8703
4141	4600	8741
4159	4620	8779
4177	4640	8817
4195	4660	8855
4213	4680	8893
4231	4700	8931
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4285	4760	9045
4303	4780	9083
4321	4800	9121
4339	4820	9159
4357	4840	9197
4375	4860	9235
4393	4880	9273
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4429	4920	9349
4447	4940	9387
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4483	4980	9463
4501	5000	9501
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4537	5040	9577
4555	5060	9615
4573	5080	9653
4591	5100	9691
4609	5120	9729
4627	5140	9767
4645	5160	9805
4663	5180	9843
4681	5200	9881
4699	5220	9919
4717	5240	9957
4735	5260	9995
4753	5280	10033
4771	5300	10071
4789	5320	10109
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4861	5400	10261
4879	5420	10299
4897	5440	10337
4915	5460	10375
4933	5480	10413
4951	5500	10451
4969	5520	10489
4987	5540	10527
5005	5560	10565
5023	5580	10603
5041	5600	10641
5059	5620	10679
5077	5640	10717
5095	5660	10755
5113	5680	10793
5131	5700	10831
5149	5720	10869
5167	5740	10907
5185	5760	10945
5203	5780	10983
5221	5800	11021
5239	5820	11059
5257	5840	11097
5275	5860	11135
5293	5880	11173
5311	5900	11211
5329	5920	11249
5347	5940	11287
5365	5960	11325
5383	5980	11363
5401	6000	11401
5419	6020	11439
5437	6040	11477
5455	6060	11515
5473	6080	11553
5491	6100	11591
5509	6120	11629
5527	6140	11667
5545	6160	11705
5563	6180	11743
5581	6200	11781
5599	6220	11819
5617	6240	11857
5635	6260	11895
5653	6280	11933
5671	6300	11971
5689	6320	12009
5707	6340	12047
5725	6360	12085
5743	6380	12123
5761	6400	12161
5779	6420	12199
5797	6440	12237
5815	6460	12275
5833	6480	12313
5851	6500	12351
5869	6520	12389
5887	6540	12427
5905	6560	12465
5923	6580	12503
5941	6600	12541
5959	6620	12579
5977	6640	12617
5995	6660	12655
6013	6680	12693
6031	6700	12731
6049	6720	12769
6067	6740	12807
6085	6760	12845
6103	6780	12883
6121	6800	12921
6139	6820	12959
6157	6840	12997
6175	6860	13035
6193	6880	13073
6211	6900	13111
6229	6920	13149
6247	6940	13187
6265	6960	13225
6283	6980	13263
6301	7000	13301
6319	7020	13339
6337	7040	13377
6355	7060	13415
6373	7080	13453
6391	7100	13491
6409	7120	13529
6427	7140	13567
6445	7160	13605
6463	7180	13643
6481	7200	13681
6499	7220	13719
6517	7240	13757
6535	7260	13795
6553	7280	13833
6571	7300	13871
6589	7320	13909
6607	7340	13947
6625	7360	13985
6643	7380	14023
6661	7400	14061
6679	7420	14099
6697	7440	14137
6715	7460	14175
6733	7480	14213
6751	7500	14251
6769	7520	14289
6787	7540	14327
6805	7560	14365
6823	7580	14403
6841	7600	14441
6859	7620	14479
6877	7640	14517
6895	7660	14555
6913	7680	14593
6931	7700	14631
6949	7720	14669
6967	7740	14707
69		



ADFFA Calif./West Regional Masters

Table with columns: 1 Aug 92 - Stock, DL, Total. Lists names and scores for various weight classes.



Best lifters at the ADFFA California/Western Regional Masters Championships included, left to right, Martin Garry - Male Lightweight, Pam Davis - Female Lightweight, Suzanne Fife - Female Heavyweight, Rommel Spiker - Male Heavyweight. (Thanks to Dr. Joe Randazzo who took the photo)

Benner who belted at the records in the 67.5 kg class. There was 132 pound Cliff Swank who dropped 300 plus pounds and still pulled a 419 pound lift on his second try and barely missed a 450 on his third. ... World Champion Don Torrence, who barely got over 100 lbs from his flights from England to the U.S. ...

Application for Registration in Natural Athlete Strength Association. Includes fields for Last Name, First Name, Initial, Date of App., Street Address, City, State, Zip, Area Code, Telephone, High School, Referee, Date of Birth, Age, and membership information.

ting schedules, injuries, lack of funds, and perhaps lack of interest or faith that a masters lifters would be able to compete. ...

ADFFA S.C.I. Rockview Open 30 Aug 92 - Bellefonte, OH. Table with columns: Name, SQ, BP, DL, Total. Lists lifters and their scores.

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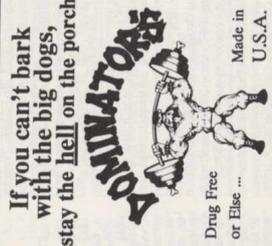


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USA All Time TOP 100 Benchers - 114 compiled by HERB GLOSSBRENNER

Table with columns: Name, SQ, BP, DL, Total. Lists the top 100 benchers in history with their respective scores.

(wheelchair, amputees, etc. not included)

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### 5th Baltic Cup (kg)

kg	SQ	BP	DL	Total
54kg	102.5	115	140	357.5
60kg	115	130	160	405
67.5kg	125	145	175	445
75kg	135	155	190	480
82.5kg	145	165	205	515
90kg	155	175	220	550
97.5kg	165	185	235	585
105kg	175	195	250	620
112.5kg	185	205	265	655
120kg	195	215	280	690
127.5kg	205	225	295	725
135kg	215	235	310	760
142.5kg	225	245	325	795
150kg	235	255	340	830
157.5kg	245	265	355	865
165kg	255	275	370	900
172.5kg	265	285	385	935
180kg	275	295	400	970
187.5kg	285	305	415	1005
195kg	295	315	430	1040
202.5kg	305	325	445	1075
210kg	315	335	460	1110
217.5kg	325	345	475	1145
225kg	335	355	490	1180
232.5kg	345	365	505	1215
240kg	355	375	520	1250
247.5kg	365	385	535	1285
255kg	375	395	550	1320
262.5kg	385	405	565	1355
270kg	395	415	580	1390
277.5kg	405	425	595	1425
285kg	415	435	610	1460
292.5kg	425	445	625	1495
300kg	435	455	640	1530
307.5kg	445	465	655	1565
315kg	455	475	670	1600
322.5kg	465	485	685	1635
330kg	475	495	700	1670
337.5kg	485	505	715	1705
345kg	495	515	730	1740
352.5kg	505	525	745	1775
360kg	515	535	760	1810
367.5kg	525	545	775	1845
375kg	535	555	790	1880
382.5kg	545	565	805	1915
390kg	555	575	820	1950
397.5kg	565	585	835	1985
405kg	575	595	850	2020
412.5kg	585	605	865	2055
420kg	595	615	880	2090
427.5kg	605	625	895	2125
435kg	615	635	910	2160
442.5kg	625	645	925	2195
450kg	635	655	940	2230
457.5kg	645	665	955	2265
465kg	655	675	970	2300
472.5kg	665	685	985	2335
480kg	675	695	1000	2370
487.5kg	685	705	1015	2405
495kg	695	715	1030	2440
502.5kg	705	725	1045	2475
510kg	715	735	1060	2510
517.5kg	725	745	1075	2545
525kg	735	755	1090	2580
532.5kg	745	765	1105	2615
540kg	755	775	1120	2650
547.5kg	765	785	1135	2685
555kg	775	795	1150	2720
562.5kg	785	805	1165	2755
570kg	795	815	1180	2790
577.5kg	805	825	1195	2825
585kg	815	835	1210	2860
592.5kg	825	845	1225	2895
600kg	835	855	1240	2930
607.5kg	845	865	1255	2965
615kg	855	875	1270	3000
622.5kg	865	885	1285	3035
630kg	875	895	1300	3070
637.5kg	885	905	1315	3105
645kg	895	915	1330	3140
652.5kg	905	925	1345	3175
660kg	915	935	1360	3210
667.5kg	925	945	1375	3245
675kg	935	955	1390	3280
682.5kg	945	965	1405	3315
690kg	955	975	1420	3350
697.5kg	965	985	1435	3385
705kg	975	995	1450	3420
712.5kg	985	1005	1465	3455
720kg	995	1015	1480	3490
727.5kg	1005	1025	1495	3525
735kg	1015	1035	1510	3560
742.5kg	1025	1045	1525	3595
750kg	1035	1055	1540	3630
757.5kg	1045	1065	1555	3665
765kg	1055	1075	1570	3700
772.5kg	1065	1085	1585	3735
780kg	1075	1095	1600	3770
787.5kg	1085	1105	1615	3805
795kg	1095	1115	1630	3840
802.5kg	1105	1125	1645	3875
810kg	1115	1135	1660	3910
817.5kg	1125	1145	1675	3945
825kg	1135	1155	1690	3980
832.5kg	1145	1165	1705	4015
840kg	1155	1175	1720	4050
847.5kg	1165	1185	1735	4085
855kg	1175	1195	1750	4120
862.5kg	1185	1205	1765	4155
870kg	1195	1215	1780	4190
877.5kg	1205	1225	1795	4225
885kg	1215	1235	1810	4260
892.5kg	1225	1245	1825	4295
900kg	1235	1255	1840	4330
907.5kg	1245	1265	1855	4365
915kg	1255	1275	1870	4400
922.5kg	1265	1285	1885	4435
930kg	1275	1295	1900	4470
937.5kg	1285	1305	1915	4505
945kg	1295	1315	1930	4540
952.5kg	1305	1325	1945	4575
960kg	1315	1335	1960	4610
967.5kg	1325	1345	1975	4645
975kg	1335	1355	1990	4680
982.5kg	1345	1365	2005	4715
990kg	1355	1375	2020	4750
997.5kg	1365	1385	2035	4785
1005kg	1375	1395	2050	4820
1012.5kg	1385	1405	2065	4855
1020kg	1395	1415	2080	4890
1027.5kg	1405	1425	2095	4925
1035kg	1415	1435	2110	4960
1042.5kg	1425	1445	2125	4995
1050kg	1435	1455	2140	5030
1057.5kg	1445	1465	2155	5065
1065kg	1455	1475	2170	5100
1072.5kg	1465	1485	2185	5135
1080kg	1475	1495	2200	5170
1087.5kg	1485	1505	2215	5205
1095kg	1495	1515	2230	5240
1102.5kg	1505	1525	2245	5275
1110kg	1515	1535	2260	5310
1117.5kg	1525	1545	2275	5345
1125kg	1535	1555	2290	5380
1132.5kg	1545	1565	2305	5415
1140kg	1555	1575	2320	5450
1147.5kg	1565	1585	2335	5485
1155kg	1575	1595	2350	5520
1162.5kg	1585	1605	2365	5555
1170kg	1595	1615	2380	5590
1177.5kg	1605	1625	2395	5625
1185kg	1615	1635	2410	5660
1192.5kg	1625	1645	2425	5695
1200kg	1635	1655	2440	5730
1207.5kg	1645	1665	2455	5765
1215kg	1655	1675	2470	5800
1222.5kg	1665	1685	2485	5835
1230kg	1675	1695	2500	5870
1237.5kg	1685	1705	2515	5905
1245kg	1695	1715	2530	5940
1252.5kg	1705	1725	2545	5975
1260kg	1715	1735	2560	6010
1267.5kg	1725	1745	2575	6045
1275kg	1735	1755	2590	6080
1282.5kg	1745	1765	2605	6115
1290kg	1755	1775	2620	6150
1297.5kg	1765	1785	2635	6185
1305kg	1775	1795	2650	6220
1312.5kg	1785	1805	2665	6255
1320kg	1795	1815	2680	6290
1327.5kg	1805	1825	2695	6325
1335kg	1815	1835	2710	6360
1342.5kg	1825	1845	2725	6395
1350kg	1835	1855	2740	6430
1357.5kg	1845	1865	2755	6465
1365kg	1855	1875	2770	6500
1372.5kg	1865	1885	2785	6535
1380kg	1875	1895	2800	6570
1387.5kg	1885	1905	2815	6605
1395kg	1895	1915	2830	6640
1402.5kg	1905	1925	2845	6675
1410kg	1915	1935	2860	6710
1417.5kg	1925	1945	2875	6745
1425kg	1935	1955	2890	6780
1432.5kg	1945	1965	2905	6815
1440kg	1955	1975	2920	6850
1447.5kg	1965	1985	2935	6885
1455kg	1975	1995	2950	6920
1462.5kg	1985	2005	2965	6955
1470kg	1995	2015	2980	6990
1477.5kg	2005	2025	2995	7025
1485kg	2015	2035	3010	7060
1492.5kg	2025	2045	3025	7095
1500kg	2035	2055	3040	7130
1507.5kg	2045	2065	3055	7165
1515kg	2055	2075	3070	7200
1522.5kg	2065	2085	3085	7235
1530kg	2075	2095	3100	7270
1537.5kg	2085	2105	3115	7305
1545kg	2095	2115	3130	7340
1552.5kg	2105	2125	3145	7375
1560kg	2115	2135	3160	7410
1567.5kg	2125	2145	3175	7445
1575kg	2135	2155	3190	7480
1582.5kg	2145	2165	3205	7515
1590kg	2155	2175	3220	7550
1597.5kg	2165	2185	3235	7585
1605kg	2175	2195	3250	7620
1612.5kg	21			

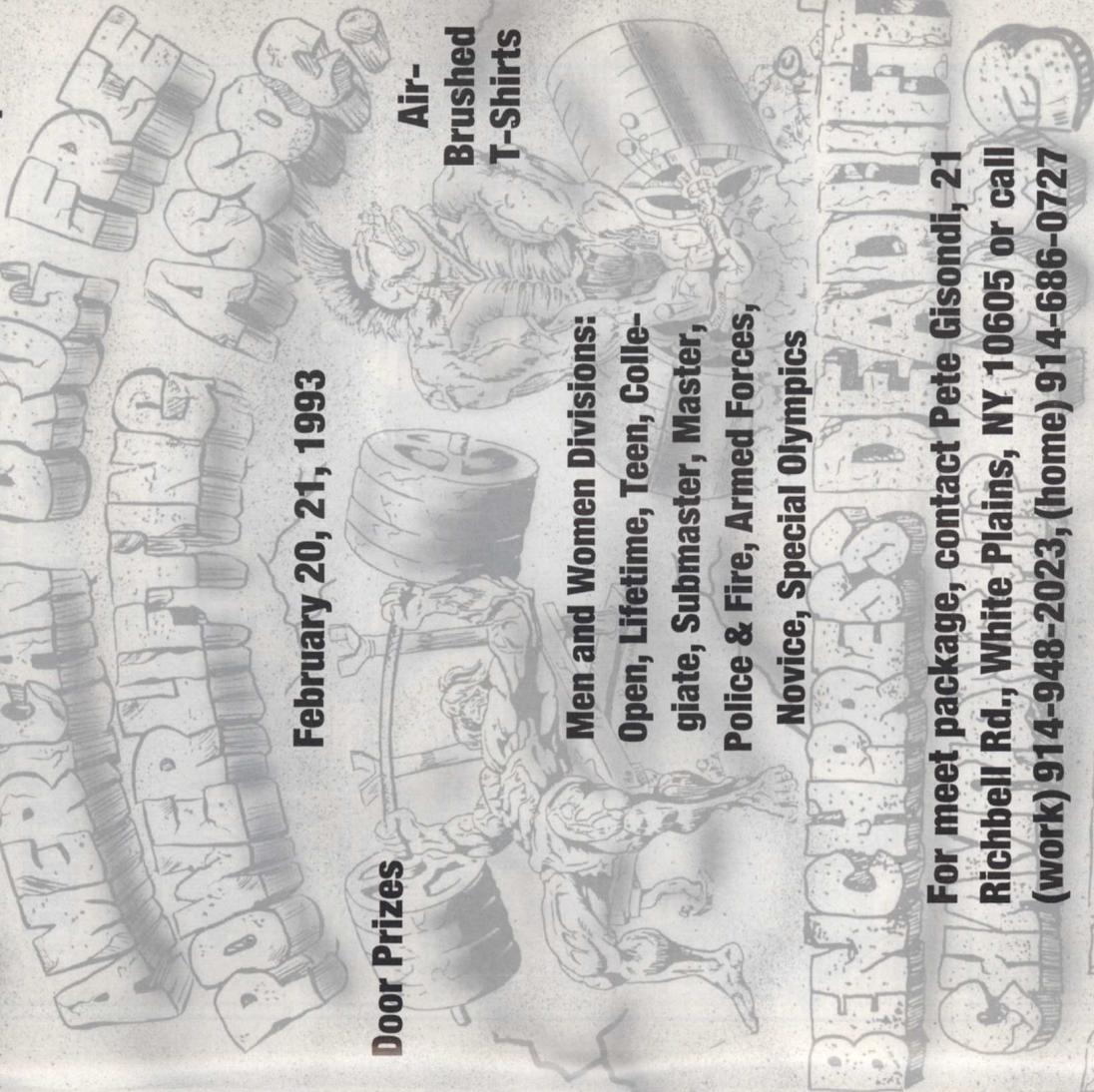






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INSPIRATION IS THE HIGHEST FORM OF FIATERY - IT IS ALSO 11kgall!**

**Competitor's Gym Fall Bench  
30 Oct 92 - Pottstown, PA**

Bench Press	198	SQ	BP	DL	Total
148					
L. McCabin	320	P. Cronk	390		
M. Hittcock	280	L. Feldman	330		
J. Yanchick	210	M. Berck	275		
J. Eberole	385	R. Kaufman	415		
L. Eberole	375	R. Eckart	425		
L. Eberole	315	G. Hoopes	360		
M. Quatro	250	E. Alderfer	320		
J. Prestia	410	L. Sweigert	300		
K. Havilana	410	M. Montgomery	390		
R. Weaney	300	M. Davis	450		

Overall strongest M. Davis (pure) 450. Overall Best Lifter Jason Bernese 385. (Thanks to Cindee Ehart and Competition Gym for these results).

**CDPFA Falls Class II  
18 Oct 92 - Chilliwack, Canada**

Women	SQ	BP	DL	Total
129				
K. Tiddler	1351	701	1951	4001
130				
M. O'Connell	1448	808	2256	4512
131				
R. Waack	2706	2806	3606	9106
132				
E. Boyd	285	195	300	760
133				
E. Boyd	265	195	300	760
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**18 OCT 92 - POTTSTOWN, PA**

Women	SQ	BP	DL	Total
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**18 OCT 92 - POTTSTOWN, PA**

Men	SQ	BP	DL	Total
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Address	_____														
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Phone	_____														
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Mail to: POWERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from October 1991 to September 1992. Please send a copy of all ADFFA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists 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.

# A.D.F.P.A.

## TOP 20 100 kg. 242 lb.

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
Rank	Name	Rank	Name	Rank	Name	Rank	Name
1.	805 Sirelli, E. 2/17/92	1.	518 Minor, W. 4/5/92	1.	760 Stewart, B. 9/27/92	1.	1989 Stewart, B. 6/7/92
2.	740 Stewart, B. 9/27/92	2.	512 Donati, R. 6/7/92	2.	740 White, P. 12/7/91	2.	1945 Donati, R. 6/7/92
3.	744 Vallancourt, R. 1/18/91	3.	500 Orlando, G. 8/9/92	3.	733 Koehrsen, C. 6/7/92	3.	1890 White, P. 2/22/92
4.	744 Harless, D. 5/3/92	4.	498 Harless, D. 5/3/92	4.	722 Donati, R. 6/7/92	4.	1863 Harless, D. 5/3/92
5.	722 Padlock, B. 4/5/92	5.	485 Stewart, B. 6/7/92	5.	705 Wilson, D. 8/15/93	5.	1829 Koehrsen, C. 6/7/92
6.	722 Padlock, B. 4/5/92	6.	479 Guzzo, B. 2/23/92	6.	700 Wilson, J. 1/11/91	6.	1802 Koehrsen, C. 1/11/91
7.	722 Donati, R. 6/7/92	7.	475 Righard, L. 2/9/92	7.	700 Thompson, T. 1/11/91	7.	1802 Luck, R. 4/5/92
8.	710 Luck, R. 4/5/92	8.	475 Righard, L. 2/9/92	8.	688 Paddock, B. 4/5/92	8.	1790 Anderson, M. 12/28/91
9.	705 Babitt, R. 4/5/92	9.	475 Swartz, S. 5/2/92	9.	678 Hensberger, M. 1/13/91	9.	1785 Sirelli, E. 2/19/92
10.	699 Grosso, C. 12/7/91	10.	475 Swartz, S. 5/2/92	10.	678 Hensberger, M. 1/13/91	10.	1785 Sirelli, E. 2/19/92
11.	699 Grosso, C. 12/7/91	11.	475 Swartz, S. 5/2/92	11.	678 Hensberger, M. 1/13/91	11.	1785 Sirelli, E. 2/19/92
12.	683 Petr, A. 9/6/92	12.	475 Ferguson, J. 6/20/92	12.	678 Hensberger, M. 1/13/91	12.	1785 Sirelli, E. 2/19/92
13.	680 Havelak, T. 10/19/91	13.	473 Stovin, A. 2/23/92	13.	665 Havelak, T. 10/19/91	13.	1763 Grosso, G. 12/7/91
14.	672 Koehrsen, C. 1/11/91	14.	473 Norman, B. 3/21/92	14.	665 Anderson, M. 11/16/91	14.	1745 Leonard, T. 1/13/91
15.	667 Hiddle, W. 8/15/92	15.	470 Causey, D. 2/1/92	15.	655 Grosso, G. 10/19/91	15.	1735 Havelak, T. 10/19/91
16.	661 Minor, W. 4/7/92	16.	465 Duce, E. 10/19/92	16.	655 Leonard, T. 1/13/91	16.	1719 Horning, S. 6/6/92
17.	655 Minor, W. 4/7/92	17.	465 Duce, E. 10/19/92	17.	650 Mitter, W. 4/5/92	17.	1719 Horning, S. 6/6/92
18.	630 Best, N. 9/6/92	18.	465 Hubbard, J. 2/28/92	18.	650 Mitter, W. 4/5/92	18.	1714 Petr, A. 9/6/92
19.	630 Knight, J. 4/25/92	19.	462 Pulaski, J. 3/21/92	19.	640 Babitt, R. 10/5/91	19.	1704 Batten, C. 11/8/91
20.	600 Anderson, M. 11/16/91	20.	460 Groth, S. 4/26/92	20.	623 Harless, D. 5/3/92	20.	1620 Causey, D. 2/1/92

**Asian Championships (kg)**  
17-19 Aug 92 - Jamshedpur, India

Country	SQ	DL	Total
Bhutan	44	44	88
China	52	52	104
H.K.	52	52	104
India	52	52	104
Japan	52	52	104
Korea	52	52	104
Malaysia	52	52	104
Philippines	52	52	104
Singapore	52	52	104
Thailand	52	52	104
Taiwan	52	52	104
U.S.A.	52	52	104
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Yugoslavia	52	52	104

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Singapore	52	52	104
Thailand	52	52	104
Taiwan	52	52	104
U.S.A.	52	52	104
U.S.S.R.	52	52	104
West Germany	52	52	104
Yugoslavia	52	52	104

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Singapore	52	52	104
Thailand	52	52	104
Taiwan	52	52	104
U.S.A.	52	52	104
U.S.S.R.	52	52	104
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**Message from the USPF President**

Facts concerning the USPF: 1) The USPF has been in existence for 28 years. It was founded in 1964. 2) The USPF is the IPF member nation in the United States. 3) The USPF sanctions drug free, drug tested and non-tested meets on a regional, state, and local level. 4) All USPF National Championships are drug tested by urinalysis. 5) In 1993, the USPF will once again sanction a Drug Free Nationals. 6) The phone number to the USPF National Headquarters is as follows: 1-800-835-5826. The fax number is 919-629-7493.

7) The USPF is a non-profit, tax-exempt organization.

The move of the USPF offices to our new headquarters in North Carolina has its challenges. I wish to thank the many members who were so patient during the transition. The USPF offices are moved, staffed, and operational. We now will provide the service you expect and are entitled to.

There are many exciting events taking place. The USPF and the IPF are actively working together to effect some very positive changes. Joint USPF/IPF meets are in the planning stage for 1993 in the USA. There are more cooperative ventures in the works. I hope to report on some of them very soon. The past continuation regarding drug testing competitions is now being addressed. As funds become available, the appropriate testing these regulations can become more compatible with IPF standards. This new era of close cooperation between the USPF and the IPF will ensure that a time of unity is on the way in the sport of powerlifting. Currently, there are 80 IPF member nations in the world. The USPF is the only legitimate representative in America, of the international governing body of the sport of powerlifting. USPF members are the only powerlifters that have access to real international competition. With unity being important to the sport, the USPF is extending a welcome to all lifters. If you have any questions on any facet of the sport of powerlifting, call 1-800-835-5826. If I am not in, my assistant Renee will do her best to answer your questions.

There are in excess of 12 card selling federations in the United States, all vying for your patronage. There are approximately 20,000 powerlifters in the U.S. Not a very big pie to be sliced 12 ways. Granted, some of the federations are small and even locations specific, but even still, they are out there selling cards and keeping things watered down for the bigger, more prolific federations. The USPF is striving to offer meets for all types of lifters: novice, open, drug free, single lift, and drug tested are all sanctioned by the USPF. We are the only major federation that offers open and drug free meets. The USPF has sold over 6,000 cards this year, up from last year by 1,500 already with two months to go as this is being penned.

I don't know how the presidents of the other federations feel toward athletes, or how they treat them, but my feeling is that the lifters are the most important part of the sport. I work for you - all of you, not just the USPF lifters, but all lifters. When I negotiate getting the USPF into the 1994 Goodwill Games or talk with the IOC and USOC, I work for powerlifters all over the country, not just the USPF. The USPF extends a welcome to lifters from all other federations to come back the USPF and see what we have to offer you. If you are a world class lifter with a chance of making the USPF Team competing at the IPF Worlds, I will attempt to intercede with the IPF Executive to have your sanctions lifted and allow you to compete at the World Championships. Unity is the only thing that will enable the sport to grow to its full potential. You, as the lifters, would have the most to gain from this growth by having more well-run meets to compete in with a Federation that can give something back to its lifters. Sponsorship would be easier to acquire if we were all one which could have a significant impact on drug testing, lifters attending national and international meets, meet directors and referees. I am very passionate about this and these goals will be the focus of my two-year term.

By now, all USPF card holders should have received their first edition of the USPF Newsletter. Because of the printing time of PL USA, as I write this, most of the newsletter is still in my head, but I am committed to getting the first section out in November as originally planned. If any of you meet directors have entry forms you would like mailed out with the February edition of the USPF Newsletter, we will include them with the newsletter for a fee of \$20.00 per hundred mailed. Call the headquarters for more details.

Let me hear from you; communication and cooperation are key factors, no matter what aspects of life are concerned. Sincerely, Sandy King, USPF President

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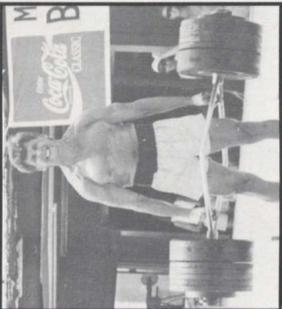
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### Bulletin Board

The Combined IPF Region is presently accepting nominations for the **World Games** to be held in Den Haag, Netherlands July 22 - August 3rd, 1993. All competitors must be members of the National IPF affiliated nation and not have competed in another World Federation Championship within the last year. If you qualify, contact your National Federation, immediately. The World Games are an IOC recognized event, and the equivalent to the Summer & Winter Olympics for those sports not represented in the Olympic Games of the Olympics. The 1997 World Games will be held in South Africa. Applications to be a part of the USA Team for the World Games can be obtained by calling the USPF at 800-835-5826 or writing them at 125 Taft Street, Asheboro, NC 27203.

ADPPA Hawk Country Open	3 Oct 92 - Hermantown, MN
Women's Mid	50 BP DL Total
C. Waldtrif	260m 165m 295m 720m
Women's Hy	396 236 390 1010
D. Kovach	300 155A 250 685
Men's Open	75 kg
M. Karlson	330 140 375 845
M. Karlson	500 320 580 1400
L. Finley	530 385 540 1355
A. Schmitz	500 320 580 1400
100 kg	485 350 605m 1440
G. Keller	430 290 530 1250
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A. Gernes	330 140 375
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