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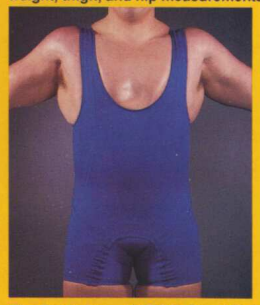

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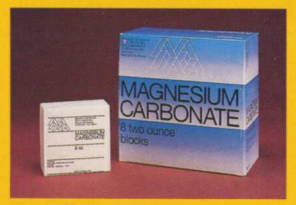

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ON THE COVER... the USA Team at the IPF World Championships: front, left to right: Tim & Sandy King; back, left to right, Greg Jones, Sean Scully, Todd Suttles, Steve Goggins, Clarence Fielder, Dave Jacoby, Tim Taylor, Kirk Karwoski, Sly Anderson, Harold Collins, Dave RIcks, Mike Golden, Dan Austin

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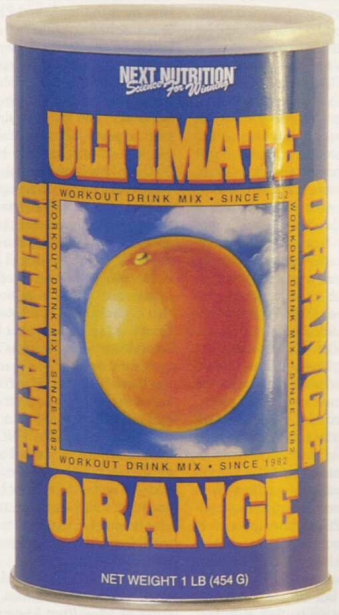

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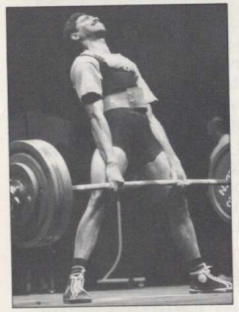
IPF MEN'S WORLDS

as seen by PL USA Editor Mike Lambert

Short Stroke *Stanaszek's squat and bench world records didn't have to move very far*



World Record *of Bhaskaran, a fantastic 562 lb. pull at 114.*

Karlsson *a record 551 at 123*

This year's IPF Men's World Championships took place in Birmingham, England - the location of the 1975 Worlds, and this year the stage was even more ornately set. The nearly brand new National Indoor Arena is a spectacular facility. Birmingham has had plans to host the Olympic Games and this would have been one of the sites utilized, so you can imagine how fine a site it is for sports. Along with all the pomp and splendor there were light shows, a super sound system, aerobics demonstrations, etc.

At the Worlds in Canada, one of the most appreciated features was the evening "social" where lifters got together after each day's lifting. This year there was a surprise "social" - somebody set off the fire alarms at the Holiday Inn - and everybody evacuated and got to know each other - at 5:00 o'clock in the morning. There was no fire and Kirk Karwoski is still looking for the guy who turned in the false alarm.

It looked like the USA team might be a little short on coaching staff, but the ever capable Sean Scully was joined by Mike Golden and the pair did an excellent job in the face of some rugged competition. Over 200 entries poured in prior to the meet, forcing Meet Director Ralph Farquharson to change the schedule of events, several times, but at weigh-in time many did not show. Still, with 167 participants, it was a massive undertaking.

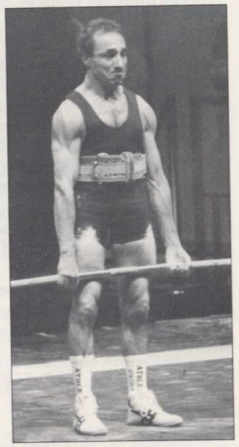
The 114 lb. class saw the debut of a very cleverly conceived set of lever action squat racks, simple - strong - and effective, and they went up and down many times to accommodate the range of body sizes in the class. Hideaki Inaba (44 or so) was back to go for a hard to imagine 18th World Championship title, but Zhuravlev of Russia - much improved from his impressive debut in last year's Worlds - represented a serious challenge. Inaba crumpled under 187 in the bench, reportedly tearing his rotator cuff in the process (after the meet his arm was in a sling), and surged into the lead. The grinning Bhaskaran smashed the IPF deadlift record twice to finish just behind Hideaki and just ahead of the phenomenal 21 year old Stanaszek, who easily popped up Jr./Sr. world records in the squat (twice - with no wraps yet!) and bench. One of the few delays in the meet was when they had to search for the .5 kilo record plates for his first squat. Clarence Fielder of the USA just had too much trouble making this lower weight class to hit his lifts. A touch of additional prestige was the awarding of individual medals in each lift, as well as the total, and Zhuravlev was weighed down with 4 of them before he was done on the podium.

In the 123s, another great Japanese champ had problems - Isagawa's shoulder had been bothering him, and then he suffered a pinched nerve, which knocked about 60 lbs. off his bench. Karlsson blasted a new world record up in the squat and benched to a huge subtotal lead, but the determined Simes and fired up Elyn of Belgium were able to surge by him, but a capable Denny Thios had it all well in hand. Remarkably, he had lifted at the Indonesian Nationals on November 8th and did a 1377 total there. Excitable Lucien DeFaria of France went down a weight class and put up a new masters world record in the deadlift. Tim Taylor had twins about to be born back in the States and missed some key attempts. In this class, there were TWO medal ceremonies for the overall winners. In the first one, the Indonesian national anthem could not be found and substitute music was used. Minutes later the cassette tape was located and they did it all over again, the right way.

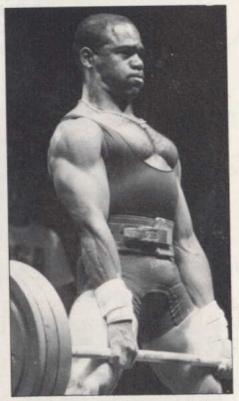
In the 132s, 1988 World Champ at 123, Gerald McNamara, a company director from Limerick, Ireland had muscles seemingly forcing veins right through his skin as well as forcing out strong poundages in each lift for the win. Nanda of Indonesia was not far behind, but he had to watch out for what some called the most impressive athlete of the meet, Todd Suttles of the USA. Steve Loncke of Belgium was the youngest competitor, at age 17.

In the 148s, 7 time World Champion Dan Austin liked England and admitted that he could see himself living in that country, but he came in a bit over his usual bodyweight and decided, on the recommendation of his teammates, to try the sauna for the first time. It killed him - everything felt heavy, and the newly wed Dan (to superstar Jackie Pierce - look for them in tandem at the 1993 combined Men's & Women's Worlds in Sweden) let runner-up Rod Hypolite know that he would never get a chance like this again. Hypolite retorted - "We'll see". Jr. contenders Baali and Berglund made their moves up the ranks and 16 time national champ Geoff Cairns had a nice day. You've heard of high bar squats; well,

Thios *is fulfilling his promise.*



DeFaria *set a Masters record.*



Austin*, a win, but not his best*

Dave Ricks *defended at 165.*

Virtanen *returns to 181 glory*

Anderson *in command at 198*

Nikolay Podsosony of the Ukraine has a new one - high belt squats. He wore his around his nipples.

In the Middleweights, Dave Ricks' one good squat, left the door open a bit, but he steadied right up after that and held off a determined pack of contenders: Mironov, Haryanto, and Pesonen, to become world champion once again. The USA is blessed with many fine, experienced lifters and he is one of them. In tight situations, there are many chances for mishap, but Dave and our other guys have a habit of plotting the right course and following it through to the objective. Roberto Bettatti of Italy bears a strong resemblance to British platform master, Brian "Bah Loh-Ded" Smith, who was in attendance.

In the 181s, Jarmo Virtanen was back from last year's injury (He considered last year's Best Lifter trophy, awarded to Dan Austin, to be "his") and in winning form. 1991 Champ after the drug test results, Piet Van Haaren shadowed him, waiting for an opening that never came. Szymkowiak, the Pole, did some inspired lifting for the bronze medal. The "Smilin' Assassin" Dave Carter of Great Britain (the 'other' Dave Carter of England lifted in the earlier WPC Worlds), flashed his crooked tooth grin and pulled some mighty deadlifts to slash out of the "B" group for this class into 4th place. Greg Jones of the USA was one of 4 lifters in a row, facing a bombout unless he made his 3rd squat, who seemed to be "saved" by enthusiastic audience support (stirred up by some wonderful announcing and 'hot' music) and came through when it counted.

In the 198s, USA experience handled a strong contender from Germany. Frank Schramm has an almost impossibly massive physique for a midheavyweight. His tree trunk thighs jammed up one huge squat after another, and in the bench press he put his equally impressive upper body to work, again - three for three. The deadlift is usually his nemesis. After a smooth opener at 595, he did a Sumo twist in the wind with 628. Then came the stunner that had the USA coaches scrambling to change Sly's attempt - Schramm came back to pull even more for his final attempt. Veteran world champion Sly Anderson cruised along throughout the meet, not pushing himself to the limit, and took the winning weight almost casually for the win. Tosunidi of Kazhakstan arrived *in the country* at the beginning of weigh-ins for the 198s, somehow get checked in on time and found himself on the platform. His first squat was a bad miss, but he got his bearings after that to finish ahead of former teammate Kuznetsov. Gunarsson looked like a contender, but was apparently suffering an upper body injury.

In the 220s, the British crowd got a deserved treat, with some very close competition and, eventually, a countryman for a champion. Most successful as a Junior in the past, Brian Reynolds bristled with excitement throughout his lifts, which included a new IPF Jr. World Record bench and total, capped by the winning deadlift. Built like a Russian tank, Mikhail Kulikov, struggled a bit in the squats, and then the crowd had to keep him in the meet on his 3rd bench, but his 3 for 3 deadlifting put him into the lead, at least for a while. Steve Goggins of the USA was hampered with only openers in the squat and bench, and then sprang into contention with a super 760 deadlift. He went for it all on his final try at 782, but it only got about half way up. On the final deadlift round, it seemed like every attempt upset the apple cart and had other lifters changing their attempts to compensate - best pure competition of the contest, and the audience (1500 plus at the max) sat with their mouths agape. David Benitez of Mexico journeyed alone to the meet, where he bombed out in 1990, but with the gracious coaching of World Champ Dave Ricks he got a nice total in. For Belgium's

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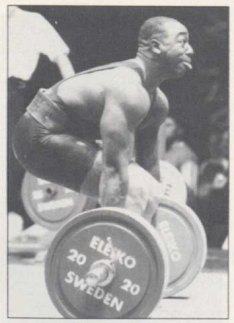
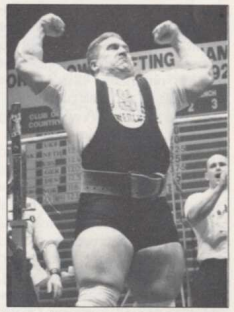


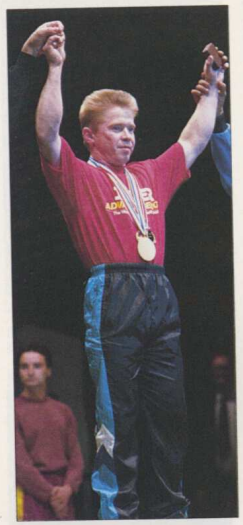
No Disrespect... *220 lb. winner Brian Reynolds just sticks his tongue out when he lifts*

Steady... *Jacoby wins at 242*



MuscleMan *Karwoski at 275.*

Main Man *Ralph Farguharson*



***Zhuravlev**... is he the dominant Flyweight of the future?*

Hugo DeGrauwe it was his 12th appearance in the Worlds.

Ironically, there was a 220 pounder in the audience who probably could have done many, many reps with the highest poundages posted in each category for this division, but Ed Coan was in England to put on some seminars, not to lift. He seems serious about his new direction, olympic lifting, where he has reportedly 425x2 in the power clean, and feels confident he can make the USA weightlifting team for the Olympics in Atlanta.

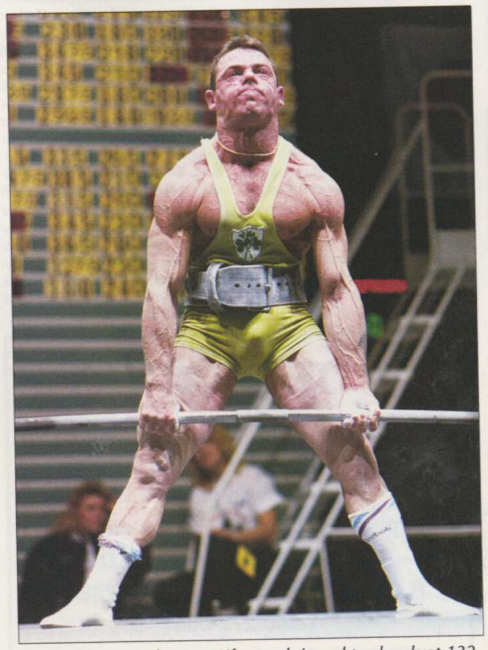
Last year in the 242s, rugged Dave Jacoby of the USA made his first squat, missed his next two, and then struggled to the silver medal with the gold going to Iceland's Sigurjonsson. This year, he missed his first, and made the next two and let the Icelander do the struggling. Dave had a superb performance this time around. European Champion Mustrikov of Russia is tall and lean (down a weight class) and just an attempt or two from the top in this class. Faber got the best bench for Holland and Haarakangas looks like a solid prospect for the Finns.

Inside word had it that Kyosti Vilmi of Finland was coming back strong to the 275s this year, with expected lifts of 900 570 750, so defending champion Kirk Karwoski of the USA came in well prepared, but the Finnish threat evaporated when Kyosti hurt his hip again on his first squat and bombed. From there the only foe for Kirk was a lifting platform that gave a bit too much for his world record squat attempt. Naleikin (39) had to have his squat rescued by the crowd but zapped ahead in the next two disciplines. Michael Brugger came to the meet with the biggest personal cheering section ever seen at a world championships - they yelled, sang, blasted air horns and had their own audio system (almost in competition with the announcer). Unfortunately, after his injury at the Malibu Classic, Michael is missing a pec, but he still can bench 500 plus, and had plenty of deadlift to push Rob van der Tak out of the medals.

In the Superheavyweights, there was a huge turnout, albeit some of them being refugees from the 275s, and the class was divided into "A" and "B" groups to give the round system a chance to work most effectively. In the "B" group, the unfamiliar name of Farnettani of Brazil had some audacious opening attempts listed, most remarkable being an 892 squat. That was later changed to 826, which the thickly built Brazilian made easily. A jump to 881 was missed and then he did not receive a "squat" signal from referee Bill Jamison. Obviously confused and confounded by the situation, we'll never know if he could have made the poundage, but it turned out he didn't need it. From his position in the supposedly lesser group, he benched and deadlifted very strongly, with 3rd attempts that showed plenty left in reserve. Long time Brazilian lifter and official, Romeu Ghattas could not have been prouder of his fellow South American. There was nothing left for the "A" group to do but scuffle for the silver and bronze. Hans Zerhoch, defending world champ after the drug tests last year, came in with an arm injury, sustained after spotting at a meet, and it almost kept him from getting a bench in (the DJ played "It's Alright Now..." after he made it on his 3rd). In the end, he got enough attempts together to secure 2nd over his beaming countryman Detlef Glomann - who was quite happy that his final deadlift put him ahead of Jorksveld of Holland, who had seemed to be on a run early on, retorting to the crowd "I got da Pow-ah" in mimicry of the sound bite recording that the DJ played almost to death whenever someone had a particularly good attempt. There were some biggies in this division: Phil Parker of Great Britain and Roger Sandstrom of Sweden both exceeded the weigh-in scale capabilities and were put down as 160 kilos plus for bodyweight. Sergei Robtsov looked more like an American than a Kazhakstani with his bushy blonde hairdo, and Harold Collins pitched his unique heritage as a Native American, coming out on stage prior to the lifting in full Lumbee Indian headdress. He spent a lot of time upstairs signing autographs and selling t-shirts. For some reason the authorities did not let him bring his spear along. Harold did make the biggest bench of the meet, but a big gambling jump from his light opener in the deadlift did not come through for him. Bulgarian Evgeny Popov, former olympic lifting star, was much improved and hopes for much more in the future, and may make a visit to the States to get some coaching.

Thanks to the far-seeing Birmingham City Council for their enormous support of these championships. As a special touch, they underwrote the cost of 130 commemorative medals, which were awarded to all participants: lifters, referees, jury members, medical team, and the staff, including meet director Ralph Farquharson's daughter Louise, who was one of the hoop skirted award presentation girls. Also honored was the contribution of former IPF President Vic Mercer Sr. of Birmingham when it was stated that he was the man "responsible for bringing powerlifting to Birmingham". Last and not least, thanks to Ralph Farquharson for a highly professional presentation, a great championships by an active world masters powerlifting champion. Next year for the IPF, it's a combined Men's and Women's World Championship in Sweden, which is tentatively scheduled to take place over 9 full days!

***Farnettani**... is he the dominant Superhvy of the future?*



***McNamara** was the Best Lifter and ripped to shreds at 132.*

IPF Men's Worlds/19-22 Nov 92 - Birmingham, UK

114	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
Zhuravlev RUS	~~473~~	473	~~496~~	220	237	242	716	457	485	496	1212
Inaba JAP	473	496	518	176	~~187~~	---	694	473	496	~~512~~	1190
Bhaskaran IND	385	407	424	187	198	~~209~~	622	496	540	*562*	1184
Stanaszek POL	429	536*	545*	330	358*	---	903	275	~~297~~	~~297~~	1179
Clay GB	407	~~418~~	~~418~~	231	242	248	655	440	~~462~~	~~462~~	1096
Chen TAI	396	~~424~~	~~424~~	209	226	~~237~~	622	429	~~451~~	451	1074
Krishna IND	402	~~418~~	418	198	209	214	633	418	~~451~~	~~451~~	1052
Martinez SPA	~~352~~	352	380	198	214	220	600	396	~~424~~	~~424~~	997
Marumoto JAP	~~352~~	352	385	198	220	~~226~~	606	385	~~396~~	~~407~~	992
Bach FRA	~~347~~	~~347~~	~~347~~								
Fielder USA	~~374~~	~~374~~	~~374~~								
Degovets UKR	~~451~~	~~451~~	~~451~~								
123											
Thios INDO	451	462	~~473~~	297	~~319~~	~~319~~	760	496	518	---	1278
Elyn BEL	451	485	507	253	~~270~~	~~270~~	760	485	507	~~523~~	1267
Simes GB	485	~~496~~	---	275	~~286~~	~~292~~	760	473	496	~~507~~	1256
Isagawa JAP	440	462	~~473~~	286	~~303~~	303	766	479	~~501~~	~~501~~	1245
Karlsson SWE	485	523	551*	341	352	363	914	286	297	~~308~~	1212
Chang TAI	440	451	~~462~~	242	~~253~~	---	694	507	~~534~~	~~534~~	1201
Taylor USA	391	~~407~~	~~413~~	259	270	~~281~~	661	~~512~~	518	~~551~~	1179
Petrov BUL	~~451~~	451	~~473~~	270	281	~~286~~	733	429	440	~~446~~	1173
Richard GB	462	485	490	248	259	~~270~~	749	418	~~451~~	~~451~~	1168
DeFaria FRA	330	352	363	242	253	259	622	485	545!	~~556~~	1168
Skirkanic CZE	407	~~440~~	440	242	253	259	699	451	~~479~~	~~479~~	1151
Jaschinksi GER	396	~~413~~	413	270	281	286	699	418	440	~~451~~	1140
Christiansn NOR	407	~~429~~	~~429~~	270	~~281~~	281	688	407	429	435	1124
Krishna IND	407	~~424~~	~~424~~	242	253	259	666	451	~~473~~	---	1118
132											
McNamara IRE	490	507	523	308	319	325	848	573	~~584~~	584	1432
Nanda INDO	529	562	573	242	264	---	837	529	573	~~589~~	1410
Suttles USA	468	501	523	297	314	325	848	507	551	~~589~~	1399
Sawant IND	462	~~485~~	485	237	258	253	738	584	606	~~628~~	1344
Riviere FRA	485	501	512	275	292	~~297~~	804	462	507	~~518~~	1311
Ryazanov RUS	~~462~~	462	496	275	292	308	804	440	473	~~485~~	1278
DeVries HOL	473	496	~~507~~	253	264	~~270~~	760	507	~~523~~	529	1267
Mihok CZE	429	451	~~462~~	270	~~286~~	~~286~~	722	507	529	540	1262
Oksanen FIN	429	451	~~462~~	297	303	308	760	462	~~490~~	496	1256
Celis BEL	429	462	~~473~~	264	~~275~~	~~275~~	727	485	507	523	1251
Sirvio FIN	446	462	473	285	292	~~297~~	766	462	485	~~496~~	1251
Ikura JAP	~~429~~	429	~~451~~	264	275	~~281~~	705	473	496	~~507~~	1201
Doyle IRE	363	~~396~~	~~396~~	242	259	270	633	407	440	~~451~~	1074
Loncke BEL	374	~~402~~	402	220	237	242	644	396	424	~~451~~	1069
Gurvey CAN	297	~~319~~	~~319~~	192	209	~~226~~	507	396	418	~~446~~	925
148											
Austin USA	~~567~~	567	~~595~~	303	325	~~336~~	892	639	~~672~~	---	1532
Hypolite GB	540	562	578	286	~~308~~	308	887	617	~~644~~	~~644~~	1504
Baranov RUS	551	~~584~~	584	297	308	~~314~~	892	551	606	~~617~~	1499
Wilczynski POL	529	540	551	297	308	314	865	584	611	~~644~~	1477
Berglund SWE	496	523	534	352	~~369~~	~~369~~	887	507	551	~~562~~	1438
Baali FRA	~~518~~	518	~~529~~	325	336	347	865	540	562	578	1427
Podsosony UKR	473	485	496	285	~~297~~	297	793	628	~~644~~	---	1421
Huhtanen FIN	~~529~~	551	562	264	275	281	843	556	~~584~~	~~584~~	1399
Nagesh IND	507	~~529~~	529	242	253	264	793	573	~~589~~	~~589~~	1366
Cairns NZ	501	523	---	286	303	314	837	440	473	490	1328
Nagao JAP	473	507	518	286	~~308~~	308	826	473	496	~~518~~	1322
Hsieh TAI	473	496	~~512~~	231	242	---	738	~~529~~	~~529~~	529	1267
Bettati ITA	~~462~~	462	496	209	~~220~~	---	705	551	~~573~~	~~589~~	1256
Trnka CZE	~~540~~	~~540~~	~~540~~								
O'Conner IRE	~~485~~	~~485~~	---								
165											
Ricks USA	617	~~644~~	~~644~~	385	402	~~413~~	1019	617	644	~~672~~	1664
Mironov RUS	595	628	639	352	~~369~~	369	1008	611	633	644	1653
Haryanto INDO	617	~~639~~	639	352	374	~~385~~	1014	606	628	~~644~~	1642
Pesonen FIN	~~606~~	617	~~633~~	319	336	~~347~~	953	683	~~710~~	~~716~~	1636
Laine FIN	606	~~617~~	~~617~~	363	~~380~~	~~380~~	970	595	~~617~~	~~617~~	1565
Elison ICE	518	~~529~~	---	375	385	391	909	551	617	~~622~~	1526
Valintensen NOR	551	573	~~584~~	325	336	~~341~~	909	584	~~606~~	606	1515
Hoareau FRA	~~595~~	~~595~~	595	330	341	~~347~~	937	551	~~578~~	~~578~~	1488
Becker CAN	529	567	578	292	308	319	898	556	578	~~595~~	1477
Matsuda JAP	~~529~~	540	562	314	325	330	892	540	562	573	1466
Vergnoles FRA	507	~~529~~	534	303	314	---	848	589	~~606~~	~~617~~	1438
Agnahotri AUS	529	551	~~562~~	297	314	~~319~~	865	529	551	~~567~~	1416
Bettati ITA	507	529	540	253	~~264~~	264	804	551	573	~~584~~	1377
Weng TAI	485	507	~~518~~	253	~~264~~	~~264~~	760	507	~~529~~	~~529~~	1267
Cruz SPA	~~628~~	~~628~~	~~628~~								
Beville IRE	~~485~~	~~485~~	~~485~~								
181											
Virtanen FIN	683	705	727	402	413	~~418~~	1140	694	~~755~~	~~755~~	1835
Haaren HOL	628	672	694	336	358	369	1063	683	727	~~744~~	1791
Szymkowiak POL	617	639	~~650~~	363	374	380	1019	694	716	733	1752
Carter GB	595	606	617	380	391	396	1014	694	733	~~744~~	1747
Vierikko FIN	595	617	~~628~~	374	385	391	1008	661	~~672~~	683	1692
Albin UKR	~~639~~	~~639~~	639	407	418	424	1063	628	~~639~~	---	1692
Jones USA	~~644~~	~~644~~	644	380	396	407	1052	622	~~650~~	~~650~~	1675
Theuser CZE	617	~~650~~	650	374	391	~~396~~	1041	617	~~644~~	~~644~~	1658
Surma GER	606	628	644	385	402	413	1058	540	573	~~595~~	1631
Hanswijck BEL	595	~~617~~	617	341	352	358	975	595	611	~~622~~	1587
Soderman SWE	~~617~~	~~617~~	617	341	358	~~369~~	975	595	~~628~~	~~628~~	1570
Hsieh TAI	595	~~628~~	628	297	~~308~~	---	925	573	~~628~~	~~628~~	1499
Powell AUS	529	551	~~562~~	308	330	~~336~~	881	540	~~556~~	~~556~~	1421
Hiragushi JAP	529	551	562	~~319~~	319	325	887	529	~~551~~	~~551~~	1416
Lange CAN	529	567	~~589~~	281	297	~~308~~	865	507	534	~~545~~	1399
Villanueva SPA	~~451~~	~~451~~	451	253	~~270~~	---	705	518	562	~~595~~	1267
Hennequin FRA	628	661	683	347	~~358~~	363	1047	~~650~~	~~650~~	~~650~~	
198											
Anderson USA	694	716	738	396	413	424	1162	705	733	738	1901
Schramm GER	705	749	771	462	485	490	1262	595	~~628~~	633	1895
Tosunidi KAZ	~~639~~	661	683	407	424	429	1113	661	694	705	1818
Kuznetsov RUS	694	727	~~738~~	407	~~424~~	429	1157	617	639	655	1813
Ward IRE	661	705	~~738~~	396	413	418	1124	639	683	~~694~~	1807
Rambow GER	672	~~683~~	683	396	407	~~418~~	1091	661	683	~~688~~	1774
Christfersn NOR	655	677	688	413	~~424~~	~~424~~	1102	606	633	644	1747
Moskalev WR	595	639	~~661~~	374	402	~~407~~	1041	595	639	661	1703
Persson SWE	661	694	~~710~~	374	391	~~396~~	1085	617	~~666~~	~~666~~	1703
Okeke GB	584	~~628~~	628	341	~~352~~	352	981	661	705	~~716~~	1686
Minov WR	617	~~650~~	650	352	~~380~~	~~380~~	1003	639	683	~~705~~	1686
Watt GB	639	661	672	330	352	358	1030	606	644	~~650~~	1675
Kyriakos AUST	600	622	644	369	380	385	1030	617	~~644~~	~~644~~	1647
Siabdallah FRA	617	661	~~683~~	374	385	~~391~~	1047	~~562~~	~~562~~	562	1609
Asama JAP	595	628	~~639~~	341	~~352~~	352	981	573	600	~~617~~	1581
Markham CAN	584	617	~~628~~	336	~~352~~	~~352~~	953	529	545	~~567~~	1499
Smith IRE	529	~~573~~	~~573~~	~~374~~	~~374~~	374	903	529	~~573~~	~~573~~	1432
Gunarsson ICE	738	771	~~788~~	~~314~~	~~314~~	314	1085	~~688~~	~~688~~		
220											
Reynolds GB	661	694	~~710~~	468	479	485$	1179	694	716	744	1923$
Kulikov RUS	~~749~~	755	~~771~~	~~451~~	~~451~~	451	1207	666	694	710	1918
Goggins USA	733	~~760~~	~~760~~	413	~~429~~	~~429~~	1146	722	760	~~782~~	1906
Pomana NZ	755	799	~~810~~	407	429	446	1245	622	655	~~677~~	1901
Hyman HOL	694	755	~~771~~	407	429	~~440~~	1184	683	~~705~~	~~710~~	1868
Rinne FIN	683	~~699~~	699	440	~~451~~	451	1151	~~688~~	~~688~~	699	1851
DeGrauwe BEL	683	727	---	418	~~429~~	~~429~~	1146	661	~~672~~	~~672~~	1807
Putrino ITA	672	694	~~716~~	374	396	407	1102	666	694	~~710~~	1796
Rodney GB	661	694	716	358	374	~~385~~	1091	606	650	672	1763
Klaus AUST	606	639	~~672~~	385	402	413	1052	661	~~694~~	~~694~~	1714
Seghers BEL	573	~~589~~	---	363	374	380	953	683	716	~~737~~	1669
Alden AUS	551	595	617	352	363	~~374~~	981	617	644	~~666~~	1625
Gibbs CAN	~~611~~	611	~~639~~	~~380~~	380	396	1008	562	584	~~600~~	1592
Osawa JAP	~~639~~	661	~~683~~	330	347	~~358~~	1008	551	578	~~595~~	1587
Conway AUS	485	507	529	363	396	~~418~~	925	617	639	~~661~~	1565
Benitez MEX	485	529	551	330	352	369	920	529	551	~~578~~	1471
Gormley IRE	~~507~~	507	~~551~~	363	385	~~396~~	892	551	578	~~584~~	1471
Lee TAI	~~562~~	~~562~~	~~562~~								
Kovalenko KAZ	~~661~~	661	683	~~363~~	~~363~~	~~363~~					
242											
Jacoby USA	~~771~~	771	804	440	462	473	1278	733	760	782	2061
Sigurjonsson ICE	738	771	~~793~~	~~451~~	451	~~462~~	1223	738	766	793	2017
Mustrikov RUS	~~749~~	771	~~804~~	485	~~496~~	~~496~~	1256	727	755	~~782~~	2011
Faber HOL	683	722	744	507	529	534	1278	650	677	~~688~~	1956
Haarakangas FIN	738	771	788	418	435	440	1229	694	722	~~733~~	1951
Davidsen NOR	727	755	771	429	440	446	1218	~~727~~	727	~~744~~	1945
Krendl AUST	760	~~815~~	~~815~~	374	391	396	1157	683	727	~~755~~	1884
Brooks GB	606	650	---	457	468	~~479~~	1118	606	650	~~683~~	1769
Dicerbo ITA	~~617~~	617	~~661~~	396	418	435	1052	661	683	~~694~~	1736
Ims NOR	683	~~722~~	~~722~~	352	374	385	1069	661	~~694~~	~~694~~	1730
Snaebjorn ICE	694	~~716~~	~~716~~	330	341	352	1047	639	~~661~~	---	1686
Derynck BEL	661	~~705~~	~~705~~	347	363	~~369~~	1025	617	650	~~661~~	1675
Ferstl CAN	584	~~617~~	~~617~~	358	385	396	981	628	~~661~~	661	1609
Fogerty IRE	584	~~600~~	~~600~~	286	297	303	887	617	~~639~~	~~639~~	1504
Liao TAI	~~639~~	~~639~~	~~639~~								
Makkonen FIN	~~749~~	~~749~~	~~749~~								
275											
Karwoski USA	887	925	~~947~~	490	512	~~529~~	1438	~~694~~	694	722	2160
Naleikin UKR	~~848~~	~~848~~	848	396	418	429	1278	760	782	793	2072
Brugger GER	727	755	~~771~~	496	~~518~~	~~518~~	1251	727	771	~~782~~	2022
van der Tak HOL	727	771	~~782~~	485	507	518	1289	727	~~755~~	~~755~~	2017
Oldenborg DEN	716	~~738~~	738	523	540	551	1289	661	705	~~738~~	1995
Kalleberg NOR	705	760	788	385	402	413	1201	650	683	~~705~~	1884
Chao TAI	639	705	733	396	424	---	1157	584	617	~~688~~	1774
Vilmi FIN	~~837~~	~~837~~	~~837~~								
SHW											
Farnettani BRA	826	~~881~~	~~881~~	485	512	529	1355	727	755	782	2138
Zerhoch GER	859	~~903~~	~~903~~	~~457~~	~~457~~	457	1317	738	760	~~782~~	2077
Gloman GER	749	793	826	440	462	~~473~~	1289	716	760	782	2072
Jorksveld HOL	738	782	799	473	496	507	1306	722	749	760	2066
Patro CZE	793	815	837	429	451	~~462~~	1289	749	~~782~~	~~788~~	2039
Collins USA	744	777	~~804~~	~~551~~	551	573	1350	672	~~749~~	~~749~~	2022
Gustavsson SWE	755	793	---	~~512~~	512	~~534~~	1306	655	677	~~694~~	1984
Popov BUL	716	738	760	429	~~446~~	~~446~~	1190	727	771	~~793~~	1962
Sandstrom	~~727~~	727	~~793~~	~~473~~	~~473~~	473	1201	661	716	722	1923
Robtsov KAZ	~~705~~	727	771	418	446	462	1234	683	~~710~~	~~716~~	1918
Parker GB	~~738~~	738	771	418	435	~~446~~	1207	661	705	~~727~~	1912
Lawless IRE	683	~~705~~	~~716~~	485	507	~~529~~	1190	705	~~727~~	~~727~~	1895
Cox NZ	755	~~788~~	~~788~~	391	402	~~407~~	1157	661	~~677~~	~~677~~	1818
Itoh JAP	705	738	~~760~~	363	385	~~396~~	1124	573	606	~~639~~	1730
Wu TAI	683	727	~~749~~	341	~~363~~	~~374~~	1069	584	---	---	1653
Sorig DEN	551	595	617	330	~~341~~	341	959	551	573	~~595~~	1532
Schedrin RUS	~~771~~	~~793~~	~~837~~								

*** Open Men's World Record. ! Masters World Record. $ Junior World Record. Team Championship: 1. USA - 68, 2. Russia - 53, 3. Great Britain - 45, 4. Finland - 42, 5. Germany - 41, 6. Holland - 40, 7. Indonesia - 29, 8. Ireland - 22, 9. Poland - 22, 10. India - 22, 11. Japan - 21, 12. Sweden - 21, 13. Norway - 20, 14. Ukraine - 18, 15. Belgium - 17, 16. France - 17, 17. Taipei - 17, 18. Iceland - 15, 19. Czech & Slovak - 13, 20. Brazil - 12, 21. Kazahkstan - 9, 22. New Zealand - 9, 23. Denmark - 7, 24. Italy - 7, 25. Canada - 7, 26. Bulgaria - 6, 27. Austria - 5, 28. Australia - 5, 29. Spain - 4, 30. White Russia - 4, 31. Mexico - 1.**

Best Lifter Competition Standings: 1st McNamara - IRE - 532.02, 2nd Zhuravlev - RUS - 526.9, 3rd Thios - INDO - 525.13, 4th Virtanen - FIN - 516.39, 5th Karwoski - USA - 511.16, 6th Anderson - USA - 507.92, 7th Austin - USA - 505.12, 8th Jacoby - USA - 501.81, 9th Reynolds - Great Britain - 485.80, 10th Farnettani - Brazil - 478.21

WPC WORLDS

as told by WPC President Kieron Stanley

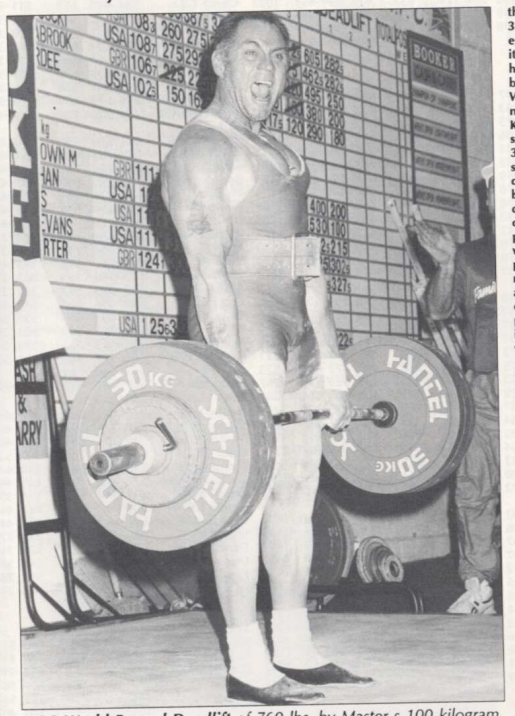
Despite the global recession and the unpleasant political influences affecting powerlifting throughout the world, the W.P.C. 1992 World Championships attracted 170 competitors from 12 countries to compete in an event which offered lifters and spectators a show to remember. Originally planned to be held in Johannesburg, South Africa, organizational difficulties meant the Championships had to be relocated at short notice to a venue in Stone, England. The combined World & European Championships were held over four days with the U.S.A. winning twenty-eight of the sixty-eight World titles contested. Fifty-two new W.P.C. World Records were established, twenty-five going to American lifters.

The W.P.C amended its official rules to accommodate the Monolift Squat Rack which had been shipped in specifically for use at this event. This rule change would apply retroactively to take account of world records set at the A.P.F. Nationals earlier in the year. Ray Madden, designer and manufacturer of this innovative machine, was present throughout the Championships to oversee its use.

Day one of the Championships saw twenty-four teenage and junior lifters competing for honors. In the Teenage 18-19 110kg class Phillip Bennett, USA, set a new world record in the deadlift with 290kg. Ernie Potgeiter from South Africa, lifting in the Junior 100kg class, failed to make depth on his three attempts with a squat of 365kg. Although this took him out of the junior competition, he was to be seen lifting again in the Men's Open Category three days later when he made a successful 380kg squat and totaled 845kg for two new junior world records and a creditable fourth place in a hotly contested category.

Forty-four master lifters took to the platform on day two of the Championships. Best Lifter Awards in the World Championships went to Rick Cornett USA (40-49 age group), James Rouse, USA (50-59) and Larry McCauley, USA (60-69). Rick Cornett's 395kg squat increased the world record by a staggering 47.5kg. James Rouse totaled 782.5kg in the 90kg class. Larry McCauley rewrote the record book, setting new world records on all three lifts and total. Best Master Lifter in the European Championships was Arthur White from Great Britain whose 882.5kg total included a new world deadlift record of 345kg. Following a serious injury at the 1989 World Championships, Arthur White is making a return to the international powerlifting scene and will soon be looking for world honors in the men's open category.

The women's masters and open event saw fifteen new world records. Petra Thysse from the Republic of South Africa made new world records with 170.5kg in the squat and 158.5kg in the deadlift. Her 399kg total was enough to win her the Overall Best Female Lifter Award. Helen McCalmon from Great Britain set three new world master records in the 56kg class. Mary Warman, USA, set a new world record in the squat with 222.5kg in the 60kg Class. Mariah Liggett-Brock increased her own 67.5kg class squat record to 230.5kg on a fourth attempt. Laura Dodd, Best Female Master Lifter, was unlucky not to make her third attempt squat with 260kg; however, her second attempt with 242.5kg was a new masters world record as was her 235kg deadlift and 577.5kg total. Anita Bruwer, from South Africa, set four new master world records (50-54) in the 90kg Class.



WPC World Record Deadlift of 760 lbs. by Master s 100 kilogram Champion Arthur White of Gt .Britain. (photo courtesy Kieron Stanley)

Jim Rouse squatted a fantastic 705 in the Monolift (courtesy Frantz)

The men's open saw a powerful line up of seventy of the worlds top powerlifters. All twelve bodyweight categories were contested. Luca Cavagna from Italy lifted unopposed in the 52kg class to give Italy its only world champion. South Africa's John Nzuza won gold in the 56kg class with a 505kg total. One of the Championships most entertaining lifters, Doug Heath, USA, delighted the audience with his lifting and his 590kg total secured his world title. Great Britain's David Mannering comfortably won the 67.5kg class with a total of 675kg which was over ten times bodyweight.

The worlds two top 75kg class lifters, Neville Primich from South Africa and Jose Perez of the USA, would appear to share ownership of the world title in this bodyweight category. Although fiercely competitive, off the platform these two men are the closest of friends and share a mutual respect for each other. This year it was Neville Primich who took gold. He was also Overall Best Lifter in the Lightweight Category.

The 82.5 and 90kg, classes both went to lifters from the Republic of South Africa. Jan Ferreira won the 82.5kg class with an over ten times bodyweight total of 830kg while Simon Palmer took gold at 90kg with the same total.

Lifters from nine countries lined up for the 100kg class title. Ernie Potgeiter's 380kg, squat was the biggest in this category and even more remarkable because it was a new Under 23 world record. Ernie had to settle for fourth place, but he will be a force to be reckoned with at future World Championships. Silver and bronze medals were decided on bodyweight. Kevin Hammerton from Great Britain took silver with a 905kg total which included a 375kg squat. Jeff Jacques, USA, had to settle for bronze. If the powerlifting world did not know the name Jamie Carney before these Championships, it is now clearly carved in the memories of everyone who saw this remarkable young man put together a tremendous 960kg total to win first place for Great Britain. Few people would be aware that only a few months prior to this event Jamie suffered a horrific pec tear blasting 280kg off his chest in training. This weight just happened to be the current world record and is an indication of what this young man will be capable of when fully recovered.

Jamie Carney was Overall Best Lifter in the Middleweight classes and also Best Overall Lifter in the European Championships. I predict great things from this man in 1993.

When a young man so highly motivated to his chosen sport that he dedicates a full of preparation for one event fails to succeed it leaves everyone feeling saddened. Mark Cullimore did not look for excuses for his failure in the 110kg Class, he was simply philosophical and more determined about 1993. Curtis Leslie, USA, is a great ambassador for the sport of powerlifting; his 990kg total confirmed his world title. Eugene Van der Merwe, South Africa, came so close to establishing a new world record on the squat, but on this occasion he could not keep what would have been the biggest squat of the Championships, 440kg in the groove. His 950kg total did, however, secure his silver medal ahead of fellow South African Martin Van Biljon.

Scott Warman creates his own energy and atmosphere whenever he lifts; these Championships were no exception. Squat 435kg, bench 237.5kg, deadlift 367.5kg. Total 1040kg! 125 kg World Champion.

Winners included Ernesto Milian and Jim "Radar" Capehart (Frantz)

Champion of Champions was 275 lb. winner Scott Warman (Frantz)

Overall Best Lifter Heavyweight classes. 1992 Champion of Champions.

The 140kg class saw Great Britain's Peter Tregloan successfully defend his world title against world class competition. Kieron Kidder, USA, barely out of the junior ranks, and Phil Niemandt, South Africa, both made impressive totals with some fine lifting but could not match the supremacy of Peter Tregloan. Tregloan's 980kg total came via a 375kg squat, 237.5kg bench, and a 367.5kg deadlift. It won't be long until Tregloan breaks the magic 1000kg barrier.

Steve Brodsky won the 140+kg class with a total of 977.5kg. James Voronin delighted the audience with some excellent squats. These big men never fail to entertain the crowds with their high quality lifting. Gary Heisey enthralled the packed auditorium with an easy 395kg opener on the deadlift. He then asked for a massive 422.5kg which, had it been successful, would have been the greatest deadlift ever. He was able to move the weight off the floor but sadly was not able to finish the lift. A further attempt with this weight was also unsuccessful.

Overall the Championships were a great success. The inspirational music played throughout the lifting not only helped the competitors but also made it more enjoyable for the spectators. A big thank you must be extended to the Platform Crew and officials who worked hard for the lifters throughout the Championships. Thanks also go to Booker Cash & Carry, sponsors of the event, who supplied the Best Lifter Awards.

Nori Kawasaki wasvictorious in the Masters Category (courtesy Frantz)

WPC WORLD CHAMPIONSHIPS
5-8 Nov 92 - Stone, England

	SQ	BP	DL	Total
Teenage				
Women				
75kg				
Patterson USA	303	132	286	722
Men				
60				
13-15				
Kovskitz USA	253	148	314	716
67.5				
16-17				
Koekemoer USA	496	264	440	1201
Caetano FRA	418	176	440	1036
Stoneley GBR	352	176	352	881
18-19				
I. Marsden GBR	440	308*	496*	1245*
4th attempt		319*		
75				
18-19				
Archibald RSA	462	358	567	1388
4th attempt		370*		
82.5				
18-19				
Steinburg RSA	485	242	440	1168
Baeyens BEL	407	220	418	1047
110				
18-19				
Rowland USA	600	413	617	1631
Petit FRA	385	264	584	1234
110				
18-19				
Bennett USA	600	418	639*	1558
Juniors				
Women				
52				
Maech BEL	220	121	220	562
Men				
67.5				
Kindt BEL	369	220	473	1063
75				
Amira FRA	485	275	507	1267
Clements GBR	440	286	462	1267
Debruyne BEL	330	209	440	981
82.5				
Mombert BEL	573	297	573	1444
90				
Donovan GBR	661	396	661	1719
Lewis GBR	650	424	644	1719
Corvers BEL	440	358	545	1344
100				
Kirby GBR	551	374	573	1499
Allsop GBR	485	319	540	1344
110				
Kiss	727	440	595	1763
Overall Best Teenage Lifter (Worlds) Archibald RSA. Overall Best Jr. Lifter (Worlds) Donovan USA				
Mens Masters				
60				
60-64				
Kawasaki USA 297		198	358	854
67.5				
40-44				
MilianPRico	501	292	518	1311
50-54				
Capehart USA	407*	259	407*	1074*
4th attempt			410*	
75				
40-44				
Hugo RSA	540	308	551	1399
Berg GBR	540	286	507	1333
Isaac GBR	451	264	518	1234
Singh GBR	440	292	479	1212
45-49				
Mercier BEL	451	270	457	1069
JonesGBR	429	231	407	1069
60-64				
Phillips USA	429	231	507*	1168
4th attempt	451*			
82.5				
40-44				
JonesGBR	507	363	551	1421
Lace GBR	496	352	551	1399
45-49				
Brown GBR	606	358	584	1548
Hicks USA	490	286	529	1306
Baeyens BEL	286	198	451	936
50-54				
Angstrom USA	424	325	451	1201
60-64				
Ramsrud USA	425*	236*	507	1278
Gallagher GBR	396	220	518	1135
D'Aversa ITA	330	281	374	986
90				
40-44				
Singh GBR	600	413	551	1565
Jones GBR	507	363	551	1421
Van San BEL	418	330	407	1256
50-54				
Rouse USA	705	407	611	1725
65-69				
McCauley USA	473*	341*	551*	1366*
100				
40-44				
White GBR	672	320	760*	1813
Dunn RSA	606	440	661	1708
Deliere USA	55	462	165	603
45-49				
Ferguson RSA	683	403	639	1736
50-54				
Collins RSA	551	52	551	1455
Vrainville FRA	496	253	529	1278
55-59				
Jones GBR	396	308	485	1190
Schutte RSA	440	242	1468	1151
60-64				
McEvoy USA	308	253	424	986
110				
40-44				
Cornett USA	870*	462	622	1956
Wysocki USA	644	466	600	1692
Van Wyk RSA	644	374	633	1653
55-59				
Seabrook	529*	308	512*	1350
60-64				
Pardee USA	374	1284*	1435	1074
125				
40-44				
Mohan USA	722	446	650	1818
45-49				
Carter GBR	766*	341	793*	1901
Stevans USA	733	424*	650	1807
Liss USA	523	341	314	1179
50-54				
BrownGBR	595	286	661*	1543
140				
45-49				
Meek USA	733*	490*	683*	1906*
Best Master Lifters (Worlds): 40-49 Rick Cornett USA, 50-59 James Rouse USA, 60-69 Larry McCauley USA				
Overall Best Master Lifter (Euopean) White GBR				
Women Open & Masters				
48				
Thysse RSA	375*	154	349*	879
52				
Debodt BEL	154	110	231	496
56				
McCalmon GBR	214*	104*	319*	639*
60				
Warman USA	490*	226	391	1107
Weisberger USA	374	220	380	975
Roquet BEL	270	132	314	716
67.5				
Ligget-Brock USA	473	264	429	1163
4th attempt	508*			
Allworth RSA	407	203	380	992
Haines GBR	165	88	209	462
75				
Dodd USA	534*	220	518*	1273*
Van de Wehe US	446	237	435	1118
Wait RSA	341	164	342	859
82.5				
Grimwood USA	507	314	440	1262
Bos RSA	490	1275	1473	1240
Schutte RSA	352	181	396	931
90				
Bruwer RSA	407*	203*	385*	997*
Coulon FRA	308	220	374	903
90+				
Sternberg USA	308	137	308	755
Best Female Lifter (worlds) Thysse RSA				
Best Female Master Lifter (Worlds) Dodd USA				
Best Female Lifter (European) Roquet FRA				
Mens Open				
52				
Cavagna ITA	308	154	319	782
56				
Nzuza RSA	440	253	418	1113
Haywood GBR	275	154	341	771
60				
Heath USA	473	341	425	1300
Randall GBR	380	264	440	1085
67.5				
Mannering GBR	578	380	529	1488
Singh GBR	529	330	540	1399
Schmidt RSA	496	292	502	1350
75				
Primich RSA	705	435	617	1758
Perez	716	435	584	1736
Downing RSA	661	440	584	1686
Ward GBR	628	325	628	1581
Rees GBR	485	308	534	1328
Drury GBR	451	297	551	1300
Haskins	429	292	462	1184
82.5				
Ferreira RSA	705	440	623	1829
Kamand USA	733	330	683	1747
Vaccari ITA	694	396	617	1708
Bartlett GBR	650	435	573	1653
Calitz RSA	551	352	617	1521
Frascadore ITA	485	396	573	1455
Newell GBR	562	358	518	1438
90				
Palmer RSA	749	396	623	1828
Ormond RSA	716	607	578	1802
Ludy USA	666	501	622	1791
Hoskins GBR	661	482	661	1785
Dell USA	705	424	650	1780
Brandon GBR	716	418	617	1752
Peck GBR	639	352	606	1598
Catucci ITA	551	440	595	1587
Thomas	507	297	562	1366
100				
Carney GBR	815	529	771	2116
Hammerton GBR	826	435	733	1995
Jacques GBR	766	529	699	1995
Potgeiter RSA	837	429	595	1862
Priester NET	699	462	639	1802
Heyboer BEL	683	385	639	1708
Martin GBR	628	374	677	1681
Chenin FRA	584	396	573	1554
Marrone ITA	529	374	529	1433
Bianchi ITA	551	352	512	1416
Haines WAL	529	308	529	1366
Ben-Schacher ISR	462	424	418	1306
110				
Leslie USA	870	556	755	2182
Van Merwe RSA	892	473	727	2094
Van Viljon RSA	821	468	716	2006
Bowman GBR	782	512	705	2000
Olesen DEN	782	462	688	1934
Banks GBR	628	485	650	1763
Naybour GBR	628	485	617	1730
Puymbroeck BEL	606	374	573	1554
125				
Warman USA	959	523	810	2292
Bolton GBR	837*	451	837	2127*
Cilliers RSA	771	551	705	2028
Stoten GBR	848	512	639	2000
Martijs BEL	727	496	672	1895
Baeyens BEL	485	396	617	1499
Ballance CAN	650	435		
140				
Tregloan GBR	826	523	810	2160
Niemandi RSA	816	567	1694	2077
Kidder USA	876	545	650	2072
Collins ENG	617	418	672	1708
140+				
Brodsky USA	848	562	744	2154
Voronin USA	821	545	644	2011
Heisey USA	699	154	870	1725
Stazi ITA	606	319	617	1543

Overall Best Lifter (up to 75kg) Primich RSA
Overall Best Lifter (110-140kg) Warman USA
Champion of Champions Scott Warman USA
* World record in category

Peter Tregloan was the 308 lb. champion for England (E. Frantz)

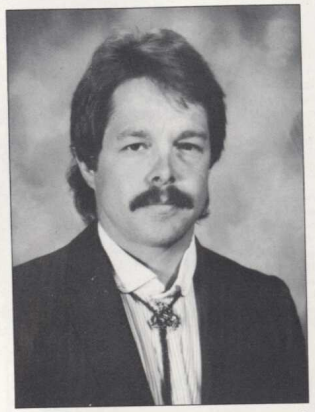
OPINION

In what direction is the sport of powerlifting going? Will powerlifting ever be an Olympic sport? Will powerlifting receive national television coverage? Will the sport of powerlifting continue to grow or will it decline?

Many may have read the first page of the current "Coming Events" section of *Powerlifting USA*, which included contests sanctioned by the following federations: ANPPC, CDFPA, NASA, APA, USPF, CSCC, MDSA, ADFPA, WDFPF, ICPA, WNPF, PAC, and the MSPA. The same "Coming Events" section included 29 national contests, which offered the following divisions: submaster, master, police and fire, armed forces, Special Olympics, teenage, collegiate, and, of course, men's and women's open divisions. How in the world is powerlifting ever going to be an Olympic sport if we cannot even organize ourselves? Powerlifting is obviously a mess, right? Wrong! My contention is that the sport or the activity of powerlifting is thriving and meeting what I see as its major objective, which is active participation. For the sake of argument, let us estimate there are 13,000 registered powerlifters. This would mean .001 percent of the powerlifting population would benefit from powerlifting being instituted as an Olympic sport. If there are 130,000 powerlifters, .0001 percent would be able to participate in the Olympics. Will powerlifting ever be a spectator sport? Probably not. I have competed for sixteen years and I don't enjoy watching powerlifting that much.

Many share the same view. But, that's perfectly fine because powerlifting is a participation sport. It's all right to have 15 federations and 30 national meets. It's OK if powerlifting is not in the Olympics and not on major television broadcasts because the major purpose of powerlifting is active participation.

Again, my main argument is to keep powerlifting in its proper perspective. For ten years of my life I was obsessed with powerlifting. I went to college to become a teacher because I thought it would allow me the time to train for national competitions. (Little did I know that teaching and coaching would be a 12 hour a day job!) Almost every waking moment was dominated by lifting or thinking about, planning or worrying about lifting. My entire self-worth was placed upon how well I did on my last set of squats, bench presses or deadlifts. I would teach school all day, coach until 7 o'clock and then lift until nine. I would see my wife for an hour and then start the routine all over again the next day. Looking back, I don't know how she put up with it. I was always irritated and felt cheated because I didn't have the energy to train the way I needed to because of my work or college schedule. I felt like Rocky in the first Rocky movie when he told Mickey that he never had a "prime." I never had a "prime". I felt cheated, thus I obsessed with TOP 100 rankings and setting personal records. For ten years I was almost completely tunnel-visioned. Finally, the day I turned 29, August 30, 1988, I had a life changing experience. My son, Douglas Jr., was born. My entire existence changed. I still had all of my teaching and coaching duties and daily responsibilities, but on top of this, I had to devote time to my son and powerlifting had to take the back seat.



***DOUG HORTON** in a recent photograph*

Since my son's birth, I have trained during my school planning period or early in the morning with my son present. In fact, I usually only lift twice a week for a duration of 45 minutes for each session. I have chosen to only keep my deadlift at a competitive level. I have found out that there is a lot more to life than just powerlifting.

My lifestyle is much more active now. I lost my squatter's butt and thighs. For the first time since 1979, I was able to purchase a pair of Levi 501's that actually fit. I have taken up skiing, fly fishing, outdoor adventure activities and several other hobbies. I have also completed a Doctorate in Education since my hiatus in letting powerlifting dominate my life. My emphasis is much more into total health and well-being instead of one repetition maximums. I still enjoy competing in powerlifting, though. At the present time I compete solely in deadlift competitions. However, my first priority for picking a competition Is making a mini-vacation out of it for the whole family. Since the birth of my son and incidentally my new philosophy or perspective in powerlifting, I have competed in Michigan, Nebraska, California, New York, North Dakota and South Dakota The meet in California, for example, was based around a and family vacation to Disneyland. After two full days of chasing Mickey Mouse and Captain Hook around Disneyland and spending the nights In the motel sauna to make weight, I competed in the Venice Beach Deadlift Championships. I pulled enough to break into the top 25 in my weight class In the United States. Obviously, I could have been in much better shape, but the important point is that I had a great time and I kept the activity of powerlifting in its proper perspective. After years of trying to crack the TOP 25 USPF and TOP 20 ADFPA rankings, when I finally did it I found it was nice but it wasn't the most important thing in the world.

The true heroes of the sport of powerlifting are those who keep it in its proper perspective. That includes those people who are drug-free lifters which have accomplished great things not only in the sport of powerlifting but also outside the sport as well, therefore, keeping powerlifting in its proper perspective. People such as Dr. John Arenberg (scientist), Shannon Pratt (software engineer), Eric Hammer (aerospace engineer) and Dr. Daryl Johnson (professor) are just a few nationally ranked drug-free lifters who have obviously committed much of their time and energy to other areas In their lives.

I contend that if you are using more than one intense mental and physical 8-12 week training cycle per year then you need to realize that you may be allowing powerlifting to dominate your life. Do not misinterpret what I am saying. I am not justifying being lazy in the gym. I believe in hard, intense, but short duration strength workouts a couple or times a week all year around as an incorporation of an active lifestyle. I do not believe that one has to be obsessed with the sport to enjoy it. Again, I even enjoy once every year or every two years to gear up for a major state level or national level competition.

A few meet directors keep the sport of powerlifting in its proper perspective. Dean Behling, a national champion In the early 1980's, puts on a small meet each year in Scottsbluff, Nebraska for the local lifters and the teenage newcomers to the sport. Each teenager always receives a trophy after his or her efforts. I have seen on several occasions Dean give up the trophy that he had won in the competition to a low placing teenager. Dean makes each lifter feel special regardless of ability. His meets are well organized, short in duration and a lot of fun.

Another meet director who absolutely places the lifter first and realizes powerlifting is a participation sport is Darwin Jacobson. He is the prime mover in the MDSA organization. The meets start when the lifters tell Darwin that they are warmed up. Every lifter who enters his meets gets a huge, sculptured trophy, unless they bomb or display poor sportsmanship. His meets run very smoothly and have a very friendly atmosphere.

I have heard lifters complain about buying cards for the different federations claiming that the meet directors are only in it for the money. Personally, I hope they are making a bunch of money, although I doubt they do in relation to the time and effort they put into putting on meets. Direct a meet just once and you will understand fully. The more federations, meets, national competitions and lifting opportunities that are provided the better. Powerlifting is a participation sport. It is not meant to be a sport for the elite to perform or for the masses to spectate at, but rather for the masses to become actively involved in.

The TOP 100 rankings or a grand national meet where the top lifters in each federation can compete against each other to determine who's the best can be used for those that are concerned about that type of thing. However, many, like myself, are not. We are enjoying ourselves and we are keeping powerlifting in its proper perspective.

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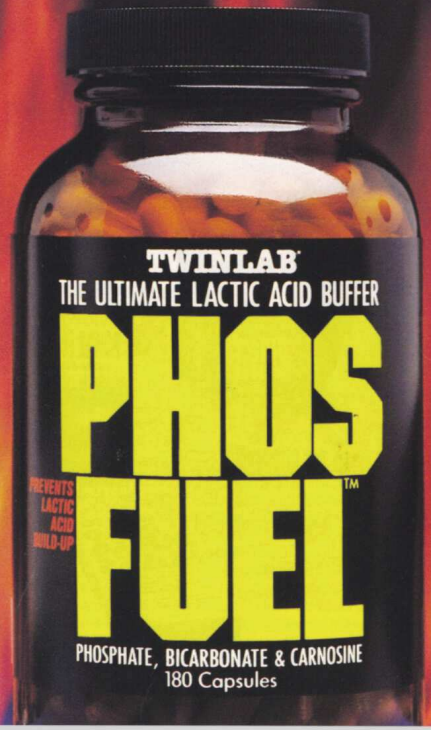

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Can Plant Steroids Build STRENGTH?

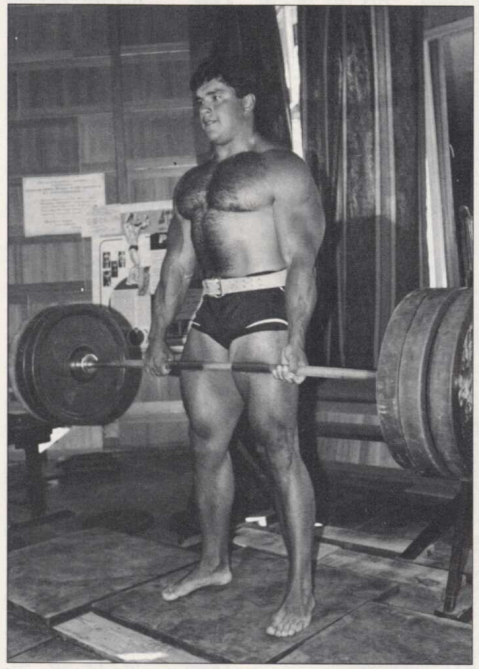
as told to POWERLIFTING USA by Moris Silber M.D., Ph.D.

As a former researcher in the Anabolic Research Laboratory at the Institute of Physical Culture, Leningrad, Soviet Union, I reviewed a variety of biologically active substances which are shown to improve physical performance. Some of these compounds such as Mumie, Eleuthrococcus (Siberian Ginseng) and Retibol contain a number of natural plant sterols which are useful to the human body. However, the questions remains, "are plant based steroids useful in increasing protein synthesis" and if so, at what risk to the athlete. I'd like to elaborate on this important question because all athletes are now searching for anabolic steroid alternatives and they need to know the scientific facts before an effective choice can be made.

Historically, the importance of plant steroids in human nutrition has been overlooked. Early on, certain animal steroids were injected into plants to induce flowering. The results were not good. Unfortunately, these unsuccessful experiments were then used for *a-priori* conclusions that plant hormones were not effective in animals and humans. This idea was disproven initially by Okui and Otaka in 1968, and since that time scientists have discovered a number of select plant steroids which are in fact bioactive in the human body. Today, it is well recognized that some unique plant steroids can act as a general anabolic in humans, and in combination with proper training and recovery means are highly beneficial to strength athletes.

Another myth about plant based oral supplements is that some pseudo-scientists believe that the steroid compounds are destroyed during the normal digestive process. This is also a false belief and one which has been disproven by countless experiments. We now know that many plants, and all animals, contain some amount of cholesterol, the starting point for many other steroids including testosterone. Cholesterol can clearly be obtained from our diet and there is no reason to believe that other steroids from plants and vegetables can't do the same.

Historically, at least in the USA, athletes have received poor results from plant based sport supplements such as ginseng, smilax and yohimbe. The reasons for this can be complex, but the major cause for poor results is that the products just didn't contain any useful plant steroids and other supportive compounds in the first place. While I cannot condemn these supplements or their makers outright, I have the suspicion that many were prepared improperly, perhaps in error. Plant based supplements are very fragile, and the amount of sterols in the whole plant may be quite small. For this reason, a bioactive extract must be made which contains the right amount. What do I mean by "bioactive"? In order to ensure that you have a sterol complex which is truly active and will have a beneficial effect, the manufacturing process must be carefully controlled.



***Russian Powerlifters** like Michael Kulikov, twice champion at 100 kilograms, use plant based supplements like Retibol and Mumie because of their anabolic and restorative effects with no harmful androgenic action. (photograph supplied by Rick Brunner of Atletika)*

In order to gather a good amount of a certain plant steroid, the first step is to choose the right plant and pick it at its peak of bioactivity. Many supplements use the wrong species of plant and/or pick it at the wrong time of its life cycle. In human terms, lets take our own natural anabolic hormone testosterone. It is not until our teen years that we begin to produce a significant amount of this growth promoting hormone. As we get older, the amount of testosterone drops. This is why someone between the age of 17-23 makes such greater natural gains. A similar cycle occurs in all plants. If the person picking the plant chooses those which are either too young or too old, the chance of high steroid levels and bioactivity is greatly reduced. The plant must be picked at the right time.

Secondly, even if the right plant is chosen and picked at the right time, we are only half-way to having a superior supplement. The next steps include the proper transport of the raw plant to the extract facility, followed by the optimal extraction process. Again, in order to rush the process, the manufacturer will percolate the extract at too high a temperature to get a fast yield (time is money) and literally kill off any steroid bioactivity. The end product may look the same as a good batch, but it will be biologically dead and useless to the athlete. Don't discount this problem, it is more common than not.

Even if we have by chance gotten this far and show a bioactive and steroid rich extract, we must still take enough of it at the right time in the training cycle to have a good result. Too often companies spike a supplement with a small amount just to have the name on the label, or they use the whole plant which doesn't contain enough of the steroid. When the athlete sees the plant listed, they assume that the product will be effective, when in fact it is either in too small a dosage or biologically dead. In the estimation of many herbalists and biochemists, myself included, some 80-90% of all plant extracts sold are either minimally bioactive or totally dead. The odds are not stacked in the athletes favor that they will receive anything but a placebo benefit from the plant based supplement.

Now that I've hit you with the bad news, I'd like to explore some products which are bioactive and do contain ample amounts of useful phytosteroids that can be used in the training cycles of athletes. These are Retibol, Mumie, and Eleuthrococcus. Each of these supplements has been used by Russian and the American lifters with good result.

Tops on the list is the natural anabolic Retibol which, while fairly expensive, is considered the "anabolic supreme." Retibol was used extensively in the 1988 and 1992 Olympic Games by high level athletes and continues to grow in popularity among sportsmen in strength related events such as powerlifting, Olympic weightlifting, weight throws, and bodybuilding. Retibol is composed of a unique group of steroids and support factors that have general anabolic activity within muscle cells. It is often derived from the plants Rhaponticum carthamoides D.S., or Pfaffia paniculata. The mechanism of action is a general activation of the polyribosomal complex within the cytoplasm of the cell, thus stimulating the muscle cells own growth mechanism to work more efficiently. Unlike the 6 or 7 keto diosgenin supplements which we found not effective as an anabolic but somewhat for endurance, Retibol is almost pure anabolic with additional restorative properties.

In countless studies on animals and humans in Japan and Russia, Retibol has been proven safe and effective. It has no androgenic ac-

(article continued on page 52)

ADFPA National Masters

as told to PL USA by Meet Director John Petroff

ADFPA National Masters
7, 8 NOV 92 - St. Louis, MO (kg)

Women	SQ	BP	DL	Total
44				
35-44				
W. Highley	80	52.5	87.5	220
47.5				
45-54				
J. Gedney	117.5	67.5	132.5	317.5
35-44				
S. Magnusson	95	47.5	122.5	265
S. Whiting	85	52.5	97.5	235
55-64				
E. Jones	57.5	25	87.5	170
53				
50.5				
55-64				
L. Barron	82.5	42.5	105	230
53				
45-54				
S. Rasor	127.5	77.5	147.5	352.5
35-44				
S. Smith	110	55	122.5	287.5
55.5				
35-44				
S. Brady	142.5	70	152.5	365
G. Keeble	135	67.5	142.5	345
45-54				
J. Howat	105	47.5	115	267.5
58.5				
35-44				
L. Hampe	100	47.5	112.5	260
S. Hamblin	127.5			
63				
35-44				
C. Grekoff	145	70	152.5	367.5
45-54				
N. Halverstadt	102.5	67.5	130	300
70				
45-54				
J. Reif	112.5	60	122.5	295
35-44				
N. Southwell	82.5	95	105	282.5
80				
35-44				
B. Gill	130	62.5	152.5	345
45-54				
C. Roberson	100	62.5	130	292.5
81				
35-44				
C. Regan	185	145	177.5	507.5
45-54				
E. Trevorah	135	77.5	147.5	360
55-64				
B. Yancey	82.5	42.5	95	220
Men				
40-44				
56				
F. Higgins	175	132.5	192.5	500
60				
I. Rosen	162.5	92.5	180	435
J. Annis	145	97.5	170	412.5
J. Randazzo	145	95	160	400
67.5				
J. Sherman	230	142.5	255	627.5
S. Brown	170	125	215	510
M. Anderson	172.5	87.5	195	455
D. Stoneking	150	82.5	170	402.5
D. Green	145	100	140	385
75				
M. Wonyetye	227.5	120	262.5	610
C. Chestand	227.5	152.5	200	580
P. Malone	207.5	112.5	235	555
L. Barron	187.5	127.5	210	525
F. Tuma	175	110	230	515
G. Hoxworth	152.5	115	227.5	495
L. Indelicato	155	100	192.5	447.5
82.5				
T. Maupin	227.5	157.5	260	645
S. Greco	237.5	145	260	642.5
B. Sullivan	220	145	245	610
90				
G. Dingle	272.5	160	277.5	710
R. Jenness	262.5	182.5	262.5	707.5
E. Neelor	255	152.5	285	692.5
V. Elliott	265	157.5	255	677.5
S. Vergath	252.5	140	227.5	620
M. Paulus	237.5	137.5	235	610
J. Douglas	227.5	142.5	217.5	587.5
M. Mooney	170	117.5	175	462.5
R. Crawford	205	142.5	102.5	450
F. Slaughter	157.5	92.5	167.5	417.5
100				
L. Sample	300	190	290	780
H. Gengler	272.5	192.5	272.5	737.5
J. Bernsten	240	180	267.5	687.5
J. Norris	230	145	302.5	677.5
M. Rognlien	227.5	157.5	222.5	607.5
110				
J. Miller	295	195	272.5	762.5
H. Lawrence	215	170	255	640
B. Nace	232.5	147.5	252.5	632.5
M. Bialas	170	115	185	470
B. Eisenman	125	132.5	205	462.5
125				
J. Chambers	305	215	302.5	822.5
R. Simmons	267.5	175	275	717.5
B. Shrum	272.5	162.5	257.5	692.5
B. Levine	237.5	155	250	642.5
126				
M. Battles	347.5	210	275	832.5
D. Emery	272.5	182.5	237.5	692.5
A. Glover	227.5	155	240	622.5
45-49				
56				
B. Schlegel	167.5	82.5	180	430
60				
G. Morrison	145	87.5	152.5	385
67.5				
P. Griffith	222.5	122.5	172.5	517.5
R. Viniski	160	102.5	195	457.5
D. Villano	160	95	192.5	447.5
67.5				
S. Shocket	212.5	140	242.5	595
J. Krueger	202.5	115	210	527.5
J. Nesbitt	167.5	100	235	502.5
B. Sainati	160	105	212.5	477.5
L. Donahue	160	120	180	460
82.5				
W. Thomas	295	195	295	785
M. VanCleave	250	140	262.5	652.5
J. Stovall	220	120	227.5	567.5
B. Bayer	217.5	115	232.5	565.5
I. Yellin	220	115	227.5	562.5
R. Murray	215	120	227.5	562.5
90				
F. Rice	245	130	272.5	647.5
A. King	220	137.5	260	617.5
H. Gosthnian	225	122.5	237.5	585
J. Scott	245	125	212.5	582.5
M. Lowe	215	140	222.5	577.5
J. Ruiz	220	130	222.5	572.5
R. Bell	202.5	140	227.5	570
100				
B. Maltby	220	152.5	227.5	600
R. Morton	152.5	115	155	422.5
110				
G. Roberson	290	150	300	740
F. Strausser	190	152.5	175	517.5
125				
P. White	325	205	330	860
D. Ricafrente	340	202.5	310	852.5
I. Obermark	272.5	182.5	287.5	742.5
B. Freedman	260	165	65	490
126				
P. Wrenn	322.5	185	292.5	800
W. Andrews	277.5	152.5	295	725
M. Richardson	227.5	170	237.5	635
50-54				
67.5				
M. Lawson	220	112.5	200	532.5
I. Zwick	25	130	45	200
75				
R. Flores	200	122.5	245	567.5
82.5				
H. Gregg	217.5	127.5	222.5	567.5
L. Bargatze	170	102.5	182.5	455
90				
T. Chavie	222.5	137.5	220	580
J. Herbein	200	122.5	230	552.5
B. Briggs	207.5	127.5	200	535
J. Waters	172.5	105	232.5	510
110				
R. Greenwald	250	130	212.5	592.5
E. Davis	227.5	130	227.5	585
110				
A. Walter	120	140	245	505
125				
F. Flack	255	190	232.5	677.5
126				
A. Siegel	205	127.5	227.5	560
D. Mackenzie	177.5	120	207.5	505
H. Budwin	172.5	132.5	182.5	487.5
J. Bradley	170	120	195	485
55-59				
60				
F. Glass	142.5	70	187.5	400
67.5				
M. Peek	177.5	95	192.5	465
R. Beyer	160	70	172.5	402.5
82.5				
T. Trevorah	215	135	227.5	577.5
D. Ramos	212.5	127.5	207.5	547.5
90				
R. Strange	215	167.5	257.5	640
R. Trudell	230	125	220	575
100				
H. Peake	205	120	192.5	517.5
125				
J. Twet	92.5	130	182.5	405
126				
C. Doll	190	120	195	505
60-64				
75				
E. Hamblin	200	120	232.5	552.5
82.5				
D. Ginenthal	187.5	100	200	487.5
D. Ghareeb	165	110	167.5	442.5
G. Jackson	125	82.5	165	372.5
T. Roberts	120	50	137.5	307.5
90				
W. Remley	217.5	127.5	205	550
R. Ladd	192.5	107.5	230	530
P. Westling	115	115	125	355
100				
G. Manley	232.5	125	227.5	585
J. Dean	182.5	130	212.5	525
110				
J. Kress	182.5	125	185	492.5
125				
L. Corulli	192.5	85	192.5	470
65-69				
60				
R. Nolan	92.5	62.5	122.5	277.5
82.5				
J. Weiss	145	85	192.5	422.5
70-74				
67.5				
H. Benner	117.5	92.5	150	360
E. Jubinville	70	57.5	115	242.5
90				
C. Lee	150	117.5	195	462.5
75-79				
75				
W. Peters	122.5	77.5	147.5	347.5

63 Year old George Manley (Pyra)

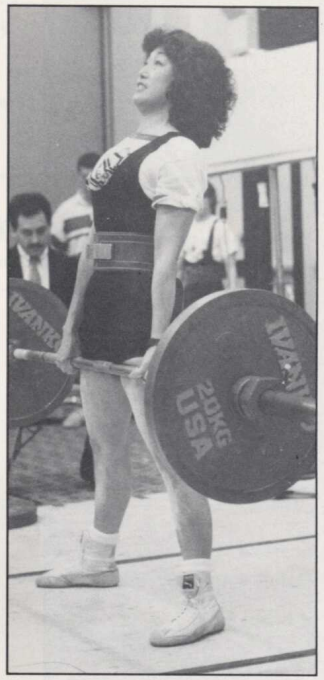
One hundred and sixty-seven lifters entered this year's competition. Over twenty-five states were represented by the Master lifters. This was the first time in three years that the women master lifters competed with their male counterparts. The site of the competition was the beautiful Stouffer Concourse Hotel. Due to the tremendous efforts of Co-Director Michael Cissell, the venue was not only comfortable for the lifters but had a great esthetic quality. There were four warm-up stations, two elevated carpeted platforms, video monitors in the warm-up area, two overhead projectors, phone communication between the overheads and the expeditors, and computerized score-keeping. A fairly well-maintained scoreboard was in place so that the lifters could better follow the competition. The first day of competition had the all the women and men up to 82.5 kgs. Sunday's competition included the men's weight classes from 90 kgs. thru the Super's.

In the women's division, Wendy Highley won in the 44 kgs., 35-44 division with her 220 kgs. total. In the 47.5 kgs. class, Susie Magnussion placed first in the 35-44 division with a 265 kgs. effort while Stephanie Whiting took the second place with her 235 kgs. total. In the 45-54 division Judy Gedney was back into her old form by winning yet another National title with her 317.5 total for the day. Loretta Barron was alone in the 50.5 kgs. class. Loretta took top honors in the 55-64 division with a 230 kgs. effort. Both lifters in the 53 kgs. class took home first place awards. Sue Smith won in the 35-44 division with a 287.5 total. Sue Razor had an outstanding day on the platform winning the 45-54 division with her 352.5 kgs. total. The 55.5 kgs. class saw some great competition between Sandi Brady and Garriel Keeble in the 35-44 division. At the end of the day, Sandi took home the first place plaque with a 365 kgs. total while Garriel had to settle for second with her 345 kgs. total for the day. Jean Howat had no competition in the 45-54 division but posted a 267.5 kgs. total. There appeared to be a battle going on in the 58.5 kgs. class in the 35-44 division between Linda Hampe and Susan Hamblin. Sue was 27.5 kgs. ahead of Linda heading into to the bench. Unfortunately, Susan failed to get a bench passed and had to drop from the competition. Linda ended the day with a 260 kgs. total and the first place honor. Chris Grekoff posted a 367.5 kgs. total which netted her first place in the 63 kgs. class 35-44 division. Also placing first but in the 45-49 division was Nancy Halverstadt with her 300 kgs. total. In the 70 kgs. 35-44 division, Nan Southwell won with her 282.5 total. Joann Reif won her second National title lifting in the 45-54 division. Joann ended the day with a 295 kgs. total. Saturday's competition also included the men's weight classes up to 82.5 kgs. Bernice Gill posted a 345 kgs. total to win the 80 kgs. class in the 35-44 division. Winning top honors in the 45-54 division was the 292.5 total of Celia Roberson. The 80+ kgs. class competition saw Cyndi Regan adding another National title to her credit by posting a 507.5 total to win the 35-44 division. Florida's Ellen Trevorah won the 45-54 division with her 360 kgs. total. This was Ellen's first National competition in over two years after suffering severe injuries in a serious car accident. It was great to see this fine lady back on the platform again. Barbara Yancey, in her first national competition placed first in the 55-64 division with her 220 kgs. total at the end of the day. Best lifter honors for the Women's division went to Sue Rasor. The competition was close between Sue, Sandi Brady and Judy Gedney. There was only one Women's team entered in the competition. Taking home the top team honor was Pacific Powerlifter out of Seattle, Washington. The team was coach by world class lifter Willie Austin.

In the 40-44 age division there were no lifters in the 52 kgs. class. Lifting with no competition at 56 kgs. was Freddie Higgins. Freddie went all out despite the lack of competition and ended the day with a 500 kgs. total and the national title. Three lifter's competed in the 60 kgs. class. Placing third was Joe Randazzo with a 400 kgs. total. Joe will the meet director for the 1992 Master's to be held in California. Jack Annis placed second with his 412.5 total and winning the class was Ira Rosen with a 435 kgs. total. In the 67.5 kgs. class, there were five competitors. The 455 kgs. total of Morris Anderson allowed him to take home the third place award. The second place honor went to Steve Brown with his 510 kgs. total for the day. Sherman Johnson, with a very impressive 627.5 total took top honors and the title. The competition stiffened in the 75 kgs. class with seven lifters. Pat Malone went nine for nine yet had to settle for third place with his 555 kgs. total. Second place went to Clark Chestand with a total of 580 kgs. Twenty kilos ahead of Clark was Michael Wonyetye with his winning total of 610 kgs. The "new" Mike has gone "Cowboy" with his western mustache and cowboy hat. Maybe the hat helped Mike to his first National title. In the 82.5 kgs. class three lifters battled it out looking to represent the ADFPA at the WDFPF World Master's for 1993. Placing third was Bruce Sullivan with his 610 kgs. total. Placing second was the 1992 WDFPF Master Champion, Sam Greco. Only 2.5 kgs. ahead of Sam was Tom Maupin with his winning total of 645 kgs. The depth of competition in the 90 kgs. class was tremendous. The top three finishers were within 17.5 kgs. of each other. Placing third was Ed Neelor with a 692.5 total. Second place went to Russell Jenness with a total of 707.5. Only 2.5 kilos away was the new National Champion Gary Dingle with his 710 kgs. total. In the 100 kgs. class Joel Bernsten placed third with his 687.5 total. Harvey Gengler took back home with him a 737.5 kgs. total and the second place award. Winning the weight class was Leonard Sample. Leonard has long been a great lifter here in Missouri. This was Leonard first national title and is looking forward to the trip to Australia for the 1993 Master Worlds. Another local lifter Bill Nace lifting in the 110 kgs. class did very well for himself in his first national competition. Bill posted a 632.5 total which gave him third. Placing second was Herb Lawrence with his 640 kgs. total. Winning the top honor was Jim Miller with an excellent total of 762.5 kgs. Four lifters competed in the 125 kgs. class. Placing third with a total of 692.5 was Bob Shrum. Bob had thought he was jinxed due to the fact his name was left out of the program; his name did not appear on the charts; his name was misspelled on the meet card, and he had a mishap in the warm-up room. Placing second was Roy Simmons with a 717.5 kgs. total. The winner of the class was the colorful Jackie Chambers with an excellent 822.5 kgs. total. In the Supers Al Glover ended the day with a 622.5 kgs. total which gave him third place. Donald Emery finished the competition in second place with a total of 692.5. Moses Battles impressed the crowd and dominated this class with his 832.5 kgs. total.

In the 45-49 age division, once again there were no lifters in the 52 kgs. class. Bob Schlegel had to compete against himself in the 56 kgs. class and ended this day with a 430 kgs. total. Editor of *Powerlifting Today*, Gary Morrison also had no competition and took home the first place award in the 60 kgs. class with a 385 kgs. total. In the 67.5 kgs. class, Dennis Villano placed third after posting his 447.5 kgs. effort. Richard Viniski totaled 457.5 which allowed him to second place. Top honors went to the 517.5 kgs. total of Paul Griffith. Third place in the 75 kgs. class went to John Nesbitt. James Krueger's 527.5 kgs. gave him second. A repeat champion, Saul Shocket ended the day with a winning total of 595 kgs. Seven lifters competed in the 82.5 kgs. class. Placing third was Jim Stovall with his 567.5 total. Ahead of him in second place was Mike VanCleave. Dominating the class and another repeat national champion was Walter Thomas posting a tremendous 785 kgs. total. Harry Gosthnian had to out-lift four other lifter's in the 90 kgs. class to take third. Taking home second was Al King with his total of 617.5 kgs. Fred Rice out-lifted King by 30 kgs., which netted him the top honor in the class. Only two lifters finished the day in the 100 kgs. class. Placing second Robert Morton with a 422.5 effort. Winning his weight class with a 600 kgs. total was Bob Maltby. In the 110 kgs. class, once again only two lifters finished the day with totals. Local lifter and National Judge, Fred Strausser finished second with a 517.5 total. Taking home the first place award was Gene Roberson, the defending national and world title holder. There was a battle going on in the 125 kgs. class for first place. Out of the running for first but posting a respectable total was Irv Obermark finishing in third. The battle between Paul White and Doug Ricafrente was tremendous. At the end of the day, Ricafrente had to settle for second place with his 852.5 total and White went home with the first place award and a 860 total. In the Super's, third place went the Mike Richardson with his total of 635. Second went to Wayne Andrews and first place went to Paul Wrenn.

The 50-54 age division had no lifters in the 52, 56 or 60 kgs. classes. Ivan Zwick went after the bench record in the 67.5 kgs. class but failed to get the lift. Ivan placed second with a 200 kgs. total. Winning the class was Mike Lawson with his 532.5 kgs. total. Kip Hughes failed to get a squat passed by the judges which opened the door for the first place finish of Richard Flores in the 75 kgs. class. In the 82.5 kgs. class, second place went to Lance Bargatze's total of 455 kgs. Last year's winner and WDFPF World champion Hayward Gregg posted a 567.5 kgs. total for a repeat win. Brian Briggs placed third in the 90 kgs. class with a total of 535 kgs. Second place went to John Herbein and his total of 552.5. The national title went to Thomas Chavie with his total of 580 kgs. The 100 kgs. class saw a duel between Earl Davis and Robert Greenwald for the chance to represent the U.S.A. in 1993. When the day was over, Robert edged out Earl for first by only 7.5 kgs. and took home the first place. Allen Walter had no one to push him in his quest to win the 110 kgs. class. Al ended the day with a 505 kgs. total. At 125 kgs. Fred Flack was in the same boat as Al Walter with no one to compete against. Fred posted an excellent total of 677.5 kgs. Rounding out the 50-54 division were the Supers. Placing third with a 487.5 kgs. total was Howard Budwin. In second place with a total of 505 was Don Mackenzie. Winning the class for yet another year was Al Siegel with his 560 kgs. effort for the day.



Stephanie Whiting in the 35-44 age group.

The 55-59 division was represented by eleven lifters. Fred Glass won the 60 kgs. division and another national title for himself. In the 67.5 kgs. class, Max Peek took home top honors with his 465 kgs. total while Richard Beyer placed second with his 402.5 total. Ron Ringewold had no competition in the 75 kgs. class but failed to get any of his squats to pass. In the 82.5 kgs. class, Don Ramos had to settle for second place while Tom Trevorah grabbed first place with his 577.5 total. At 90 kgs., Bob Strange out-totaled Roland Trudell to win the class. Bob totaled 640 kgs. while Roland totaled 65 kgs. less. Hobert Peake won the 100 kgs. class with a 517.5 total. Jack Twet won the 125 kgs. class with his 405 effort and Clyde Doll totaled 505 kgs. to win the 125+ class. The depth of competition in the 60-64 division varied greatly within the various weight divisions. Ed Hamblin had no competition but posted an excellent total of 552.5 to win the 75 kgs. class. There were six competitors in the 82.5 kgs. class. placing third with a total of 372.5 was Glenn Jackson. Totaling 442.5 and placing second was Don Ghareeb. Taking home the first place award was David Ginenthal. Dave is a repeat winner for three years running and two time World Champion. In addition to his ability as a powerlifter, he can tell some great jokes (none of which can be printed in the article). Three lifters battled for the national title in the 90 kgs. class. Placing third with a total of 355 kgs. was Paul Westling. Only twenty kilos behind first place was the 530 kgs. total of Ray Ladd. Winning the class was William Remley with his 550 kgs. total. The 100 kgs. class had George Manly defending his title against Jesse Dean. When the meet was over Manly had defended his title posting a 585 kgs. total while Dean had to settle for second with his 525 kgs. effort. There was only one lifter in both the 110 kgs. and 125 kgs. class. Jack Kress won the 110 kgs title with his 492.5 kgs. total while Lou Corulli won at 125 kgs. with his 470 effort.

Only two lifters competed in the 65-69 division. Richard Nolan won the 60 kgs. class with a 277.5 kgs. total while Jack Weiss won the 82.5 kgs class with an impressive 422.5 kgs. total. In the 70-74 division, four lifter competed. Harrison Benner out-totaled Ed Jubinville to win the 67.5 kgs. class. Harrison totaled 360 kgs. while Ed totaled 242.5 kgs. The very colorful Roy Mason competed in the 75 kgs. class but failed to get a squat passed the judges. Returning National and World champion, Charles Lee totaled 462.5 kgs to win the 90 kgs. class.

Only one lifter represented the 75-79 age division William. Peters, at the age of 78 was coaxed out of retirement to compete in this year's Nationals. Bill totaled 347.5 in the 75 kgs. class and won his first National title. Bill was not happy with his performance and felt he had let down the crowd and his coach Al Shyvinski. I hope to be half the man Bill is when I'm 78. I am sure that I will get no disagreement in stating that his performance was nothing short of inspirational to all.

Winning the Best Lifter award in the men's session on Saturday was Sherman Johnson. The Best Lifter on Sunday was Walter Thomas. Placing third in the team competition was Van's Gym from Baytown, Texas coached by Steve Gergath. Second place went to Andrews Power Gym form Nashua, New Hampshire coached by Wayne Andrews. Winning for the eight consecutive year was Keystone Ironmen from Clearfield, Pennsylvania coached by Al Siegel. Prior to the awards on Sunday over 150 people joined in and sang Happy Birthday to Al Siegel as a birthday cake was brought in to celebrate his 55th.

This is the third time Mike Cissell and I have had the honor of hosting this competition. It is not an easy meet to prepare for or run. What makes it fun and worth the effort is the friendship and good spirit that these lifters show. Of all the meets Mike and I have done both local, regional and national the Masters is the best.

Special thanks to Joe Pyra for an excellent job as Head Referee. Thanks to Joe Randazzo, Charlie Schroeder, Bob Triphahn, Freddie Higgins, Craig Fosterling, Dennis Brady, Sam Greco, Fred Strausser, Brenda Siegel, Al Siegel, Bill Clayton, Judy Gedney, Stephanie Whiting, Ed Jubinville and Bill Griffith for their help in judging. I want to send a very special thank you to George Huber who once again did an outstanding job in announcing non-stop for two days.

I had many compliments on the excellent spotters. Thanks to Terry Stanley, James Cahill, Rick Fowler, Mike March, Rick Robinson, Ted Zagurski, Joe Sampson, Mike Foggia and his friend Wally. Thanks to the others who ran the overhead, sold T-Shirts, worked the door expedited and the hundred of other jobs required in running a meet. Thanks to Pam Fosterling, Denise Huber, Judy Greco, Denise Schomberg, Kevin Clemens, Pam Fosterling, Jane McKenna, Fred Glass, Theresa (Stephanie Whiting coach), and Roger Gedney. Last but not least I want to express tremendous appreciation to Sue Cissell and my wife Kathleen who bear the brunt of the tension from Mike and I prior to and during the contest.

Mike Mooney... 42 year old competitor in the 90 kilo class (Pyra photo)

Irv Obermark... 48 year older in the 275 lb. division (Joe Pyra photo)

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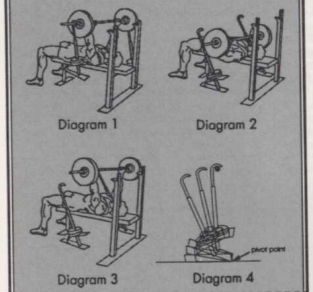

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STARTIN' OUT

A special section dedicated to the beginning lifter

HOME POWER GYM

as told to POWERLIFTING USA by Doug Daniels

In the last decade or so, the amount of different types of weight training equipment to come to the marketplace has been mind boggling. In the 70's, Arthur Jones came out with his Nautilus line of weight equipment and the weight machine business has never been the same. Some companies developed machines that use water-hydro pressure for resistance; others use air. Still others worked around the traditional weight stack, but with unique differences in machine operation. All this competition has given the buyer many choices. The unfortunate thing about all these machines is they cost an arm and leg and you need hundreds of square feet to carry enough equipment to get a complete body workout.

While these machines have their place in many people's training, for the powerlifter, they are not as desirable. Ordinary barbell and dumbbell exercises produced many men and women of great strength like Paul Anderson, Pat Casey, Jon Cole, Don Reinhoudt, and Jan Todd. These lifters didn't utilize such high-tech machinery, but flourished and are legends in our sport. So, when we look to equip a home power gym, we should look to them as examples of what's needed for success.

Let's start by listing the barebones requirements for a productive and efficient home power gym.

1) 400-1000 pounds of plates
2) competition bench
3) power bar and collars
4) adjustable squat rack
5) non-slip lifting platform

You'll need at least 400 pounds of weights to allow you to load the bar for heavy squats and deadlifts. If you aren't capable of using 400 pounds in any lift at the present time, you will eventually need to have that much around before you know it. You should get at least one pair of 100 pound plates. Many meets use 100's on lifts over 250 pounds, so you should accustom yourself to their use, especially for mental purposes. 100 pound plates can be scary to novice lifters who are used to training with 45's as their heaviest plates. If you have stronger lifters that are going to lift with you, get up to 3 pairs of 100's. Get at least 2 pairs of 45's, one pair of 35's and 25's, 3 pairs of 10's and 5's and one pair of 2 1/2's. This should suffice unless you have Ed Coan over for a workout. If you want to use these plates for dumbbells, purchase olympic or power style dumbbells and collars.

A sturdy regulation flat bench is next. Purchase one of high quality. Some are adjustable for rack height to fit lifters of different sizes.

A power bar is the cornerstone of your home gym. Since all three lifts use it, buy the best one you can afford. Don't buy an olympic bar as they have more spring and have a different feel than a regulation power bar. Also purchase a set of high quality collars that lock tight and loosen easily. These are critical for safety. Also available are quick on and off collars that can be useful for light lifts. For heavy lifts, especially squats, use regular collars.

***Basic Exercises** can develop incredible strength, like that of Phil Hile*

Next are adjustable squat stands. Again, sturdy is the key word. They should be well supported and hard to tip. Purchase squat stands that are height adjustable. Many feature a car jack mechanism that allows easy height adjustment, up and down. If you buy stands that have removable pins, you'll tire quickly of lifting one side of the bar at a time and reinserting the pins at the newly desired height for each lifters' attempt. This height adjustability can make them useful for exercises like overhead barbell presses.

No one wants a heavily loaded bar crashing down on the basement or garage floor. To help here, construct a safe lifting platform out of wood. A little carpentry will be required here. You can cover it with non-slick rubber padding I've seen indoor-outdoor carpet used. Just make sure it's not slippery. Backing out of the squat rack on a slippery surface can be dangerous. Think safety. Experiment until you find the right surface.

Now that we have our basics covered, we can look at some luxuries. A power rack is first. A power rack can enable a lifter to perform heavy squats in safety. Heavy partial movements such as deadlift lockouts can now be done, again in safety. A chinning bar can be attached to the rack also. Make sure the rack is secure by fastening it to the floor or wall.

A deadlift bar is a luxury for sure, but since not all meets use a deadlift bar, there may not be an advantage to owning one. If you do own a deadlift bar and one will be used in an upcoming meets, by all means, train with one.

Some racks to stack weights on are highly desirable for safety and to keep everything in order around your gym. Little things like a clock, chalk, baby powder, rugs, etc., come in handy and should be included.

We can't forget good lifting conditions. If your gym is located in a heated garage, no problem. But if your garage is not heated, consider purchasing a torpedo heater or something similar. Think safety again and get proper ventilation and always have a fire extinguisher handy and in working order if you use a heating source like a torpedo heater. For cooling purposes, a fan or air conditioner would be desirable, and, again, ventilation is important. The best equipment in the world can't make up for a bad gym environment.

It will be your responsibility to insure that your equipment is safe and in good working condition at all times. Keep your gym clean and uncluttered. Lifting itself can cause injuries, let alone falling over a misplaced barbell plate.

If you examine the success of the powerlifters I talked about earlier, you may not go much further in equipping your home gym than my suggestions here. Generally, too many types of equipment make it easier to overtrain. If you stick to the basics, your progress will be more consistent and long lasting. If you can go in together with a few friends, you can equip your home gym for about the same price a year at a health club can cost, without having to wait for that skinny guy using the squat rack to rest his 55 pound barbell in between his sets of cheat curls. You can find ads for quality equipment in this magazine. If you are not looking to start a home gym, make sure the gym you are joining can fulfill the minimum requirements. Success in powerlifting does not require air or hydro-pressurized, high-tech equipment. Basic power movements revolving around a power bar are your best bets.

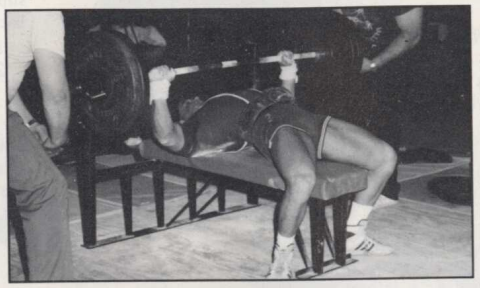
WORKOUT of the Month

Steve Preston Bench Press Routine

The bench press is the lift that certainly draws the most attention from the majority of people. Bench press training is much more pleasant than a grueling squat or deadlift workout, for most. That is why the average weight trainer has every excuse in the book for why they cannot squat (or work legs at all) or deadlift. I have had much success at the bench press, although my energies have been equal for each powerlift. The reason I have had this success is from optimal training theories and routines. Before I outline my routine, I'd like to stress a few points about training for the bench press: 1. Although you may feel energetic, you should not train the bench press more than one time per week. 2. If you want to increase size and strength, you should train sets of 5 repetitions for the majority of your training cycle. 3. Bodybuilding exercises (flyes, pec-deck, etc.) should be left for bodybuilding. I believe in working different grips while benching to achieve full pectoral, deltoid and tricep development.

With these points in mind, here is a suggested routine for maximum size and strength, based on a current maximum of 400 pounds.

Exercises: Bench Press - competition grip; close-grip bench press - these are done with a shoulder width grip. Always pause each repetition on these (bring bar lower chest for lower pectoral development); wide-grip bench press - use a grip 2-3 inches wider than your competition grip (always pause each repetition); reverse grip bench press - use same hand spacing as in competition grip; shoulder-width pushdowns - keep elbows in.



Steve Preston has benched 480 lbs. in the 181 class. His routine is based on a lifter capable of 400 lbs., however, if you have a different maximum lift, simply increase or decrease the designated weights in direct proportion to the difference between your lift and 400 lbs.

These exercises are all done on the same day, once per week. At the beginning of your training cycle, you might hit shoulders later in the week. About 4 weeks away from the contest, you only need to do close-grip benches for assistance. Yes, that's all. If you are pushing with all you have, that is plenty.

Week One: Warm up each session, then - Bench - 315x5x2; assistance - 2 sets of each exercise.
Week Two: Bench - 320x5x2; assistance - 2 set of each exercise.
Week Three: Bench - 325x5x2; assistance - 2 sets of each exercise.
Week Four: Bench - 330x5x2; assistance - 2 sets of each exercise.
Week Five: Bench - 340x5x2; assistance - 2 sets of each exercise.
Week Six: Bench - 350x5x2; assistance 2 sets of each exercise.
Week Seven: Bench - 365x3.
Week Eight: Bench - 375x3.
Week Nine: Bench - 390x2.
Week Ten: Bench - 400x2.
Week Eleven: Bench - 350x3.
Week Twelve: Contest- 380, 410, 425.

Reps on assistance work are the same as in the bench press. Special thanks to Dan Mlodozeniec, Ed Coan and Chris Confessore for all the help over the years. I can be reached at: (716) 662-9469 or Steve Preston, 199 Bridle Path, Orchard Park, NY 14127.

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Leo Wysocki - 1991 A.P.F. Masters' World Champion 242 lb. class

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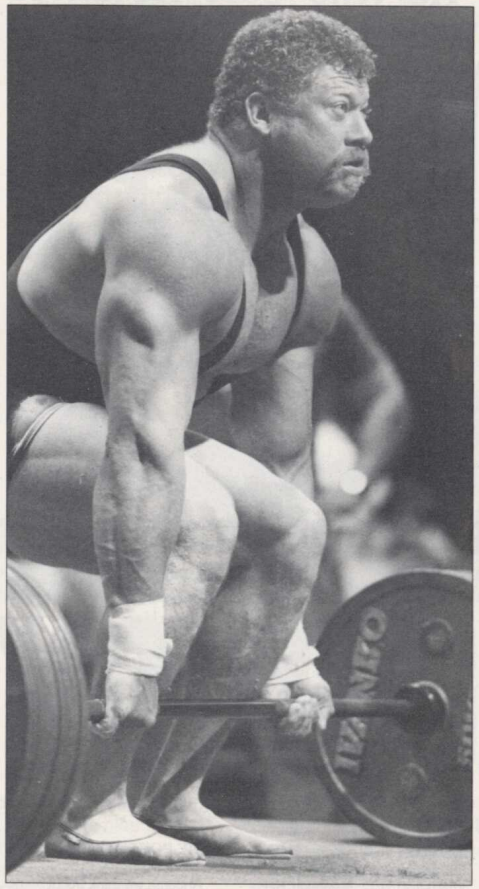
More From Ken Leistner

I read with interest, the comments made by Dan Wagman in the November 1992 issue of *PL USA*. My interest was perhaps greater than usual, because Dan is brighter and more insightful than the average person or powerlifter. We have communicated in the past and I have found him to be very aware and concerned about the sport and for those who don't impress with things like intelligence and thoughtfulness, he is also a heck of a lifter.

In 1983, the ADFPA had been formed and functional for a short time, but the USPF, having descended from the now-defunct Amateur Athletic Union (AAU) was the representative organization for United States powerlifters. Being supported by the vast majority of lifters, running many meets on the local and national level, and having representatives from each state, association, and region insured that the grass roots lifter felt that he or she had some means of getting the attention of the organization. In 1983, I was one of the Athlete's Representatives to the USPF. It was at this time that the debate about drug testing reached it's crescendo.

My personal beliefs were that testing should be done, especially at the national and international level. However, I was mandated to represent the athletes of the USPF, and not myself. When my turn came to speak, I clearly stated that my personal beliefs were not germane, and that I had taken the time and effort to speak with many, many lifters before traveling to the national meeting. The overwhelming majority of lifters did not wish to use anabolic drugs, but believed that they would be placed at a competitive disadvantage if they did not take them. Thus, I did not support testing measures as the majority of those I felt I represented expressed this position. At that time, testing was defeated.

As a member of the Executive Board, of the American Powerlifting Federation, it might surprise many that I still believe that the sport of powerlifting should institute fair, accurate, and widespread testing measures. The potential health damaging effects of anabolic drugs is such that I feel that they should not be used by athletes. However, I also believe that fair, accurate, and widespread testing is not, at this time, possible. When admitted drug users, well known in the community, can take two valium and pass a polygraph examination regarding testing, when masking agents can be used by admitted anabolic steroid users which allows them to test negative for drugs they have taken up to three weeks prior to the date of competition, and when entry fees for a meet can run to $75.00 in order to allow testing at the local level, I cannot in good conscience support testing as it now exists. I can encourage drug free training and competition, and provide factual information about the potential risks that the drugs carry for some, but that is all I can do.



Jim Bornhop made the athlete's choice to compete at the APF Srs.

I chose the APF as the organization within which I would work to run meets, give my time and energy, and introduce others to our sport, because many of the individuals cared enough to do the same and do it not for self aggrandizement, not for business purposes, not for the opportunity to hold the national and potentially lucrative meets, and not to "beat" drug testing. I am sure there are many lifters in the APF that use anabolic drugs, just as I know there are those in the other lifting organizations, all of the other legitimate organizations, that use drugs. This should not be construed as a negative comment directed towards any other organization. Al Siegel and the ADFPA have worked hard to keep drugs out of powerlifting and the USPF testing policies are perhaps a step in the correct direction. Unlike many, the division in the sport may have started over the drug issue, but it has been perpetuated by much more than that.

With so many "Chiefs" and so many "Indians" who would like to be Chief some day, with so many egos to feed, so many who just can't accept the fact that they may not be "right", with so many lifters and ex-lifters in the sport only for the opportunity to milk it for all the money they can extract from it's participants, it will take a heck of a lot of work to get things back together and end the factionalism of powerlifting. We have things like the "Ed Coan Affair". Obviously, I believe that if rules are broken, especially rules that are pretty obvious, then sanctions should be leveled. However, when the national rules do not clearly and unequivocally spell out the consequences, room is left for interpretation of the rules. If this is compounded by perceived pressure from other organizations which might cause lifter defections and a lack of direction from the international organization, you will have similar situations. Like the example I gave before, my personal opinion was not being expressed in discussing the Ed Coan incident. I will always defend one's rights relative to the rules, and in this case, the rules were not as clear cut as they needed to be.

The results of having myriad lifting organizations is a top notch lifters being told that when drug testing occurs he "will pass" because his urine will not be tested. The result is a promise made to a lifter by another organization that his usual "borderline" squatting style will be passed by the judges at that organization's national meet "and don't worry about it".

I worry about it. I worry about powerlifting. I agree with Dan Wagman that in ten years we have gone no where, except perhaps backwards, with everyone trying to protect what they see as their share of the pie.

Without being contradictory, we need strong leaders whose egos don't need massaging or assuaging, leaders who understand that they themselves might have to be sacrificed (i.e.; be without official office) in order to bring about the unification of our sport. We need leaders who understand that the greater good cannot serve everyone, but should serve the majority and at least be workable for almost everyone. It's time!

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"He Who Uses Negatives Will Positively Fail", Part III

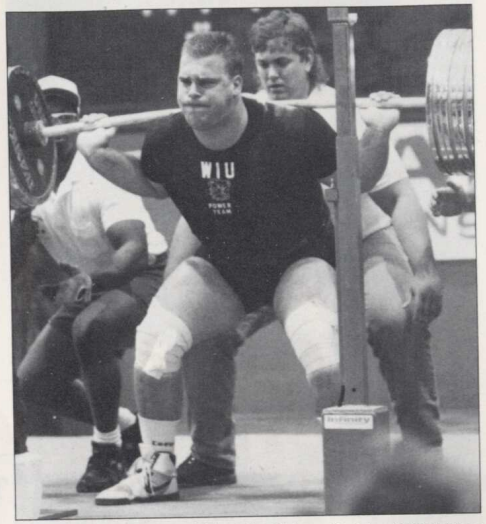
by Judd Biasiotto Ph.D. and Arny Ferrando Ph.D.

A number of years ago, a friend of mine name Maxwell Maltz wrote a book entitled *Psycho-Cybernetics*. Within a very short time, the book became a best seller. Perhaps you've read it. If not, you should. It's one of the most fascinating books you'll ever read. In fact, it may be the most significant book you'll ever read.

Besides being an outstanding writer, Maltz is also a nationally renowned plastic surgeon. During his years as a surgeon, Maltz observed that individuals who had a genuine congenital defect, or who suffered from an actual facial disfigurement as a result of an accident, generally had a very low self-esteem. They were introverted, antisocial, and extremely insecure. In fact, many of the individuals whom Maltz treated refused to leave their homes during the day; when they did go out, they took great pains to hide their disfigurements.

Actually, such behavior is easily understood. There is a principle in psychology called "Cooley's Looking Glass," which simply states that we tend to make judgements about ourselves by observing the reactions that others have toward us. For example, when most people come in contact with an individual who is terribly disfigured, their initial reaction is to turn away and/or try to avoid the individuals with the deformity. The individual with the deformity is thus taught that he is not acceptable. As Maltz observed, this feeling of non-acceptance is easily generalized to other psychological feelings, such as worthlessness and inferiority. Maltz reasoned that since his subjects' deformities caused their poor self-image, by correcting their deformities with plastic surgery, he would also correct their self-images.

It was a good guess, but not a gold star. Although Maltz transformed his subjects from "ugly ducklings" into physically attractive individuals, they still perceived themselves as being ugly. Maltz eventually realized that, not only did he have to correct his subjects' disfigurements with plastic surgery, he also had to correct the way they thought about themselves. In other words, Maltz not only had to change his subjects' physical appearance, he also had to change the data constructs that had been programmed into their minds during the years that they had been disfigured. Maltz further concluded that the brain functions like a highly complex computer: as human beings, we tend to act appropriately to how we have been programmed through words, thoughts and actions.



Postive Thinking *helps a lift by John Binkowski at the ADFPA Mens*

Since your brain is a computer, and it is programmed by words, thoughts and actions, then it is imperative that every word, thought, and action be a concise, positive affirmation. I do not think that I can emphasize that point enough. Keeping with the mind-computer analogy, it then follows that we are the sum product of the events we experience. The environment in which we function, the people with whom we interact, and the thoughts which we entertain are all data constructs by which we are programmed. Therefore, the environment in which we function should be stimulating and progressive; the people with whom we interact should be enthusiastic and positive; the words and thoughts we entertain should be powerful and positive. There is no way around it, because computer (brain) performance is directly related to computer input. Program yourself to be positive and you'll be positive; program yourself with negatives and you'll be negative. It's just that simple - or so it would seem. Actually, it is a little trickier than most people realize. Let me explain why.

THE POWER OF WORDS

Anytime we think about something, we are in a sense talking to ourselves. Anytime we talk to ourselves, we are in a sense thinking. Consequently, when we talk to ourselves, the words we use have an impact on the way we think. Obviously then, words are very important. If you're like most people, you probably haven't given words much thought (no pun intended). Well, get ready, because I'm going to change your thinking about words (pun intended):

The first thing you need to realize is that words have no meaning in their own right. They are simply symbols. We give the words we use their essences and meanings. Consequently, the power and influence that words have on us are directly related to our social conditioning.

Another thing you need to realize is that words are capable of evoking images in the mind, which in turn can bring about physiological reactions appropriate to the conceived images. Let me explain. If I say to you, "Stand up," most likely you would not envision in your mind's eye the letters S-T-A-N-D-U-P, but rather an image of yourself standing up. In short, the mind converts the words we use into mental images. The body then responds appropriately to what the mind conceives. It's an instance of the old "what your mind conceives, your body believes" axiom. Remember, if you visualize yourself performing a bench press, your brain sends messages to the exact muscles that would be used to perform the act.

Actually, this very concept has been consistently demonstrated in laboratory experiments that were designed to study the effects of autogenic training. Subjects who were told to visualize their limbs as being heavy consistently brought about heaviness in their muscles as measured by an electromyograph. The reverse is true upon visualizing the sensation of lightness in their limbs. Other studies have revealed that words and/or thoughts could raise and lower body temperature and pulse rate and cause the secretion of hormones and the dilation and constriction of arteries. Such research indicates the power that words can have upon performance and the need to be conscious of the language we use. Unfortunately, very few athletes are aware that words can have a significant effect upon performance.

I don't think that I've ever attended an athletic event where at least one athlete didn't say he was tired. The worst part is that many of these athletes were not really fatigued when they made such a statement. They said it simply out of habit. Even so, it's a Bozo no-no. Don't forget, what the mind conceives, the body believes. (I know I've mentioned that already, but some things need to be said more than once.) If you constantly tell yourself you are tired, your body will respond appropriately to that suggestion. Angelo Dundee, the manager of many boxing greats, was certainly aware of this concept. If someone made the grave mistake of saying the word "tired" in his fighter's corner, Angelo would kick that person's butt across the ring. He knew that the word "tired" could evoke the physiological feeling of fatigue.

Interestingly, researchers at Marquette University have used this exact concept to help individuals overcome insomnia. The researchers simply had the subjects visualize that they were exhausted from doing heavy labor. Amazingly, just about all of the subjects in the study were capable of putting themselves to sleep by visualizing themselves as tired. Again, we see an example of the mind-body connection.

Along these same lines is what I call "positive-negatives". A positive-negative is a statement that sounds like it's positive, but in reality is negative. For instance, suppose you were playing tennis and your opponent said to you, "Don't hit the ball into the net." The statement certainly sounds positive enough, but what image did you see in your mind's eye? If you're normal, you probably see yourself hitting the ball into the net. Worse yet, because of the way the mind influences the body, there's a good chance you'll hit the ball into the net. Other examples of statements that are positive-negatives are "don't fumble," "don't fall," "don't miss the ball", and the beat goes on.

When I was a little boy, my mother would pull that positive-negative stuff on me all the time. She would give me a big glass of milk and then say, "Watch out now; don't spill your milk." Inevitably, I would take two or three sips and spill the damn thing all over myself. At the time, I thought I was some type of motor moron. Now I realize that Mother was just a bad coach!

Of course, when I got a little older and wiser, I started using the old positive-negative to my advantage. When I was in competition, I would make my lift and then immediately walk over to my opponent and say, "I'm pulling for you, so don't miss this lift." As I walked away, I could hear him say, "Gee, what a great guy." RIGHT!

The point is that words can be dangerous if you don't know how to use them. In fact, there is considerable research which indicates that negative or self-defeating talk can produce a decrement in performance, and now you know why.

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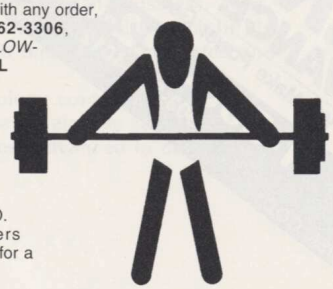

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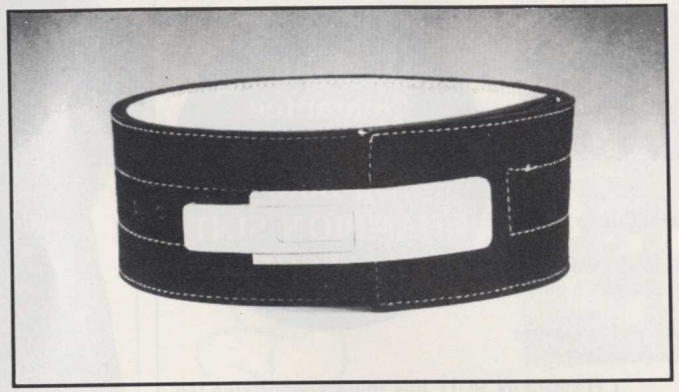

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Ask the Doctor

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

DEAR MAURO: My main goal is to find a safe GH releasing agent, and a safe anticatabolism agent. I believe these two agents acting together will be very beneficial for muscle hypertrophy. I have your *Beyond Anabolic Steroids*, but have some specific questions outlined below.

1) If I reduce cortisol levels, will I be decreasing catabolism? Are there drugs available for decreasing cortisol? What are they, and are they "safe"? Do you know of any drugs that will decrease catabolism? Are they safe at required dosages?

2) I recently took a supplement called vanadyl sulfate, recommended by Dan Duchaine. At a dosage of 2mg 3 times a day (1/3 the recommended dose), I developed anxiety (feelings of uneasiness, not fully aware of my surroundings etc.). What do you know about vanadyl sulfate? Is Dan Duchaine reputable, trustworthy? Could I just be hypersensitive to vanadyl? It seems a shame to stop using it because it really did work (increased and longer pump, quick hypertrophy, increased mental concentration, awareness). Is there anything else similar I could try in its place, or maybe decrease the dose even further?

3) Could testolactone be used for bodybuilding? *Teslac*, according to the *Physician's Desk Reference* is devoid of almost all of the side effects of other anabolics (*Anavar*, *Winstrol*). Does it have any anticatabolism effects? *Tamoxifen* seems to be relatively safe, but how effective is it at increasing G.H.?

4) Is there any scientific basis to claim that arginine, ornithine, or GABA given orally, produce G.H. releasing effects? If so when should they be taken, and at what dosage? Are they "safe" at these dosages?

5) Have you heard of a new product on the market called *Met RX*? It is distributed by Bill Phillips, the author of *Anabolic Reference Guide*, and his new magazine *Muscle Media 2000*. Phillips claims a wonder doctor (Dr. Scott Connelly) has developed an engineered food powder from milk protein species that prevents muscle catabolism. I am leery since Dr. Connelly never seems to make any claims, it is always "testimonials" from "satisfied users" that make the claims of muscle hypertrophy, fat loss. What do you know of this "world reknown" Harvard graduate? Is it possible to make a super product from milk protein like they claim? What is better - milk or egg protein? What is whey protein? Are amino formulations just a waste of money? **Mark**

DEAR MARK: *I think that your quest to find a safe GH releasing agent and anticatabolic agent is admirable. Even more so if your goals can be accomplished through the use of natural supplements rather than drugs. Along with this approach you could also maximize your lifestyle, diet, exercise and supplements to provide a natural anabolic effect by increasing your endogenous testosterone levels and maximizing the anabolic effects of insulin.*

I must admit that while I've covered some of your concerns in the past two issues of my new newsletter DRUGS in SPORTS, *I'm still in the process on researching most of your questions for future issues of my newsletter. To some extent reducing cortisol levels will decrease the catabolic process. However, certain levels of cortisol are necessary for proper functioning (for coping with stress and for controlling inflammation for example) so that decreasing the level excessively can be counterproductive.*

I'm now actively researching drugs and methods to decrease both cortisol secretion and effects - to be reported in an upcoming issue of DRUGS in SPORTS. *At first glance, it appears that some drugs, such as trilostane, mitotane, aminoglutethimide (which is also an aromatase inhibitor more potent than testolactone), metyrapone, narcotics (such as* Nubain, Stadol *and* Talwin*), besides lowering serum cortisol levels, also lower testosterone levels and may inhibit testicular function. If this turns out to be the case (and if there is no effective way to negate this effect) after I've gone over the literature and corresponded with athletes who are using them, then they would ultimately be counter productive. I expect to have some intelligible information on this soon.*

(article continued on page 56)

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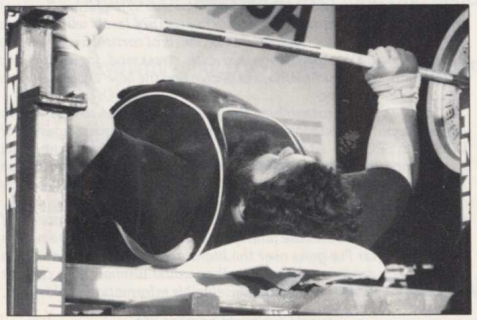
INTERVIEW

MICHAEL HAYES

as interviewed for POWERLIFTING USA by BOB GAYNOR

BOB: Give us some personal information on yourself?
MIKE: *My name is Mike Hayes and I live at 5811 Liberty Bell, San Antonio, Texas. I am 26 years old and I work for Diamond Shamrock as a sales rep.*
BOB: How did you get started?
MIKE: *I was always in athletics, but never considered myself a powerlifter until I did some basic routines and just went from there.*
BOB: How long have you been training and competing?
MIKE: *I have been training for approximately 10 years and competing less than one year.*
BOB: What are your best lifts?
MIKE: *My best lifts are: 760 Squat, 617 Bench, and 540 Deadlift (All ADFPA). Titles that I hold are: ADFPA Longhorn Open Champion, USPF National Bench Press Champion, and ADFPA National Bench Press Champion. I also hold the Texas State Bench Press record of 606 lbs. and total record 1,906 lbs. All are in the superheavyweight division.*
BOB: What are your future goals?
MIKE: *I would like to be the national record holder in both the squat and bench.*
BOB: What about steroid use?
MIKE: *I think the ADFPA does a good job testing as far as steroid use. Let people do what they want, but I don't want to compete against them.*
BOB: Do you follow a special diet?
MIKE: *Being a superheavyweight I eat what I see. On supplements, I believe the body can become immune to certain supplements so I just take supplements in the morning before I lift.*
BOB: Would you give us a breakdown of your training program?
MIKE: *During in-season training, I concentrate on one bodypart at a time. Say I am going to bench press; I just concentrate on bench press. If it is the squat, I just concentrate on that. Off-season I follow what Ed Coan does as far as power body building movements with as much weight as possible for 5 to 8 reps.*
BOB: What advice would you give for beginners?
MIKE: *I think a beginner should start light with a lot of reps to strengthen ligaments and tendons. Find someone who can help them so they don't get injured.*
BOB: Who are your heroes?
MIKE: *My hero has to be Mike Hall. He is the strongest drug free super heavy weight ever. I don't think his total record of 2331 lbs. will ever be touched. I think that is why people like myself have to go for his individual records as far as his 630 bench, etc.*
BOB: Do you have any other interests?
MIKE: *I collect baseball cards. That's about it.*
BOB: Are there any other comments you would like to make?
MIKE: *I would like to thank Bob Gaynor for this opportunity to speak and give thanks to Waite's Gym and all the people there for putting up with me and helping me train. Thanks to everyone who supports me in my lifting.*



A Big Natural Man... *Michael Hayes at the Baddest Bench in America*

VIDEO REVIEW

"The Strongest Man in Recorded History"

as reviewed for POWERLIFTING USA by Marty Gallagher

Larry Coleman has written, directed and produced a 90 minute video documentary on the life of Paul Anderson that deserves to be a part of every powerlifter's strength library. In this video, Coleman sets out to prove his contention that Paul Anderson was (and is) the "strongest person in recorded history." Through the use of still photos, first hand reminiscences, old film footage and an informative narrative, Coleman presents a convincing argument. Regardless whether or not the viewer agrees with the claim, "The Strongest Man in Recorded History" is a terrifically entertaining biography on the most charismatic strength athlete of this century.

Need A Lift? *Paul Anderson is there (Coleman)*

Coleman uses a fairly standard and straight ahead approach to trace Paul Anderson's life and times. The highs and the lows, the triumphs and tragedies are all related in a straight ahead manner. Anderson's strength odyssey reads like good fiction. From humble rural roots in Toccoa, Georgia, Coleman follows Paul through his meteoric rise as an Olympic gold medalist, onward to his traveling strongman phase and culminating in tragedy; Paul becoming a disease riddled, wheelchair bound, emaciated shell of a man whose vehicle to fame - his mighty body - betrayed him at a relatively young age.

No Hollywood script writer bent on creating a strength folk hero could have devised a more outrageous, fascinating, otherworldly character then the mighty Anderson. The film footage, particularly of Paul during his breakout years, is incredible. The sequences of Anderson in street clothes walking amongst normal folks are priceless. Paul, about 300 to 330 pounds at this juncture, had an inherent gracefulness, a bit of a swagger and surprisingly good looks for a man of his girth. Walking amongst civilians he looked like a gorilla at a chimpanzee convention.

I have always felt that it was a cosmic coincidence that both Paul Anderson and Elvis Presley emerged during the mid-Fifties. Both roared out of the backwoods to revolutionize their chosen fields. Both men shattered all the previously held preconceptions. Both were products of the rural traditions of the South and both changed forever the worlds they inhabited. Paul had the same curly black hair and sideburns as the king and like Elvis possessed an incredible charisma. Looking at young Anderson strutting around the Chattanooga picnic and strength show held in 1955, I found myself sitting on the edge of my chair, mesmerized at the sight of the side-burned, 24 year old Anderson in street clothes cutting through the crowd like a shark in a mullet aquarium. This guy would turn heads in 1992. The impact in 1955 must have been unbelievable. Watching these film clips still inspires an incredible sense of awe almost forty years later.

The lifting footage is invaluable. A written description no matter how erudite cannot convey the power and majesty of Paul Anderson tossing around a barbell. His olympic lifting was a visual treat. Technically, his style (or lack of) was an abomination. His cleans were vicious yanks that were pulled so high the bar crashed down on his clavicles after dropping a full foot. Paul's presses were military and totally lacking any technical tricks. His snatches were pulled to head height and flipped into place. Jerk technique was a quick knee dip and a press-out. If a lifter exhibited this level of technical expertise any competent coach would insist he forget about lifting altogether. To see world records handled with this abysmal technique would be akin to a young pianist winning the annual Moscow Handel music competition while playing the piano with his elbows.

The powerlifting footage is not nearly as complete and extensive as one would wish. In one frustrating sequence we see a mature Anderson unrack and destroy what appears to be 900+ squat. The frustrating aspect of this fabulous display of squatting prowess is that the film footage is shot from a crowd and Paul's depth is totally obscured. There is one short sequence of Paul deadlifting and none of him bench pressing.

"The Strongest Man in Recorded History" effortlessly moves from one phase of Paul's life into the next. Paul Anderson's life can be divided into four distinct segments: his early beginnings in backwoods Georgia, his amateur lifting career, his professional lifting career and his life after retiring from lifting which coincided with the onset of injury, disease and debilitation. Coleman covers all four segments deftly, although personally I would have preferred some film clips and attention to his training methods.

Coleman spends time examining Paul's strong faith in God. Paul was one of the founders of the Fellowship of Christian Athletes and spoke to thousands of people stressing the connection between spiritual strength and physical strength. Paul established a youth home for troubled children in Georgia and lost his amateur standing in the Amateur Athletic Union as a result of his money raising endeavors for the home. Paul's wife, Dot Anderson, gave some insight into Anderson's approach to discipline at the youth home, "Paul was a father figure, not a buddy figure to these boys."

In 1980 Paul Anderson began a rapid and unexpected physical collapse. How cruel the irony; the man who skyrocketed to fame through feats of the body, betrayed by the same body at such a relatively young age. In addition to the ticking time bomb of Bright's disease (a kidney related aliment that lay dormant in him since childhood and eventually forced him to undergo a transplant), Anderson broke a hip, caught pneumonia and suffered a ruptured colon - all within a few years. To see the once mighty Anderson wheel chair bound, emaciated, grey and feeble - gives a person pause. One is put in mind of Icarus, the mythical Greek figure who flew to close to the sun and crashed when his wings of wax melted. One is thankful that Anderson, who had soared to such lofty heights as an athlete only to be become so hideously ravaged, has such a strong spiritual faith. Only an unswerving faith in God and the hereafter could comfort a man under these circumstances.

Coleman's contention that Anderson is the strongest man of all time is the subject of serious and heated debate within the iron community. How is "the strongest man" defined? How is a winner of this mythical title arrived at? What criterion is used? How many lifts? Which lifts? Under what circumstances?

How is one to compare Hermann Goerner at 198 pounds, lifting a 595 pound beer barrel by the rim and placing it on a 3-foot table to Louis Cyr at 300 pounds push pressing a 132 pound dumbbell 36 times? Or how can one compare Anderson back lifting over 6000 pounds while weighing 370 to Arthur Saxon, weighing a mere 200, one-arm bent pressing 370 pounds? How does Ed Coan deadlifting 900 at 220 pounds compare to Kaz pressing a pair of 160 pound dumbbells for reps weighing over 300? How does one compare among different lifts, at different bodyweights, done years apart?

The obvious answer is that there is no answer. No one can categorically prove (or disprove) who the "strongest man of all time" is - period. However you can't stop a man from having opinions and Mr. Coleman's tape is an unapologetically biased pitch for Paul Anderson's claim to the mythical title. It's a hell of a claim and it's a hell of a tape. Whether or not Coleman proves his proposition is left to the individual viewer. A strong case is made and the sum total of the footage leaves the viewer overwhelmed by Paul Anderson's accomplishments.

This tape would make a terrific gift for the strength aficionado.

THE STRONGEST MAN
In Recorded History

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

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

Send your name and address and a check for $39.95 plus $3.50 handling for this 90 minute, VHS videotape history to: Powerlifting USA, Box 467, Camarillo, CA 93011 (California Residents add 7 1/4 % sales tax)

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

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

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

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TRAINING

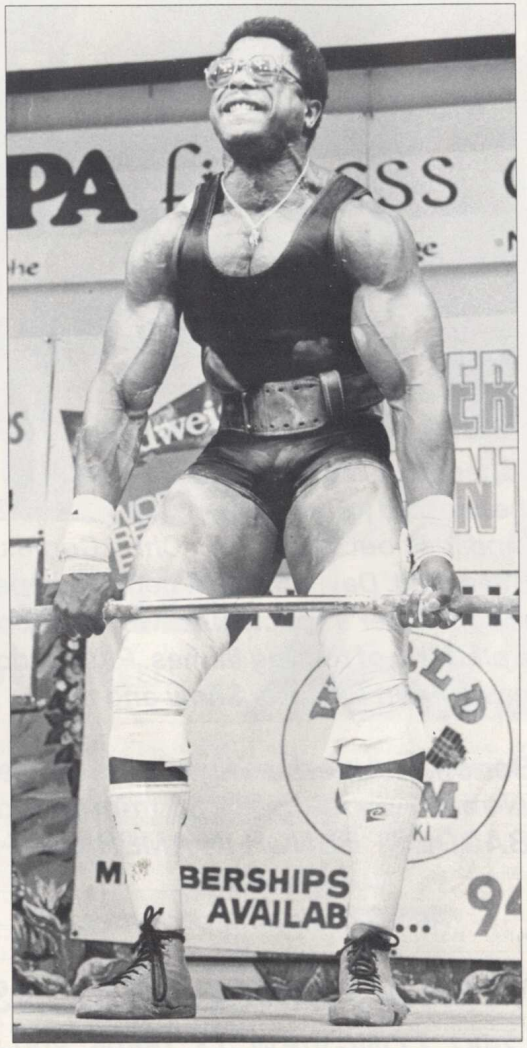
PYRAMID TRAINING

as told to POWERLIFTING USA by Greg Reshel

On the surface it would seem that there are numerous training philosophies and that these differing points of view seem to contradict each other. In the coming months I will make every attempt to pout out some of the fundamentally different approaches to raining. I would also like to try to express how these approaches are similar and how they differ. The most important point of the series of articles that I will write on this subject is my attempt to clarify when to use each of these approaches to training and when to avoid them so that each lifter will have the opportunity to organize their training in a productive fashion. Seemingly different training philosophies reflect the widely varying circumstances surrounding strength training and athletics. Each of the styles of training, with a few exceptions, are appropriate for a certain set of conditions. We at Power Excel judge training patterns on their ability to produce results. A successful athlete trains in a manner that suits their circumstances and their genetic gifts.

Our first discussion will focus on "pyramid training". Pyramid training takes several forms but maybe best described by performing multiple sets of an exercise and following a pattern of repetitions similar to: 10, 8, 6, 4, 2, 1, 2, 4, 6, 8, 10. You would not normally superset or giant set the exercise but would increase the weight used as the repetitions decreased and slowly decrease the weight as the repetitions increased again. For example, a 500 lb. benchers might follow this routine: 135 lbs. x 10 reps, 225 lbs. x 8 reps, 315 x 6 reps, 405 x 4, 465 x 4, 485 x 1, 475 x 2, 435 x 4, 395 x 6, 365 x 8, 325 x 10,

As described this workout outlines a warmup that somewhat pre-exhausts the athlete and culminates with a near max single attempt. This "pyramid" pattern is most often used for training the bench press. As the weight is decreased the athlete will try to approach or exceed their best repetition set for each of the rep sequences. As the athlete lowers the weight they challenge themselves to perform the best possible double, four, six, etc. This is a very aggressive training pattern and is suitable for the goal-oriented athlete that requires immediate verification of their strength capacity and gains. Bill Seno and many others have used similar training patterns very effectively. A novice athlete might choose this training pattern several times each year and follow it for 6 to 8 weeks to monitor improvements. An intermediate athlete would use this program to peak strength during phases of their training as they gear up for meets. The pattern noted above will rapidly increase their strength over 4 to 5 weeks provided they have done some preliminary work on stamina and recovery. This "pyramid" pattern can be a grueling workout and will overtrain you rapidly if you are not in shape.



***Bill Busby** pulling for all he's worth at the 1986 Hawaii Record Breakers.*

For all you advanced and experienced lifters this simple "pyramid" system will probably be inadequate. There is not enough intensity or stress on the growth segment of the program. The sets with 4 or more reps do not have enough volume to provide the experienced or advanced lifter with enough stimulus to grow. I have two patterns that I have used that are variations of the simple pyramid and are very effective when used appropriately. The first pattern was introduced to me by Bill Busby. Bill is a veteran bodybuilding turned powerlifter. He still trains in the high volume style that is common to most bodybuilders. He needs substantial load and intensity to stimulate muscles with more that 20 years of foundation. To accomplish this Bill would challenge himself by attacking the front half of the pyramid and eliminate the back half in favor of other specific exercises like close grip benching, machine work, or dumbbell work. Bill's pyramid sequence for a 300 lb. bencher might look like: 135 lbs. x 10 reps, 180 lbs. 8 reps, 225 x 6 reps, 270 x 3, 220 x 8 Each consecutive set is a challenge set to complete eery rep in good form. If you are successful in a workout you would assume a max of 305 lbs. for the next workout and challenge yourself with respectively heavier rep sets. This workout is then followed with assistance work to provide adequate volume in the growth zone. The front loaded pyramid is for the aggressive athlete that likes to take a challenge head on and wants to see the gains immediately. Athletes using this style should be careful to maintain adequate rest and recuperation because of the steadily increasing intensity.

The second variation is a very successful peaking tool. This "pyramid" sequence will be most effective during the last 6 weeks prior to a meet. You should already have completed a series of workouts utilizing moderate to high volume in the 70-80% 1RM in the 4-6 weeks prior to the cycle I list below. This particular variation is the back-loaded or reverse pyramid sequence. All warmups are minimal in volume with maximum jumps to leave the athlete as fresh as possible for the target sets. A 300 lb. bench presser would follow the sequence: 135 lbs. x 2 sets of 5 reps, 205 lbs. for 1 rep, 245 lbs. x 1 rep, 275 x 3, 250 x 5, 235 x 8, 205 x 10, 175 x 20.

As you can see this program is very aggressive and not for the faint of heart. You will be trashed at the completion. Advanced athletes with abundant foundation will want to add more sets in the 3-5 rep range as well as add one or two sets in the 20 rep range. In my experience this workout will work dramatically well as a peaking routine for 4-5 weeks. You must be honest about your max and not miss a rep. After 4-5 weeks of repeating the same sequence of weights and reps your body will be hardened and ready for three legitimate max attempts. With the reverse pyramid I would advise that you do not increase the weight week to week. I have found that if you have a legitimate, honest, single rep maximum to calculate the numbers you will get a dramatic consolidation of strength in four weeks of steady application of this reverse pyramid sequence.

There are variations of the fundamental principles that you might like to try. These include training your bench twice per week and using the pyramid sequence on both days. One day will be your light day with a max computed at 70% of your actual max. The other is your heavy day and follows you actual max. Another variation to use along with this workout is three week mini-cycles where you increase your max by 5 lbs. per week for three consecutive weeks and then drop back 10 lbs. to start the three week cycle all over. This sequence is good for drug free athletes and can be used for extended periods with good results. In case you happen to be one of the many athletes that doesn't believe you can make gains by backing up every third week I would like you to consider this: if you gain a solid five pounds on your bench press in every three week period you will gain 85 lbs. on your bench in a year. How many athletes can do that? I believe that you must vary your training to reflect changing conditions and ever the best program will plateau when used consistently for along period of time. For this reason I will highlight a different training regimen in the next article. Good luck and good lifting.

Contact Power Excel at 414-769-1211 or 414-769-1760 with any questions or any requests for training programs. There is always another way to achieve your goals.

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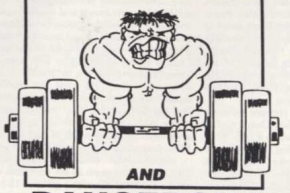

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132				
T.Greene	220*	115*	270*	605*
165				
A. Jackson-BL	335*	180*	355*	870*
Open				
148				
L. Schaecher	300	165	320	785
Master				
105				
P. Berry-42	385*	110*	240*	525*
148				
P. Peterson-36	220	120	275	615
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Teen				
123				
J. Holzbauer-BL	385*	215*	400*	1000*
165				
C. Bates	410	255	400	1065
181				
S. Parkhurst	475	250	475	1200
220				
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220				
R. Parkington-40	545	380	590	1515
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D. Galloway-46	505*	280	500	1285*
242				
S. Siewert-45	560*	360	550*	1470*
275				
J. White-45 BL	800*	430*	625*	1855*
Open				
132				
J. Denton-BL	450*	315*	500*	1265*
148				
G. Temmerman	520	315*	520*	1355*
M. Boyer	525*	310	505	1340
B. Hutchinson	355	260	500	1015
B. Maxey	370	210	380	960
165				
M. Craig	520	280	550	1350
B. Julius	525	305	520	1350
L. Ferguson	200	295	200	695
181				
C. Binkley	570	300	520	1390
K. Knapp	540	350	495	1385
A. Bartolotta	560	320	475	1 3 5 5
198				
A. Janca-BL	660	385	630	1675
J. Bruss	530	430*	540	1500
S. Wattles	480	300	470	1250
220				
C. Roberts	640	400	575	1615
D. Marlow	610	360	575	1545
J. Beatty	565	320	635	1520
J. Herrman	540	350	605	1495
J. White	600	355	520	1475
242				
T. Roesch	660	385	630	1675
B. Walker	570	360	620	1450
B. Yates	555	330	545	1430
275				
T. McCullough	725	430	675	1830
J. Wallis	500	350	525	1375
SHW				
A. Vaughn	600	510*	600	1710

* national record. Team Champs: Gordon's Gym (1st), Son Light Power (2nd). The 1992 All-Natural Physique & Power Conference Drug-Free Nationals were held at DeMars Center in Mattoon, Illinois. The ANPPC, which tests 100% of its athletes, held its first nationals outside of New York state with rousing success. Hosted by Dr. Darrell Latch and Son Light Power Gym of Charleston, Illinois, the competitors lifted to an enthusiastic crowd with ideal lifting conditions and outstanding awards (sculptured awards and 5' first place trophies). With the help of Dave Deline and Greg Gordon, the contest ran smoothly and efficiently. Thanks so very much to both of them for all their help and also to Brad Stevenson for the hydraulic squat stands! Thanks also to Angelo, Tracee, Benny, Alex, Pedro and Krista for their help judging, loading & spotting and at the scorers table. At the awards sessions Gordon's Gym and Mt. Vernon Health & Fitness each received awards for their support of the ANPPC, and a very special award was presented to Angelo Petito, founder of the ANPPC, for his tireless work in drug free athletics.

TEENAGE WOMEN - in the teenage women's division, USPF State champ Kandace Deline started off by winning the 123 lb. class with a 435 lb. total, after failing in two record-breaking attempts in the squat and bench. At only eleven years of age Kandace is already and experienced lifter with great potential! In the 132's Tracee Greene repeated as national champ with all new national records, going 220-115-270-605. Tracee, 17, shows great power in her deadlift. Best lifter in the overall women's division and top 165 lb. teen lifter Alex Jackson also set all new standards with a 335-180-355-870. Alex is also a two-time national ADFPA champion.

Best Overall Female Lifter was Alex Jackson with coach Bob Walker of Walker's Gym, Fairfield, IL. She set all new national teenage records.

OPEN WOMEN - LuAnn Schaecher, last year's 165 lb. class winner, captured her second national title, this time in the 148's. LuAnn finished the day with 300-165-320-785 just missing the best lifter title by less than .3 points. LuAnn also established a new bench record while tying her deadlift mark set earlier this year.

MASTER WOMEN - 42 year old Peggy Berry established new Indiana State marks in capturing the 105 lb. class. Her lifts of 175-110-240-525 also bettered the existing national marks in both the master and open division. Phyllis Peterson lifting at a bodyweight of 136 took the 148 lb. class with some fine lifting via 220-120-275-615. These were also new Indiana State records for her weight class.

TEENAGE MEN - The teenage men's division began with the sensational lifting of 119 lb. Jeff Holzbauer. This young man literally ran away with the best lifter trophy en route to all new Indiana state and national teenage records as well as establishing new bench and deadlift marks in the open men's national division. Great power off the bottom in all his lifts! Chad Bates took the 165's by tying the bench-press record at the state level. Chad is a very intense lifter with a great psych. Steve Parkhurst won the 181's with a state record squat and a fine 1200 total. His fourth attempt deadlift at a 495 state record just wouldn't quite go. The big lifter of the day, though, was Andrew Wolfe. With a new PR in the squat, Andrew pulled a national record deadlift of 580 while totaling 1300. Lots more ahead for this big 17 year old!

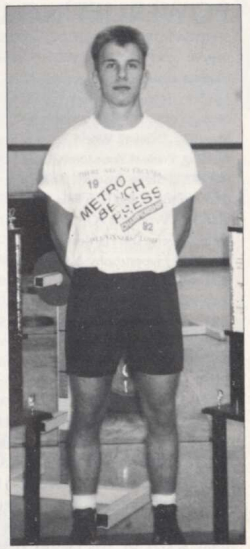
MASTER MEN - 40-44 year old - Forty year old Rich Parkington came all the way from Connecticut to win the 220's with a great 1515 total. Rich also established new Connecticut state marks in the squat (545) and the deadlift (590). Dr. Darrell Latch took his fourth consecutive national title, this time in the 242's. Darrell also set new state marks in the squat (530) and the bench press (320). 45-49 year old - Ohioan Don Lather established new national records in the squat (430), deadlift (470), and total (1190) on his way to winning the 165's. These were also new Ohio state marks. 198er Dennis Galloway had the best lifting day of his career setting all new state records, setting new national marks in the squat (505) and total (1285) and tying the existing deadlifting record at 500. These were also new PR's for Dennis. After a five year layoff Scott Siewert returned to competition a winner. With new national records in the squat (560), deadlift (550), total (1470) and tying the bench press record at 360, Scott establishes himself as a major threat in any lifting organization. Best lifter once again in the Master Men's division was Joe White. Starting with a massive 800 squat, Joe continued to obliterate the 275 lb. class national records in this age group, finishing with a fine 1855 total. Joe won his third consecutive title as a 275er.

OPEN MEN - The 132's brought with it the unbelievable lifting of Joey Denton. At a bodyweight of 132 Joey squatted 450, benched 315, deadlifted 500 and totaled 1265, all of which were national records. Joey's 1.038 lifting percentage was also outstanding and rightly earned him best lifter for the lightweight classes. The 148's brought a fine duel between defending champion George Temmerman and newcomer Mike Boyer. But when the dust settled it was Temmerman who would prevail with new national marks in the bench (315) and deadlift (520) as well as total (1355). Boyer pushed hard though with a new national squat record on his fourth attempt (525) but could not pull the 540 needed for the win. First-timer Benny Hutchinson lifted well with a 1015 total for third and Bruce Maxey finished fourth at 960. Mark Craig, last year's 181 lb. teen winner, upset Brent Julius for the title at 165. Pulling an unbelievable 550 state record, the Charleston, Illinois native totaled 1350. Brent Julius settled for second, but with an Illinois State record in the squat, 525 fourth attempt, and a 305 bench. Les Ferguson finished third with an Indiana State record 295 bench. In the 181's Indiana's Chris Binkley led the way with all new state marks via 570-300-520-1390 going 9 for 9. Kevin Knapp finished a close second with a 1385 total and a new Illinois state record in the bench at 350. Third went to Alfred Bartolotta who came all the way from New York with Joe White to lift the best of his career with a 1355 total. Best lifter in the heavier classes Anthony Janca put on quite a show in the 198's going 9 for 9 and totaling 1675 for all new Illinois State records. John Bruss finished second with a 430 fourth attempt bench for a new national record. Scott Wattles finished third with a 1250 total while overcoming recent back problems, leaving him much below his potential. In the 220's Craig Roberts defeated defending champion Dean Marlow 1600 to 1545. Craig set new Illinois State marks in the squat (640), bench press (400, 4th), and total (1615). Third place went to John Beatty who pulled 635 for a new Illinois State mark. Fourth place went to Jim Herrman with a PR 1495 total. Jim also pulled over the 600 barrier for the first time (605). Justin White finished fifth with a fine 600 squat. At 242 T. C. Roesch led the way with all new Illinois State records and a great 1675 total. Second place went to Bob Walker who squeaked by Bruce Yates 1450 to 1430. Big lifter Tom McCullough lifted below his potential at this meet but still finished with a 1830 totals establishing all new Indiana records at 275. Second went to newcomer Jeremy Wallis who set all new PR's as well as new Illinois State marks at 275. The SHW's saw the big benching of Anthony Vaughn who pushed up 510 for a new ANPPC national record. His squats and deadlift were so easy the crowd knew he was just playing with the weight. At a 370 lb. bodyweight Tony has lots to spare and could easily be the first 2000 lb. totaler in the ANPPC. Thanks again to everyone for their help and support. (Thanks to Dr. Darrell Latch for the results.)

ADFPA New Jersey Classic Bench
10 Oct 92 - Deptford, NJ

Bench Press			
123		R. Belmont	335
M. Shocum	175	275	
132		T. Hubler	400
C. Holmquist	255	B. Goldt	330
148		Best Lifters	
L. Zimmerman	255	C. Holmquist	255
220		T. Walker	375
T. Wlaker	375	Masters	
R. Myres	345	T. Hubler	400

(Thanks to Mike Charnik for providing results.)



Best Teenage Lifter was Jeff Holzbauer with all new ANPPC national records of 385 215 400 1000. (all photos courtesy Latch).

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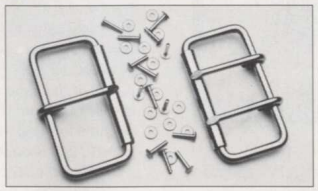

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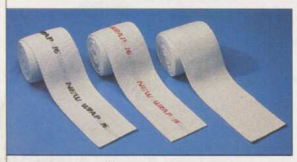

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California Special Olympics
17,18 Oct 92 - Santa Paula, CA (kg)

Bench Press				
Women				
Junior 132+				
M. McCormick	60			
K. Kurpaski	30			
M. Moss	45			
Senior 132+				
M. Sanchez	45			
P. Ayer	25			
M. Kennedy	45			
Men				
Junior 123				
D. Polumbo	62.5			
P. Hyder	47.5			
L. Robbibns	45			
D. Beltnam	45			
G. Valdez	25			
Senior 132				
P. Maldonado	40			
M. Hill	45			
Junior 148				
E. Breeding	55			
A. Almeida	47.5			
Senior 148				
D. Tucker	77.5			
F. Dillard	70			
T. Yoshida	60			
K. Stevens	47.5			
B. Tubbs	42.5			
T. Hunter	42.5			
Junior 165				
P. Tweedie	65			
R. Muir	50			
I. Eaton	35			
T. Ward	30			
Senior 165				
R. Schwagnen	67.5			
D. Gidley	65			
D. Hedenburg	62.5			
M. McElroy	57.5			
Senior 181				
R. Wood	95			
B. Denton	85			
J. Galindo	50			
S. Cameron	45			
T. Bosnak	37.5			
M. Hubby	27.5			
Junior 198				
J. Ashabranner	75			
E. Burr	65			
T. Garrett	62.5			
G. Tabor	62.5			
J. Wooten	47.5			
M. Pichon	40			
Senior 198				
M. Walshe	60			
D. Carillo	50			
Junior 220				
T. Youell	80			
J. Phip	80			
P. Blumenthel	75			
V. Petersen	62.5			
Senior 220				
M. Bernhardt	92.5			
W. Jennings	85			
P. Morgan	70			
P. Nichols	67.5			
R. Derksen	62.5			
Senior 242				
D. Hamallin	52.5			
S. Lopez	52.5			
Deadlift				
Junior 132				
M. McCormick	125			
K. Kurpaski	70			
M. Moss	27.5			
Senior 132+				
P. Lambert	45			
P. Ayer	42.5			
M. Kennedy	32.5			
Junior 123				
D. Beltnam	72.5			
L. Robbins	65			
P. Hyder	50			
Senior 132				
P. Maldonado	72.5			
M. Hill	57.5			
Junior 148				
A. Ulmeida	87.5			
E. Breeding	82.5			
Senior 148				
D. Tucker	117.5			
F. Dillard	82.5			
T. Yoshida	82.5			
K. Stevens	65			
C. Colon	52.5			
B. Tubbs	45			
T.Hunter	45			
Junior 165				
D. Hedeburg	110			
R. Muir	82.5			
I. Eaton	70			
T. Ward	47.5			
J. Patterson	37.5			
Senior 165				
R. Schwagmen	110			
D. Hedenburg	110			
M. McElroy	87.5			
D. Gidley	75			
Senior 181				
R. Wood	152.5			
B. Benton	147.5			
S. Cameron	95			
J. Galindo	72.5			
M. Hubby	57.5			
Junior 198				
J. Ashabranner	137.5			
E. Burr	117.5			
J. Wooten	102.5			
G. Tabor	102.5			
M. Pichon	92.5			
T. Garrett	72.5			
Senior 198				
M. Walshe	97.5			
H. Cameron	85			
D. Carillo	67.5			
Junior 220				
P. Blumenthel	122.5			
V. Petersen	115			
T. Youell	100			
J. Phip	100			
Senior 220				
M. Bernhardt	142.5			
P. Nichols	132.5			
R. Dirksen	132.5			
W. Jennings	105			
B. Melson	105			
P. Morgan	90			
Senior 242				
D. Hamallin	150			
S. Lopez	125			

(Thanks to Carol Wood for providing the results.)

NASA Big River Classic
24 Oct 92 - Blytheville, AR (kg)

Bench Press				
Women				
132				
L. Hatchett	60			
Submaster				
220				
C. Lane	186			
Masters				
148				
P. Osborne	120			
198				
B. Taylor	135			
220				
W. Tillery	155			
Natural				
148				
Teen	SQ	BP	DL	Total
165				
G. Gray	120	125*	187.5	430
198				
P. Beckham	250	125	230	605
Submaster				
181				
B. Dresbach	232.5	162.5	272.5	667.5
198				
E. Merrill	200	125	245	570
Masters				
165				
L. Distretti	210	127.5	230	567.5
198				
B. Taylor	187.5	135	205	527.5
J. Phillips	130			
198				
J. Cunningham	175			
T. McKenzie	165			
M. Hatchett	155			
Pure				
165				
R. Murphy	125			
181				
C. Collier				
137.5				
198				
R. Atwill				
167.5				
T. McKenzie	165			
J. Witherington	130			
SQ	BP	DL	Total	
220				
L. Kye	275	155	245*	672.5
B. Tabaka	240	130	222.5	592.5
242				
J. Hodges	285	155	337.5	777.5
Natural				
198				
E. Merrill	200	125	245	570
220				
S. Kotch	227.5	150	217.5	595
242				
C. Stewart	227.5	170	245	642.5
275				
M. Woodson	102.5	182.5	102	387.5
SHW				
D. Cooley	305	220	305*	622.5
Pure				
132				
R. Rispoli	137.5	117.5	182.5	437.5
165				
E. Favorite	205	125	185	515
R. Murphy	175	125	182.5	482.5
181				
J. Distretti	195	137.5	192.5	525
S. Tracy	192	120	192.5	505
A. Stricker	177.5	130	170	477.5
198				
M. Vinson	300	192.5	280	772.5
T. Richardson	210	137.5	202.5	550
B. Hodges	182.5	132.5	232.5	547.5
220				
J. Gardner	200	145	207.5	570
S. Holloway	190	142.5	217.5	550
T. Ghoshon	185	137.5	227.5	550
M. Carlton	192.5	117.5	227.5	537.5
242				
J. Hodges	285	155	337.5	777.5
M. Butler	227.5	185	227.5	640
R. Hodge	207	140	210	557.5
275				
P. Tice	260	157.5	250	667.5
Special Olympics				
148				
G. Hendrix		65	145	210
T. Marshall		70	82.5	152.5
T. Gary		57.5	70	127.5
J. Clark		40	47.5	87.5
165				
J. Gibson		70	82.5	152.5
D. Marshall		30	60	90
181				
D. Ott		40	62.5	102.5
242				
L. Patterson		90	175	265
275				
C. Deemer		90	175	265
SHW				
K. Martin		87.5	175	262.5
Women				
114				
M. Gaines		27.5		
132				
S. McLaurin		47.5	65	112.5

* 4th attempt. Outstanding Lifter Light - Mike Vinson. Outstanding Lifter Heavy - James Hodges. The 7th Annual Big River Classic was designated as a Regional Qualifier for the NASA Natural Nationals to be held in Dallas, Texas, in March. As a regional meet, the Big River Classic had an increase in participation. For the first time, we had special olympians lifting, giving us a total of 63 lifters from a 5 state area. There are few lifting pleasures more gratifying than to watch a special olympian receive his/her trophy. They are truly special people. If I tried to mention all the records that were set at this meet, I would surely miss some and offend someone. I will instead point out some of the impressive lifts that I watched. Greg Gray, in his first meet, benched 275 pounds as a teenager in the 165 lb. class. Patrick Buckham, as a 198 lb. teenager, squatted 551 lbs. Louis Distretti (43), a Memphis firefighter, pulled a strong 507 deadlift at 165 lbs. At 181 lbs., Bill Drisbach had a beautiful 600 lb. deadlift. Also at 198 lbs., Bill "Crizz" Taylor (48) benched a PR of 297 lbs. Larry Kye, Arkansas NASA Chairman, had a super day squatting a very strong 606 lbs. Also at 220 lbs, Bob Tabaka of Olney, Illinois, pulled four PR's while going 8 for 9. James Hodges (47), of Blytheville, also had four PR's capped off by a 744 lb. deadlift. This was a NASA Masters I world record. He was the outstanding lifter of the heavier classes. In the pure division, Ron Rispoli, at 132 lbs., pulled a good 402 lb. deadlift. At 165 lbs., Eddie Favorite squatted 451. Mike Vinson easily dominated the 198 lb. group with a 661 lb. squat, a 424 lb. bench, and a 617 lb. deadlift for four PR's. Mike was the outstanding lifter for the lighter division. Darren Colley was the show in the natural superheavies. He squatted 672, benched 485, and deadlifted 672 on a 4th attempt. This is the first year that we have included a separate bench press competition, and it was very well received. Charles Lane, a 220 lb. submaster, benched 407 lbs. Master lifter Bill Taylor benched 297 in the 198 lb. class. Wayne Tillery (45) got a 341 lb. bench in the 220's. Joel Cunningham had the big bench of 385 in the 198 lb. natural division and Richard Atwill of Blytheville pressed 370 lbs. at a bodyweight of 198 lbs. in the pure division. This was the first meet and he shows great potential. A special thank you to Mississippi County Community College for the use of the Sun's Gym and to Gamma Beta Phi for providing refreshments and other assistance. GBP is the college academic honor society. Bob Hall served as platform manager. Not a single misload is a good recommendation for his efforts. Our gratitude to Bob and spotters Randy Miller, Richard Atwill, and Willie Johnson. Linda Crum and Sara Vinson did an excellent job as expediters. Judges included Tobey and Daryl Johnson, Linda Kye, Stephanie Miller, and John Shipley. John took a day's vacation from work to help me and the MCCC Powerlifting Club set up the gym for the meet. He also took the referee's test, passed it, and worked at spotting, loading, and refereeing all day - thanks, John. Our announcer was not able to be at the meet at the last minute. Tobey Johnson and Stephanie Miller did a super job taking turns on the microphone. Last but not least, our thanks to those MCCC Powerlifting Club members that helped move all that iron across town. You are the greatest. (Thanks to Daryl and Tobey Johnson for providing these results.)

Marcel Pichon competing at the California Special Olympics Meet.

Dutch Women's Championships
4 Oct 92 - (kg)

	SQ	BP	DL	Total
60				
T. Harms	145	70	170	385
G. Kesselaar	105	47.5	127.5	280
67.5				
M. Eekelen	100	75	135	310
M. Spronk	140	80	180	400
T. Koppen	140	77.5	157.5	375
75				
M. Pluister	125	52.5	140	317.5
M. Huygen	147.5	77.5	160	385
J. Meulen	160	70	165	395
82.5				
C. Visser	140	62.5	145	347.5

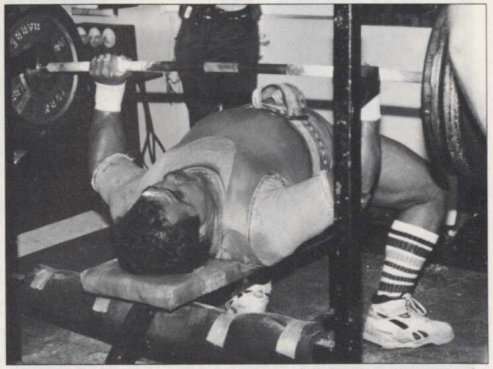
(Thanks to Hank Keizer for providing results.)

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

APF/WPC Central Plains
25 Oct 92 - Aurora, IL

Women	SQ	BP	DL	Total
132				
B. Curley	255	140	236	630
Novice				
165				
D. Keller	450	280	455	1185
T. Phillips	420	305	450	1175
181				
R. Schue	515	310	500	1315
B.Kelly	360	275	385	1020
198				
T. Oszfa	455	330	525	1310
220				
R. Couvion	635	420	475	1530
242				
B. Sheridan BL	640	420	560	1620
S. Shockley	540	305	500	1340
275				
S. Farnham	620	360	650	1630
O. Ortiz	600	310	510	1420
308				
A. Phillips		440		
Open				
132				
P. Young	400	210	430	1040
165				
L. Coronado	400	260	450	1110
181				
C. Geinosky	485	395	500	1380
198				
T. Schlenk	615	360	580	1555
E. Clark	525	385	540	1450
H. Perone	605			
220				
W. Wessels	710	505	715	1930
R. Franz	675	390	640	1705
V. Frantz	430	320	400	1150
S. Henrickson	45	560	255	
242				
M. Konieczka	730	445	680	1855
C. Tokarski	45	660	145	850
Police				
181				
J. Driskill BL	480	250	475	1205
R. Jackson	225	195	300	720
220				
V. Frantz	430	320	400	1150
242				
M. Lumen	465	325	460	1250

(Thanks to the APF for providing meet results)



Craig Tokarski tries 685 lbs. at the Central Plains Meet (Steve Groth)

ALMOST ILLEGAL

• TRAINING FORMULA •

Custom-made anabolic activator formula used by top powerlifters produces gains so impressive that no one believes that the athletes are drug-free! F.D.A. wants to ban use of product without prescription!

Powerlifters are among the biggest, strongest and hardest iron athletes on the scene.

Constant and progressive training with heavier and heavier weights in the Bench Press, Squat and Deadlift movements produces mindboggling, gargantuan physical proportions among today's top powerlifting athletes. 55" chests, volleyball size deltoids, 18" forearms and 30" thighs are not uncommon sights in this sport.

Although powerlifters and bodybuilders are both Brothers of the Iron Game, they each use very different techniques to achieve their respective objectives. Even nutritional vitamin and supplement products do not equally satisfy the needs of each respective discipline.

Nearly 3 years ago natural anabolic activator supplement products were introduced to the market, claiming to produce super human size and power improvements for those who used the products. These activator products seemed to work fairly well for bodybuilders who trained with very light poundages to tone and shape their muscles.

However, powerlifters who constantly push their bodies to the limit by handling heavier and heavier poundages from week to week did not experience the dramatic strength, size and power increases promised by the leading brands.

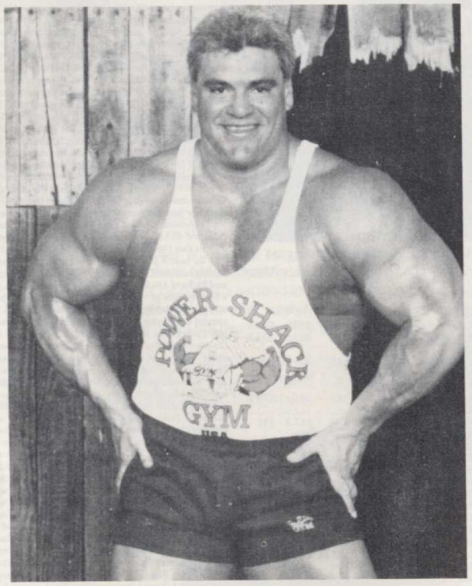
WHY DID BODYBUILDERS SEEM TO BENEFIT IN THEIR TRAINING WHILE POWERLIFTERS DID NOT?

Finding out the answer to that question prompted Ken Lain - The Greatest Bencher of ALL TIME (725 lbs) and an inner circle of other competitive powerlifters to contact nutritionists around the country.

The consensus among these experts was that the formulas offered by the leading brands were structured in their dosages among the ingredients to satisfy the bodybuilders' desire to increase energy and endurance for marathon work-outs. For this purpose - the leading brand activators work very well.

But where power and mass increase were concerned these activators did not fit the bill. Sure, the activator ingredients such as dibencozide, Yohimbe, Gamma Oryzanol, etc. were among the substances listed on the product labels. However, few if any of these powerful ingredients were being fully absorbed and assimilated by individual powerlifters. The reason for this was due to a lack of essential stabilizing ingredients such as Intrinsic Factor.

Intrinsic Factor is an expensive stomach substance which converts important activator ingredients such as dibencozide into a form that can be used by the body. The absence of Intrinsic Factor in any activator formula seems to render it very impotent from a power and mass building standpoint. Sacrificing the attainment of power and size in the name of saving a few dollars per unit might go over with bodybuilders, but not with hard-core top name power lifters.



KEN LAIN - THE GREATEST BENCHER OF ALL TIME - ALMOST ILLEGAL GAINS

Since no leading brand has come forward to go through the added expense of including Intrinsic Factor to their impotent powders, we did. We decided to contract a very reputable generic vitamin and supplement manufacturer to make and formulate the most potent anabolic activator possible containing Intrinsic Factor.

DOES INTRINSIC FACTOR REALLY MAKE THAT MUCH DIFFERENCE?

You bet it does. By including Intrinsic Factor in our activator formula over 11 months ago we have noted exciting results among users of the product.

Athletes have an increased ability to handle heavier weights during training, do more sets and more reps. Recuperation between work-outs has been cut in 1/2 in some cases. Almost ridiculous increases in muscular size among users has prompted false allegations of illegal substance abuse by jealous onlookers outside of powerlifting's inner circle.

WHY ALMOST ILLEGAL?

At this very moment, the U.S. Food and Drug Administration is doing everything in it's power to enact legislation that will prohibit the over-the-counter sale of our activator formula with Intrinsic Factor. We fear that eventually it will be a serious crime to offer you our Almost Illegal Training Formula.

LIMITED TIME BONUS OFFER

As a bonus for ordering your first container of Almost Illegal Training Formula you will receive absolutely FREE: Our famous Power Shack Gym Heavy Duty Rag Shirt and a matching pair of Baggy Pants. That's not all - as a second bonus you will also receive a copy of Almost Illegal Gains - a course detailing the hard-core powerlifting approach to adding slabs of lean body mass to your physique through the use of unorthodox and highly effective training methods (co-authored by Ken Lain - The Greatest Bencher of All Time 725 lbs.)

12 MONTH UNCONDITIONAL GUARANTEE
Almost Illegal Training Formula is guaranteed to your satisfaction for 12 months - or your money back. You keep all bonuses regardless!

WHY ARE WE GIVING YOU SO MUCH JUST TO TRY OUR UNIQUE ACTIVATOR FORMULA?

Because we know that after the first container is gone - you'll call us for more. It's simply good business based on good faith. We'll accept a short term loss for the prospect of a long term gain. We gain your trust and future business while you gain pounds of lean, hard, dense and powerful muscle mass. Now what could be fairer than that? Call us today toll free!!!

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($21.95 Value)
FREE!!!

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Send to:
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P.O. Box 6752
Biloxi, MS 39532

❑ Yes! I'm interested in trying your Almost Illegal Training Formula (2 lbs., 4 oz. container) with Intrinsic Factor. Please be sure to send the FREE bonuses with my order - sizes are indicated below. On that basis here is my ❑ Check or ❑ Money Order for only $38.95 plus $3.25 shipping (for a total of $42.20) U.S. FUNDS ONLY / **TOLL FREE 800-359-4792**

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FREE: Power Shack Gym Rag Shirt
Regular Size ❑ Over Size ❑

FREE: Matching Baggy Pants
S ❑ M ❑ L ❑ XL ❑

NAME _____
ADDRESS _____
STATE, ZIP _____

USPF American Championships
20 Sep 92 - Norwalk, CT

Benc h Press		T. Luciano		405
Teen		P. Rodriguez		400
R. Vittum-224	365	R. Biagi		375
D. Altieri-150	270	220		
A. Lall-161	250	G. Beinstein		440
Master		D. Berry		400
G. Bryan-265	350	242		
P. Bearegart-179	285	D. Tomasky		460
L. Pierson-220	320	L. Deutsch		455
165		T. Burns		385
L. Slavioli	315	W. Rittger		365
181		SHW		
B. Chappa	345	S. Tarner		145
R. Bruciati	345	Guest-Spec. Ol.		
198		B. Fortuna-138		100
M. Torres	440	B. Kopeso-181		100

Best Lifter Overall: Miguel Torres. Team Champions: Fitness Quest. The USPF 1992 American Bench Press Championships was held at the Holiday Inn, Norwalk, CT. It was a one platform meet and the round system was used. There were 22 lifters total. Although there were few lifters competing, there was quality lifting performed. Special thanks to Lloyd Weinstein, the head judge; Joe Sylvia and Dennis Bradshaw, side judges; Phil Halliwell, Poncho Rodriguez, and Dave Wilcox for spotting and loading; Joe Sartarrelli for an excellent job announcing; Donna Sylvia, Juliann Halliwell for scorekeeping; Tanya Sylvia, Brandy Carrano for selling meet shirts; Maria Carrano for taking pictures; Olivia Caruso for all the help preparing for the championships; and to the Sylvia family for all the help in making the 1992 American Bench Press Championships a success. Thank you. (Thanks to Gerald Sylvia, meet director, for providing results.)

Open Middle Netherlands
27 Sep 92 - "A" class (kg)

52	SQ	BP	DL	Total
H. Lare	150	75	167.5	400
60				
W. Elyn	230	128	245	602.5
M. de Vries	205	112.5	225	542.5
67.5				
R. de Groot	217.5	135	220	572.5
Hoppenbrouwers	175	120	240	535
75				
F. Seys	215	120	295	630
A. Bruggink	237.5	140	250	627.5
A. Roon	230	120	252.5	602.5
B. Verbeke	205	110	260	575
L. Seabrook	207.5	127.5	230	565
82.5				
P. Haaren	290	152.5	330	772.5
A. Groenenboom	280	180	270	730
E. Krokkee	240	140	245	625
90				
G. Bell	340	205	325	870
A. Schneider	250	160	220	630
E. Derocker	205	137.5	342.5	587.5
100				
H. Hyman	340	190	300	830
W. Wamsteeker	270	145	280	695
P. Bongers	270	147.5	265	682.5
A. De Wit	235	167.5	262.5	665
110				
A. Wolders	325	525	300	825
125				
R. Sak	330	240	330	900
P. Faber	315	240	300	855
125+				
C. Jorkov	360	220	350	930

(Thanks to Hank Keizer for providing results.)

Open Middle Netherlands
19 Sep 92 - "B Class" (kg)

60	SQ	BP	DL	Total
T. Clougher	160	95	170	425
75				
L. Seabrook	200	130	230	560
T. Patan	190	117.5	200	517.5
J. Starmans	165	120	232.5	517.5
P. Hurk	190	105	200	495
G. Paalman	185	110	200	495
J. Buysman	160	82.5	185	427.5
82				
W. Paay	230	120	240	590
W. Bevers	220	115	245	580
H. Brug	190	145	240	575
T. Bruynen	207.5	115	245	567.5
J. Maas	210	140	200	550
B.Torn	212.5	100	222.5	535
A. Wulp	200	117.5	210	527.5
J. Hagen	115	62.5	150	327.5
90				
M. Batenburg	250	140	232.5	622.5
D. Veen	240	130	230	600
J. Geriven	200	122.5	265	587.5
B. Hazeu	220	117.5	250	587.5
P. den Ouden	195	145	222.5	562.5
E. Bontekoning	215	100	220	535
H. den Ouden	180	122.5	230	532.5
A. Dams	190	130	210	530
A. Kreek	180	115	230	525
J. Sanders	145	110	205	480
R. Degenaars	212.5	137.5	252.5	602.5
100				
P. Bongers	282.5	152.5	270	705
T. Eynde	250	175	262.5	687.5
R. Kramer	235	145	260	640
H. Ellis	235	132.5	260	627.5
W. den Hartog	220	160	230	610
M. Bommel	185	105	252.5	542.5
C. Schermer	170	100	230	500
H. Ven	175	110	210	495
R. Berjelo	225	130	280	635
E. Velden	247.5	135	270	652.5
110				
R. Blokzyl	282.5	185	275	742.5
E. Pietersma	250	167.5	290	707.5
M. Wiegman	265	152.5	285	702.5
H. Methorst	270	150	250	670
125				
M. Berg	285	182.5	280	742.5
G. Doorn	260	170	280	710
H. Struik	230	162.5	305	697.6
S. de Visser	200	140	200	540

(Thanks to Hank Keizer for providing results.)

Spanish Women's Championships
28 Jun 92 - Madrid, Spain (kg)

Women	SQ	BP	DL	Total
44				
S. Rodriguez	110	55	110	275
48				
G. Doncel	117.5	63	157.5	337.5
52				
G. Cristobal	142.5	57.5	162.5	362.5
P. Hernandez	90	37.5	97.5	225
56				
E. Miguel	70	32.5	110	212.5
60				
I. Garcia	155	75.5	185.5	415
G. Orellana	135	62.5	175	372.5
67.5				
M. Marcos	112.5	52.5	155	320
N. Andres	90	45	110	245

(Thanks to Lucio Doncel for providing the results)

POWER PEOPLE

Larry McWhorter, 36, of New Castle, Indiana has deadlifted 700x3 at 194 lbs. bodyweight. He is the Indiana State record holder at 220 with 711, and is a former Indiana State champion in olympic lifting, a state Golden Gloves boxing champion, and winner of Indiana's Toughest Man competition. (photo and info courtesy Herb Glossbrenner).

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 fiberblasts, can be produced from glutamate and might play a role in the action of OKG".

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(article continued from page 17)

organs. This allows the gains to stick once the athlete discontinues use. Coaches and sport physicians who have prescribed the supplement to lifters agree that Retibol has between 40-55% of the anabolic activity of a synthetic testosterone when used properly. This is a significant gain, and is why Retibol is accepted as the number one sport supplement in Russia. The dosages are typically 100-160mg of the extract daily for a course of 7-10 days. The hard training cycles are often repeated once more after a few days rest.

While Retibol is often an effective supplement for increasing strength, it by no means is the single answer to such biomedical problems powerlifters face. In Russian sport pharmacology, it is well accepted that a complex of supplements arranged in the proper order and used within very hard training programs will yield the greatest increase in protein synthesis. Two other supplements of plant origin can also be effective at increasing the sport result but for different reasons than Retibol. These include Mumie and Eleuthrococcus (Siberian Ginseng).

Mumie, which has been written about favorably by American scientists such as Dr. Fred Hatfield and Dr. Michael Yessis, is a plant based extract from Middle Asia. It is composed of a digest of numerous plant species, thousands of which are not found anywhere else in the world. In this region even the wild animals which eat such plants are noted for having more bioactive compounds in their muscles and organs than normal. As a balsam-like substance, Mumie oozes from the ceiling of high mountain caves and drops to the ground where it is collected. Raw Mumie is further processed into the extract which is very popular among many international athletes for its restorative properties. For powerlifters, Mumie is beneficial due to its repair ability on connective tissue such as bone, tendons and ligaments, and at the end of hard training cycles to improve recovery ability. The increase in training result of Mumie users versus non-users is often reported to be from 10-15%, a significant improvement for any level lifter.

Eleuthrococcus (EC) is a commonly used tonic supplement by athletes and ordinary persons around the world. Russian scientists refer to this plant extract as an ideal sport "adaptogen" meaning it allows the athlete to adapt to harder training loads and thus make greater gains. While EC is popular among athletes, many of the EC supplements used today contain very little bioactivity. Again, I remind the reader that many plant extracts are poorly made and contain few if any bioactive compounds, including the specific steroids. It is important to purchase EC from a reliable dealer who is knowledgeable in sport pharmacology. If they can't provide you with a standardized extract of at least 8 to 1 you should go elsewhere. An EC 10:1 extract is often taken as a single tablet dosage of 200-400mg for 2-3 times a day during the peak of hard training cycles lasting a period of 2-3 weeks. It is also a valuable pre-contest supplement. The athletes take two tablets one hour before the competition and another 2-3 just before which serves as a good general biostimulant to increase performance.

All three supplements I have discussed have been used for some years by Russian national team lifters. However, no single one should be considered a miracle pill which will instantly increase your strength. Fortunately, with the proper planning combined with intense training, these three supplements, as well as a few others which I will discuss in a future article, should allow many dedicated powerlifters to make significant gains in strength over ordinary means. In addition, each is safe to use and is not banned in doping control meets.

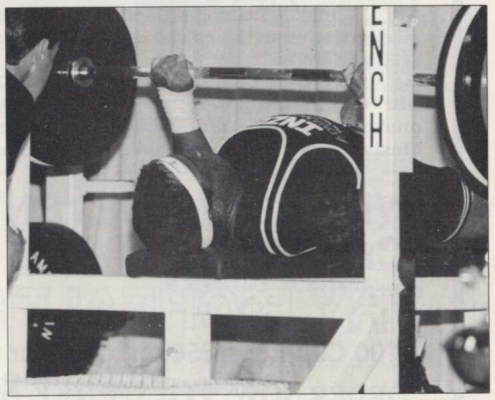
Just how can you obtain these supplements? To my knowledge the only company in the USA to import Retibol, Mumie and EC is the Russian/American sport company Atletika from California. For more information about these safe and natural compounds you should contact Atletika at 800-621-2602. They are well recognized for designing the training and sport supplement programs of elite and Olympic athletes and are now doing the same for any level sportsmen from a variety of sports including powerlifting.

Dr. Silber is the former head of the Anabolic Research Laboratory within the famed Institute of Physical Culture, St. Petersburg, Russia. His pioneer work in phytosteroid research, as well as studies with other bioactive compounds, has lead to a re-thinking of the traditional approach to natural training and recovery. Presently Dr. Silber is involved in modern phytosteroid research as a solution to sport problems which are being conducted at his former institute, as well as the Petrov Institute of Oncology in St. Petersburg, Russia. He continues to work as a biomedical consultant to elite athletes in both the USA and Russia.

"You're So Vain" Bench Press
24 Oct 92 - Oxnard, CA

Bench Press		K. Scott	425
Womens		Masters	
105		J. Lloyd-49	195
A. James	155*	181	
Mens		R. Creevy-49	432
132		198	
T. Couch	407*	F. Kendal	360
J. Lukman	305	220	
148		D. Smith-49	415
I. Carrillo	350	A.Newman-49	370
165		242	
B. Decount	470	M. Nakamura	325
N. Thompson	300	Teen	
181		123	
R. Creevy	432	K. Glass-13	180*
A. Mcdermid	240	165	
198		D. Sundlin-15	260
J. Zapata	470	J. Rooker-19	452
S. Nichols	455	Novice	
M. Culienda	405	132	
G. Tovar	330	J. Goodman	275
		242	
220		G. Rada	305
D. Smith	415	181	
242		D. Terrence	285
M. Nakamura	325	Submaster	
275		Wayne McCune	275
K. Tuitn	567*	C. Schultz	335

The meet was a huge success for being our first to combine a bodybuilding contest and bench together with dual sanctions. We had eight world records set or broken at this meet. All benches were of state, American or world class status. A new world record was set by the very popular and beautiful 100.25 pounder Anna James with a 155 bench and near miss of 160. The second world record was set by the king of the lightweights himself, Rick "Taz" Couch at 132 did a 407, thus settling the score with Doug Heath. Couch hit 3 for 3 and looked mighty impressive. The third world record was set by newcomer, 270 pound Kin Tuitn with 567, beating Ken Brown's UBF world by pounds and bodyweight. This guy has 600 written all over him! Look for him in the future. Masters class in the 220s went to Dan Swindle with a new 415 and went 4x4 today. He had another 10 lbs. lift in him. He'll be back! Master's 181 went to the all-time "legend" World Tour Promotions' Ritchie Creevy. Ritchie went in at 178 and hit 405-415-432 and a near, near miss at 451. Creevy was as hot as I had ever seen. He said he changed his whole workout routine and started training his way, no longer listening to everybody else's training habits. Creevy said he's been hitting 455 in the gym without a shirt and figured to take 500 out at the meet. He says he still has the world championships ahead in Florida with APA President Scott Taylor, and then a showdown with his pal, Scott Werner, in May. Creevy plans on being the first master in the world 181s to hit 500 at 50 years old. And do you know what? He'll get it! He's a sick dude! I've seen him train on a heavy day with a 20,000 lb. load in 3 hours. His light day is 12,000 to 16,000. Talk about hurting and being nuts. Anyway! Great lift, Ritch, 500 at 50 soon! Good Luck. The teens were hot! Thirteen year old Kolan Glass was 4 for 4 with his dad at his side. Kolan was 123 lb. with a beautiful 180 for the books. Teenage sensation and the boy to beat at 165 from Clovis, CA, John Rooker with an easy 452 at 19 years of age. John was 4 for 4, coming down from the 181s. Submasters went to a very impressive Charles Shult, at 165, who hit 4 for 4 and a 335 world record. The rest of the meet was as follows: 132 mens - open Jon Lukman 305; 148 mens - Ignacio Carrillo with a super 350, great lifting!; 165 open mens- super stud Bob Decourt, #2 in the world behind Scott Werner 470 and a near miss at 75! 500 next year; 165 open - Noel Thompson from Power House Gym, Oxnard, who also won the overall in the lightweights bodybuilding came over for a lift and placed 2nd in the class. Noel missed 315 twice, but hit 300 easy; 181 - 2nd place was Andy MacDamid with a 240; 198 open - Joe Zapata 1st with an easy 470 and 4 for 4. Joe's looking to join the 500 club this year. 3rd Mike Caliendo with a 405 opener and missed 2 and 3 at 440. He'll be back. 500 potential lifter. George Tovar was 4th with a 330. Sherman Nuckols made his return from retirement at this meet. Sherman was 2nd with an easy 455; 220 - Dan Smith with a 415 and 1st; 242 - Mike Mokumura with a 325 and 1st again; 275 - Kin Tuitn with a 567 and 2nd was Ken Scott with 425. Masters: 132x49x195 John Lloyd who had a bad day!; 220x49x415 Dan Swindle (WR); 220x56x370 was all time state, American and world record holder; 55-59 master Alan Newman. Al went 4 for 4 and 370 went like his opener. Great performance, Al! Super, see you soon!; 181x48x432 "the Legend" Ritchie Creevy; 195x41x360 owner of the new World Gym Fred Kendall. Teens: 123x13x180 (WR) Kolan Glass; 165x15x260 Desmond Sandlin; 165x19x452 Jon Rooker the "Kook" "Rook the Kook". Novice: 132 Josh Goodman was first time out and made a near miss at the world record. He made 275 and 3 misses at 312! He's there. 242 George Rada 305 and 181 Darryl Terrence 285. Subs were 198 and 1st time out Wayne McCune 275. 165 Charles Schultz 335 (WR). At this time we would like to thank all the lifters, the spotters, loaders, judges, sheet men, coaches and all. But a special thanks to Ed Escudero, owner of 2 Powerhouse Gyms and promoter of the meet! He gave us the Oxnard Civic Auditorium for free. It was in exchange to help promote his meet as well as the Gang Alternative Program and our own meet. We thank you again, my friend! Ritchie Creevy also trains and competed for Powerhouse Gym. Thanks also to our new friends from Powerlifter Video Magazine who videoed the entire meet from plate weighing on. Cindy and her staff were the greatest; they also witnessed some unbelievable benching. Thanks also to our special guest host who came to us to help me and Ed from Powerhouse Gym, the one and only Anthony Clark. Anthony did some warmups with 515 reverse for the crowd and displayed his Toka line of goods at the bodybuilding portion of the event. Anthony left the U.S. on Oct 25th for Japan to compete in the Strongest in the World contest. From there, he meets us at Scott Taylor's APA in Florida then to Scott Werner's. Anthony is also going to try and break Ed Coan's 2400 plus in the next few weeks. Good luck Tony, and God bless. I also want to thank Mike Lambert *Powerlifting USA* for coming out and checking it out, and to Charlene and Mr. John Inzer for designing that one of a kind shirt for me! Also my buddy that pisses me off all the time Rick Taz Couch and my special bride who stood by me through this one again! Ain't she tough? Thank you! Just one more meet, hun! (Thanks to Ritchie Creevy for providing the results.)



Rick "Tazmanian Devil" Couch made an all time, triple bodyweight plus best bench of 407 at 132 at the "You're So Vain" Bench contest.

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Firebaugh Bench Press
1 Aug 92 - Firebaugh, CA

Benc h Press		Submaster	
Mens		181	
148		R. Guzman	265
V. Yebra	315	Womens	
J. Lloyd	200	Submaster	
165		123	
J. Rooker	400	K. Easley	100
L. Turner	355	Teen	
P. Giron	260	13-15	
181		J. Andreade	165
D. Nunes	355	16-17	
M. Sperling	355	P. Rodriguez	325
B. Herrick	350	S. Maldanado	235
198		N. Negrete	275
J. Zapata	435	A. Jones	275
P. Wilson	350	18-19	
242		J. Rooker	400
R. Robles	385	H. Hoover	365

Referees: Taz Couch, Ritchie Creevy, John Lloyd, Katrina Easley, John Alvarado. Ruben's Gym put on another great contest which was put on during the Cantaloupe Festival. Records were set by John Lloyd, a masters 148 pounder. Five teens also set records: James Andreade, Sixto Maldanado, Arturo Jones, Pedro Rodriguez, and Heath Hoover. The Best Lifter award went to teen superstar Jon Rooker, who missed his own world record of 415 pounds by just inches. Special thanks to announcer Taz Couch. (Thanks to Taz Couch, for providing the results.)

Saskatchewan Championships
17 Oct 92 - Moose Jaw, Saskatchewan (kg)

Women	SQ	BP	DL	Total
56				
A. Chapin-nj	60	32.5	77.5	170
Men				
56				
D. Stadnyk-n	100	67.5	137.5	305
75				
T. Hardy	215	147.5	215	577.5
D. Young	117.5	105	167.5	390
R. Bergland-nm	107.5	57.5	135	300
82.5				
J. Neufeld-n	145	102.5	185	432.5
100				
J. Cooper-n	210	162.5	220	592.5
W. Johnston	140	112.5	172.5	432.5
110				
W. Cormier	227.5	152.5	227.5	607.6
4th			237.5	
125				
S. LaVallee-n	170	102.5	192.5	465

n- Novice, j- Junior (14-23), m- Master III (60+) and blind, M-Master I (40-49). Best Lifters: Blind- Ralph Bergland, Novice- John Cooper, Female- April Chapin, and Male- Terry Hardy. Referees: Joe Stockinger, International, Alberta; Laura Franczak, National, Alberta; Wayne Kemp, Provincial, Saskatchewan. Alan Budreau, President of the Canadian Powerlifting Union, (BC) acted as Announcer for the meet as well as Doping Control Officer. Platform workers: Dean Cook, Donovan Lamb, Benjamin Rose, and Jonathan Tarr. Other Volunteers: Ron Chatain, Dawn Gruell, Helen Scheidegger, Merle Brin, Anita Pasquel. Sponsors: AAA Trampolines, Moose Jaw Harwood, Emerald Glass, MHB Enterprises, Moose Jaw Athletic Club, Moose Jaw YM/YWCA, KWALA-T Cleaners, and Northern Lights Fitness Products, Inc. Meet Site: First Free Methodist Church. First of All, Ralph Bergland, our Best Blind Lifter is 67 years old! He was definitely a crowd favorite as was April Chapin. April is 18 years old and has only been lifting for six months. She pulled 77.5 kg (170 lb.) deadlift easily, a good accomplishment for someone who started out with a broom stick - and was sore after having squatted that the first time. We would also like to mention that Terry Hardy, a last minute entry, qualified for the Nationals with his total of 577.5 and will represent Saskatchewan at the Canadian Championships in Alberta, May 1993. The SPA would like to thank the following people for volunteering their time or helping out in some way: Alan Budreau (CPU President), Joe Stockinger (International Ref. AB), Laura Franczak (National Ref. AB), Wayne Kemp (National Ref. SK), Dean Cook, Donovan Lamb, Benjamin Rose, Jonathan Tarr, Ron Chatain, Helen Scheidegger, Merle Brin, Wayne Johnston, John Cooper, and of course the spectators; they cheered long and loud! As well, a special thank you to the First Free Methodist Church of Moose Jaw for allowing us to use their facilities. We would also like to especially thank Northern Lights Fitness Products, Inc., for their sponsorship of the event. This was Saskatchewan's first Provincial Championships since 1988 an we're pleased to say it was a huge success. The SPA is back on it's feet and we're looking for good things to happen in the organization. (Thanks to Kenneth Chapin, SPA President, for providing these competition results.)

POWER PEOPLE

Father - Son Duo.. they have been lifting together since 1985, training in their own well equipped basement gym - Jug's gym - and together they have over fifty trophies to their credit. Dennis Henderson Jr., is 29 years old and lives in Ligonier, PA. He is a substitute teacher in the Ligonier alley School District and is the head football coach at Ligonier High School. He competes in the 220 lb. class with best lifts of 600 420 670, and he placed 2nd in the 1991 ADFPA State meet. Dennis Henderson Sr. is 48 years old and lives in West Fairfield, PA. He is a bricklayer by trade and has been lifting competitively since 1987. He competes in the open and masters divisions, 242 lb. class and his best lifts included a 625 squat, 380 bench, and 625 deadlift. He placed 1st at the 1992 Pennsylvania Masters championship. (photo courtesy Clark Brown).

ADFPA South Carolina State
10 Oct 92 - Spartanburg, SC

Women	SQ	BP	DL	Total
K. Lamsens-121	245	125	285	655
D. Schwerin-142	145	80	230	455
K. Norman-190	165	90	200	455
M. Chambers	220			
Masters				
E. Surell-255	825#	420	605	1850#
M. Apps-178	450	340	540	1330
D. Pate-198	445	285	475	1205
Teen				
C. Hunt-112	325	255	305	885
C. Roberts-148	400	280	460	1140
B. Rabon-163	410	270	405	1085
J. Lewis-143	330	150	345	825
E. Snyder-173	350	270	415	955
Open				
114				
C. Hunt	325	255	305	885
123				
A. Lopez	255	180	300	735
K. Lamsens-f	245	125	285	655
M. Chambers-f	220			
148				
C. Roberts	400	280	460	1140
H. Thomas	425	300	410	1135
J. Campbell	375	210	465	1050
J. Lewis	330	150	345	825
D. Schwerin-f	145	80	230	455
165				
G. Stapleton	450	290	520	1260
R. Stewart	435	285	525	1245
M. Turner	390	265	440	1095
B. Rabon	410	270	405	1085
181				
B. Taghivand-BL	630*	340	580	1550
M. Lund	415	285	540	1240
E. Snyder	350	270	415	1035
198				
D. Kirkman	550	400	535	1485
T. Polishinski	530	360	555	1445
G. Levi	440	340	480	1260
D. Green	380	225	460	1065
M. Whisenant	480	inj		
220				
S. Bowser	670*	370	620	1660
D. Samuel	550	400	660	1610
K. Williams	445	370	600	1415
A. Norris	520	295	525	1340
J. Green	540	295	500	1335
242				
R. Robinson	540	405	535	1480
K. Finster	455	330	520	1305
275				
D. Rogers	700	510	645	1855
E. Surell-BL	825	420	605	1850
D. Bridges	585	380	550	1515
SHW				
J. Coan	675	440	600	1715

* state record # Masters (45-49) state record "Team Beaufort" won best team honors (Thanks to Ernie Surell, S. C. Chairman ADPFA for sending results)

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Challenge Gonzaque Kirouac
27 Jun 92

CLASS				
Benc h Press		198		
Teen		A. Guebenne	380	
181		220		
S. Grevier-19	350	M. Boutin	450	
198		D. Royer	430	
S. Frederick-19	350	275		
4th	360	D. Berule	575	
S.. Morin	345	J. Smith	415	
Junior		Submaster		
121		220		
C. Lefrancois-21	195	D. Royer-34	430	
148		275		
E. Lessard-23	275	J. Smith-36	415	
4th	280	Master		
242		165		
N. Albert-23	415	G. Lebrecque-67	305	
Open		181		
121		M. St. Laurent-49	400	
C. Lefromers	195	4th	405	
181		242		
J. Berule	425	G. Leverque-62	330	
M. St. Laurent	400	D. Classe-42	310	
4th	405	275		
		P. Villeneuve-58	390	
Teen	SQ	BP	DL	Total
181				
S. Grevier-19	465	350	500	1320
4th	480		525	
198				
S. Frederick-19	505	350	515	1370
4th		360		
Junior				
148				
E. Lessard-20	440	275	465	1180
4th	455	280	480	
198				
D. Whittier-20	455	235	490	1180
4th	465			
Open				
148				
M. Cloutier	385	270	420	1075
165				
C. Dallaire	540	270	570	1380
R. Fortier	535	285	500	1320
M. Nadeau	425	300	465	1190
A. Boullon	300	150	450	900
181				
M. St. Laurent	700	400	600	1700
J. Berule	580	425	640	1645
P. Soward	450	305	500	1255
198				
M. Phourde	565	335	590	1490
220				
M. Boutin	680	450	680	1810
M. Dumoulin	680	380	600	1660
D. Royer	530	430	525	1485
242				
M. Fortier	770	300	752.5	1822.5
4th	800		765	
Submaster				
220				
D. Royer-34	530	430	525	1485
275				
J. Smith-36	575	415	550	1540
Master				
181				
M. St. Laurent-49	700	400	600	1700
P. Paquet-65	240	160	300	700
198				
C. Firlotte-56	425	280	445	1150
242				
D. Classe-42	420	310	485	1215
G. Kirouac-65	420	210	500	1130
G. Levereque-62	375	330	420	1125
275				
P. Villeneuve-58	600	390	575	1565

Meet Director: Jean Marie Bergeron. Statistician: Louis Brodeur. Announcer: Raymond Carey. Head Referee: Jean Marie Bergeron. Side Referees: Jean Paul Taylor, Ray Carey. Best Lifters: Teen - Sebastian Grevier; Junior - Eric Lessard; Open - Marcel St. Laurent; Master - Marcel St. Laurent; and Female - Kathy Lefrancois. My good friend CPA President Jean Marie Bergeron sent met the results of his recent competition the APA/WPA/CPA Gonzaque Kirouac Powerlifting and Bench Press Challenge Championships. 1720 spectators were in attendance at this competition which shows how much the interest in our sport is growing in all countries. I wish I could have seen this competition. 28 world records were broken throughout many divisions. (Thanks to Scott Taylor, President WPA and APA, for providing us with these competition results.)

ADFPA East Beach Meet
6 Sep 92 - Santa Barbara, CA (kg)

Open	SQ	BP	DL	Total
148				
D. Pressley	182.5	125	195	502.5
Novice				
148				
D. Pressley	182.5	125	195	502.5
S. Pawlus	167.5	107.5	192.5	467.5
F. Troxel	157.5	107.5	182.5	447.5
Teen				
148				
L. Elliott	192.5	115	202.5	510
Open				
165				
L. McCullum	232.5	155	250	637.5
D. Mobley	210	132.5	230	572.5
V. Tanabe	217.5	107.5	210	535
Novice				
C. Turner	207.5	137.5	227.5	572.5
E. Newton	137.5	100	170	407.5
Master				
D. Sayre	107.5	85	145	352.5
Teen				
D. Ulttori	215	140	217.5	572.5
C. Turner	207.5	137.5	227.5	572.5
M. Ernstrom	170	87.5	165	422.5
Open				
181				
N. Andrus	237.5	170	292.5	712.5
K. Kanemoto	272.5	205	227.5	705
D. McLaughlin	260	160	260	692.5
Novice				
R. DeLeon	202.5	147.5	215	560
T. Kitzmiller	155	100	185	440
Master				
B. Crow	147.5	75	182.5	405
C. Lundy	190	102.5	215	507.5
Open				
198				
V. Elliot	272.5	155	247.5	675
D. Roebuck	245	160	240	645
D. Cohen	200	125	265	590
Novice				
C. Lynch	147.5	130	190	477.5
R. Bronson	172.5	115	170	457.5
Open				
220				
R. Young	267.5	177.5	260	705
J. Wickel	217.5	142.5	227.5	587.5
Novice				
D. Andrews	207.5	190	200	602.5
S. Thompson	190	165.5	150	505.5
Open				
242				
N. Best	295	205	277.5	777.5
A. Pete	310	195	272.5	777.5
Novice				
B. Arnold	227.5	195	230	660
D. Edison	202.5	135	235	572.5
Open				
275				
R. Duvall	262.5	175	240	677.5
D. Dallmeyer	260	142.5	260	662.5
G. Brink	250	125	285	660
Novice				
R. Duvall	262.5	175	240	677.5
J. Hucks	227.5	142.5	227.5	597.5
Open				
SHW				
B. McCune	265	167.5	260	692.5
C. Beltram	220	167.5	200	587.5
Novice				
C. Beltram	220	167.5	200	587.5
Master				
B. McCune	265	167.5	260	692.5
Open				
Women				
S. McNeill	125	90	147.5	362.5
B. Cervone	102.5	57.5	120	280
L. Lundy	85	35	102.5	222.5

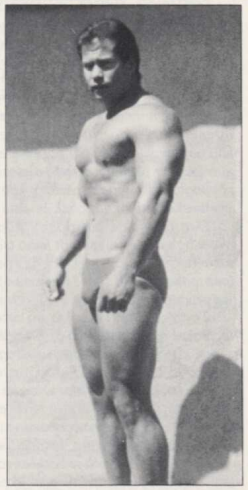
Best Lifters: Open- Nathan Andrus; Novice- Chris Turner; Team- Camp Pendleton Marine, El Toro Marines. Master 40-44- Victor Elliot, George Brink, Dave Dallmeyer, and David Sayre; 45-49- Brent McCune, Chet Lundy; 50-54- Jim Waters; 55+- Bill Crow. Teen: 16-17- Lord Elliott, Dennis Vest; 18-19- Dominic Vittori, Chris Turner, Mark Ernstrom. (Thanks to Kevin Fisher for providing the results.)

APF MCI Meet
10 May 92 - Mansfield, OH

Men	SQ	BP	DL	Total
148				
Brastajn	410	245	485	1120
165				
Forney	630	320	630	1580
Russell	400	340	470	1210
181				
Cook	405	325	470	1200
Resh	435	245	445	1125
198				
Risner	570	300	505	1375
Leal	580	280	500	1360
220				
Kelly	575	325	575	1475
Basen	485	255	485	1225
242				
Blankenship	530	290	525	1345
275				
Hackett	685	375	620	1680
SHW				
Daughterman	360	255	455	1070
Masters				
Bender	265	185	350	800

Best Lifter Heavy: Hackett. Best Lifter Light- Forney. The meet was a great success, thanks in part to the presence and assistance of such superstars as: Matt Dimel, Laura Dodd, Maria Brock, Todd Brock, and Karen Mitchell. Officer Keith Buck, the Man C.I. recreation staff, and the entire Man C.I. Powerlifting Team would like to extend a very special thanks to all of them. Without them, this meet would not have been the success it was. The Man C.I. Team has several outstanding lifters who displayed a great deal of professionalism in their lifts and their conduct. Our best overall lifters were Rick Forney with a 1580 lb. total and Bruce "Red" Hackett with a 1680 lb. total. The Man C. I. Team has a tentative meet scheduled for the latter part of January, 1993, that may be opened to "outside" participation. Keep your eyes and ears open for this team. We feel some records are going to be set by some of our outstanding lifters. (Thanks to Keith Buck, Powerlifting Supervisor for Man C.I. Team, for results.)

POWER PEOPLE



Mike Knight has held the squat recod inevery gymhe has trained in since 1985 in Monterey County, California. In 1985 the following lifts by Mike were gym records at 220 lbs.: squat - 600 lbs. (no suit), bench press 405 lbs. (no bench shirt), deadlift - 550 lbs., cheat barbell curls x 10 - 220 lbs., on earm dumbbell preacher curl x1 - 100 lbs., close-grip pulldown x10 - 300 lbs., standing press - 245x3. His last squat record was set in 1989 and still stands today - 654 lbs. weighing 242 lbs. - drug free. He has trained with world class lifters like Pat O'Brien in Tampa in 1975, FL and Mark Schellean in Omaha, NE in 1982. (courtesy Patricia Knight)

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(article continued from page 33)

If you drop me a reminder, I'll send it to you.

I'll be covering the ergogenic effects of insulin and insulin facilitating drugs such as vanadyl sulfate and chromium picolinate in the February newsletter. Vanadyl sulfate is an interesting supplement. In my preliminary research I discovered that as well as exerting insulin like effects, it may inhibit cortisol secretion under some circumstances although this property hasn't as yet been tested in man. I'm not sure why you developed CNS adverse effects (it could be a sensitivity on your part or perhaps due to alterations in insulin action resulting in a hypoglycemic type of reaction) but I'll be looking into this in the next few weeks and I'll get back to you.

Dan Duchaine has done some interesting work over the years. While he's not always right (who is?) and not always popular (at least not with the authorities since he's now serving another prison term) he does make a lot of sense in much of what he writes, and he does have the practical experience behind him.

Testolactone (Teslac) is an aromatase inhibitor and although it decreases the production of estrogens from androgenic precursors, it is not strictly speaking an estrogen antagonist. By competitively binding to cytochrome P-450, testolactone decreases the activity of the microsomal aromatase enzyme system responsible for the formation of estrogens from androgen precursors by blocking the aromatase enzyme responsible for converting testosterone and androstenedione to estradiol and estrone, respectively.

It's quite possible that besides competitively binding to the androgen receptor, testolactone also likely possesses some of the anticatabolic action of androgenic/anabolic hormones. Testolactone has been shown to produce anabolic effects in rats and, therefore, the possibility exists that retention of nitrogen, potassium and phosphorus, increase in protein anabolism, and decrease in amino acid catabolism could also occur in humans.

In one study, testolactone administration completely prevented the effect of testosterone administration to suppress gonadotropin secretion in normal men. Mean LH levels increased significantly in normal men who received TL alone. The increase in mean LH levels was greater in the normal men who received testolactone alone than in the normal men who received testosterone plus testolactone, thus revealing a direct effect of androgens on LH levels in normal men. The use of testolactone has thus been shown to result in an elevation of LH and free serum testosterone. Measurements of testosterone and estradiol production rates demonstrated that testolactone effectively blocked aromatization.

Testolactone may also have an effect on serum growth hormone (GH). Coadministration of testolactone with testosterone enanthate suppresses the normally observed increase in estradiol following administration of the enanthate and thus may result in a reduction in serum GH, or reduction in the rise of serum GH with various stimuli (see under Tamoxifen *below). Unlike testosterone, testolactone does not stimulate erythropoiesis.*

Many athletes use a low or non aromatizable anabolic steroid to counter the feminizing side effects of other endogenous androgens or other anabolic steroids in their stack. Unfortunately, testolactone, besides having all the positive effects described above, may also function as an androgen antagonist (and thus antagonize the effects of anabolic/androgenic steroids) by binding with the androgen receptor since it appears to have little anabolic or androgenic effects it may block the access of more potent anabolic and androgenic compounds to these receptors. Obviously more studies need to be done on this compound in order to assess its anabolic and anticatabolic effects.

Nolvadex *(tamoxifen), while having anti-estrogenic effects and thus being useful for athletes on aromatizing anabolic/androgenic steroids, may have a negative effect on serum GH. In one study it was shown that administration of testosterone enanthate significantly increased GHRH-elicited GH release, but this was reverted after estrogen receptor blockade with tamoxifen. This likely occurs because testosterone acts on GH release mainly at the supraipituitary level, and this action is secondary to its aromatization to estrogen. However, another more recent study has shown that tamoxifen increases GH secretion when used with testosterone enanthate. More studies need to be done to determine the exact effect of tamoxifen on GH release in athletes.*

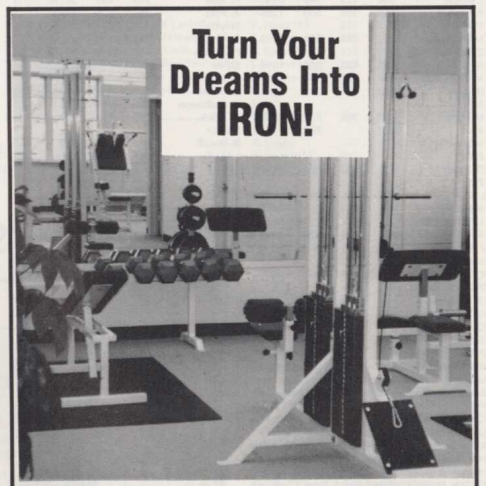
Met RX *is a meal substitute type of product. Unlike most meal substitutes, such as the old* Metrecal, Nutrislim, *etc., which were used in weight loss programs and resulted in the loss of both fat and lean body mass,* Met RX *is claimed to be able to maintain lean body mass and lose fat. It is not marketed as a substitute for anabolic steroids since it doesn't promote the gain of large amounts of muscle mass. While I haven't as yet had a chance to call Dr. Connolly, I will be contacting him in the next few weeks as I intend to cover* Met RX *in the February issue of* DRUGS in SPORTS.

What we have in Met RX therefore is a product that can act as a meal substitute (although I don't recommend anyone use any product as a long term substitute for real food - there are too many unknowns for anyone to be able to formulate a fail safe engineered food) and a product that will help maintain lean body mass while losing body fat. Once I've looked into this compound more carefully, I'll be able to give you and the readers of DRUGS in SPORTS *a more accurate assessment.*

I've enclosed a copy of the November issue of DRUGS in SPORTS *since it contains detailed information on the physiological and pharmacological effects of protein and amino acids supplements and should answer most of your questions on both. If you're interested in subscribing to the newsletter (and from the type and sophistication of your questions I think it would appeal to you), call Decker Periodicals, 1-800-568-7281 and ask for circulation.*

In the course of production of cheese, quargs and casein a lot of whey (a milky like liquid) results. At one time whey was considered a waste product and a pollution problem. Now whey is used for its whey protein, a high quality protein with a biological value equivalent to egg protein. Whey protein may also have some special properties not seen in other proteins. For example one study found that a whey protein diet appears to enhance the liver and heart glutathione concentration in aging mice and to increase longevity, as well as immunological properties.

I hope I've answered most of your questions. I'll be in touch in the near future. All the best in your training. Sincerely, ***Mauro***



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ADFPA Calif. Squat Championship
26 Sep 92 - Santa Rosa, CA (kg)

Womens Ltwt.		SHW			
M. Klimesh-132	110*	J. Ford	275*		
L. Barnes-97	75*	Masters Hvywt.			
Womens Hvywt		40-44			
T. Harper-147	107.5*	F. Kendall	252.5**		
K. Pons-160	102.5*	G. Castagnola	205**		
123 class		S. Warner	210**		
D. Seymour	112.5*	T. Miller	227.5**		
165 class		Masters Ltwt			
R. Cirigliano	222.5*	45-49			
P. Canizzaro	220	R. Tsutsui	230**		
A. Des Roaches	192.5	Masters Hvywt			
F. Krajur	nil	45-49			
181 class		R. Morris	250**		
K. Kanemoto	267.5*	Ltwt 50$			
G. Buffington	240	J. Munoz	160**		
M. Koufust	195	L. Thach	150**		
220 class		B. Seymour	140		
R. Kitani	260*	Hvywt 50$			
R. Exum	250	B. Grotenrath	157.5**		

Meet Director: Doug Carroll. Judges: John Ambrose; Floyd Byrum, Doug Carroll. Scorekeepers: Lynn Morris, Dave Van Brocklin. Loader, spotters: Bryan Yamasaki. Announcer: Frank Siebert. * - Open state record. ** - Masters state record. (Results submitted by Frank Siebert and Joe Randazzo). "A.D.F.P.A. Continues Rapid Growth in the Western U.S. Almost since the beginning of the A.D.F.P.A. the State of California has been like a large island somewhere off the 'coast of the midwest' with all the other west coast states, Alaska, and Hawaii being smaller islands nearby. Not too many other lifters visited 'the islands'. The hub of drug-free powerlifting has always been either in the northeast or in Louisiana. I have noticed a change in powerlifting over the last two years that I was the California State Chairman (mid-1990 to mid-1992); we are rapidly growing in membership; perhaps even faster than most, if not all, of the rest of the country. In October Joe Bernazzani (my meet co-director) and I put on the 1992 ADFPA California State Bench Press Championships. We had 93 lifters and 55 of them were newly signed-up. In fact, over the past 2 years Joe and I have put on 8 meets and we have averaged over 60 lifters per meet! The results are very encouraging. Before I turned over the State Chair to Doug Carroll I built the meet schedule to the busiest it has ever been (I'm sure Doug, who owns his own gym, will go even further). The rewards are now being reaped; I'm proud to say that for the first time California may have a 400 lifter membership. When you consider how spread out California is and that most lifters have anywhere from a 100 to 300 mile round-trip drive to get to a meet that's an achievement. Before 1992 California had not hosted a national meet since the Open Nationals of 1986. This year we hosted the ADFPA Women's Nationals. In 1993 we will host the ADFPA Teenage Nationals in Santa Rosa and, with a little luck and a ton of work, California could host the ADFPA Masters Nationals in 1994 or 1995. Lifters east of the Mississippi are beginning to experience California and we will reward them with great meets. Clearly California is ascending in its position in drug-free lifting." (Thanks to Dr. Joe Randazzo for commentary).

Ithaca Fitness Best Bench Contest
3 Oct 92 - Ithaca, NY

Women		181	
Under 132 lbs		M. Kim	355
D. DeVoist	160	A. Laurey	350
M. Congelosi	120	M. Hodes	- - -
Teen		198	
J. Keyes	350	D. Dersam*	500
D. Clark	180	J. Grant	345
D. Benton	230	220	
Sub Masters		D. Grimaldi	515
A. Hickman	355	D. Lapenna	505
D. Dailey	310	B. King	400
Masters 40-44		242	
S. Ellis	295	M. Grimaldi	420
C. Garrett	245	T. Snyder	410
P. Cramer	280	D. Castes	380
Masters 45-49		B. Manley	375
S. Paulison	300	L. Forshee	360
O. Henneman	285	R. Eaton	350
A. Stenders	180	J. Rich	340
Masters 55-59		M. Sullivan	310
J. Botcher	250	275	
Mens Open		G. Lee	530
132		H. Schnell	360
F. Verdi	230	SHW	
165		M. Morray	450
D. Mattes	250		

* Best lifter: D. Dersam. Teams: Gold's Gym(Buffalo) 1st; Ithaca Fitness Center 2nd. I wish to thank all the spotters, loaders and judges who worked that day. It was for a charitable cause. We raised about $750 for the Muscular Dystrophy Association through proceeds from this meet. I would also like to publicly thank Paul Cramer for his understanding regarding the trophy shortage. Paul will receive his trophy. (Thanks to Ed Patten, Meet Director, for providing results).

One KILOGRAM equals 2.2046 Pounds

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

East Coast Bench Press Wars
Battlefield of the Baddest
11 Jul 92 - Wilson, NC

Women		181.5	
123.5		K. Richardson	330
A. Mullins	115	198.5	
181.5		G. Iaboni	430
K. Bunn	75	P. Cox	420
198.5		K. Phillips	410
S. Hebafinger	130	D. Meadow	375
D. People	110	M. Richardson	350
Teen-Boys		T. Bardon	350
132.5		220.5	
L. Barnes	195	M. Ward	395
181.5		F. Champion	375
E. Duff	240	C. Jackson	350
198.5		242.5	
R. Cantrott	175	M. Ashley	430
220.5		G. Moore	415
A. Meadows	425	275.5	
Men Open		C. Boston	450
132.5		J. Tate	440
C. Ford	285	D. Lucas	350
A. Perry	205	SHW	
148.5		D. Riester	540
A. Scoles	320	J. Jones	425
N. Smith	300	R. Denjen	380
R. Hebert	300	J. Malford	370
165.5		Men Masters	
J. High	370	181.5	
J. McDonald	325	F. Croft	335
D. Hyatt	320	198.5	
B. Beedingfield	245	G. Parrish	385

Teams: Raw Power of New Bean-13 pts., Woody's Gym-12 pts., Big Lin's of Wilson-8 pts., Raleigh Sportz-4 pts. (Thanks to Anthony and Debbie Thompson for providing these results).

Pete Wilson Bench Press Challenge
8 Aug 92 - Fresno, CA

Masters 40-49			
M. Sperling	350	Open	
J. Cargill	295	148 lb	
J. Sanchez	285	T. Garcia	290
Women Ltwt.		S. March	280
M. Pickard	155	J. McGhee	235
V. Cordle	100	181 lb	
Women Hvywt		C. Grisalva	355
N. Flowers	185	198 lb	
Teens 14-15		L. Quarles	400
J. Tholen	175	220 Lb	
J. Pulido	105	M. Berry	375
Teens 16-17		242 lb	
M. Spencer	190	R. Flowers	455
Teens 18-19		B. Kuhn	285
E. Rodiguez BL	400*	275 lb	
G. Caccillo	275	N. Benjamin	435

Best lifter - Eric Rodriguez. Team - Gold's Gym. Despite the small turnout, those lifters who participated, plus a large enthusiastic audience made this fundraising meet a success. As you will note there were outstanding lifts, by Mitch Perling (Masters class), Marcella Pickard (Lightweight-Womens class), Nina Flower (Heavyweight-womens's class), Eric Rodriquez-(Teenage class), Laron Quarles, Ron Flowers and Nick Benjamin (Open class). Many thanks to our Referee's: Mitch Sperling, Wayne Robinson, Jon Mazmanian and Bob Packer. Ticket Sales: Diane Sperling and Deidra Wilson. Spotters: Brian Sperling, Curtis Wilson (this is a family affair), and Terry Troput. Gold's Gym of Fresno, California: Staff and Owner Randy Stephens. Proceeds were used to defray the cost of Pete Wilson's trip to Australia (Sydney) for the I.P.F. World's Masters Championship. PLEASE NOTE: Pete Wilson won the Silver Medal, the U.S.A. Team placed second overall, and the U.S.A. Men's Junior Team won the Gold Medal. (results courtesy of Pete Wilson).

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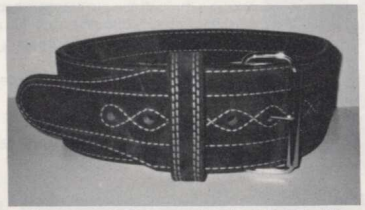

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A.D.F.P.A. Indiana State Bench Press
10 Oct 92 - Muncie, IN

Womens Open		**132.25**	
97.0		**K. Marsh**	**240***
L. Stallard	140*	**198.25**	
122.25		**R. Mcallister**	**315***
S. Dishman	165	**Novice**	
M. Miller	90	**148.75**	
129.0		**R. Riley**	**275**
D. Blackmer	160	**181.75**	
K. Owens	125	**G. Nickleson**	**350**
139.0		**C. Elkins**	**320**
L. Lidy	140	**M. Hinders**	**305**
M. Davran	100	**L. Douglass**	**225**
D. Milton	95	**198.25**	
154.25		**R. Novak Jr.**	**- - -**
L. Kimmey	175	**220.25**	
176.25		**J. Mason**	**360**
S. Irwin	125	**G. Homola**	**340**
Mens Div.Open		**M. Goodman**	**275**
123.5		**B. Howell**	**245**
V. Rengen	270*	**242.5**	
G. Simmons	215	**M. Cunegen**	**250**
132.25		**Sub-Master**	
K. Marsh	240	**165.25**	
M. Roberts	235	**R. Bell**	**315***
148.75		**181.75**	
T. Burrello	300	**T. Haag**	**390***
J. Slaven	265	**198.25**	
165.25		**D. McDanaiel**	**360***
D. Tardy	345	**L. McWorter**	**340**
T. Mosley	290	**J. Perkins**	**275**
C. Warren	275	**220.25**	
181.75		**G. Homola**	**340**
I. Jackson	410*!	**G. Bravard**	**285**
D. Campbell	390	**242.5**	
T. Haag	390	**K. Babb**	**425***
S. Schulman	355	**275.5**	
J. Goodhew	330	**B. Stephenson**	**460¢**
S. Fox	265	**K. Vance**	**455**
198.25		**D. Fergussion**	**420**
T. Smith	430*	**J. Miller**	**400**
S. Shea	415	**K. Luczowski**	**345**
R. Novak Jr.	- - -	**SHW**	
220.25		**M. Boyer**	**480***
E. Womack	460*	**Master 1**	
T.Lymon	440	**148.75**	
242.5		**M. Ehle**	**250***
J. Lurghi	400	**220.25**	
275.5		**S. Smith**	**390**
J. Orick	475*	**F. Crossland**	**315**
K. Thompson	470	**242.5**	
D. Fergussion	420	**T. Striverson**	**450***
K. Luczkowski	345	**C. Milton**	**385**
G. Nesbit	- - -	**J. Reams**	**340**
SHw		**275.5**	
M. Libby	480	**J. Wadkins**	**435***
M. Boyer	480	**H. Frazier**	**375**
M. Dishman	460	**SHW**	
Teen 14-15		**A. Glover**	**335**
132.25		**Master 2**	
D. Nickelson	195*	**165.25**	
Teen 16-17		**L. Ray**	**300***
165..25		**198.25**	
G. Nesbit	275¢	**R. Hale**	**355***
C. Studebaker	245	**220.25**	
181.75		**G. Good**	**325***
M. Sczesny	205*	**275.5**	
Teen 18-19		**J. Jackson**	**420***

Teams: Wild Bunch Power Team 42 pts., Everretts Gym 24 pts. * - state record. ¢ - tied state record. ! - over all best lifter. Best lifter 114.5 to 181.75 - Isiah Jackson. Best lifter 198.25 to SHW - Ed Womack. Overall best - Isiah Jackson.

Out of State		**242.5**	
148.25		**T. Langenderfer**	**350**
B. McGrath	**300**	**275.5**	
Open		**J. Orick**	**475**
181.75		**Sub Master**	
N. Negrelli	300	**148.25**	
198.25		**B. McGrath**	**300**
T. Smith	430	**Master I**	
J. Bruss	410	**181.75**	
220.25		**M. Matuck**	**300**
E. Womack	460	**Master**	
P. Kletz	390	**242.5**	
S. Stoffer	- - -	**Ernest Bayless**	**385**

I would like to thank all the competitors and participants that were at this meet. Every one was very helpful and cooperative with me during my first meet as a meet director. My wife and I had such a good time putting on this meet that I think we will do it again next year. Again thanks to all of the competitors. This was the biggest Indiana State bench press championship I have seen in the last 5 or 6 years. We had about 90 lifters. The meet ran very fast and very well, thanks to all the good help we had. A lot of state records were set and a few old rec ords fell. I would like to give some thanks to my sponsors Amtek Corp, B&G Gym and the Body Shop Gym. With out these sponsors this meet would not have been possible. Thanks to all the judges that helped out: Kurt Babb, Hank Frazier, Steve Heck, Chris Ellins, Mike Overdeer, Scott Maclain, Tom Smith and Dennis Weant. Also I would like to thank the people with the toughest job of the meet. (Loaders and spotters) Hal Durk, Steve Heck, Tommy Welch, Mark Roberts, and my old friend James (the Fork-Lift) Dawson. Thanks to all my friends that helped me set up, tear down and move all the equipment in and out. James Dawson, Jim Miller, Jim Lurghi, Hal Durk and my wife Teri. A big thanks to the people at the score table, Angie Spawn, Sonnie Welch, Kathy Dawson, and Mike Overdeer. Thanks to Beth Studebaker for selling shirts and taking addmission. A very special thanks goes out to my wife for all her help and support in the months before the meet. Thanks to Kenny Thompson and Mike Boyer for lifting on my team. Now last but not least, a very big thanks to our state chairman Mike Overdeer for taking time out to help me run this meet. I hope I did not forget anybody but if I did thanks a lot. (Thanks to first time Meet Director Sonny Runyon for providing results).

FCI Talladega Inside/Outside Meet
Oct 92 - Talladega, AL

132 class	SQ	BP	DL	Total
Freeman	325*	225	395*	945*
Patel	185	130	250	565
148 class				
Moore-OS	460**	275**	420**	1155**
Fasion	360	275	425	1060
D. Lane	410	210	390	1010
Joseph	365	205	385	955
Garcia	320	250	365	935
Cummings	275	250	400	925
W. Cooper	- - -	265	- - -	265
165 class				
Kiser-OS***	500**	360**	650**	1570**
Forte-M	570*	275	575*	1420*
Diraffaele	450	300	475	1225
Reynolds	400	275	510	1185
B. Casson	375	250	490	1115
Adorno	325	245	370	940
Musgraves-M	135	135	135	405
Pritchett	390	x300	- - -	390
Watford	- - -	275	- - -	275
181 class				
Yates	565	375	525	1465
M. Bailey	465	315	475	1255
T. Lee	405	265	550	1220
Morgan-OS	450	300	415	1165
Burnham	325	235	365	925
Wilcoxson	165	185	240	590
S. Cooper	525	x365	- - -	525
Hegney-M	135	x240	135	270
Clark	x320	- - -	- - -	- - -
198 class				
Hodge	625*	365	640*	1630*
Crowley-OS	570	370	530	1470
F. Sheridan	585	315	485	1385
Sosa	485	325	525	1335
Sharit	485	285	465	1235
Sublett-M	400	300	500	1200
Duke	415	285	450	150
Davis	320	170	365	855
Cline-M	115	135	115	365
220 class				
Sutton***	700	360	700	1760
Allen	525	325	525	1375
T. Bass	475	320	530	1325
Howard	460	290	475	1225
Burnette-M	225	225	275	725
242 class				
L. Hodge	660	395	675	1730
A. Hayden	225	385	500	1110
Randolph	365	250	315	930
Dockray	185	160	300	645
Thomas	- - -	x450	- - -	- - -
275 class				
Hamby	x625	- - -	- - -	- - -
SHW				
Upton-OS	800**	450	600	1850
Pate	560*	335	560	1455
Masters				
Forte'-165lb	570*	275	575*	1420*
Musgraves-165lb	135	135	135	405
Sublett-186lb	400	300	500	1200
Hegney-176lb	135	x240	135	270
Burnette-220lb	225	225	275	725

Master lifters competed in Open Class and Masters Class (over 40 yrs). OS - outside lifter; M - master; X - bad lift; * - inside record; ** - outside record; * - best lifter. Best lifter trophies are awarded for 198lbs. & below, 220 & above. The October Inside/Outside Powermeet was sponsored by the Talladega Barbell Club & Talladega Jaycees. A total of 49 lifters competed, including the Open Bench Press contest. It was a well run meet with the lifters getting encouragement from an appreciative crowd. A number of records were set by both inside & outside lifters. The Barbell Club would like to acknowledge all the spotters who did a tremendous job all day. There were some big lifts missed that would have resulted in injury without the spotters staying on top of things. They put in a long day for the benefit of all the lifters. The men at the scoring desk also did a great job. The judges were Hugh Morgan, Huggy Bear Sherman, and Sgt. Chip Menyer. They called a good meet. Our thanks to the Barbell Club representive and organizer, the roving video man , Mr. 'Mad Mac' McAlpine. Also the head of recreation, Mr. Ray Pierce and Ms. Buchanan. (results were submitted by F.R. Forte', Vice President, Talladega Barbell Club.)**

Muscle Beach Venice Push/Pull
19 Sep 92 - Venice, CA (kg)

Spec. Olympians	SQ	BP	DL	Total
16-19 yrs				
M. Bell		60	102.5	162.5
P. Hyder		45	52.5	97.5
20 & over Srs.				
R. Dirksen		60	127.5	190
G. Douthit		65	75	140
T. Yoshida		62.5	102.5	160
P. Morgan		65	75	140
Open Men				
123 lbs				
D. Someda		102.5	207.5	302.5
132 lbs				
C. Balanga		122.5	190	312.5
C. Munechika		120	162.5	282.5
M. Andrade		97.5	170	267.5
148 lbs				
J. Arenberg		142.5	215	357.5
R. Ferron		127.5	215	342.5
C. Chun		140	187.5	327.5
S. Lau		127.5	200	327.5
D. Gilliland		132.5	175	307.5
T. David		137.5	167.5	305
F. Troxel		112.5	185	297.5
165 lbs				
E. Viola		130	232.5	362.5
S. Lam		127.5	192.5	320
J. Williams		145	170	315
E. Harwelik		112.5	197.5	310
J. Manly		100	195	295
R. Romano		90	160	250
181 lbs				
N. Andrus		172.5	297.5	470
A. Hoyos		172.5	242.5	415
J. Courtney		145	255	400
M. Godbout		137.5	227.5	365
M. Womelsdorf		110	187.5	297.5
198 lbs				
T. Estebo		135	245	380
A. Moulinos		127.5	205	- - -
220 lbs				
R. Fedkiw		227.5	322.5	550
C. Marshall		175	267.5	442
C. Hirota		147.5	292.5	440
P. Johnson		167.5	227.5	375
242 lbs				
F. D'Angelo		220	277.5	497.5
M. Phillips		132.5	227.5	360
275 lbs				
B. Meek		222.5	305	527.5
Masters				
By Formula				
40-49				
B. Meek		222.5	305	527.5
V. Elliott		155	255	410
J. Bentley		155	200	355
N. Ligi		92.5	177.5	270
K. Schiller		97.5	182.5	280
50-59				
R. Abbott		80	195	275
R. Levy		97.5	180	277.5
60¢				
R. Cortes		130	217.5	347.5
Teens by Formula				
14-16				
M. Andrade		97.5	170	267.5
17-19				
D. Vittori		140¢	222.5¢	362.5
G. Altunyan		117.5	182.5	300
K. Nakano		100	185	285
J. Ramos		110	142.5	252.5
Women				
By Formula				
132 and under				
J. Wiltshire		90	155	245
L. Bechtel		72.5	115	187.5
132.5 & over				
Y. levy		82.5	172.5	252.5
L. Fassbender		55	132.5	187.5

Best Lifters: Lightweight Men - Nathan Andrus; Heavyweight Men - Ron Fedkiw; Overall Women - Joanna Wiltshire; Overall Master Men - Robert Cortes. Teams: Central Y Power Club 1st: Muscle Factory 2nd. Referees: Jack Hughes, Kevin Meskew, Carol meskew, Fil Pitassi, Rozanna Piassi, Bernie Gagne. Announcer: Charles LaMantia. Scorers: Kellie LaMantia, Darlene Galindo. Spotters & Loaders: Jeff Rosenthal, Andrew Brady, Jose Soto, Richard Abbott, Kenelm Booth, Ed Iwasaka. (results courtesy of Darlene Galindo)

ADFPA California State Bench Press
3 Oct 92 - Stockton, CA

Open Lifters		**14-15**	
52 kg		**K. Glass MT**	**77.5**
A. James	70	**16-17**	
M. Munger	35	**E. Flores MT**	**137.5**
56 kg		**18-19**	
D. Coronado	112.5	**S. Reynoso MT**	**152**
60 kg		**S. Penna MT**	**100**
M. Haro	127.5	**S. Franklin**	**92.5**
J. Clemente	120	**Masters ltWt**	
67.5 kg		**40-44**	
M. Margiotta	145	**G. Reiter**	**167.5**
G. Inouye	137.5	**M. Villarreal**	**140**
S. March	132.5	**45-49**	
J. Sermeno	130	**M. Sperling**	**155**
75 kg		**G. Mitchell**	**137.5**
SanAgustinMO	180	**J. Lloyd MM**	**92.5**
K. Fukamoto	167.5	**50+**	
B. Levering	167.5	**J. Hunter MM**	**137.5**
L. Turner	160	**J. Clemente MM**	**120**
C. Ritchie	122.5	**L. Thach MM**	**125**
M. Fuerter	117.5	**R. Seymour**	**105**
82.5 kg		**Masters Hvy**	
K. Kanemoto BL	200	**40-44**	
J. Alvaradoo	195	**F. Kendell MM**	**180**
R. Bales	167.5	**S. Roscoe**	**182.5**
S. Sheets	137.5	**VanBrocklinMM**	**175**
90 kg		**F. Trujillo**	**142.5**
P. Lewis BL	225	**L. Johnson**	**155**
W. Tanaka	187.5	**D. Imrie**	**140**
K. DeBone	182.5	**M. Martinez**	**122.5**
J. Schmidt	170	**O. Ojeda**	**107.5**
A. Segura	150	**45-49**	
100 kg		**Smith III MM**	**187.5**
R. Kitani	210	**F. Siebert MM**	**162.5**
D. Smith III	187.5	**R. Morris**	**170**
J. Tremblay, Jr.	187.5	**A. Sachs**	**147.5**
L. Lopez	182.5	**R. Spikes**	**155**
T. Lau	182.5	**B. Pothier**	**- - -**
B. Laliberte	175	**50+**	
S. DeBow	145	**TremblaySr.MM**	**197.5**
R. Newton	172.5	**P. Wilson MM**	**152.5**
R. Holiday	140	**D. Davis**	**182.5**
110 kg		**M. Willis MM**	**152.5**
E. Pond	192.5	**J. Jue**	**130**
J. Lara	190	**C. Fuller**	**117.5**
M. Kautz	185	**Women**	
M. Gonzales	170	**139 & below**	
T. McDowell	170	**A. James FM**	**70**
S. Pitari	155	**C. Savino FO**	**72.5**
125 kg		**C. Savino FO**	**55**
F. Beeler	225	**J. Goodnight**	**72.5**
G. Tremblay sr	182.5	**T. Gomez**	**60**
N. Summerville	167.5	**N. Wallace**	**52.5**
A. Sachs	147.5	**C. Gunlock**	**- - -**
125+ kg		**139 & above**	
R. Harries	235	**L. Emmerich**	**65**
J. Tremblay	235	**L. McComas**	**62.5**
C. Sanders	227.5	**B. Fuerter FO**	**62.5**
D. Davis	182.5	**D. Sabbe**	**62.5**
L. Contreras	195	**B. Smedley**	**57.5**
D. Egan	195	**S. Fife**	**52.5**
Teenage LtWt		**K. Pennebaker**	**52.5**
		C. Moody FM	**47.5**

Best Team - Bad To The Bone, 2nd - Tri8-Valley, 3rd - Iron Heart. MO - State male open bench press record. FO - State female open bench press record. MT - State male teenage bench press record. MM - State male masters bench press record. FM - State female masters B.P. record. Best lifter lightweight div. - Keith Kanemoto. Best lifter heavyweight div. - Perry Lewis. Best lifter Masters div. - James Hunter. Best lifter women's div. - Anna James. Referees: George Crocker, Joe Randazzo, Pete King, Ron Pagal, Sue Fife, Dave VanBrocklin, Joe Bernazzani, Clarice Moody, and Anna James. Expeditor; 'Big' Evan Matthews. Loaders: B. Schmidt, J. Coleman, T. Saea, C. Gonzaga. Score Keepers: Jenny Bernazzani and Alexandria Pagal. Announcer: Ron Pagal, Joe Bernazzani, and Joe Randazzo. Meet Directors: Joe Randazzo and Joe Bernazzani. (Thanks to Dr. Joe Randazzo for providing the results of this meet).

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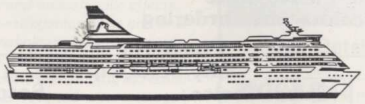

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Powerlifting Tour Co-ordinator
AICEP
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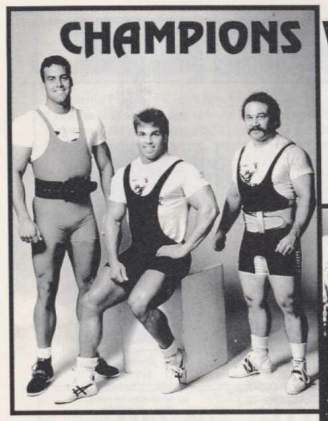

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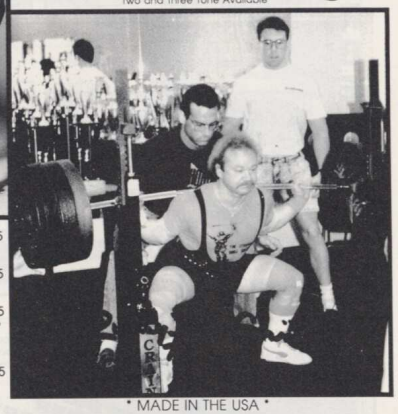

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7th Iowa State Fair Contest
Aug 92 - Des Moines, IA

Bench Press		D. Lahr	280
Pure Div.		181 class	
114 class		V. Pickrell	340
M. Vermeer	235	198 class	
J. Sprague	155	R. Lahodney	410
D. Bevenour	150	R. Martin	385
K. Kunze	99	T. Lange	380
123 class		M. Capriotti	370
P. Tath	265	220 class	
B. Peak	260	R. George	355
D. Surita	180	242 class	
148 class		P. Comito	400
R. Tath	315	B. Tippery	380
M. Kilburg	270	275 class	
M. Burgart	255	C. Cozine	390
J. Shafer	230	A. Nodtvedt	380
C. Bencke	220	SubMasters Div.	
C. Rohlts	- - -	35-39 class	
165 class		P. Comito	400
D. Schmitz	375	J. Nickerson	330
A. Beik	335	C. Martin	300
T. Stinson	330	T. West	265
D. Lahr	280	B. Peak	260
181 class		C. Dodds	250
I. Jackson	410	Masters I Div.	
J. Yakle	345	D. Taylor	355
198 class		R. George	355
M. Chaney	405	V. Pickrell	340
R. Martin	385	S. Craig	325
B. Good	365	Womens Div.	
B. Anderson	335	C. Butts	200
242 class		R. Daniels	135
P. Thurston	435	M. Bayles	125
R. Hoffman	435	Beginners Div.	
P. Comito	400	Lgt class	
B. Tippery	380	T. Lathrop	220
D. Reading	- - -	S. Ellis	210
SHW class		Mid class	
T. Wright	320	K. Lenz	230
Novice Div.		Hvy class	
148 class		G. Lathrop	295
M. Burgart	255	M. Seehasen	210
C. Bencke	220	SHW class	
T. Lathrop	220	C. Kelly	185
R. Varela	215	Masters II Div.	
165 class		J. Stadler	350
S. Fomaro	305	N. Lo Bue	335
T. West	265	R. Davis	310
D. Powers	255	J. Twet	285
R. Wise	230	Deadlift	
C. Kelly	185	Pure Div.	
181 class		148 class	
M. Jensen	315	M. Kilburg	480
S. Bunnell	310	D. Bevenour	285
J. Pickrell	285	165 class	
A. Anthony	230	M. Burgart	420
N. Whitehorn	180	181 class	
198 class		V. Shenberg	480
B. Good	365	198 class	
J. Sivinski	255	M. Chaney	540
220 class		J. Stewart	500
W. Clemmons	325	B. Schinter	495
G. Lathrop	295	J. Hansen	315
242 class		220 class	
R. Brugman	315	R. George	500
R. Hartwig	280	242 class	
SHW class		C. Koehrsen	740
T. Wright	320	R. Brugman	430
Teenage Div.		275 class	
132 class		R. Carson	575
M. Clark	245	SHW class	
A. Guzman	235	T. Wright	490
148 class		Masters Div.	
J. Looft	230	40+ class	
R. Varela	215	D. Mellon	500
B. Morgan	215	R. George	500
165 class		J. Twet	390
T. Bergdolt	295	S. Parrott	400
D. Powers	255	SubMasters Div.	
C. Taylor	240	T. Rizzo	580
181 class		D. Maier	415
N. Whitehorn	180	Natural Div.	
198 class		165 class	
D. Runbar	300	M. Hadacek	560
B. Hendrickson	295	181 class	
C. Cozine	160	D. Mellon	500
242 class		V. Shenburg	480
R. Hartwig	280	198 class	
Natural Div.		S. Parrott	400
165 class		J. Hansen	315
T. Stinson	330	220 class	
S. Craig	325	R. Blane	600

Preparing for the 1992 Drug Free 7th Annual Iowa State Fair Bench Press and Deadlift Contest it was clear we would have a great turnout. It has become what most would consider the "PREMIER LIFTING EVENT" in the Midwest. With a great 117 lifters attending the lifting was just superb. Everything from National Champions to entry level lifters come to lift and enjoy a meet that has been put on for nothing less than their enjoyment. With great help and support the meet went smoothly and without any problems usually associated with a meet of this size. We had lifters from 12 years old to 68 years old. We had a great number of local lifters and we also had lifters from a total of 14 other states, from as far away as New Mexico! We had a superb lifting site, excellent awards, and more than enough help to assure a quality meet. Most of the success of this meet is due to the excellent help that gives their time and effort to see that it goes smoothly year after year. Giving up family, leisure, career, or just recreational time these people donate a great deal to our sport. Tops on the list this day was our Regional Chairman and National Champion Larry Toomey who always does a great job on the microphone announcing and setting up flights. His help is a key to the success of any meet, but especially this one. National Referees and head judges Todd Patterson and Cosimo DeFrancisco did excellent jobs assuring of a fair and consistent day of lifting. Side judges Bill Fetty, barry Spain, Genny Spain, Scott Lemon, Mike Bardwell also did excellent jobs as did the spotters Jason Bardwell, Dan Gill, Steve Dean, David Bevenour and Mike Scott. We even had National Champion Rich Rumley help out spotting on one flight. Also many thanks to the number of lifters who filled in here and there as needed to load and spot. All great friends of our sport who myself and the lifters of this meet owe a thank you to for making it run so smoothly.

As far as the lifting it was a very exciting day - In the Pure division 114lb class Mike VerMeer won with no one close, the 123lb class was a battle with Palah Tath winning by just 5 lbs over Bill Peak. In the 165lb class from Storm Lake Iowa returning champion David Schmitz won easily. It was in the 181lb class that we saw our best light weight lifter Isiah Jackson weighing in at only 168 lbs and benching a massive 410. The 198lb class had Marty Chaney taking 1st place and the 242lb lass saw another battle with a tie, with the win going to Peter Thurston over Russ Hoffman. The Natural division had the best heavy weight lifter, a first time competitor in powerlifting. Rod Lahodney who has done bodybuilding competion in the past benched a huge 410 lbs edging out his competitors for that title. The sub-masters division was close with Bill Peak edging out Perry Comito by the Swartz formula. The Masters 1 & 2 division had great competition as always with Scott Craig and Nick Lo Bue winning their 1st place spots. The Womens division had our state champion Rose Daniels barely edging out Christina Butts both being from here in Des Moines. The Deadlift divisions also had great competition as the results show but one stood out alone to watch and that was the best lifter Craig Koehrsen who pulled a huge 740 lbs to win that title with only Mark Hadakek close behind to threaten his winning that title.

After the lifting was over the lifters accepted their awards with great appreciation. All 1st place finishers were given magnificent sculptures and a huge thanks to Rich Peters of N.A.S.A. for personally delivering those himself. Not to get to far off the subject here, but Rich and his FINE organization has been taking some very un-called for shots here locally from an isolated few individuals that have had no merit what so ever. Anyone who knows Rich or of his organization knows these are false accusations and this slander is not needed in our sport. I have been to all of Rich's meets here locally, to help out and can tell you personally he supports lifters to compete in ANY and ALL other organizations meets and I have never ever heard him say anything slanderous toward any of them. Maybe some should take note of his attitude and follow it! Enough said. I would like to once again thank all the fine lifters who attended and all the friends who helped make this years Iowa State Fair Contest the great success it was once again and has become known for. You are all dear friends and I wish you the best of luck. Good Health & Good Lifting to you All. (Thanks to Jeff Baird for results).

ADFPA
Walter Thomas Championship
19,20 Sep 92 - Midwest City, OK (kg)

Women Open	SQ	BP	DL	Total
154				
P. House	127.5	67.5	135	330
Lifetime				
111				
T. Gattis	70	40	100	210
129				
D. Stapleton	147.5	67.5	155	370
154				
A. Anderson	152.5	67.5	182.5	402.5
P. House	127.5	67.5	135	330
Men 40-44				
165				
C. Chestand	60	50	65	185
220				
L. Giordano	235	132.5	265	632.5
275				
D. Calvin	200	137.5	215	552.5
45-49				
181				
W. Thomas	65	65	65	195
198				
C. Caputo	205	147.5	237.5	590
SHW				
B. Allen	65	65	65	195
55-59				
148				
M. Peek	177.5	97.5	192.5	467.5
60-64				
220				
J. Dean	65	65	65	195
Lifetime				
123				
C. Hickman	142.5	107.5	167.5	417.5
165				
C. Brown	137.5	95	165	397.5
181				
T. Johnson	217.5	130	245	592.5
198				
E. Milfeld	245	142.5	277.5	665
J. Billman	245	147.5	265	657.5
220				
M. House	285	167.5	275	727.5
R. Kroeger	227.5	147.5	242.5	617.5
M. Ricker	262.5	- - -		
242				
K. Segnat	272.5	182.5	275	730
275				
D. Jenkins	302.5	167.5	272.5	742.5
Mens Open				
148				
E. Vaughn	205	132.5	220	557.5
181				
A. Quinn	262.5	142.5	245	650
220				
S. Rodenburg	275	180	285	740
B. Boyd	260	152.5	265	677.5
242				
J. Jones	230	162.5	220	612.5
275				
D. Cooley	297.5	215	287.5	800
Novice				
165				
P. Thomas	215	127	182.5	522.5
T. North	202.5	115	185	502.5
198				
R. Thoni	192.5	107.5	190	490
R. Kleclka	182.5	117.5	175	475
220				
M. Berger	187.5	145	220	552.5
Bench				
165				
T. Worth	115	242		
198				
J. Cunningham	165	A. Ward		190
B. Adams	165	T. Shirk		162.5
		K. McGlasson		- - -
		275		
		K. McGlasson		- - -

Outstanding lifters: Women, Dawna Stapleton: Men, Eddie Vaughn and Darren Cooley. Best squat; Women, Dawna Stapleton, Men, Allen Quinn and Derk Jenkins. Best Bench: Women, Dawna Stapleton; Men, Ron Hood and Darren Cooley Best deadlift: Women, Andrea Anderson; Men, Eddie Vaughn and Eric Milfeld. Team trophy went to Team Weight Room of Oklahoma City. Special thanks to Juli Thomas for her guest lifting. Thanks to Tom and Ruthie Haggerty from Haggerty's Gym for weights and equipment. Also to James Dehaven from Oklahoma Body Building Gym for his support and equipment. Thanks to Rickey Crain of Crains Muscle World for all the equipment and help in getting this meet put on. Also thanks to Rickey for the meet video. Would like to thank everyone who helped at the meet, Al Warner for announcing the meet, Judy Chestand for scoring, Sharon and Aron Allen for the concession stand. This meet went on without a hitch, because of the great job done by the loaders and spotters, Scott Allen, Jerald, Kevin, Jeff and special thanks to Shane Hammon for his hlep. Thanks to Robert and Thelma Allen for their help at the door and with T-Shirts. Referees Juli Thomas, Althea Napol, Warner Workman. Thanks to all the lifters for their participation and cooperation in making our first meet a great one. (Thanks to Walter Thomas for providing results).

Finnish Bench Press Championships
10,11 Oct 92 - (kg)

Women			
44		75	
T. Saari	67.5	A. Eriksson	182.5
R. Koskinen	60	R. Leskenmaa	180
52		A.J. Makitalo	180
T. Karjalainen	80	P. Kalliolevo	175
T. Hotinen	65	T. Mannila	150
H. Sling	62.5	P. Barek	145
T. Lieskivi	60	P. Landvik	145
I. Vaulakoroi	60	82.5	
56		J. Tahtinen	202.5
L. Vaisanen	82.5	J. Rantakallio	190
V. Ahjo	75	K. Nissila	180
L. Jurkka	75	K. Pakarinen	180
H. Pajunan	67.5	A.P. Lasksonan	175
R. Pohjalainen	67.5	K. Remes	170
E. Nikander	65	H. Malinen	165
60		J. Salata	157.5
H. Heiniluoma	92.5	J. Karanen	155
H. Laitinen	80	T. Naskali	152.5
M. Balminen	75	P. Laurile	150
E. Pohto	65	A. Koponen	145
M. Birkia	60	90	
67.5		J. Makisalo	190
A. Vlonen	80	E. Pontio	190
T. Perala	70	J. Westerberg	187.5
T. Matsson	65	M. Jarvenpaa	180
J. Koskela	60	H. Magforg	177.5
T. Kesti	55	I. Aalto	175
E. Balmela	50	E. Remes	170
75		T. Kohtamaki	165
S. Jarvenpaa	100	P. Kaasinen	192.5
J. Paatelainen	85	100	
T. Karna	60	S. Eriksson	225
82.5		S. Viitala	215
T. Rantanen	95	J. Nissinen	210
90		A. Nissinen	207.5
H. Koppnen	100	A. Malava	205
90+		P. Oravainen	202.5
T. Kulmala	65	M. Halkkila	185
Men		H. Miettinen	185
56		J. Heinonen	180
T. Lennartz	115	J. Pasanen	185
S. Lahdemaki	100	M. Raappana	187.5
60		110	
A. Sirvio	135	K. Ilmanen	232.5
J. Vainionpaa	125	A. Kokkonan	217.5
M. Kiloelainen	112.5	P. Tamminen	215
J. Kastegren	110	J. Jakara	215
67.5		M. Koivusaari	210
K. Takala	162.5	M. Lentonen	200
J. Jarvinen	162.5	E. Hangasmaa	220
B. Selkainaho	147.5	T. Pikkarainen	180
V. Kurki	145	125	
T. Heinonan	142.5	J. Bjoman BL	270
K. Immonen	125	L. Tammi	212.5
H. Hallfore	125	J. Lampiainen	200
M. Lintula	125	J. Sipponen	190
K. Kuisma	122.5	K. Huhtakangas	190
		125+	
		M. Koivusaari	230

Thanks to Sakari Selkainaho for a nice contest arrangement. (Thanks to Jari Tahtinen for results).

Most Massive Bench Press
11 Oct 92 - Cobleshill, NY

Womens Div.			
C. Bury BL	155	T. Allen	465
P. Meeker	140	Teens	
A. Pettinato	135	148	
Mens Div.		C. Price	240
Open		K. Pleickhaldt	150
114		165	
A. Martucci	210	V. Cuomo	245
132		181	
C. Byrnes BL	340	G. Cronin	260
148		198	
C. Stow	275	T. Kavalenko BL	335
165		K. Sullery	285
R. Lawrence	340	D. Paugh	250
P. Armlin	195	220	
181		C. Parker	305
J. Calte	310	242	
198		E. France	255
A. Dicaprio	340	Masters Div.	
D. Maxwell	265	181	
220		N. Issacs BL	300
N. Cuomo	415	B. Bonghy	210
J. Bahari	325	220	
S. Brillon	315	E. Scott	310
242		M. Meeker	290
M. Debetta	325	242	
275		L. Barry	310
D. Leon BL	465	O. Henneman	300

Results provided courtesy of John Schmitz - owner - Mass Production Gym & Fitness, 21 West Main St., Cobleskill, N.Y. 12043; (518) 234-9148

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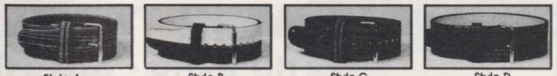
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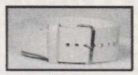
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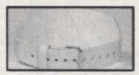
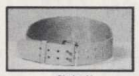
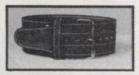
4" Leather
Single Thickness


Style G
$29.95
6" Tapered
Single Thickness


Style H
$23.95
4" Tapered
Single Thickness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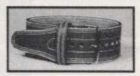
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Double Thick Neon
Leather w/Stitching
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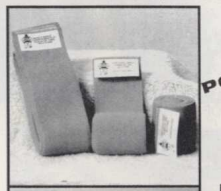
Same as Style C
w/Embroidered Name



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POWER PHOTOS are welcome. If you go to a meet and take some shots, send some of the good ones to Box 467, Camarillo, CA 93011 let us have a look at them. If we publish any of them, you will get credit in the magazine for the photo and payment will be sent along to you in the mail.

ADFPA Central USA Open (kg)
10,11 Oct 92 - Cape Girardeau, MO

Masters	SQ	BP	DL	Total
67.5				
I. Zwick	25	130	25	180
75				
B. Peters	115	75	142.5	332.5
82.5				
R. Brackett	185	120	190	495
G. Jackson	115	82.5	157.5	355
K. Pickens	197.5	-	-	-
90				
B. Marks	-	-	-	
100				
M. Bialas	185	110	172.5	487.5
110				
W. Wilson	242.5	145	240	527.5
W. Allen	130	135	232.5	497.5
F. Strausser	115	150	115	380
Teenage				
60				
C. Pickens	120	57.5	150	337.5
75				
K. Richardson	205	125	215	545
D. Riney	162.5	142.5	182.5	487.5
W. Seidel	152.5	102.5	200	455
W. Seidel	-	-	-	
100				
J. Cahill	272.5	150	270	692.5
K. Shrum	127.5	105	160	392.5
Women				
47.5				
K. Almany	110	65	110	285
63				
M. Hulseyu	107.5	62.5	142.5	312.5
70				
P. House	-	-	-	
81				
B. Yancey	72.5	37.5	90	200
Novice				
60				
M. Hulseyu	107.5	62.5	142.5	312.5
67.5				
M. Denitto	152.5	145	165	462.5
P. Kubica	165	105	182.5	452.5
M. Sample	142.5	77.5	157.5	377.5
M. Houston	180	127.5	-	-
75				
M. Foy	200	120	210	530
S. Holfer	190	132.5	182.5	505
J. Chandler	167.5	125	210	502.5
P. Fay	192.5	115	192.5	500
S. Humphrey	160	132.5	205	497.5
G. Thompson	195	107.5	192.5	495
C. Lyerla	157.5	122.5	210	490
B. Schmidt	170	105	212.5	487.5
T. Fletcher	-	-	-	
82.5				
R. Gramlisch	227.5	122.5	235	585
B. Kratz	170	95	200	465
90				
S. Jacobson	225	182.5	235	542.5
N. Sicurello	227.5	147.5	242.5	617.5
B. Black	222.5	127.5	195	545
R. Robinson	175	137.5	182.5	495
L. Easter	167.5	120	167.5	455
S. Stockard	¹142.5	137.5	-	-
100				
S. Mooney	227.5	160	227.5	615
T. Patterson	182 5	192.5	237.5	612.5
T. Walls	262.5	125	212.5	600
P. Gerdes	215	142.5	230	587.5
M. Bialas	185	110	172.5	467.5
110				
J. Bach	217.5	147.5	232.5	597.5
B. Wilson	210	135	210	555
C. Millar	165	157.5	210	532.5
C. McClain	¹250	-	-	-
125				
W. Eilermann	250	190	230	670
Open				
60				
K. Clemens	192.5	107.5	175	475
M. Meyer	177.5	107.5	167.5	452.5
M. Hulseyu	107.5	62.5	142.5	312.5
67.5				
A. Hang	200	145	217.5	582.5
T. Levins	197.5	127.5	197.5	522.5
M. Sample	142.5	77.5	157.5	377.5
M. Houston	¹180	127.5	-	-
75				
J. Denning	210	142.5	205	557.5
M. Moon	195	140	207.5	542.5
J. Chandler	167.5	125	210	502.5
S. Humphrey	160	132.5	205	497.5
G. Thompson	195	107.5	192.5	495
B. Schmidt	170	105	212.5	487.5
82.5				
P. Edwards	210	145	250	605
R. Gramlisch	227.5	122.5	235	585
J. Walls	205	165	192.5	562.5
R. Brackett	185	120	190	405
J. Ryan	165	115	177.5	457.5
90				
L. Sample	282.5	170	272.5	725
D. Horn	227.5	135	220	582.5
B. Yancey	72.5	37.5	90	200
S. Stockard	¹142.5	137.5	-	-
J. Sizemore	215	¹170	-	-
M. Lifschitz	-	-	-	
100				
J. Piper	252.5	170	272.5	695
S. Mooney	227.5	160	227.5	615
T. Walls	262.5	125	212.5	600
M. Bialas	185	110	172.5	467.5
110				
T. Feissle	277.5	177.5	265	720
J. Oelrich	250	150	287.5	687.5
S. Smith	247.5	162.5	237.5	647.5
B. Nace	227.5	152.5	255	635
C. McClain	¹250	-	-	-
125				
P. Rankin	312.5	200	260	772.5
J. Pledaer	315	165	275	755
J. Kruzynski	300	147.5	267.5	715
126				
J. Sampson	227.5	182.5	215	625

Bench Press	
Masters	
67.5	
I. Zwick	130
90	
A. Kisrow	172.5
P. Westling	120
100	
M. Bialas	110
110	
F. Strausser	150
126	
D. Keeney	¹137.5
Teenage	
52	
R. Harper	75
100	
K. Shrum	105
Open	
60	
R. Arbuckle	132.5
K. Clemens	107.5
M. Meyer	107.5
67.5	
A. Heng	145
M. Denitto	145
B. Dickey	145
M. Houston	127.5
S. Smith	122.5
75	
J. Denning	142.5
D. Riney	142.5
M. Moon	140
S. Humphrey	132.5
82.5	
D. Ford	182.5
R. Able	165
J. Walls	165
90	
R. Ozbourn	190
S. Jacobson	182.5
J. Picarelli	160
S. Stockard	137.5
J. Sizemore	¹170
100	
D. Branson	195
T. Patterson	192.5
J. Piper	170
V. Amidon	170
S. Mooney	160
110	
S. Smith	162.5
C. Millar	157.5
125	
P. Rankin	200
J. Pledger	165
126	
S. Ellis	235
J. Sampson	182.5

Meet Directors: Michael Cissell and John Petroff. 91 lifters registered to lift at the 3rd hosting of the Central USA Open, up by almost 30 percent from last year. This year a bench press division was added. Each year this competition grows in the number and quality of lifters. The team competition was heated. Taking first place was Universal Physique, second went to Cahokia Power Team and third to Midwest Fitness. Special thanks to Steve Cissell, Sue Cissell, Dawn Cissell, Sam Greco, Rick Fowler, Bob Triphahn, Mark Madigan, Doug Freise and all the others who made the meet a great success. We're looking forward to hosting this meet again next year. Preliminary talks are in progress to host the Missouri State/Ozark Open in Cape Girardeau for 1993 at Universal Physique. (Thanks to John Petroff for providing these competition results).

NASA Michigan State
3 Oct 92 - Jackson, MI

114	SQ	BP	DL	Total
Pure Novice				
J. Erwin-bey	125	116	181	422
123				
Pure				
K. Rappuhn	125	84	161	371
Master I				
K. Rappuhn	125	84	161	371
132				
Natural				
D. Depp	192	109	199	501
148				
Pure				
J. Vaughn	181	118	206	506
J. Winters	195	86	192	473
S. Goss	145	70	181	416
Pure Novice				
N. Brown	201	127	222	551
K. Wilson	197	140sa	192	530
T. Greenman	170	120	174	464
Submaster				
M. Grab	163	122	229	514
J. Winters	195	86	192	473
165				
Pure				
D. Rodriquez	263	161	256	680
S. Sielawa	247	131	254	632
W. Skeen	168	104	249	521
G. Bartotti	179	118	190	487
Pure Novice				
E. Guest	152	156	199	508
J. Gable	145	90	206	442
Submaster				
J. Marsiglia	208	131	208	548
Master 1				
G. Bartotti	179	118	190	487
181				
Pure				
B. Vanfarowe	243	147	204	594
A. Fricke	213	147	218	578
T. Maksimowski	181	129	220	530
M. Childs	181	90	204	475
Master 1				
J. Curtin	167	111	220	498
Master 2				
J. McDermott	181	140	152	473
198				
Pure				
R. McCann	245	165	233	644
A. Soles	201	131	215	548
S. Thornton	125	127	147	399
Pure Novice				
R. McCann	245	165	233	644
B. Robinson	229	136	229	594
W. Woods	192	133	235	562
A. Soles	201	131	215	548
F. Vassar-bey	183	131	197	512
M. Mitchell	170	102	202	474
S. Thornton	125	127	147	399
Natural				
J. Douglas	215	142	215	573
Submaster				
D. Terry	226	127	235	589
G. Popp	199	147	229	575
Master 1				
J. Dougla	215	142	215	573
J. Cyphers	190	120	217	528
220				
Pure				
L. Johnson	254	154	308	716
		4th	317	
R. Striggow	267	167	280	715
P. Douglass	226	177	249	653
M. Wenglikowski	215	129	226	571
Natural				
P. Person	344	181	317	843
Submaster				
R. Striggow	267	167	280	715
M. Wenglikowski	215	129	226	571
Master 2				
L. Tisi	208	129	256	594
J. Israel	183	138	229	551
242				
Submaster				
D. Atherton	295	177	290	762
Master 1				
S. Butler	218s	140	218	576s
L. Lawson	192	147s	226s	566
J. Weingartz	158	90	199	449
275				
Pure				
L. Williams	283	127	260	625
Master 1				
L. Williams	283	127	260	625
SHW				
Pure				
G. Manson	263s	156	249s	669s

s - State record; a - American record. Mario Torrez, Meet Director and NASA State Chairman. Vranda Barclay, Meet Coordinator. Teams: Egeler - 49 pts; Powerbuilders - 40 pts; Mario's Uptime - 33 pts. Chief Official: Mario Torrez, Internatl. referee. Natl. Officials: Walt Allies, Wm. Brown, Manual Rosas, Anthony Noriega, Harold Antenau, William Siegla, Lloyd Tisi, Mike Wenglikowski, Reginald Wigham, Brian Compau, Lawrence Williams, Gary Popp. The meet as held at Egeler Correctional Facility for the 2nd consecutive year. Mario Torrez chose the site because it provides one of the best lifting environments in the state. Warden Henry Brayson, assistant deputy warden Charles Sprang, and assistant deputy warden Stan Washington without whom the meet would not be possible are to be commended for their support and cooperation. The meet workers, scorekeepers, and spotters, all inmate volunteers, have become a well organized team under the direction of Ms. Vranda Barclay. The Egeler gym is adequately equipped and the administration goes to great lengths to welcome all of the lifters. The meet started at 10:00am and was completed by 3:30pm. Only one lifter had an attempt disqualified becuase he took too long getting to the platform. Several lifters expressed their appreciation for he organization of the meet. Mr. Torrez rotated officials so none were was overworked. They were strict, yet in a professional manner that it brought out the best from the lifters.

Jacques Erwin-bey, in his first meet, captured the Pure Novice crown, and set new state records with every successful attempt. He went 8 or 9, and set 3 new American records. Jacques has served notice that he is going to be a force to contend with in the 114 class. Keith Rappuhn set 7 new state records, and 4 American Master 1 records en route to his 2nd state title. Dennis Depp set two state records as he won the 132lb. Natural title. Jim Vaughn won his 2nd consecutive state title, as he defeated Jerry Winters and Stan Goss in the Pure division. Nate Brown, set new state records for the squat, deadlift and bench, as he battled Karl Wilson, who set an American bench record. Mark Grab set 3 state records as he battled Jerry Winters for the Submaster title. Steve Sielawa gave Dave Rodriguez a good fight, but Dave gave a clinic on technique and strength as he set two new state records, and won his 2nd consecutive title. Eric Guest, in his first meet, set a new state bench record, and won the Pure Novice division. Joe Marsiglia won the 165lb Submaster division and George Bartotti took the Master 1 title, and set a new state bench record. Brian VanFarowe and Al Fricke battled for the 181lb Pure title. Brian's big squat was just a bit too much for Al. John Curtin won the Master 1 title. It's good to see John back in a three lift meet. Joe McDermott won the 181 Master 2 division and set 4 new state records.

Robert McCann Jr., dominated the 198lb Pure and Pure Novice divisons. Robert set new bench records in both and the squat and total record in the Pure Novice. Brian Robinson showed a lot of improvement and with his work ethic shows a lot of promise in the future. Jim Douglas, owner of Powerbuilders Gym in Jackson, MI., won the Natural and Master 1 state titles. Jim is one of the best sportsman around. Dwight Terry and Gary Popp battled for the Submaster title, and Dwight reigned supreme with his 1st State title.

The 220lb Pure division was one of the hardest fought battles of the day, as Randy Striggow, who went 9 for 9, and Lance Johnson put on a show of strength, sportsmanship, and guts that everyone appreciated. Lance won with a record setting deadlift of 680, a new state total record of 1575, and just beat Randy by 5 pounds. Lance was allowed a 4th attempt in the dead lift and successfully pulled a 700! Randy also rewrote the records and took home the state title for the Submaster division. Paul Douglass, set a new Pure division state bench record of 390 lbs. Pat Person is back! Pat, lifting in his first NASA meet, won the Natural division title with a record setting 1860 total, along with state records in the squat and deadlift. Seeing such a prestigious lifter as Pat handle the weights was a clinic all the lifters will remember for a long time to come. The 220 Master 2 division was won by Lloyd Tisi. Jacob Israel was 2nd. The 242 Master 1 title was one of the best contests of the meet. Two 'old' warriors, Sam Butler and Lionel Lawson, battled from their first squats to their final deadlifts. As happens in many NASA meets, the men came to respect and admire the ability of the other. Sam won, but both look forward to their next meeting. Joe Weingartz gave a good accounting of himself. Dennis Atherton, won the 242 Submaster title with another fine effort on his part. Lawrence Williams won the 275 Pure and Master 1 state titles for the 2nd, as did ever improving George Manson. Altogether 50 new state records, and 8 American records were set. Thank you, to all the meet workers, spotters, weight changers and officials for a job well done. Thank you to Jim Douglas for the equipment. The trophies for this meet were spectacular...thanks Mario. (Results of this competition provided by L. Vulgarian).

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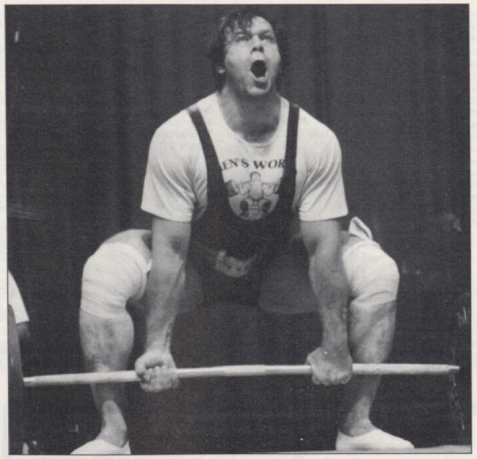
German Nationals
9,10 Oct 92 - Wemding, Bavaria (kg)

Women	SQ	BP	DL	Total
48 kg				
A. Rosenfeld	110	57.5	117.5	285
E. Scherpi	90	55	112.5	257.5
H. Krienitz	92.5	40	120	252.5
52 kg				
L. Fasulo	125	62.5	125	312.5
H. Schenk	97.5	42.5	135	275
R. Neumann	90	47.5	125	262.5
M. Gernlein	95	50	105	250
56 kg				
U. Eachenasy	130	67.5	140	337.5
H. Schnelle	125	67.5	140	332.5
E. Fillner	112.5	72.5	132.5	317.5
R. Riedl	105	60	130	295
M. Benzin	102.5	80	107.5	290
D. McSwain	107.5	57.5	122.5	287.5
60 kg				
C. Bindemann	122.5	55	160	337.5
A. Thimm	120	65	150	335
K. Bruder	127.5	62.5	140	330
E. Pieper	115	50	130	295
M. Voigt	85	60	100	245
H. Nohr	80	47.5	97.5	225
67.5 kg				
I. Wohlhoefler BL	165	107.5	185	457.5
A. Gschwendner	177.5	72.5	170	420
A. Koller	140	85	160	385
S. Lindner	120	75	135	330
S. Feldigel	125	52.5	120	297.5
S. Schlesinger	102.5	70	115	287.5
B. Kliemt	90	60	110	260
75 kg				
G. Fuchs	162.5	87.5	167.5	417.5
S. Cleve	145	75	155	375
T. Gruen	135	72.5	147.5	355
G. Weinberger	125	55	130	310
V. Meyer	110	47.5	135	292.5
82.5 kg				
D. Schumacher	180	100	185	465
90 kg				
A. Moser	187.5	102.5	175	465
C. Wagner	100	70	140	310
90+ kg				
U. Herchenhein	202.5	120	210	532.5
Men				
52 kg				
U. Demir	167.5	100	185	452.5§
C. Klein	157.5	112.5	175	445*
56 kg				
K. Jaschinski	195	135	212.5	542.5§
J. Moedl	210§	110	210	530
60 kg				
A. Fidelio	185	110	230	525
D. Houschka	155	115	170	440
R. Ansorg	117.5	102.5	190	410
67.5 kg				
J. Harry	207.5	142.5	237.5	587.5
K. Rooch	205	170	212.5	587.5
D. Daron	190	110	212.5	512.5
H. Blust	160	105	200	465
W. Schleich	Disq			
75 kg				
M. Schmitt	240	175	250	665
M. Schnurr	250	132.5	267.5	650
S. Amato	235	137.5	220	592.5
R. Drygalla	217.5	150	217.5	585
S. Kulhawy	230	130	215	575
F. Seth	210	145	200	555
G. Wiesner	230	- - -	- - -	disq
82.5 kg				
D. Surma	295	187.5	267.5	750
B. Schmitt	260	160	265	685
V. Friedrich	250	180	255	685
H. Selsam	250	155	245	650
J. Engelmann	235	135	220	590
R. Herrmann	210	117.5	240	567.5
90 kg				
U. Rambow	320	182.5	300	802.5
D. Tanpinard	250	187.5	321§	757.5
M. Hansper	260	165	265	690
B. Diewald	272.5	162.5	247.5	682.5
M. Kunisch	230	155	290	675
I. Gerngross	265	130	245	640
B. Sendazki	250	160	210	620
100 kg				
M. Mueller	310	180	322.5	812.5
J. Schmid	310	160	335	805
N. Siodlaczek	295	205	302.5	802.5
G. Haake	307.5	170	312.5	790
T. Kulhawy	290	185	250	725
R. Fass	270	147.5	250	667.5
110 kg				
A. Koch	310	165	295	770
O. Knyrim	312.5	167.5	277.5	757.5
H. Steiner	260	177.5	295	732.5
U. Rohde	275	155	265	695
125 kg				
M. Bruegger BL	340	237.5	355	932.5
E. Schwanke	340	230	315	885
U. Brosda	300	160	320	780
R. Ewerz	290	160	292.5	742.5
D. Glohmann	disq			
125+ kg				
R. Gierz	380	225	335	940
R. Kuster	325	157.5	300	782.5

§ - German record. * - German Junior record. BL - best lifter. The 1992 German Senior Nationals, compared to the last two meets, were much improved, a better venue and more awards, I think all lifters liked this one, thanks to the TSV Wemding and Ingbert Gerngross. They will also host the 1993 EPF Men's Europeans in May. Also, the German television ZDF was on hand to cover the meet with interviews of Irmgard Wohlhoefler (IPF Women's World silver medalist) and IPF 91 World Supers Champ Hans Zerhoch. They both did a good job representing our sport. IPF President Heinz Vierthaler awarded the trophies and took shots for his magazine, *Power Sport*. EPF's Heiner Koeberich, as always, did a great work on his computer. In the women's categories no german record was established, but Andrea Gschwendner made an IPF junior world record with 177.5 kg in the squat, at 67.5 kg. Best lifter award (3 years in a row) went to I. Wohlhoefler with a 457.5 kg total (370.34 points), also at 67.5 kg. Ulrike Herchenhein achieved the biggest total with a 532.5 kg at +90 kg. Doris Schumacher (75.2 kg) made a fine 465 kg, that gave her the second best lifter award, but she is not in the national team, because of a controversial questionnaire from the German federation, where they ask things about pregnancy, etc. Doris feels they have no right to ask those questions and by the way funding isn't what it should be. The men's classes started with german records in 52 and 56 kg. Ugur Demir totalled 452.5 kg in 114 and national squad member Klemens Jaschinski made a fine 542.5 kg at 123 lb. At 132 last year's IPF world silver medalist Guenther Icks was missed. I hope the rumours about his retirement are not true. Dirk Surma had a great day at 82.5 kg, nine for nine (no red lights) and 750 kg at the end. In the absence of Frank Schramm, Ulrich Rambow won with 802.5 kg. Schramm saved energy for the world championships and is in terrific shape (771-479-628). D. Tanpinard pulled a new german record with 321 kg and placed second. After a tough battle Magnus Mueller won at 220 with 812.5 kg. Joerg Schmid secured second with a giant pull of 335 kg. Norbert Siodlaczek placed third with 802.5 kg. He was caught in Canada at the same meet with Ed Coan and still is suspended from the IPF, but could lift nationally with no problem. Is there a difference between lifters and a big name like Coan? A comeback with 932.5 kg was made by Michael Bruegger at 275 lb, although his bench is still down from his pec-tear at the Malibu Classics. At SHW Ralf Gierz made 940 kg, but was not satisified because he lost some key-attempts in the bench and deadlift. Hans Zerhoch, like Schramm, is qualified for Birmingham and did not lift. He is in great shape, looking better than ever and he will total big in England (925-485-7788). This meet was held under IPF rules and fully drug tested. (Thanks to Thomas Klose for results).



Rudy Kuster *deadlifting at the German Nationals. (photo by Hermann Korte)*

USPF Lima Family YMCA Bench
10 Oct 92 - Lima, OH

Women			
K. Bendross	165	T. Nemeth	335
J. Blanchett	95	K. Bucher	315
Teen 16-19		220	
M. Mangum	245	J. Brunner	355
C. Brandenburg	360	C. Thomas	310
132		242	
J. Murphy	295	T. Pearson	365
C. Collins	260	R. Olberding,Jr.	340
148		SHW	
T. Whitt	265	B. Bushey	455
M. Mangum	245	C. Bradenburg	360
165		A. Lotis	335
C. Richardson	290	Masters 40-49	
D. Rensi	285	B. Bushey	455
181		A. Lotis	335
N. Carrara	385	Masters 50+	
		J. Bailey	255

Meet Directors: Robin Syfert, Terry Shrider. Meet Judges: Sharon and Len Meyer and Terry Shrider. (Thanks to Robin Syfert for providing the results).

NHSP Fall Power Meet
10 Oct 92 - Concord, NH

132	SQ	BP	DL	Total
J. Coleman	335	175	275	825
148				
J. Rand BL	450	275	450	1175
165				
D. Desaulniers	405	250	455	1110
181				
M. Kowalcyzk	430	275	460	1165
Masters 45-49				
C. McDonald	350	200	400	950
198				
S. Hall	500	285	480	1265
220				
M. Donnelly	650	285	565	1500
P. Subocz	480	330	490	1400
Masters 45-49				
C. Huckelbury	475	295	520	1290
SHW				
B. Huffman	550	275	525	1350
Bench Press				
132				
J. Catlow	205			
J. Coleman	175			
148				
J. Rand	275			
165				
D. Desaulniers	250			
181				
R. Demerritt	330			
R. Bailey	310			
M. Kowalcyzk	275			
Masters 45-49				
C. McDonald	200			
198				
S. Hall	285			
220				
P. Suboca	330			
M. Donnelly	285			
Masters 45-459				
C. Huckelbury	295			
242				
S. Simoneau	350			
SHW				
B. Huffman	275			

This meet was judged by Al Eason, Parrish Jernigan, Brad Prendergast and Scott Quinn. Anthnony Sawyer kept things moving properly at the scorers table. The scare of the day was registered by Mark Donnelly, who in an attempt to break an institutional squat record, crashed to the floor with 675 pounds. Luckily the only injury was to Mark's ego. All of this year's competitors provided a fine meet and left the weight room with a sense of accomplishment. We would all like to thank the recreation department for staying out of the way and allowing us to coordinate our own meets. (results of this competition provided to us courtesy of Mark Donnelly)

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NASA Texas Regional
3,4 Oct 92 - Dallas, TX (kg)

Women	SQ	BP	DL	Total
105				
Valdiviez	142.5	72.5	135	347.5
123				
Casto	150	75	152.5	377.5
132				
Jordan	85	35	92.5	212.5
165				
Clark	155	82	170	407.5
Mens Pure				
114				
Young	170	92.5	167.5	430
148				
Jones	120	80	167.5	367.5
165				
Arrendell	210	162.5	227.5	600
181				
Todd	242.5	167.5	227.5	637.5
198				
Titus	265	167.5	260	692.5
Schraub	272.5	125	250	660
Wheeler	225	160	265	650
Troup	235	142.5	205	582.5
Phillips	190	145	207.5	542.5
220				
Tucker	315	160	315	790
Ventress	272.5	137.5	262.5	672.5
242				
Schaffler	212.5	142.5	242.5	597.5
275				
Holder	237.5	130	220	587.5
SHW				
Anderson	227.5	200	300	727.5
Pure Novice				
148				
Woodworth	205	152.5	217.5	575
165				
Sabir	185	150	217.5	567.5
181				
Dauria	212.5	142.5	210	565
Zuber	192.5	140	197.5	530
Moore	187.5	92.5	207.5	487.5
198				
Enochs	237.5	132.5	227.5	597.5
Troup	235	142.5	205	582.5
Cox	205	125	205	535
220				
Tucker	315	160	315	790
Hoffman	292.5	200	257.5	750
Ventress	272.5	137.5	262.5	672.5
242				
Jones	282.5	155	250	687.5
275				
Earle	192.5	125	237.5	555
SHW				
Vela	205	152.5	245	602.5
Teenage				
181				
Zuber	192.5	140	197.5	530
198				
Sowards	250	150	215	615
High School				
165				
Butler	200	110	227.5	537.5
Juniors				
165				
Hawkins	182.5	95	160	437.5
181				
Zuber	192.5	140	197.5	530
242				
Hammons	320	187.5	275	782.5
Natural				
181				
Dain	192.5	125	205	522.5
198				
Hoffman	295	192.5	282.5	770
Lyles	192.5	145	212.5	550
Phillips	190	145	207.5	542.5
220				
French	312.5	190	182.5	685
242				
Scheffler	212.5	142.5	242.5	597.5
Smith	232.5	150	200	582.5
275				
Allen	367.5	232.5	285	885
Stoughen	330	195	300	825
Submasters				
181				
Dauria	212.5	142.5	210	565
198				
Kivela	237.5	147.5	245	630
Lyles	192.5	145	212.5	550
Townsend	185	125	172.5	482.5
220				
Ross	270	147.5	235	652.5
Breslin	237.5	150	230	617.5
242				
Jones	282.5	155	250	687.5
275				
Holder	237.5	130	220	587.5
Masters I				
165				
Ray	150	70	155	375
181				
Gassiraro	195	137.5	207.5	540
Koplin	182.5	130	192.5	505
220				
Frescka	165	155	205	525

Bench Press

Womens			
105		Lyles	145
Valdiviaz	72.5	Phillips	145
114		220	
Warren	55	French	190
165		Mounce	182.5
Clark	82.5	242	
Mens Pure		Fewin	167.5
165		275	
Arrendell	162.5	Hefner	165
Beall	155	Tabarlet	125
198		Submasters	
Phillips	145	165	
220		Simmons	140
Huffman	200	198	
Smith	167.5	Lyles	145
SHW		220	
Anderson	200	Todd (smll)	150
Pure Novice		242	
148		Jones (smll)	155
Woodworth	152.5	275	
220		Holder (sml)	130
Ross	207.5	Masters I	
242		181	
Jones	155	Pittman	175
Natural		Koplin	130
165		220	
Beall	155	Smith	165.5
198		Masters III	
Hoffman	192.5	220	
		Frecsko	155

(Thanks to NASA for providing these results).

MDSA Octoberfest Bench Press
10 Oct 92 - Marshall, MN

Closed Only			
Teen Women		220	
148		M. Bengtson	310
J. Lindsley	115	242	
Teen Men		R. Davis	310
148		275	
T. Klemm	180	B. Norton	295
165		Open Only	
V. Klemm	230	Men	
220		181	
M. Ritze	290	D. Hrycyk	255
Men		220	
181		S. Carson	365
M. Dahlke	340	275	
198		G. Woychik	480
T. Ewy	415	SHW	
220		K. Sorenson	455
P. Enger	325	Submaster	
242		SHW	
D. Sturgeon	350	C. Schneider	400
Submaster		Master	
SHW		275	
C. Schneider	400	B. Norton	295
Master		300	
		J. Lindsley	430

Judges: Jack Lindsley, Shawn Carson, Roger Davis, and Billy Norton. Announcer:Darwin Jacobson. Spotter/Loaders: Jeff Wenker from Ghent, MN, and Eric Bloch from Balaton, MN. Door Prizes: Shawn Carson won two pounds of Jake & Jenny's Gym complex carb powder worth $9.00 and Mark Bengtson won a bottle of Dibencozide Blend worth $35.00. The contests were held at the Matshall Square Mall. Terry Ewy co-directed these meets and if things work out, has decided to add the Jerk-Press and the Deadlift events next year. Terry's 415 broke the 198 level 1 record which he held. Keith Sorenson attempted 485 on his 3rd attempt. Don Sturgeon tried 370, Paul Enger 350, Matt Ritze 320, Roger Davis 320, Troy Klemm 210, and Shawn Carson 390. Corry 'Crowbar' Schneider did a personal record 400 and was actually present when his name wa called for the main door prize drawing - it turned out that the 'main door prize' was in reality a huge trophy with a crowbar bolted down between the pillars - gotcha Corry!! Glen Woychik pushed up a huge 480 to set an MDSA South Dakota record. Jessica Lindsley recently turned 13 and already has two North Dakota records to her credit. Her father Jack is still proving that he has plenty of fire left as he pushed his record up to 430. Billy Norton pushed up an MDSA personal record at 49 years of age. I plan to hold the Jerk—Press Nationals next September so you now have plenty of advance notice. (Thanks to Darwin Jacobsen for providing the meet results).

POWER PEOPLE

Thomas Edward Hudson *is the 14 month old grandson of Masters champ and lifting machine Hal Hudson. Doesn't he look like Grandpa?*

Samantha Jo Crain*, 6 years old and 55 lbs., is seen deadlifting 100 lbs. continuing a tradition started by her grandpa Don Crain and continued through Rickey Dale Crain, etc.*

Fall Bench Press Classic
10 Oct 92 - Charleston, IL

Women			
K. Deline	90*	220	
Teenage		D. O'Connor BL	450
R. Derringer	285	242	
R. Pedigo	275	G. Gordon	400
T. Trapani	265	4th attempt	420
148		D. Latch	320
M. Nguyen	290*	275	
B. Hutchinson	270	D. Sprague	440*
165		A. Rudd	355*
R. Derringer	285	T. Tyler	350
L. Furgeson	280	SHW	
181		T. Phillips	480*
J. Tomawno BL	400	D. Deline	355
M. Craig	290*	Submaster	
L. Miller	265	T. Phillips	480*
198		T. Davis	360
C. Pond	340	Master	
S. Wattles	295	D. Latch	320

Team Champion: Al's Gym, Chicago. * - PR. The 9th Fall Bench Press Classic had its smallest turnout but saw some fine lifting. In the women's division 11 1/2 year old Kandace Deline set a new PR with a 90 lb. bench just missing 100. In a close teenage battle Robert Derringer came out on top ahead of Randy Pedigo and Tony Trapani. Newcomer Hoan Nguyen set a new PR in the 148's while Benny Hutchinson finished second after a few persuasive slaps by promoter Darrell Latch. In the 165's teenager Robert Derringer took first after Les Furgeson missed his 3rd attempt. Best lifter Joel Tomaeno took the 181's over Mark Craig's PR and Leroy Miller. Carey Pond took the 198's with Scott Wattles 2nd. Best heavyweight lifter Dan O'Connor was the lone lifter at 220. After another layoff Greg Gordon came back with a strong 420 fourth attempt in the 242's ahead of Darrell Latch. Don Sprague set a new pr in the 275's finishing ahead of Alan Rudd who also set a new pr and Terry Tyler. The real show though, came with the lifting of 'big' Tony Phillips who took the SHW's and the Submaster classes. In his first competition Tony pressed 480 after missing his second attempt at that same weight. But after correcting some form-mistakes and the crowd going wild behind him his final attempt looked great. Dave Deline, Illinois' answer to Anthony Clark, pressed 355 with a reverse grip, taking second in the SHW's. Tom Davis, having an off day finished with 360 in the submaster's. Darrell Latch took the master's division. Al's Gym of Chicago took the team trophy. Thanks to Sonja, Brian and Mike for their help. (Thanks to Darrell Latch for providing results).

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I Certify that the above Answers are Correct

ADFPA West Coast Open
15,16 Aug 92 - Tacoma, WA

Womens Open	SQ	BP	DL	Total
97 lb				
B. Talmadge	265	125	285	675
104 lb				
S. Magnuson	215	110	265	590
C. Robins	215	105	250	570
T. Melcher				
111 lb				
A. Prey	230	120	270	620
M. Nable	230	100	240	570
116 lb				
M. Katz	260	125	280	665
S. Smith	240	125	280	645
D. Saldivar	240	115	265	620
122 lb				
G. Keeble	100	100	315	515
129 lb				
F. Thomas	275	125	335	735
L. Epperly	250	130	315	695
C. Grekoff	100	100	330	530
139 lb				
B. McCubbin	305	145	335	785
P. Gallagher	200	95	270	565
154 lb				
T. Pickens	340	200	340	880
L. Ewing	300	140	375	815
176 lb				
S. L. Rogers	315	150	325	790
176+ lb				
S. Righi	360	210	310	880
Teen 17-19				
E. Kinney-154	325	170	330	825
J. Brannon-176	335	205	325	865
Master 35-44				
S. Smith-116	240	125	280	645
L. Epperly-129	250	130	315	695
D. Cavinta-154				
Men's Open				
123 lb				
A. Lee	345	285	365	995
J. Clodfelter	255	165	305	725
148 lb				
D. Ramos	500	285	435	1220
G. Abbott	445	280	425	1150
D. Daly	245	155	335	735
J. Pitcher	465	225		
165 lb				
B. Chappel	555	280	520	1355
A. Alexis	500	285	500	1285
K. Sakai	470	330	475	1275
L. X	475	240	510	1225
M. Inouye	425	285	495	1205
D. Johnson	415	305	440	1160
R. Johnson	395	280	480	1155
R. Bishop	385	255	395	1035
R. Freidt	315	225	380	1020
J. Benson	305	280	350	935
181 lb				
B. Baertlein	600	385	550	1535
S. Hughes	600	360	560	1520
D. Salter	515	305	590	1410
T. Inouye	550	315	525	1390
R. Nielson	520	315	510	1345
I. Yellin	445	235	470	1150
J. Calhoun	420	260	460	1140
T. Perry	425	275	425	1125
J. Sherred				
S. Holzgraf				
A. Banks				
198 lb				
J. Moore	590	360	580	1530
J. Morretti	575	305	565	1445
M. Bryans	555	315	540	1410
J. Lewis	575	345	435	1355
D. Schurman	475	295	485	1255
P. Fick	470	280	490	1240
D. Evans	520	240	475	1235
M. Trupiano	450	265	400	1115
220 lb				
A. Young	650	305	540	1495
J. Wills	550	300	535	1385
E. Foliart	505	325	465	1295
D. O'Dell	470	310	490	1270
J. Head				
242 lb				
G. Chrestensen	645	405	595	1645
S. Foss	650	405	550	1605
A. Frazier	575	375	500	1450
D. Micho	525	300	525	1350
J. Byers	150	525	150	825
275 lb				
B. Freeman	670	380	525	1575
E. Wainwright	585	330	580	1495
J. Delia	550	335	405	1290
SHW				
V. Eldridge	585	415	670	1670
E. Leland	620	370	620	1610
Mens Teenage				
14-16 LW				
C. Kinney-181	264	200	415	980
L. Alvardo-132	260	155	300	715
17-19 HW				
A. Steinberg-220	465	230	500	1170
Mens Master				
40-44 LW				
G. Abbott-148	445	280	425	1150
G. Rolston-165	420	240	400	1060
G. Alexander-181				
40-44 HW				
B. Coury-198	505	300	505	1310
45-49 LW				
I. Yellin-181	445	235	470	1150
E. Robins-148	325	205	330	860
J. Cogley-181	280	190	340	810
45-49 HW				
B. Freeman-275	670	380	525	1575
H. Gosthnian-198	465	260	495	1220
D. O'Dell-220	470	310	490	1270
J. Benner-198	430	275	460	1165
R. O. Smith-242	430	325	500	1255
M. Lovejoy-198	350	200	450	1000
50+ LW				
J. Benson-165	305	280	350	935
50+ HW				
R. Tidmarsh-275	475	330	510	1315
A. Schmitz-220	325	225	360	910

Best lifter awards: Women. 1st - Barb Talmadge; 2nd - Trina Pickens; 3rd - Flo Thomas. Master - Sue Smith; Teenage - Ellien Kinney. Best squat - Barb Talmadge; Best Bench Press - Trina Pickens; Best Deadlift - Barb Talmadge. Best lifter awards: Men. Best overall - Brian Baertlien; Best Teenage - Adam Steinberg; Best master - Guy Abbott; Best Lightweight 1st - Brian Baertlien; 2nd - Scott Hughes; 3rd - D;Angelo Ramos. Best heavyweight 1st - Jeffrey Moore; 2nd - George Christensen; 3rd-Scott Foss. Best overall squat - Brian Baertlein; best overall bench press - Jonathan Byers; best overall deadlift - Danny Salter. Team awards: 1st - Pacific Powerlifter Women's Team; 2nd - Pacific Powerlifter Men's Team. Meet Director: Martin Beavers and Willie Austin. The 1992 ADFPA West Coast Open attracted over 90 lifters from the Northwest. This meet was the biggest ADFPA meet ever, outside of the annual Northwest Regional Championships. The help at the meet was excellent as the Pacific Powerlifting Team led the way in assisting with everything - ticket sales, T-Shirts, concessions, scorers table, posters, judging, spotting, loading the weight, cleaning up after the meet, you name it and they did it all. A very big thanks goes out to them all because without the teamwork and support all of you showed this meet wouldn't have been as susccessful. A very special thank you goes out to the following individuals who volunteered their time and went beyond what was asked of them - Yueh-Chun Chang, Pat Montgomery, Roger Silva, Kathy Meyers, Debra Saldivar, and Emmanuel Montgomery. The meet in my opinion got off to a shaky start when the P.A. system went out for about 1 hour and a half and we had to use expediters to run the meet. However, once the P.A. system was fixed the meet went smoothly.

97 lb class - Barb Talmadge was the star of the stars, as she absolutely put on a lifting clinic. Barb just continues to improve and will be knocking on the door for a 700 pound total at the Nationals, and a very interesting battle with many time world champ Judy Gedney. 104 lb class - Susie Magnuson tuned up for the Masters Nationals by using her superior deadlift to edge out Carol Robins. 111 lb class - April Prey pulled a big deadlift to help her beat out Mylene Nable. 116 lb class - the most competitive class of the meet as only 45 pounds separated the top 3. Marla Katz hit a big 260 squat and used this advantage to edge out Sue Smith by only 20 lbs. Debi Saldivar did make some improvements over he last meet but didn't lift as well as her training had indicated. 122 lb class - Masters world champ Garriel Keeble came to this meet looking to pull a big deadlift as she and Chris Grekoff had just come off of the masters worlds a few weeks prior. 129 lb class - Flo Thomas lifted impressively. This young lady really has a bright future in front of her. Lavonne Epperly lifted well and really wasn't very far off. Masters World champ Chris Grekoff came in looking to break the American Masters deadlift record, but came up short. 139 lb class - Barbara McCubbin set some new personal records and came away with the win. 154 lb class - Trina Pickens had her best meet ever setting personal records across the board. Lilly Ewing placed 2nd but pulled an awesome 375 deadlift in her 1st meet. 176 lb class - Sami Lee Rogers lifted nicely to take home top honors. 176+ class - Suzanne Righi in her 1st meet back after a couple year layoff won. Women's Teenage 17-19 age group - Ellien Kinney did some impressive lifting but left room to spare. She will definitely be someone to watch in the future. Jenine Brannon did some fine lifting to place 2nd. Women's Master 35-33 age goup - Sue Smith lifted very well to take home the gold. Lavonne Epperly took home the runnerup spot for her 2nd award. 123 lb class - Andy Lee who placed 2nd at the 1992 lifetime drug-free nationals came away with the gold and benched a massive 285 lbs (2nd best overall pound per pound bench of the meet). Jordon Clodfelter placed 2nd. 148 lb class - D'Angelo Ramos, a student at Eastern Washington, put up some impressive numbers to beat Guy Abbott of Bellingham. Donovan Daly placed 3rd and Jacques Pitcher had to withdraw due to injury. 165 lb class - Blaise Chappel was the pre-meet favorite for this class and came away with the victory. Blaise just continues to improve each meet. Anthony Alexis pulled a big deadlift to overtake Kevin Sakai by 10 lbs. Kevin did get in the biggest bench of this class. Lamount X utilized a superior squat and deadlift to edge out Marcus Inouye for 4th. 181 lb class - This class in my opinion not only featured 3 of the best 181ers in the Northwest behind Doug Parish but also the 3 best pound per pound lifters of this entire meet - Scott Hughes (defending West Coast Open Champ), Brian Baertlein (1992 Northwest Regional Champ), and Steve Holtzgraf (1991 West Coast Open Runnerup). Holtzgraf made a quick exit when he didn't get in a squat. The difference in the outcome was somewhat decided in the squat when Scott Hughes was turned down 2 to 1 from the judges with a huge 640. Baertlein then pushed up a big 385 bench to take the lead and deadlifted enough to stay ahead of Hughes in the final outcome. Danny Salter in his 1st meet ever pulled a massive deadlift to come from behind to edge out Tyrus Inouye for 3rd. 198 lb class - Jeffrey Moore used balanced lifting to beat out John Morretti from Las Vegas. Morretti went for the win on his last deadlift of 650 but it wasn't there. Mark Bryans all the way up from Arizona was nursing an injured shoulder but still managed to take home 3rd. Joey Lewis of Oregon who continues to get better each meet had the 2nd best squat and bench of this class. 220 lb class - Anthony Young put together some new personal records and came away with the win in this class, expected to be a battle between Young and Joe Head but after Joe failed to satisfy the judges with his 560 opener. Young came into this meet looking to squat over 700 but came up a little short by missing 705 twice. Jerrell Wills lifted nicely into 2nd followed by Eric Foliart and Danny O'Dell. 242 lb class - George Chrestensen used a big 595 deadlift to overtake Scott Foss and came away with the win. Anthony Frazier did some good lifting to take home 3rd place honors over Daniel Micho. The highlight of the meet was Johnathan Byers and his massive 525 new American record bench press. Johnathan set the new record on his opening attempt and went on to try 540 and 550 but missed. 275 lb class - Bob Freeman utilized a big squat and bench press to beat out Eugene Wainwright and Jason Delia for top honors. This was Wainwright's first meet back since he had knee surgery a little over a year ago. Welcome back to the platform Eugene! SHW class - 1991 Lifetime Drug Free national champ Vincent Eldridge used balance and consistent lifting and a big deadlift to beat out former collegiate national champ Eric Leland. Men's Teenage Division - Chris Kinney who took 2nd at the 1992 Teenage nationals lifted nicely to take home the gold over Lardo Alvarado in the 14-16 age goup. Adam Steinberg took home top honors in the 17-19 age group. Men's Master - Guy Abbott who seems like he's been around forever did some outstanding lifting to not only beat out Glenn Rolston for the 40-44 age group lightweight title but also came away with the best overall master award. Brad Coury lifted nicely to take home 1st in the 40-44 age group heavyweight division and Ira Yellin used balanced lifting to beat out Edd Robins and John Cogley for top honors in the 45-49 age group lightweight division. Bob Freeman took home his second 1st place award of the meet by beating out Harry Gosthnian, Danny O'Dell, John Benner, Robert O. Smith, and Mike Lovejoy for the gold in the 45-49 age group heavyweight division. Jack Benson who is a teacher at Eastern Washington University took home top honors in the 50 and over age group lightweight division and Rod Tidmarsh did some good lifting to beat out Alan Schmitz for 1st in the 50 and over heavyweight division. Once again I would like to thank all the people who helped out at the meet and really help make this meet possible. I also would like to thank all the lifters for lifting at the 1992 West Coast Open and as I stated in the meet program 'It's not about winning or losing that counts, what counts is beating your own personal records in each lift at each meet and continue to make improvements and being the best you can be'! (Thanks to 1992 WDFPF World Champion Martin Beavers for providing the results of this meet)

Barbara Talmadge *was the Best Overall Female Lifter of the ADFPA West Coast Open. Coach/Husband Paul Talmadge at right (courtesy Beavers)*

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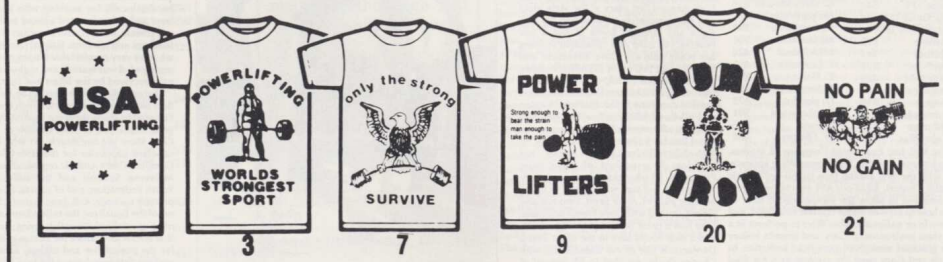

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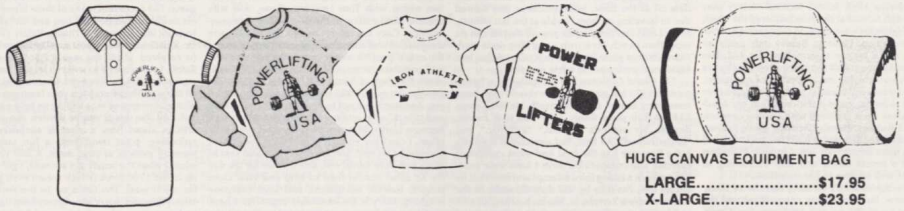

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Iron Island- Kell Klassic Deadlift
17 Oct 92 - Oceanside, NY

Deadlift	
Women	
L. Belsito-161	402
B. Heisey-127	325
B. Christine-121	308
C. Mahnken-172	231
Men	
Light (114-181)	
D. Nelson-156*	523
R. Gottfried-164	529
J. Almadovar-156	490
J. Debe-179	540
B. Buckhout-181	540
No particular order	
A. Gentile	413
J. Bautista	341
D. Wolven	374
R. Mezzadri	429
C. Rogers	369
C. Rogers	358
S. Yerrekadu	336
S. Pickman	451
C. Cabanillas	457
A. Russo	264
M. Kane	440
M. Hickey	473
C. Tiritella	518
R. Maxwell	468
J. Green	292
Heavy (190-UNL)	
A. Reiss-230	694
A. Yerrekadu-203	584
M. Creamer-205	551
M. Ray-261	562
G. Gittleson-220	534
No particular order	
M, Marowitz	380
M. Stuchiner	396
L. DePalma	424
F. DeMarco	462
C. Florio	396
R. Berenson	380
D. Herklotz	473
D. Abramson	501
L. Loria	540
W. Ellinger	485

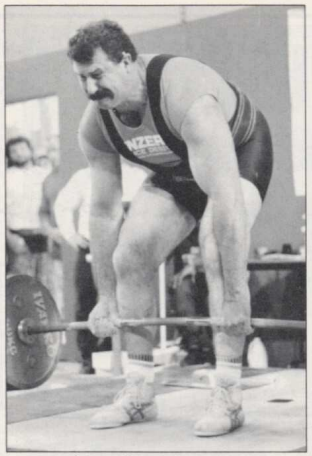
The Kell, Inc. Equipment Company of Marion, Ohio jumped feet first into powerlifting sponsorship with the first annual Iron Island-Kell Klassic Deadlift Contest. All of our APF sanctioned meets are designed to allow the inexperienced lifter to learn how to lift well under contest situations, and the world or national caliber lifter to perform in a first class environment. Gary and Brenda Heisey were gracious enough to accept an invitation to join us and Gary used the contest as a his final "heavy day" prior to the WPC World Championships. Forty-five lifters had a wonderful day at the Malverne Herber Middle School, with some rushing across the street to watch the final moments of the Malverne High School football victory over North High School at the conclusion of the meet.

The highlights were many in this forward-looking competition. Linda Jo Belsito only made an opener, but it was an extremely strong 402. Her jumps to 424 were a bit too much although she has done this in training on a number of occasions. Brenda Heisey will soon be getting the same rave reviews as her husband if she continues her deadlift progress; three for three with a rather comfortable 325 finisher. Brenda Christine needs to compete more often in order to fulfill her potential, but she was quite strong with 308. Christine Mahnken ignored a recent illness and lack of training to compete well relative to her condition.

In the lighter men's division, there were many rather new, but very strong competitors and the top five could lift on any platform. Jon Green followed his June meet performance with improved form and power. Olympic lifter Roy Maxwell overcame a sore back to lift credibly. Craig Tiritella, training partner of the Bott brothers, looked very strong with 518 and like many of the lifters, had a three for three outing. While Matt Kane, Charles Rogers, and Mike Hickey were all in their first contest, and doing well, Anthony Russo was viewing his first meet as well as competing in it. All of these young men will be competing often having had excellent performances relative to their training, and certainly having a great time in competition. Carlos Cabanillas injured his lumbar region on his first attempt, and could not repeat his "Best Lifter" performance of the Iron Island Classic. Iron Island Gym's Steve Pickman and Stephen Yerrekadu did well at the ADFPA NY State Meet and continued to demonstrate improvement. Teenaged Stephen did a PR 336 after but a few months of lifting. Chris Rogers and Randy Mezzadri don't consider themselves competitive lifters, but with the time devoted to powerlifting, could make significant improvement in all the lifts. Chris, in particular, seems to show up at every road race Kathy or I enter or watch each summer, a true "participant". Dave Abramson is a highly respected coach and long time competitor who brought sixteen year old Dave Wolven up from New Jersey. Dave did not have the day he wanted, but looked very strong. Anthony Gentile is young, but demonstrated good poise. Justo Bautista is another one of Dave Abramson's crew, and a perennial runner up in the New Jersey state meet. He is a seasoned masters lifter who handled himself well. Of the top five, Iron Island's Brian Buckhout got a PR 540 in the midst of moving his residence, quite a feat. Dr. Joe Debe, whose office is adjacent to mine on the gym premises, is an Olympic lifter with a long history of success. His first foray into powerlifting yielded a fine 540 at 179 pounds. Joey Almadovar, a definite star of the future, missed the 507 he had planned on, but we all felt that 501 would have been there. Roy Gottfried of Valencia Gym came out of a three year retirement to join us and copped second. His three for three performance was impressively strong. Impressive was the word for Don Nelson's opener. Traveling from Tom's River, NJ, he ripped 523 like it was a feather. AT 156 pounds, we were stunned. 573 was an excessive jump, but he should be watched. He is extremely strong and deserved the first place award and the overall trophy as outstanding lifter of the entire meet. Don Len's sculptures were perfect for our needs and the lifters were very appreciative of the large awards.

The finale to the light session was Pat Susco's 10 rep performance with 507. Coming off of his severe elbow injury, this was the first deadlift workout he has taken since ten weeks prior to the Seniors!! He ran out of "gas" long before his strength was challenged. When he is back in training condition, look for a great run at the Senior title.

Willie Ellinger has competed in all of our meets and continues to improve. Louis Loria napped first place at the State meet and has completely transformed his physique and strength levels in just a few months. His hard and consistent training has really paid off. Dave Abramson and Mike Ray are two of my old lifting buddies who consented to lift, although neither was in shape. I told them that Bob Berenson needed company in the Masters Division and all three lifted well, although Dave thought otherwise while ignoring an injured low back. Berenson made a big PR 380 while Mike took home a trophy. Don Herklotz is a patient of mine from Princeton, NJ who had never seen a contest before, but was encouraged to lift by another patient, Mike Senft, who has previously trained with Ernie Frantz in Illinois. Don had a great time, a personal record, and a new found love in the sport. Frank DeMarco is one of our trainers and with Charles Florio, decided to lift instead of load at our meet. Both young men did very, very well and looked extremely strong with weights well below their capabilities.



Gary Heisey pulls 855 (Ann Tuite photo)

DeMarco slipped on his final attempt that literally flew off of the floor. Mike Stuchiner was limited due to traveling up from Florida at the last minute, while Louis DePalma again proved that he can do more than bench. He is truly a real lifter now. Mark Marowitz has gone from the butt of our jokes to a State level performer in a few months.

Dr. Glenn Gittleson last competed in a bench meet in 1983 but proved that he should have been competing as well as pulling teeth. He did a clean 534 for fifth place finish. Mike Ray took fourth, despite his protests of "old," "arthritic," and "undertrained". All true, but overcome! Ireland's Mike Creamer has the best and most consistent exercise and competition form I have ever seen. 551 was not a taxing third attempt and now that he knows this, I'm sure he will do a lot more in the future. Andrew Yerrekadu, like his brother, hit a PR and has improved tremendously in a short period of time. He worked with 584 but it was far from limit. Our Best Lifter from the Iron Island Classic again took first. Arthur Reiss of Valencia Gym has a huge upper body and three balanced lifts. He did 694 with some room to spare.

Special guest Gary Heisey is perhaps, one of the nicest individuals in the game. He stayed over for two nights with Tom Levering, Gene, and wife Brenda. Unlike some of the prima donnas in powerlifting, Gary helped to unload the truck, carry weights and bars, assemble, disassemble, and smiled the entire time. He was accommodating to all who had questions, or wanted photos taken. He was in short, the perfect house and meet guest. He did two good reps with 855 and just hung up on a third rep. Awesome was not quite the word. Joe Morelli and others in the audience were stunned perhaps because Gary's lifting seems to be done with little effort. I can't say enough good things about him, his wife, or his visit. Sincere thanks are also sent to Mary and Dom Sardo who drove down for the day for no other reason than to help and visit. Dom judged, moved, equipment, and kept everyone laughing. Mary is the best table organizer I have worked with in my twenty six years around the sport. Tom Bauers and Larry McCauley could not stay around to see the gym as we had lots of loading and carrying to do after the meet, but they were gracious enough to judge and encourage everyone after driving in from Philly. Tom Levering helped our staff run the concession table while Gene loaded on the platform. Tom O'Riordan again did a masterful job as platform manager, with ample assistance from Dr. Rich Seibert, Paul Cavallaro, and others from Paul's Staten Island group. Beth Grater judged and seduced everyone with her charm. She too continues to get stronger and again will be a factor on the ADFPA national scene. Gary Hellman and his Tiger Schulman Karate School gave an exciting and impressive martial arts demonstration with many boards and a baseball bat being smashed to bits. Gary's Oceanside, NY school is well known locally for working with young boys and girls who need a boost in their self esteem, and because a number of his teachers and students train at our gym, we were very comfortable having him at our meet. It was warmly and enthusiastically received by the lifters and fans.

Our expeditors Beth Beaston and John Bott did extra special work, which is why I wanted to single them out separately. A great thank you to John Carlino at the GNC Store in Long Beach, NY who is a constant supporter for the Iron Island Gym; the Dad's Athletic organization of Malverne Schools and the Lakeview Youth Federation; and of course, to our primary sponsor, Kell, Inc., manufacturers of the Equalizer, the Intimidator, and other specialized strength training pieces that are far and above the best available for the powerlifter and athlete. Finally, nothing that gets done at the Iron Island Gym or at any of our meets could be done without Ralph Raiola. My managing partner is everywhere, doing everything, and remains one of the best coaches in the game. The success of many of these lifters is due to his dedication to powerlifting and his willingness to work like an animal! Thanks Ralph. (Thanks to Dr. Ken Leistner for report and the following letter he received about the meet): P.S. Dear Ken and Ralph, I just wanted to write to let you know what a great deadlift meet you ran. It was a class act meet all the way. The lifters from your team were all very nice and everyone was willing to help each other out. All the things you've written about in your articles about how a meet is supposed to be- enjoyable, great conditions, a fun atmosphere were all evident at your meet. A few years ago, when I wasn't as smart as I am now, I got my total up to the 1700 mark (which wasn't even good but for me it was). The times up to the meets were misery. I would worry about everything right down to doing easy yard work. I dropped 7-8 lbs. in a day because I was worried. It just wasn't fun anymore. Since I've gotten married with our first baby due sometime next week. My perspectives have changed. I want to lift to enjoy myself and keep in shape and meets like yours really made this possible. Thank you for rejuvenating me. *A lifter*

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USPF Washington State Open
7, 8 Nov 92 - Everett, WA

	SQ	BP	DL	Total
Women				
Teen				
114				
J. Moser	275	130	265	670
Open				
123				
J. Moser	250	135	295	680
132				
S. Martin	155	90	215	460
148				
D. Steenfott	240	125	315	680
L. Hardin	235	125	285	645
S. Ritche	185	115	250	550
181				
D. Delleree	315	205	325	845
Men				
Teen				
114				
M. Moser	170	105	245	520
198				
J. Lake	350	230	380	960
220				
J. Westby	525	280	370	1175
T. Lang	245	125	315	685
Masters				
220				
S. Sandburg	615	405	620	1640
SHW				
M. Gruse	640	400	610	1650
220				
C. Clark	525	325	425	1275
G. Smart	430	270	515	1215
198				
D. Puls	465	270	460	1195
B. McQueen	335	250	480	1095
275				
C. Lehman	295	225	385	970
165				
J. Benson	310	265	365	940
Class II				
165				
F. Ward	365	220	450	1035
W. Sheirer	385	180	385	950
J. Bonebrake	350	210	385	945
J. Hoiby	275	225	350	850
181				
B. Mosteller	415	320	485	1220
G. Sumner	405	275	475	1155
R. Hanson	405	260	480	1145
J. Elton	410	265	430	1105
R. Lothian	385	225	400	1010
198				
K. Ludlow	415	305	460	1180
C. Surbrook	355	265	450	1070
J. Martinson*	300	220	340	860
220				
S. Simmons	465	300	555	1350
T. Gifford	525	300	500	1325
G. Vierra	445	270	500	1215
242				
C. Page	530	350	505	1385
J. Queen	495	365	510	1370
275				
A. Adalsteinsson	615	380	555	1550
W. Pontius	540	340	595	1475
SHW				
K. Dudley	485	340	465	1290
Open\165				
F. Redmon	525	310	575	1410
181				
R. Perez	580	320	580	1480
M. DeBeliso	570	300	540	1410
198				
T. Malejko	715	405	675	1795
242				
J. Conley	725	460	650	1835
275				
M. Douglas	740	470	670	1880
M. Durand	670	360	550	1580

* Special Olympian. Teams: Vinces Gym 39, Cascade Athletic Club 37, Sandburgs 33, and Hamlins 31. This was the first USPF mee put on here in the state of Washington since the Big Foot meet in May of 1988. There were 11 judges in training for their state exams. The meet started out with the womens open class. Donna Delleree, a 49 year old grandmother of three, set a record in the 181 lb. division, totaling 845. Check out her lifts; damn good for a gal her age. Speaking of age, Donna might have set state records in the open class, but Jennifer Moser, who is running for the IPF Junior World Team set teen records in the squat, bench press, and deadlift with a total of 670, winning the best lifter award in the womens open division. She received a plaque and a lever eblt with Washington Stae Open embroidered on the back (thank you, Rickey Crain, for such a nice belt.) The second session opened up with teen men and masters men lifting. Best Lifter teen award went to Hoquiams Herad Wesby 220 lb. (he wanted proof that his squat was a school record because his coach didn't believe him; well coach- here it is, 525!) He went three for three in his squats. Masters best lifter award went to 52 year old Skip Sandburg, who totaled 1640 and weighed close to 220 lbs. Both awards were donated by John Inzer- a certificate for either a new bench shirt or Z squat suit. Thanks a million, John! The second day started with a few class II lifters; the competition was very close. Bob Mostellar from Marysville squeaked away with the overall, receiving a beautiful plaque. Now the open lifters; although we only had nine, they were phenomenal- especially Tyler Malejko, almost breaking the squat record (Hey, next time, Tyler). Tyler won the best lifter award and walked away with a plaque and a Ricky Crain lever belt with Washington State Open embroidered on theback. Next, we gave out the team award. Georgio Usih from Spokane donated a very nice bench press. By the way, Georgio also makes a line of commercial and home gym equipment. Also, Mac Texas Power Bar and Co. gave away a Texas Power Squat Bar. The competition was very close. Vinces Gym won the bench press and bar by two points. Many thanks to Toby Hyber for pushing the meet through and setting up the awards; Toby is the publisher of the Northwest Gym News. Thank you Jack Davidson for the use of the great facility; thank you Roger (King Kong) Kuebler the MC; Mike Curtain, who assisted Roger; judges- Ray Mitchell, Jim Kuebler, Marty Wagner, Jeff Joyce, Don Bell, John Moser, Mike Kloes, Stacy Neighbors, Roni Welch, Joni Moser, Vince Moser, Chuch Lehman; spotters Scott Seiber and Dan Verlinde, door man Brad Buckwalter, and also Jon Litzer, Craig Ellingson, and Bonny Piquette. Great job, guys and gals - Thanks! (Results from Vince Moser)

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Iron Warrior Postal Power Meet
27 Sep 92 - Boise, ID

Novice	SQ	BP	DL	Total
132				
B. Campbell	3255*	170	320	745
148				
J. Gallegos OL	355	215	420*	990
V. Wells	275	245	375	894
E. Mirabal	225	190	335	750
J. Jay	250	145	350	745
165				
T. Traicoff	315	250	455*	1020
A. Montes	375	215	425	1015
181				
D. Castro	360	300	460	1120
T. Pierce	275	255	510	1040
D. Donaldson	215	235	345	745
198				
R. Lopez	450	300	425	1175
R. Batts	350	280	515	1145
4th			525*	
M. Michelin	380	245	465	1090
B. Wardle	350	315	365	1030
L. Nagashoah	325	245	385	955
220				
I. Martinez	380	245	465	1090
J. Lounsbury	280	225	420	925
G. Farmer	275	235	370	880
275				
Ortiz-Valencia	475	225	515*	1215
L. Eagle	405	325	480	1210
SHW				
D. Evans	55	65	155	275
Open				
132				
B. Campbell	255*	170	320	745
148				
J. Gallegos	355	215	420*	990
F. Ramirez	280	225	350	885
W. Dunn	230	225	353	808
J. Rios	185	205	325	715
165				
A. Montes	375	215	425	1015
B. Searcy	315	240	440	995
R. Reyes	303	225	350	878
A. Lopez	230	225	343	798
R. Sonneland	185	225	375	785
181				
J. Hernandez OL	425	355	515	1295*
4th		-	520*	
D. Fredenburg	450	270	470	1190
D. Castro	360	300	460	1120
T. Pierce	275	255	510	1040
R. Sanders	275	225	378	878
198				
R. Mahoney	425	275	500	1200
R. Lopez	450	300	425	1175
R. Batts	350	280	515	1145
4th			525*	
B. Wardle	350	315	365	1030
220				
J. James	478	358*	468	1304*
J. Houser	435	335	515	1285
I. Martinez	380	245	465	1090
275				
Ortiz-Valencia	475	225	515*	1215
L. Eagle	405	325	480	1210
C. Monroe	205	155	325	685
SHW				
D. Evans	55	65	155	275
Masters				
C. Sharp	355	245	435	1035
R. Diggs	330	200	385	915
J. Kitchens	250	255	378	883
W. Hernandez	235	200	255	690

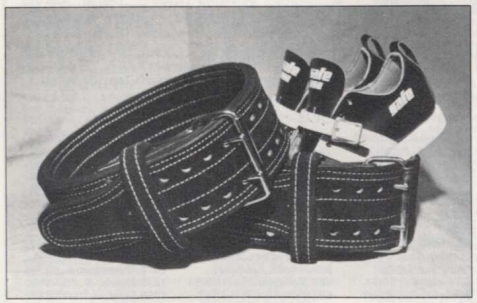
* Program record. The Idaho State Correctional Insititutoin's Weight Training Program held its annual fall powerlifting competition on September 27, 1992. The Iron Warrior Power Meet was sponsored by the Institution's Recreation Department, Athlete's Needs of Ohio, Fitness Source of Boise. and General Nutrition of Boise. Officiating was provided by the Iron Works Gym of Nampa, Idaho, which was represented by Doyle Collins and C.E. Kincheloe. The third judge was C/O Jeremy Glasenap. In addition to the three judges, there were two other persons from the outside who participated in the meet. They were Brian Wardle and Rick Lopez, who both competed in the power competition. The inside officials and workers, led by Anthony Fish and Sid Chauncey, did a great job of keeping the meet running smoothly. There were 42 competitors spread over eight weight classes including the Masters division. Several new records were set and all the lifters are to be commended for their outstanding efforts. (Results by Charlie Sharp)

National Match No. 1
18 Oct 92 - Netherlands (kg)

SSS Alkmaar	SQ	BP	DL	Total
R. Groot-66	215	127.5	215	557.5
M. de Vries-61	215	117.5	235	562.5
Wamskeeker-104	290	160	300	750
P. Bongers-95	275	145	272.5	682.5
F. Meulen-101	290	177.5	290	757.5
UPV				
A. Mourid-112	265	185	255	705
B. Alphen-103	255	190	285	730
H. Brand-80	270	150	285	705
P. Haaren-84	305	167.5	332.5	805
H. Hyman-103	345	200	315	860
Beverly				
H. Struik-107	225	160	295	680
E. Velde-99	245	132.5	280	657.5
A. Bruggink-76	242.5	150	262.5	655
J. Danielsson-97	265	157.5	280	702.5
B. Veneberg-121	320	212.5	332.5	865
Spartacus				
C. Hemming-92	245	147.5	307.5	700
A. Groeneboom	290	180	280	750
G. Groeneboom	300	225	285	810
P. Faher	327.5	225	305	857.5
R. Tak	340	225	340	905

Best team- Spartacus from Noord Scharwoude, and Best Lifter was Piet van Haaren from the UPV Utrecht with 490.49 points. (Thanks to Hank Keizer for providing us withthese competition results.)

New Product



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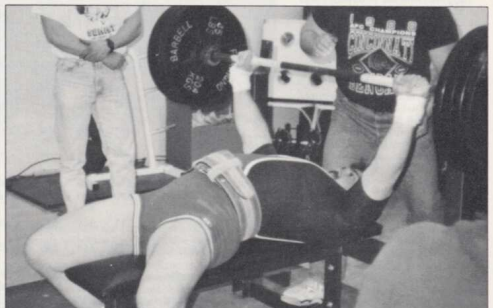
USPF Fall Powers Classic
19 Sep 92 - Hyattsville, MD

Women	SQ	BP	DL	Total
114				
D. Phillips	100	70	135	305
123				
L. Salas	250	115	280	530
132				
T. Williams	285	150	290	725
165				
C. Carter-j	240	120	280	640
198				
K. Brooks	185	145	300	630
Men				
114				
A. Raley-j	180	100	250	530
123				
M. Cooley-j	260	220	275	755
T. Chesser-j	275	170	305	750
S. Koeniger-j	220	145	255	380
132				
E. Gonzales	295	185	345	825
T. O'Brien-j	230	130	265	625
S. Heinen-j	125	55	200	380
148				
A. Brayton	405	295	415	1115
A. Massey-j	325	295	400	1020
L. Johnson	310	225	415	950
S. Smith-m	270	250	405	925
R. Cecchini-j	250	185	340	775
M. Railey-j	275	155	325	755
165				
L. Carroll	400	300	440	1140
E. Burt-m	435	230	450	1115
K. Carroll-j	200	125	300	625
B. Murphy-j	185	80	265	530
181				
R. Bell-j	545	350	475	1370
R. Heinen-j	475	315	460	1250
A. Cooksey	235	200	375	810
B. Lacey-j	250	125	305	675
198				
D. Sandberg	455	320	450	1225
R. Murphy	345	250	560	1155
De Los Reyes-j	350	160	340	850
R. Pheylpin-j	275	155	290	720
220				
S. Helmicki	600	400	600	1600
B. Lanthier	475	255	520	1250
D. Corridean-j	400	315	495	1210
J. Termine	400	315	410	1125
242				
N. Wagner	630	360	660	1650
G. Miller	385	275	450	1110
275				
J. Overstreet-j	400	335	450	1185

j- junior; m- master. Best Lifters: Heavy- Steve Helmicki; Light- Ricardo Bell; Women- Tracey Williams; Junior-Ryan Massey. We would like to thank all those who made this meet successful, pleasant, and safe. In particular, thanks go to Eugene Julien, meet director; Skip Gormley, the meet coordinator; Matt Mills and John Mogavero, the meet announcers; and Mike McQuay, the facility director. This meet was dedicated to Earl Bealfield, a national referee and lifter. (Thanks to Angela Williams for providing these competition results.)

POWER PEOPLE



Lloyd Gialanella is a firefighter in Montclair, New Jersey. At 6'1" and 237 lbs. the 32 year old father of a newborn baby boyhas been weight training for 10 years, but has only worked toward a goal during the past two years. He moved his bench for 385 to 415 (above, at the WNPF Winter Classic) naturally in only 8 months, and can squat 420 for 8 reps. He hopes to achieve a double bodyweight bench, or perhaps as much as 500 within the next 1 1/2 years. He trains on a 10 week cycle using 5s, triples, and only hits singles near a contest. Some of his favorite lifters are Steve Brodsky, Ed Coan, Chris Confessore, and Dave Ricks.

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

125 kg.
275 lb.

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

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

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

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1.	913 Lowe, G..8/29/92	560 Naperkowski, J..8/9/92	760 Lowe, G..3/28/92	2120 Lowe, G..3/28/92
2.	854 Gjermo, B..6/6/92	545 Shuman, B..3/21/92	744 Russell, B..8/15/92	2095 Gjermo, B..4/11/92
3.	825 Surell, E..10/10/92	545 Tuulaupua, P..3/21/92	735 Gjermo, B..4/11/92	2017 Reeves, M..8/15/92
4.	821 Schott, T..4/4/92	540 Rogers, D..4/18/92	727 Martin, B..12/14/91	1978 Arnold, E..6/6/92
5.	804 Arnold, E..6/6/92	518 Moller, J..3/7/92	727 Reeves, M..8/15/92	1940 Gillespie, B..11/9/91
6.	775 Gillespie, B..11/9/91	518 Gjermo, B..6/6/92	725 Vance, K..9/5/92	1912 Phillipi, M..6/6/92
7.	772 Reeves, M..8/15/92	518 Reeves, M..8/15/92	716 Phillipi, M..6/6/92	1901 Schott, T..12/7/91
8.	771 Moller, J..3/7/92	512 Beeler, F..12/14/91	705 Roberson, G..11/8/91	1879 Moller, J..3/7/92
9.	750 Damond, J..12/7/91	512 Amamovich, D..3/21/92	705 Thompson, K..5/2/92	1879 Gillingham, B..6/6/92
10.	744 Machin, C..4/4/92	510 Crowley, D..2/9/92	705 Gillingham, B..6/6/92	1873 Martin, B..12/14/91
11.	738 Ricafrente, D..11/8/91	507 Lucci, T..3/21/92	699 Arnold, E..6/6/92	1870 Thompson, K..5/2/92
12.	733 Roberson, G..11/8/91	505 Gillespie, B..11/9/91	683 Stoughton, S..11/23/91	1855 Rogers, D..10/10/92
13.	722 Phillipi, M..6/6/92	505 Robinson, R..5/10/92	683 Patterson, R..1/19/92	1850 Surell, E..10/10/92
14.	705 Thompson, K..5/2/92	501 Chambers, J..11/8/91	672 Chambers, J..11/8/91	1846 Chambers, J..11/8/91
15.	705 Ryan, P..8/29/92	500 Vivier, R..4/11/92	670 Ryan, P..8/29/92	1825 Vivier, R..4/11/92
16.	700 Vivier, R..4/11½92	500 Chambers, J..4/18/92	660 Gillespie, B..11/9/91	1813 Ricafrente, D..11/8/91
17.	700 Wells, J..8/29/92	500 Dini, F..8/9/92	660 Machin, C..11/17/91	1802 Roberson, G..11/8/91
18.	700 Rogers, D..10/10/92	490 Howard, T..11/23/91	660 Milligan, G..12/7/91	1802 Machin, C..4/4/92
19.	694 Pledger, J..10/10/92	490 Husted, R..2/15/92	660 Labeau, K..3/14/92	1795 Vance, K..9/5/92
20.	688 Rankin, P..10/10/92	490 Gillingham, B..6/6/92	655 Mahoney, T..3/14/92	1780 Ryan, P..8/29/92

POWERLIFTING USA MAGAZINE TOP 100

148 lb./67.5 kg.

for USA lifters competing
November 1991 to October 1992

	SQUAT	BENCH	DEADLIFT	TOTAL
1	655 Austin, D...7/12/92	470 Bullock, D...4/25/92	705 Austin, D...7/12/92	1713 Austin, D...7/12/92
2	650 Jackson, J...11/21/91	425 Warr, G...2/28/92	615 Jackson, J...3/14/92	1570 Jackson, J...3/14/92
3	644 Hooper, W...5/1/92	415 Couch, R...6/6/92	600 Culliver, J...4/11/92	1565 Conyers, T...7/12/92
4	611 Conyers, T...7/12/92	410 Radcliffe, S...2/8/92	590 Kupperstein, E...11/23/91	1477 Hooper, W...3/14/92
5	605 Dermo, R...3/14/92	402 Schachte, C...5/30/92	578 Sigala, M...10/24/92	1455 Culliver, J...4/11/92
6	589 Perkins,...9/19/92	400 Miller, L...3/21/92	575 Weinstein, L...2/15/92	1450 Kupperstein, E...11/23/91
7	578 Wodraska, C...2/15/92	385 Powers, W...3/22/92	573 Reinardy, J...6/6/92	1432 Wodraska, C...2/15/92
8	570 Kupperstein, E...12/7/91	385 Conyers, T...7/12/92	573 Beatty, D...7/12/92	1427 Beatty, D...6/6/92
9	570 Kimble, D...12/14/91	380 Calvin, D...7/11/92	570 Ackerman, T...3/14/92	1427 Hoston, K...6/19/92
10	562 Hoston, K...6/19/92	375 Cavin, D...9/19/92	567 Conyers, T...7/12/92	1410 Siegel, S...8/22/92
11	560 Franklin, S...5/31/92	374 Joseph, S...2/23/92	566 Schiller, J...5/23/92	1405 Hamel, A...4/11/92
12	550 Charles, A...7/11/92	370 Fantagozzi, E...4/25/92	562 Okafor, F...3/5/92	1405 Charles, A...7/11/92
13	545 Cridell, F...3/14/92	365 Simpson, D...1/18/92	560 Hamel, A...4/11/92	1399 Okafor, F...3/5/92
14	545 Culliver, J...4/11/92	365 Gelsone, T...9/5/92	555 Bowe, M...4/11/92	1395 Schiller, J...5/23/92
15	540 Scisney, K...3/5/92	363 Garcia, F...3/21/92	555 May,...6/20/92	1394 Blake, H...6/6/92
16	540 Gatke, C...3/7/92	363 Rinker, J...5/10/92	555 Schackleford, N...10/24/92	1390 Weinstein, L...2/15/92
17	534 Beatty, D...6/6/92	363 Brunson, C...10/17/92	551 Johnson, S...11/8/91	1390 Dermo, R...3/14/92
18	534 Siegel, S...8/22/92	360 Byrnes, C...1/25/92	551 Mustari, C...5/16/92	1388 Fronzaglia,...11/9/91
19	534 Black,...10/10/92	360 Augustin, S...4/25/92	551 Kaufman, B...7/12/92	1385 Franklin, S...5/31/92
20	530 Ikehara, S...11/23/91	360 Barton, R...4/26/92	545 Blake, H...4/4/92	1383 Cridell, F...3/14/92
21	530 Hamel, A...4/11/92	360 Spingarn, B...5/17/92	545 Hoston, K...6/19/92	1383 Perkins,...9/19/92
22	529 Okafor, F...3/5/92	360 Banks, A...7/11/92	540 Seigel, S...8/22/92	1372 Johnson, S...11/8/91
23	529 Blake, H...6/6/92	355 Dick, L...1/92	536 Wonyetye, M...11/30/91	1372 Smith, A...3/14/92
24	526 Schiller, J...5/23/92	355 Robers, S...1/92	535 Banks, A...2/28/92	1361 Scisney, K...3/5/92
25	525 Boyer, M...10/24/92	355 Saucedo, J...2/1/92	535 Belt, D...4/25/92	1361 Mustari, C...5/16/92
26	523 Mils, N...3/7/92	355 Youngs, B...4/25/92	535 Soloman, P...5/2/92	1360 Schackleford, N...10/24/92
27	523 Smith, A...3/14/92	352 Brown,...11/9/91	535 Charles, A...7/11/92	1355 Sigala, M...10/24/92
28	520 Temmerman, G...10/24/92	352 Paganini, J...11/23/91	534 Fronzaglia,...11/9/91	1355 Temmerman, G...10/24/92
29	518 O'Toole, C...3/14/92	352 Millhouse, G...12/8/91	530 Jones, V...2/1/92	1350 Routzong, B...2/1/92
30	518 Page, G...5/3/92	352 Smith, A...4/4/92	530 Crawford, S...3/28/92	1350 Reinardy, J...6/6/92
31	518 Reinardy, J...6/6/92	352 Audia, J...4/4/92	530 Disera, J...8/22/92	1345 Jones, V...2/1/92
32	518 Lewis, C...7/12/92	352 Austin, D...7/12/92	530 Lonery, Z...8/30/92	1345 Crawford, S...3/28/92
33	515 Elkins, J...12/7/91	350 Wilson, R...2/8/92	530 Benemerito, J...9/26/92	1345 Oliver, E...6/13/92
34	515 Schreiner, S...12/7/91	350 Minich, J...3/21/92	529 Mills, N...3/7/92	1340 Boyer, M...10/24/92
35	515 Banks, A...3/92	350 Moye, S...4/18/92	525 Delagarza, P...4/25/92	1339 Cavin, D...4/11/92
36	515 Rodriguez, R...5/17/92	350 Carrillo, L...10/24/92	525 Jefferson, C...4/25/92	1333 McElroy, J...3/5/92
37	515 Rand, J...7/11/92	345 Poteste, V...1/11/92	525 Franklin, S...5/31/92	1333 Kaufman, B...7/12/92
38	512 Johnson, S...11/8/91	345 Bell, s...4/25/92	525 Holmes, J...7/4/92	1330 Smith,...4/25/92
39	512 Fronzaglia,...11/9/91	345 Hedrich, K...4/25/92	523 Wodraska, C...2/15/92	1328 Cagliola, M...3/14/92
40	512 Guzman, T...12/14/91	345 Davis, M...9/5/92	523 Theodorou, N...8/15/92	1328 O'Toole, C...3/14/92
41	512 Routzong, B...2/1/92	345 Kurnik, J...9/26/92	523 Allison,...10/24/92	1328 Audia, J...6/6/92
42	512 Kaufman, B...7/12/92	341 Fronzaglia,...11/9/91	520 Elkins, J...12/7/91	1325 Gogason, M...11/23/91
43	510 Smith,...4/25/92	341 Gerace, A...2/23/92	520 Oliver, E...6/13/92	1322 Guzman, T...12/14/91
44	507 Lawson, M...11/8/91	341 Hooper, W...3/14/92	520 Temmerman, G...10/24/92	1320 Bhojwani, S...11/9/91
45	507 Cagliola, M...3/14/92	341 Schmidt, D...4/4/92	518 Routzong, B...2/1/92	1320 Elkins, J...12/7/91
46	507 Brock, M...7/25/92	340 O'Hara, S...11/2/91	518 McElroy, J...3/5/92	1320 Ackerman, T...3/14/92
47	505 McClain, R...12/14/91	340 Gutierrez, D...11/9/91	518 Edmond, T...3/14/92	1315 Bowe, M...4/11/92
48	505 Jones, V...2/1/92	340 Baran, J...11/17/91	518 Davis, K...5/1/92	1311 Collins,...4/25/92
49	505 Weinstein, L...2/15/92	340 Jordan, T...1/92	515 Mason, R...4/5/92	1311 Lewis, C...7/12/92
50	505 Sigala, M...4/25/92	340 Petach, B...9/19/92	512 Page, G...11/3/91	1306 Davis, K...5/1/92
51	505 Oliver, E...6/13/92	340 Scalzo, J...9/26/92	512 Stevenson,...11/30/91	1305 Kimble, D...12/14/91
52	505 May,...6/20/92	336 Cridell, F...3/14/92	512 Reid, C...3/14/92	1305 Gatke, C...3/7/92
53	505 Fleischman, E...6/22/92	336 O'Toole, C...3/14/92	512 Cavin, D...4/11/92	1305 Dalagarza, P...4/25/92
54	505 Schackelford, N...10/24/92	336 Fukumoto, K...6/19/92	512 Fillyan,...4/25/92	1305 Benemerito, J...9/26/92
55	501 Crieghton, P...11/23/91	336 Oliviera, R...7/3/92	512 Mantano, T...7/92	1300 Rand, J...7/11/92
56	501 Wonyetye, M...11/30/91	336 Beatty, D...7/12/92	510 Gomez, J...11/24/91	1300 McVaney, A...10/3/92
57	501 Wodraska, R...2/15/92	336 Siegel, S...8/22/92	510 Burrello, T...5/2/92	1295 Ikeñara, S...11/23/91
58	501 McElroy, J...3/5/92	336 Woodworth,...10/3/92	510 Akers, D...5/9/92	1295 Fillyan,...4/25/92
59	501 Collins,...4/25/92	335 Yost, M...11/17/91	510 Smith, T...5/16/92	1295 Black,...10/10/92
60	501 Green, J...8/15/92	335 Sellars, D...12/14/91	510 Greenlee,...6/20/92	1290 Eaddy, R...2/1/92
61	501 Olson,...9/19/92	335 Tambasco, D...12/14/91	510 Rand, J...7/11/92	1290 Banks, A...2/28/92
62	501 McVaney, A...10/3/92	335 Dunn, B...2/28/92	507 Pierce, G...11/2/91	1290 Burrello, T...5/2/92
63	501 Annas,...10/3/92	335 Piersall, D...5/3/92	507 Bravard, L...11/2/91	1290 May,...6/20/92
64	501 Allen,...10/10/92	335 Higgins, J...5/16/92	507 Fujioka, K...11/16/91	1289 Mills, N...3/7/92
65	500 Bhojwani, S...11/9/91	335 Lindberg, F...5/23/92	507 Collins,...4/25/92	1289 Page, G...5/3/92
66	500 Gugason, M...11/23/91	335 Blocker, C...8/8/92	507 Hooper, W...9/3/92	1285 Greenlee,...6/20/92
67	500 Irvin, W...12/7/91	335 Cira, T...10/24/92	507 McVaney, A...10/3/92	1280 Irvin, W...12/7/91
68	500 Tardanico, J...12/8/91	330 Bhojwani, S...11/17/91	505 Irvin, W...12/7/91	1280 Hairston, S...8/8/92
69	500 Crawford, S...3/28/92	330 Bullard, D...12/7/91	505 Taylor, J...12/7/91	1278 Wonyetye, M...11/30/91
70	500 Watson, J...3/28/92	330 Brown, K...12/14/91	505 Bhojwani, S...2/9/92	1273 Paganini, J...11/23/91
71	500 Bowe, M...4/11/92	330 Mackin, P...1/18/92	505 Schillinger, S...4/25/92	1273 Johnson, T...4/4/92
72	500 Carter, G...4/18/92	330 Eaddy, R...2/1/92	505 Hairston, S...8/8/92	1267 Fleming, L...3/5/92
73	500 Delagarza, P...4/25/92	330 Wodraska, C...2/25/92	505 Brown, T...8/22/92	1267 Woodworth,...10/3/92
74	500 White,...4/25/92	330 Hover, J...3/14/92	505 Boyer, M...10/24/92	1267 Allison,...10/24/92
75	500 Jefferson, C...4/25/92	330 Blake, H...4/4/92	504 Grab, M...10/3/92	1265 Watson, J...3/28/92
76	500 D'Angelo, R...8/15/92	330 Gaydos, C...4/4/92	501 DeTranaltes,...11/30/91	1262 Roberson, E...3/7/92
77	490 Guidry, A...3/21/92	330 Mustari, C...5/16/92	501 Guzman, T...12/14/91	1260 Wanatee, E...12/7/91
78	490 Davis, K...5/1/92	330 Stewart, S...7/3/92	501 Scisney, K...3/5/92	1256 Ducharme, R...7/18/92
79	485 Roberson, E...11/23/91	330 Lorenzetti, P...7/4/92	501 Puckett, M...3/7/92	1256 Olson,...9/19/92
80	485 Kingure, T...2/1/92	330 Jackson, J...7/25/92	501 Cridell, F...3/14/92	1255 MacMillan, C...2/28/91
81	485 Soulier, C...2/22/92	330 Prue, A...8/9/92	501 Smith, A...3/14/92	1251 Brock, M...11/21½91
82	485 Mustari, C...3/5/92	330 Scholz,...10/24/92	501 Turner, J...3/14/92	1251 Stevenson,...11/30/91
83	485 Fleming, L...3/5/92	325 Knepp, M...11/9/91	501 Audia, J...4/4/92	1251 Reid, C...3/14/92
84	485 Reid, C...3/14/92	325 Maas, D...11/9/91	501 Pharms,...4/25/92	1250 Lonery, Z...8/30/92
85	485 Audia, J...6/6/92	325 Cahl, S...11/16/91	501 Gasper, J...5/1/92	1245 Lawson, M...11/8/91
86	485 Yoshioka, J...6/13/92	325 Kessee, R...11/23/91	501 Jimenez, J...6/27/92	1245 Jackson, G...3/14/92
87	480 Maxwell, R...11/9/91	325 Gogason, M...11/23/91	501 Wilson, K...8/15/92	1245 Guidry, H...3/21/92
88	480 Graves, G...1/25/92	325 MacMillan, C...2/28/92	500 Gogason, M...11/23/91	1240 Fujioka, K...11/16/91
89	480 Eaddy, R...2/1/92	325 Cagliola, M...3/14/92	500 McClain, R...12/14/91	1240 Vasile, J...6/12/92
90	479 Vaughn, E...3/5/92	325 Dermo, R...3/14/92	500 Graves, G...1/25/92	1240 Yoshioka, J...6/13/92
91	479 Johnson, T...4/4/92	325 Jackson, G...3/14/92	500 Haynes, R...2/8/92	1235 White,...4/25/92
92	479 Ducharme, R...7/18/92	325 Polke, S...3/21/92	500 MacMillan, C...2/28/92	1230 Gomez, J...11/24/91
93	479 Griffith, P...7/18/92	325 Rubio, J...3/21/92	500 Cessar, J...3/14/92	1230 Taylor, J...12/7/91
94	475 Wanatee, E...12/7/91	325 Banik, J...4/11/92	500 Guidry, H...3/21/92	1230 McClain, R...12/14/91
95	475 Janjigian, R...12/7/91	325 Depew, J...4/25/92	500 Payne, P...3/21/92	1230 Graves, G...1/25/92
96	475 Taylor, J...12/7/91	325 Burrello, T...6/20/92	500 Watson, J...3/28/92	1229 Puckett, M...3/7/92
97	475 Schillinger, S...4/25/92	325 Heitman, R...7/18/92	500 Smith,...4/25/92	1229 Gasper, J...5/1/92
98	475 Benemerito, J...9/26/92	325 Brewer, L...10/17/92	500 Zmitravich, M...4/25/92	1229 Vaughn, E...9/19/92
99	473 Stevenson,...11/30/91	321 Fillyan,...4/25/92	500 Rapp, B...9/26/92	1229 Allen,...10/10/92
100	473 Neidbalski, C...3/7/92	320 Vasile, J...11/9/91	496 Cagliola, M...3/14/92	1225 Janjigian, R...12/7/91

PL USA TOP 100 Achievement Awards

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

NEXT MONTH...TOP 165s

Corrections: Herman Staats made a deadlift of 670 in the 220 lb. class at the ADFPA Alabama State meet that should have been on the TOP 20 list. Rick Erb's 510 bench in the 220s at the same meet was not listed either. Joseph Kice's bench press of 475 in the 220s was left off that list as well. Kotcha Doonkeen's total of 2155 as a Superheavyweight was missing from the TOP TEN 1969 versus 1989 listing. Robert Marshall's lifts in the Bay State meet of September 27th were not indicated to be in the Master's division, 55-59, 198 lb. class. The photographer's credit for the shots from the WDFPF World Championships should have been to Jay Siegel rather than Gary Morrison. B. Hunter listed in the results of the USPF Sr. Nationals was actually Elaine Durden-Hunter. After only 3 years of training, the 41 year old was pleased that she was able to out-deadlift the winner in her division at that meet. Ron Roloson's name was misspelled in the ADFPA TOP 20 198 lb. class listing. Sam Stewart should have been credited with a 319 bench in the 132 lb. class on the TOP 100 listing. Greg Gould should have been credited with a 315 lb. bench in the 123 lb. class on the TOP 100 list for that division. Tom O'Donnell's lifts of 634 413 612 1659 were not reflected on the ADFPA TOP 20 220 list, and Mr. Noble's name (667 squat) was also in error in the results of the same competition. Refer future corrections to 'Errors', Box 467, Camarillo, CA 93011

4th Annual Indian Summer Meet
24 Oct 92 - Goshen, IN

Natural	SQ	BP	DL	Total
Teen Women				
148				
S. Long	145	80	225	450
K. Scale	115	60	160	335
Teen Men				
165				
F. Marsh	415	240	500	1155
M. Clifton	330	225	385	940
198				
S. Smith	545	265	515	1325
A. Jarrett	390	270	455	1115
220				
B. Horner	385	220	455	1060
242				
B. Baumen	500	300	460	1260
R. Theis	425	220	440	1085
Men				
123				
R. Thomas	420	225	465	1110
132				
M. Wider	325	165	370	860
148				
N. Shackleford	505	300	555	1360
165				
G. Guthrie	505	320	555	1380
A. Fields	350	185	405	940
181				
L. Coreno	600	385	500	1485
J. Kelly	515	325	600	1440
J. Jevrink	470	260	505	1235
J. Davis	460	265	430	1155
198				
T. Shinkle	440	315	500	1255
S. Bonebreak	375	250	450	1075
R. Thomas	265	180	375	820
220				
C. Hootman	500	350	600	1450
D. Zimmerman	525	285	470	1280
242				
T. Anadiotis	525	350	535	1410
M. Walker	505	375	505	1385
G. Puckett	505	265	470	1240
275				
K. Luczkowski	525	370	450	1345
Masters				
S. Butler-242	500	315	500	1315
D. Davis-165	300	175	400	875
E. Fleischer-181	195	290	235	720
Open				
Men				
181				
L. Coreno	600	385	500	1485
T. Woodling	470	270	530	1270
J. Davis	460	265	430	1155
198				
T. Shinkle	440	315	500	1255
220				
M. Bogart	400	300	500	1200
22				
B. Crum	545	325	640	1510
G. Puckett	505	265	470	1240
275				
G. Burch	660	320	580	1560
Master				
G. Burch	660	320	580	1560

Best Lifter - Norm Shackleford. Best Teen - Shawn Smith. Team: 1. God's Gym. 2. Cold Steel, 3. Cyborg. Special thanks to Mike Wider, Mark Mellinger, Big Lou, Ben Horner, Mike Bogart, Jenny Albert, Jim Kelly, Ernie Fleischer, Lynne Bosbowen, Jerry Matheis, Angelo Santiago, and Steve Wider. It's always a pleasure for a meet director to run a meet when there are so many stellar performances and such was the case with this meet. There was a fine group of teenage men to get the action started. Lynn Boshoven and Ernie Fleischer coached three each and did a great job bringing them through discipline and, for the most part, good technique. Shawn Smith waited until the last minute before deciding to enter and came away with best teen lifter, easily. He will have quite a future in the sport if he sticks with it. At 123 Drill Sergeant Roosevelt Thomas put together an excellent 1110, including a 465 DL which he missed once on technique. A perfectly peaked cycle would probably net him a 500. It still wasn't good enough to catch Norm Shackleford for best lifter, even though he was just cruising. At 181, former Mr. South Bend Jim Kelly finally got his Moby Dick, a 600 deadlift that he has been chasing for some time. Larry Coreno was also impressive and needed his last deadlift to win, otherwise Kelly probably could have caught him with 610. It was good to see Mike Bogart back at 220 and in good form. Primarily a bodybuilder, he had surgery recently for a mitro-valve problem and had been advised to quit lifting (ever hear that one before?). He looks healthy and his strength seems undiminished. So far: Bogart-1, Doctor-0. And master lifter Sam Butler continues to ride the Jesus train into one PR after another. This time he went 9 for 9, getting 500 in the squat and deadlift and going 1300, all for the first time. He has added 100 pounds to his total in a half year at age 42. His new team, God's Gym, copped their second team title in a row over Cold Steel from Grand Rapids and the Ernie Fleischer team, Cyborgs. (Thanks to Meet Director Jon Smoker for providing these results.)

BULLETIN BOARD

... this is the place to look for oganizational news and notes - **TEAM USA vs. TEAM SWEDEN and TEAM USA vs. TEAM FINLAND** American powerlifters are being selected by the United States Powerlifting Federation (USPF) in cooperation with the Association for International Cultural Exchange Programs (AICEP) to form TEAM USA for two prestigious international competitions in 1993. Male and female lifters in all categories from teenage, junior, open, sub-master through master as well as Special Olympians who are selected will first compete in Stockholm, Sweden, on Easter Sunday, April 12th, 1993, versus TEAM SWEDEN. Subsequently, TEAM USA lifters will compete versus TEAM FINLAND in Helsinki, Finland, on April 16th, 1993. TEAM USA members are scheduled to depart for Sweden on April 10th and spend their Easter Holidays abroad returning on April 16th or April 18th.

THE POMP & CEREMONY OF AN INTERNATIONAL CHAMPIONSHIP EVENT: The competitions will provide participants with the unique honor and thrill of representing the United States in international competitions. Both meets will feature all the pomp and ceremonies of an international championship event with a formal team march in, an introduction of each competitor, playing of the national anthems, post competition awards and media interviews.

AWARDS TO ALL COMPETITORS: Trophies especially crafted, standing an impressive 21" in height featuring a lifter performing a five-plate dead lift, will be awarded to all 1st, 2nd and 3rd place winners in all categories. Also, commemorative certificates ... with the flags of the three countries involved printed in full color ... suitable for framing, will be presented to all competitors. A trophy will be awarded by the Swedish Powerlifting Federation to the winning team in Sweden. The same format will be followed in Finland with the Finnish Powerlifting Federation presenting a trophy to the winning team.

FUND RAISING ASSISTANCE: Shortly after being accepted, each TEAM USA member will be sent a press release announcing that he/she has been selected to represent the United States as a member of TEAM USA. Former participants have successfully used their releases and the local publicity they generated to attract sponsors and to promote fund raising endeavors to cover part or all of the cost of their participation. To further assist TEAM USA members, AICEP will award full color commemorative certificates to all sponsors in recognition of their support of TEAM USA and the lifter they assisted.

ADVANCED STRENGTH TRAINING METHODS: In both Sweden and Finland, strength training seminars and practical periods are scheduled in which world renowned Exercise Scientists and Powerlifting Specialists will detail innovative theories and methods guaranteed to lead to increased totals.

SPECTACULAR SIGHTSEEING, CULTURAL & SOCIAL PROGRAM: All participants in the 1993 Competitive Powerlifting Tour will be treated to a spectacular sightseeing, cultural and social program. While in "one of the world's most beautiful cities"...Stockholm, Sweden, the sightseeing aspects of the schedule will be highlighted by a VIP visit to the Royal Palace ... tours of the National Sports Museum in Farsta ... the historical old section of Stockholm dating back to the 12th Century ... the fabled 17th Century Wasa warship and more. Evenings will be busy times with social activities including a Stockholm night life tour ... a Swedish Disco night ... a post competition reception with Swedish powerlifting peers and friends. During their stay in Sweden TEAM USA will be accommodated at resort type facilities ... the Swedish National Sports Institute at Lidingo.

Travelling to Finland will provide every participant with an unforgettable and most enjoyable experience ... a voyage through the picturesque thousands of Islands ... in the Archipelago ... on one of the world's most luxurious cruise ships ... The M/S Serenade ... 12 stories of luxury ... featuring a 460 foot long dinning ... shopping and entertainment promenade. According to travel reporters, "If it's night life you want you will have a great selection to choose from ... try your luck in the ship's glittery Casino and lounge ... or watch top entertainers perform in the two-storied show lounge where later, after a buffet dinner feast, you can dance the night away. The fun never sets at the discoteque or, if you want something a bit quieter, choose from one of the more intimate bars."

TEAM USA's Helsinki Highlight Tour will start at the neoclassic Center of the City ... Senate Square...the Parliament Building...Helsinki University ... Sibelius Park and Monument...the famous Temppeliaukio Church and more. Participants extending their stay will travel on to Lahti ..tour the Sports Center...site of several World's Championship Events...the Adult Education Institute ... and Historical Museum. Subsequently, extended stay participants will travel on to accommodations at Vieurumaki .... Finland's National Sports Institute ... to enjoy the resort facilities.

TOP STAFF ASSEMBLED TO ORGANIZE AND LEAD COMPETITIVE TOUR: Sports officials in both Sweden and Finland have advised AICEP that they have assigned their top administrators and powerlifting experts to organize and direct the program for USPF-AICEP 1993 Powerlifting Tour participants. The most accomplished amongst this elite group is Uffe Lindberg, Chairman of the Swedish Hosting Committee. Lindberg has worked for AICEP since 1972 in directing competitive tours, schools and courses. He has won international recognition as one of the world's very best sport tour and event organizers. Following Sweden's leadership, Finnish sports authorities appointed one of their most respected athletes and administrators, 1972 400 meter Gold Medalist and present Vice President of the Finnish National Sports Institute, Pekka Vasala. Under Vasala's direction, the efficient organization of all the events scheduled to be held in Finland is ensured. To match the Swedes and Finns, USPF and AICEP are recruiting a group of top ranking administrators, coaches and officials. Heading this list is Ms. Sandie King, the dynamic new President of the USPF. Other USPF officials are presently being selected to help lead TEAM USA. To assist the USPF, AICEP's Board of Directors have named it's Chairman, Dr. Ed Enos, to co-direct TEAM USA's activities with King. Dr. Enos, a former powerlifter himself, has won recognition as one of North America's most capable administrators and prominent Exercise Scientists. George Panzak, who has served with distinction and been a leading contributor to each and every Powerlifting tour which AICEP has conducted over the last ten years, has accepted an appointment as Executive Assistant to King and Enos.

CAMPAIGNING FOR OLYMPIC STATUS FOR POWERLIFTING: AICEP's staff and it's Chairman, Dr. Ed Enos, initiated a campaign in 1984 to have Powerlifting recognized as an Olympic Sport. As an important element of this on-going campaign, in both Sweden and Finland, TEAM USA members will have the opportunity to assist in the presentations to the Olympic Committees of Sweden and Finland asking for their endorsement in having Powerlifting granted official Olympic status. In Dr. Enos' opinion, "Weightlifting is a dying sport...significantly less young people are weightlifting .... significantly more young and old people all over the world are Powerlifting. It is time to drop Weightlifting from the Olympic program and add Powerlifting."

ORGANIZED ON AN ALL-INCLUSIVE ... NON-PROFIT BASIS: The 1993 TEAM USA Competitive Tour has been organized on an all-inclusive non-profit basis with round-trip transatlantic air transportation (provided by one of the world's premier carriers ... Finnair), land travel, luxury overnight cruise, expert instruction, accommodations, complete meals, TEAM USA T-shirt, sightseeing, recreation, cultural and social events included ... Regular Program ... Easter Holiday Period ... April 10th to 16th ... $2375; Extended Stay Program ... April 16th to 18th...Additional $395 ... ($250 refundable deposit and two convenient installment payments prior to departure).

TAX DEDUCTIBLE: Under existing tax legislation, the 1993 TEAM USA Powerlifting Competitive Tour, with its seminars and practical sessions designed to improve one's knowledge and occupational skills, can qualify as a tax deduction.

EARN TRAVEL STIPEND: There are travel stipends available for assisting in the promotion of the tour. Recruit 15 outstanding lifters, relatives, friends or fans and travel free ... interest 10 participants and be extended a 2/3 discount ... interest 5 participants and receive a 1/3 reduction.

ACADEMIC CREDITS ... OPTIONAL EXTRA: In recognition of the invaluable educational experience the tour will offer, San Francisco State University (SFSU) in cooperation with the Association for international Cultural Exchange Programs (AICEP) will provide the opportunity to earn academic credits on an optional extra fee basis. Under the direction of Dr. Ed Enos, Powerlifting Tour participants who are graduating high school seniors, secondary school graduates and present undergraduate and graduate university students may register for and earn three to six credits. The SFSU courses are (ISED) 615 - Comparative Education and (S.Ed.) 699 - Special Study. The cost per course is $240. Tour participants registering for one or both of these courses will be required to observe, analyze and submit written reports on the seminars and practical sessions they attend as well as on the historical and cultural sights they tour. Former registrants in the aforementioned courses have benefited from job advancement as well as from an educational perspective.

AICEP - A WORLD LEADER: The Association for International Cultural Exchange Programs (AICEP) is a full service non-profit organization dedicated to the promotion of international goodwill, understanding and peace. Founded in 1972, AICEP has become a world leader in conducting high quality academic study-tour courses, schools and competitive tour programs for Americans and Canadians in leading sporting nations around the world.

REGISTRATION LIMITED: it is anticipated that there will be more powerlifters, coaches, officials, relatives and fans wanting to participate than the Swedish or Finnish Powerlifting Competition and Tour organizers will be able to accommodate. To avoid being disappointed, telephone (514) 697-3735, fax (514) 697-0628 or complete the Reservation Form, enclose your $250 refundable deposit made payable to AICEP and mail today to: Ms. Elizabeth Morris, Executive Assistant, Association for International Cultural Exchange Programs, 10 Canvin, Suite 33, Kirkland, Quebec H9H 4S4.

IPF Championships of the Americas (Pan American Championship) are scheduled for the middle of September, Orlando or Dallas. Bill Ennis is the meet coordinator for the contest which will be run according to IPF rules, with referee testing. Bench Press division, world record opportunities, open and federation team divisions. It is the only world record setting event that will be held in this hemisphere in two years (except for the Jr/Masters), plus it will be open to individuals who can't make a team otherwise. Prizes will be awarded at this competition.

Official Qualifier for USPF Drug Free Nationals will be April 3rd and 4th - (three meets in one location) the USPF Region III and Alabama State Championships (open, juniors, masters, men & women, special olympians). Meet site is Auburn University, Auburn, Alabama. Outstanding and unique awards will be available. Meet Director is Stella Herrick, Box 4160, Opelika, AL 36803, 205-749-6222 or FAX 205-749-6224. Meet Sponsor is Bill Kazmaier

HOT STUFF® UPDATE

Five Powerful New Ingredients Make Hot Stuff® Even Better!

They just don't come much bigger or stronger than Anthony Clark. That's why when Anthony recommends a product...people listen! Read here what Anthony has to say about Hot Stuff.

"This new stuff is unbelievable," says Anthony Clark

Can it really be true? Has the greatest bodybuilding supplement of all time really outdone itself? You bet it has!! HOT STUFF has made another mind-blowing leap into the future. To find out the whole story, please read this report very carefully. It can change the direction of your powerlifting career.

We're pleased to introduce you to the next generation of HOT STUFF — our latest and greatest version of the fantastic supplement you have all come to love. Five all new ingredients make this latest HOT STUFF work better and faster than ever. It's now so far advanced that it leaves all other sports supplements behind. You won't believe how quickly this next generation HOT STUFF will boost your strength and power efforts. In fact, it's now so nutrient-dense that you'll feel a difference in as little as three workouts. But don't take our word for it. Try it and see for yourself. Experience the HOT STUFF high that so many people are talking about. This updated version of HOT STUFF is so INCREDIBLE that your performance will start improving as quickly as 72 hours. HOT STUFF will help you turn your sweat and hard effort into muscle and raw power. If you don't try at least one can, you're making a huge mistake.

Here's What We've Added

Now a few words about those great new ingredients. Well, there's Colostrum for starters — called a potent growth stimulator by The American Chiropractic magazine. You'll also find Sikadeer Antler Powder — an ingredient that contains many natural hormone potentiators, and other nutrients which can strengthen the heart, muscles and central nervous system.

There's also Radix Astragali, an oriental adaptogen herb used for energy and improved protein synthesis. We've also added another oriental herb called Radix Angelicae which works in harmony with Radix Astragali and helps boost the body's strength and well being.

And lastly, there's Codonopsis Lanceolata, a ginseng-like tonic. According to oriental herb doctors, Codonopsis can boost energy, normalize the metabolism and stimulate blood production. But the best part is we still have all of the original great ingredients that made HOT STUFF work so well. Blend it all together and you have DYNAMITE!! The very best strength-building supplement ever.

So don't waste your time with outdated products that pretend to be as good as HOT STUFF. Go with the real thing. Step into the next generation. Prove to yourself once again that HOT STUFF is where it's happening. If you thought the original HOT STUFF was great — just wait until you experience the charging surge of power you'll feel from the next generation. No other product even comes close. You simply must try a can of this new super powder today. You won't be disappointed.

"Naturally, I had heard about Hot Stuff. Everybody in the whole country was talking about this product. That's why I, too, was anxious to give it a try. And I wasn't disappointed. Hot Stuff is one of those products you can feel working almost immediately. While I use it to assist my strength and muscle mass, I was pleasantly surprised to see how it also increased my recuperative power. If you're hesitant about giving Hot Stuff a try — take a tip from Anthony. This stuff is great!"

—Anthony Clark,
One of the Strongest Men in the World

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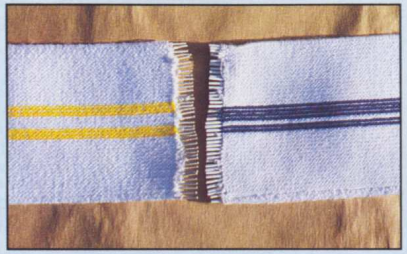

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THE TEST

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13 lbs.	163"	165"
16 lbs.	173"	189"
19 lbs.	183"	206"
22 lbs.	183"	216"
25 lbs.	183"	223"
28 lbs.	183"	226"
31 lbs.	183"	228"
34 lbs.	183"	228"

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The most advanced powerlifting shoe ever developed! This **is not** a converted high top shoe or olympic lifting shoe promoted as a powerlifting shoe. The SST was designed **specifically** for powerlifting and is the **only** shoe that features: (1) **custom sizing** (any size, width, heel height): (2) **wedge arch support** and totally flat crepe sole from heel to toe for maximum weight disbursement and slippage resistance; (3) **full grain leather** (max. thickness); (4) **Cambrelle lining & Texon sockliner** for unique moisture wicking action; (5) **fiberboard heel counter** to keep your foot from sliding off laterally; and, (6) **Velero lateral strap** for "just right" adjustments to insure a secure fit.

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Coming Events

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

7,8,9 JAN, NASA Natural Nationals Bench Press (Pittsburgh, PA), Rich Peters, Box 735, Noble, OK 73068.

9 JAN, Mid-Ohio High School Bench, Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428.

9,10 JAN, ADFPA Southern States(novice, open, men & women, teen), Rick Failla, 6801 S.W. 147th Ave., #1-F, Miami, FL 33193, 305-274-4049 (d), 385-2181 (h).

10 JAN, APA American Drug Free Bench Press (all lifters tested), Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

16 JAN, (new date) USPF Winter Olympic Fitness Center Bench Meet, Terry Smith, Box 888, Dunkirk, MD 20714, 310-855-2700 or 410-257-7774.

16 JAN, APA Suncoast Open Deadlift Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

16 JAN, USPF Hardbodies Winter Classic Bench Press and/or Mountain State Deadliest Deadlift (men, women, submasters, masters, law enforcement), Hardbodies Gym, 202 Princeton Ave., Princeton, WV 24740, 304-425-0444.

16 JAN, NASA All Natural Ohio High School (Springfield, OH - boys & girls, FR-SO, JR-SR), Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 513-568-9116.

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

16,17 JAN, NASA North American Powerlifting and Bench Press, John Mattel, 28 Spring Rd., Clarksburg, NJ 08510, 609-259-7258.

17 JAN, APA Whaling City Open Deadlift (men, women, teen, submaster, master), Joe Mugovero, Box 546, Waterford, CT 06385, 437-1419 after 6 pm.

17 JAN, NASA PL and BP Superbowl, Ed Smith, 225 W. 232nd Box 1P, New York, NY 10563.

17 JAN, NASA Missouri State PL/BP (Joplin), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.

17 JAN, APF Monolift Special World Series (disabled, teenage bench press), Ernie Frantz, 60 S. Broadway, Aurora, IL 60505, 708-892-1491.

17 JAN, NASA Big Three (OH, KY, IN) PL & BP (Springfield, OH - men, women, submaster, master 1 & 2, no formulas, juniors), Gary School, 37 Wildwood Dr., S. Charleston, OH 45368, 513-568-9116.

23 JAN, NASA Indiana PL/BP, Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.

23 JAN, ADFPA Minnesota Jr. State (men, teen, women, masters, police & fire), Michael Hartle, Box 201905, Bloomington, MN 55420, 612-869-1219.

23 JAN, Gunter Maxwell Invitational, Gunter Sports Center, 502nd MWRS Squadron, Bldg 800, Montgomery, AL 36114, Will Jones 205-416-3175 or AV 205-596-1250

23 JAN, 5th USPF Lima Correctional Inst. Meet, Mike Stone or Ed Dunne, 2235 Northwest St., Lima, OH 45802, 419-225-8060.

23 JAN, 6th Body Shop Biggest Bench Press (men, masters 35 & up, teen, women), Mike DeBetta, Body Shop Gym, Box 185, Harpursville, NY 13787, 607-639-2254.

23 JAN, USPF Illinois State, Dr. Darrell Latch, 519 7th St., Charleston, IL 61920, 217-345-1544.

23 JAN, ANPPC Drug Free Supernaturals BP & DL (teen, women, men, masters, team), ANPPC, Box 652, Lake Katrine, NY 12449, 914-246-3009.

23 JAN, (new date) NASA Arkansas PL/BL/Special Olympics (pure, natural, women, teen, master 1 & 2, submasters) Don Skills, 314 MWRS/MWMP, Little Rock AFB, AR 72099, 501-988-7716 or Larry Kye 988-6000 or 982-7668.

24 JAN, (new date) Tri-State Winter Classic I Bench Press and/or Deadlift (13-16, 17-19, novice, open, women, submaster, masters, no formulas) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805.

24 JAN, Illinois State Powerlifting Championships (Chicago)(men, masters, teen, novice), B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.

24 JAN, CDFPA January Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.

30 JAN, NASA Georgia State PL/BP (Atlanta), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.

30 JAN, Ultimate Bench Press Open, Tom Stornelli, Ultimate Physique Gym, 20 Ann St., Lockport, NY 14094, 716-439-4094.

30 JAN, COCC Bench Press (teen, men, women, masters), Central Oregon Community College, Health & Human Performance, 2600 NW College Way, Bend, OR 97701, attn: Jenny Sheldon, or call Mike or Linda Higgins 503-549-9728 or 383-7767.

30 JAN, ANPPC Drug Free Northeastern BP & DL (teen, women, men, masters, team), Saugerties Fitness Center, Rt. 9 W. Simmons Plaza, Saugerties, NY 12477, 914-246-8506, Art Driscoll.

30 JAN, Illinois Monster Bench, John Beatty, 803 N. McKinley, Champaign, IL 61821, 217-356-4849

30 JAN, APA Southwest Florida Open Bench Press Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

31 JAN, 3rd Annual Deadlift Classic (single & 2 person, open, class II, boys & girls teen, men & women submaster & master), Joe McCoy, Rt. 1 Box 120-F, Glen Rose, TX 76043, 817-897-3150.

6 FEB, Mid-Ohio High School BP & DL, Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428

6 FEB, NASA Minnesota State PL/BP (Alberta Lea), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.

6 FEB, APF New York State, Ralph Railoa, Iron Island Gym, 3465 Lawson Blvd, Oceanside, NY 11570, 516-594-9014.

6 FEB, APA United States Bench Press Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

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

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

6,7 FEB, ADFPA Southestern US Championships (open, class II, women, mens masters) Mike Requa, 500 Sandy Dr., Moncks Corner, SC 29461, 803-761-1495 (h) 9622 (w)

7 FEB, USPF California Bench Press (natural, novice, open, masters, women, teen) Love-Silicon Valley Productions, Box 3156, San Jose, CA 95156, 408-238-7413

7 FEB, APA Connecticut & Rhode Island Bench (men, women, submaster, 40-44, 45-49, grandmaster, police & corrections), Joe Mugovero, Box 546, Waterford, CT 06385, 437-1419 after 6 pm.

7 FEB, (new date) ADFPA Connecticut State Open (men & women's open, teen, masters) Stamford YMCA, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000 or Lloyd Weinstein 203-847-9610.

7 FEB, APF Illinois State Championships (open, class II, women, masters, teen men), Greg Gordon, #42 Sunnyland Plaza, Washington, 61571, 309-745-5111.

12 FEB, March Madness BP Classic, Dr. Darrell Latch, 519 7th St., Charleston, IL 61920, 217-345-1544.

12,13 FEB, USPF West Virginia High School (boys, girls), John Lilly, HC 70 Box 47, Beaver, WV 25813, 304-253-2014.

13 FEB, US Classic Invitational BP, Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.

13 FEB, Central Iowa BP/DL Classic, Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.

13 FEB, NASA Pennsylvania- Maryland State PL/BP (Hagerstown, MD), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.

13 FEB, AVS BP/DL, John Jones, 3147 N. 77 St., Omaha, NE 68134, 402-572-7325.

13 FEB, 2nd Hardcore Bench Press (novice, open, women, masters) Cagle's Gym, Pharr Sports Inc., 24 Alexander St., Marietta, GA 30060, 404-424-8668

13 FEB, ADFPA Mississippi State (men, women, teen, masters, bench) Bill Grillette, 11221 Big Buck Ridge, Hernando, MS 38632, 601-429-2928

13 FEB, 7th Southeastern Illinois Bench Press classic (open, women, high school, submaster, master) Susan or Mark Motsinger, S&M Fitness, 201 Gum St., Harrisburg, IL 62946, 618-252-0881.

13,14 FEB, USPF New York State Championships (women, teen, master, open - Batavia, NY), Mark Becht, Magic Shop Gym, 18 Marne, Buffalo, NY 14215, 716-894-8583.

14 FEB, Bench Press for Heart (pennies per lb. per rep), Phil Meksha, 219 Sugartown Rd., Wayne, PA 19087, 215-964-8800.

14 FEB, WNPF Region 1 (Danbury, CT), Troy Ford, 2110-12 First Ave., Box 1204, NYC, NY 10029, 212-876-8373 or 914-328-7726.

14 FEB, ANPPC Drug Free New York City Bench (teen, men, masters, team) ANPPC, Box 652, Lake Katrine, NY 12499, 914-246-3009.

14 FEB, ADFPA Minnesota Sr. State (men, women), Michael Hartle, Box 201905, Bloomington, MN 55420, 612-869-1219.

20 FEB, NASA Kansas State PL/BP (Great Bend), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.

20 FEB, Keystone Open, Tony Pharr, 1098 Duss Avenue, Ambridge, PA 15003, 412-266-9774

20 FEB, ADFPA 5th East Coast BP or DL Classic (open, masters, handicapped, over 30, submasters, teen, women, law & fire, novice, no late entries), Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.

20 FEB, Pennsylvania Teenage Championships (14-15, 16-17, 18-19) Jim Bardman, Box 423, 116 Walnut St., Green Lane, PA 18054

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

20,21 FEB, ADFPA Armed Forces Championship, Lt. Col. Joe Marksteiner, 218 Primrose Ave., Redlands, CA 92373, 714-382-7001.

20,21 FEB, ADFPA New York Bench Press & Deadlift Championships (men & women, open, lifetime, teen, collegiate, submaster, master, police & fire, armed forces, novice, special olympics), Pete Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-948-2023, 686-0727 (w).

20,21 FEB, USPF/APF Oregon Championships and Northwest Regionals (open men & women, teen, mater, novice), Steve Denison, 62738 Montara Dr., Bend, OR 97701, 503-385-7891 or Gus Rethwisch 503-389-3818.

21 FEB, 2nd Glory & Power Bench Press (open, novice, teen, masters, submasters, grandmasters, women), Fred Pfister, 429 South State Rd., Chesire, MA 01225, 413-743-5357.

21 FEB, ANPPC Drug Free Tri-States BP & DL (teen, women, men, masters, team), ANPPC, Box 652, Lake Katrine, NY 12449, 914-246-3009.

21 FEB, APA Sunshine State Drug Free Bench Press & Deadlift (all lifters tested), Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

21 FEB, CDFPA Ward's Class II, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.

27 FEB, 6th Minnesota BP and/or DL, Ross Rogney, 780 Pleasant St., Excelsior, MN 55331, 612-474-3067

27 FEB, West Tennessee Bench Press, B&P Promotions, 2029 N. Main, Milan, TN 38358, 800-682-9411 or 901-686-0506.

27 FEB, Savannah Open Bench Press (open, teen, masters, women), Howard Cohen, 130 Brandywine Rd., Savannah, GA 31405, 912-354-8072.

27 FEB, 3rd Winter Bench Press Classic (novice, masters, women, teen, drug tested and open), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.

27 FEB, New England Strict Curl (men, masters, women, teen boys) Freddy Liatsis, Muscle Mill, 224 Rear Bemis Rd., Fitchburg, MA 01420, 508-342-4048

27 FEB, NASA Claude Youngren Memorial PL/BP, Mike Raya, 521 Caroline St., Pekin, IL 61554, 309-346-7292.

27 FEB, 2nd University at Buffalo Open (open, UB, women, teen, masters), Joe Fox, SUNYAB, 350 Student Union, Amherst, NY 14260, 716-645-2950 (Pat or Joan).

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

27,28 FEB (new date), ADFPA Lifetime Drug Free Nationals, John Petroff, 13267, Windy Gate, St. Louis, MO 63146.

27,28 FEB, ADFPA New York High School, Collegiate,

POWER PROMOTIONS presents
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Bench Press Championships

May 8, 1993
1st place $500 per weight class
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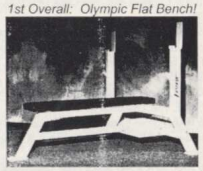
Saturday, February 6, 1993

1st Overall: Olympic Flat Bench!



Start Time: 10:30 a.m. (Admission $3.00)
Early Weigh-in: Feb. 5: 10 a.m. to 8 p.m.
Weigh-in: Feb. 6: 6 a.m. to 9:15 a.m.
Entry Fee: $25.00 per Individual
$40.00 per Team
$35.00 for 2 divisions

APF Rules Will Apply

Entry Deadline: Jan. 28 (Add a $15.00 late entry fee on the day of the contest.)

call Tom Eilerman at 513/526-5400.

14 February 1993

WNPF Region I Championships

Danbury, CT

Qualifer for Nationals

Divisions: Teen, Jr., Lifetime, Natural, Novice, Submaster, Master, Police & Fire & Armed Forces

7 March 1993

WNPF Region 4 Championships

Atlanta, GA

Qualifer for Nationals

Divisions: Teen, Jr., Lifetime, Natural, Novice, Submaster, Master, Police & Fire & Armed Forces

Troy Ford
2110-12 First Ave.
Box 1204
New York, NY 10029
212-876-8373 or
914-328-7726

Special Olympics, Tim Hauprich, 253 Malta Ave., Ballston Spa, NY 12020, 518-885-3404 or 587-7115 ext. 10.
28 FEB, ADFPA New Hampshire State & High School, Bob ROgers, 49 West St., Milford, NH 03055, 603-673-0522.
28 FEB, USPF Drug Tested Eastern States U.S. Open (PL & BP, Drug Free Nationals Qualifier, open, novice, teen, master) Tommy Buzzo, Rt. 4 Box 126, Vinton, VA 24179, 703-890-9713
4-7 MAR, NASA Natural Nationals (Dallas, TX), Rich Peters, Box 735, Noble, OK 73068.
6 MAR, Southern District New Jersey High School (open toall NJ High School students) Paul Sacco, 537 Pine Rd., Hammonton, NJ 08037, 609-567-0046
6 MAR, ADFPA "No Druggies Allowed" Bench Press, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.
6 MAR, ADFPA Erie County Closed, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.
6 MAR, ADFPA Schweizer's Bench Press (open, novice, masters, teen, women, father/son, husband/wife), Mike Ashley, Schweizer's Therapy and Conditioning Center, 100 W. Commons Blvd., New Castle, DE 19720, 302-324-1112.
6 MAR, Greater Philadelphia BP/DL Classic (men, women, open, master), Bruce Diamond, Powerhouse Gym of Phila., 6000 Castor Ave., Philadelphia, PA 19149, 215-288-9256.
6 MAR, WSCC Central Calif. Strict Curl, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239
6 MAR, Pocono Classic Bench Press (open, women, masters, teen) Rita Horath, Pocono YMCA, 809 Main St., Stroudsburg, PA 18360, 717-421-2525.
6 MAR, APA World Bench Press Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
6 MAR, APA Iron Warrior Open Bench Press Classic, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
6,7 MAR, ADFPA Shenandoah Open (open, class il, women, master - Woodstock, VA) Tom Giordani, Sharon Fitness Products, 54 Phillips Way, Sharon, PA 16146, 412-342-2525.
7 MAR, WNPF Region 4 Championships (Atlanta, GA), Troy Ford, 2110-12 First Ave., Box 1204, NYC, NY 10029, 212-876-8373 or 914-328-7726.
7 MAR, LDFAA Syracuse Extravaganza (PL & BP) Art DiAntonio, 1619 Manitou Rd., Rochester, NY 14626, 716-352-4334
13 MAR, USPF & APF Montana Open, Chance Ferlicka, 2449 Beltview A, Helena, MT 59601, 406-442-5898
13 MAR, ADFPA Maine Championships PL & BP, John Mathieu, Box 325, 4260 Fairfield St., Oakland, ME 04963, 207-465-7102.
13 MAR, USPF 18th West Virginia State (open, novice, women, submaster, master-residents only), Joe Helminski, Box 26, Parkersburg, WV 26101, 800-344-5205.
13 MAR, ADFPA Steeler Open (open, women, masters, teen) Rick Fowler, 725- 27th Pl, Granite City, IL 62040, 618-451-9856.
13 MAR, MDSA Super Squat Nationals (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
13 MAR, MDSA MN Monster Bench Press (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
13 MAR, ICPA Big 5 State Championship (IN, OH, KY, MI, IL), J. Temples, Rt 4 Box 57, Spencer, IN 47460, 812-829-2615 or 829-0645.
13 MAR, Beast of the Northeast VI BP/DL (open, masters, teen, women), Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442.
13,14 MAR ADFPA California State, Doug Carroll, The Weight Room, 3535 Industrial Dr., Bldg. B2, Santa Rosa, CA 95403, 707-571-8441.
13,14 MAR, ADFPA North Americans (open, lifetime, masters, women), Bob & Geri Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-474-6111 evenings, 717-823-6994 days.
13,14 MAR, NASA Louisiana State BP/PL (Alexandria), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
13,14 MAR, ADFPA Wisconsin State (open men & masters residents) and Badger Open (open women & masters women), Robert Crawford, Box 2156, Milwaukee, WI 53201, 414-225-2104 (d), 769-0649 (7-8pm).
14 MAR, ANPPC Drug Free Tri-States Bench Press (teen, women, men, masters, teams), ANPPC, Box 652, Lake Katrine, NY 12499, 914-246-3009.
20 MAR, NASA Carlsbad Classic BP/PL (Carlsbad, NM), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
20 MAR, NASA Michigan Open Classic BP & DL, Eddie Ruiz, 4465 Bethuen Ct., W. Bloomfield, MI 48323, 313-363-2498.
20 MAR, Metro Omaha-Council Bluffs Bench Press Classic, Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.
20 MAR, Reverchon Meet, David Crabb, Reverchon Recreation, 3505 Maple, Dallas, TX 75219, 214-670-7721.
20 MAR, APF/USPF Tennesse State (open, novice, women, masters), Mike Stone, 5177 White's Creek Pike, White's Creek, TN 37189, 615-876-5469.
20 MAR, USPF Ohio State Sr./Classic II & Below, Todd Monroe, 3011 SR 59, Ravenna, OH 44266, 216-296-9956.
20 MAR, Rhode Island Special Olyumpic Trials, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875.
20 MAR, Miami County Championships (open, high school, masters, 1-2 or 3 lifts), Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-5720(off), 3197(h)
20 MAR, Ashtabula YMCA BP, Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 216-964-3013.
20,21 MAR (tentative) USPF National Collegiates (drug tested, men & women) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm
20,21 MAR, NASA Iowa State PL/BP (Des Moines), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
20,21 MAR, APA Southern States Powerlifting Championships (open & novice), Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
21 MAR, USPF Rhode Island State (men, women, submaster, teen), Ted Isabella, 55 Weston Ave., Cranston, RI 02920 401-942-7875.
21 MAR, USPF Rhode Island Bench (men, submaster, women, teen), Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875.
21 MAR, ANPPC Drug Free Pennsylvania BP & DL (teen, women, men, masters, team), ANPPC, Box 652, Lake Katrine, NY 12440, 914-246-3009 or 800-892-6772.
27 MAR, NASA California State BP/PL (Bakersfield, Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
27 MAR, FCI Memphis Meet, Bill Martin, Rec. Spec., 1101 John Denie Rd., Memphis, TN 78134, 901-732-2269 ext 249.
27 MAR, APA Open New England Bench (men, women, submaster, master, grandmaster (50-59), teen boys) Freddy Liatsis, Muscle Mill Gym, 224 Rear Bernis Rd., Fitchburg, MA 01420, 508-342-4048
27 MAR, 4th Cabin Fever Deadlift (men, women, drug-tested, open, masters, teen), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.
27 MAR, USPF New Jersey State Drug Tested, Cindy Blinn, Health Spa 2, Bergen Mall, Rt. 4 & Forest Ave., Paramus, NJ 07652, 201-843-3131.
27 MAR, MCI Meet (outside lifters require 2 weeks advance notice) Paul Cruz, Box 43, Norfolk, MA 02056
27 MAR, USPF/ADFPA Bench Press Meet (open, men, women), Keith Boyer, Principal, Upper Dauphin, Area Middle School, RR 1 Box 147, Lykens, PA 17048.
27,28 MAR, WPA Submasters & Masters Worlds and All Time World Record Breakers Meet, John Schaeffer, 24 N. Third St., Womelsdorf, PA, 19567, 215-589-5213.
27,28 MAR, ADFPA Region 3, Louis Baltz, All-American Gym, 118 S. Kentucky, Lakeland, FL, 33801, 813-687-6268.
27,28 MAR, USPF Georgia State and Southeastern USA Police & Fire (masters, police & fire, women, men, men's class II, natural), Tom McMillan, 455 Maplewood Dr., Forsyth, GA 31029, 912-994-6919 or 993-4550 (w).
27,28 MAR, CDFPA Open Nationals, Hugh Ward, 46150-A Yale Rd. E., Chilliwack, BC, V2P 2P1, Canada, 792-8014.
27,28 MAR, ADFPA High School Nationals, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.
27,28 MAR, CDFPA Open Nationals, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
27,28 MAR, 4th annual Carson City Classic (men's, women's, teen, men & women masters - no formulas) Dave Kurzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886
28 MAR, ANPPC Drug Free Pennsylvania BP (teen, women, men, masters, team), Dynamite Gym, 3824 Terrace, Roxborough, PA 19128, 215-482-4775, Jim/Joyce Ferguson.
28 MAR, Longhorn Open (men, women, master, teen, collegiate) Jan Todd, 217 Gregory Gym, Univ. of TX, Austin, TX 78712, 512-471-4890 or Lori Schulman, 512-385-5740
28 MAR, ANPPC Drug Free Massachussetts BP/DL (teen, women, men, masters, team), ANPPC, Box 652, Lake Katrine, NY 12449, 914-246-3009 or 800-892-6772.
28 MAR, Bay State Correctional Center Winter Meet (guest lifters welcome - at least 3 weeks notice, please) Bruce Anderson, Box 43, Norfolk, MA 02056
MAR, Midwest Teenage/Collegiate Open (Chicago)(teen men, teen women, collegiate men, collegiate women), Ed & Lee Riley, 214 W. 111th Pl., Chicago, IL 60628, 312-995-8460.
2,3,4 APR, USPF High School Nationals (fr., so., jr., sr. divisions- Beckley, WV), John Lilly, HC 70 Box 47, Beaver, WV 25813, 304-253-2014.
3 APR, NASA Oklahoma State PL/BP, Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
3 APR, NASA N. Carolina State BP/PL (Burlington), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
3 APR, APA/CPA/WPA Northeastern PL/BP (teen, Jr., women, open, submaster, master), Jean Marie Bergeron, 1083 Adelard, Magog, Quebec, Canada J1X 3S1, 819-843-6384.
3 APR, USPF Vermont State (residents), A.R.T.'s Gym, 1374, White River Junction, VT 05001, 802-295-9920 4-9 pm only M-F.
3 APR, Mike Giardina's 8th Bench Press Classic (men, women, teen, masters, submasters), Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 after 6 pm.
3 APR, Lee Circle YMCA Powerlifting (open, master, teen, women, bench press, deadlift, special olympics), Bob Hafner or George Frentzos, Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-YMCA ext. 203.
3 APR (new date), Cumberland Expo Bench Pess (men, women) Richard Yarbro, 114 Lois Lane, Clarksville, TN 37043, 615-647-0885.

1993 LIFETIME NATIONAL POWERLIFTING CHAMPIONSHIPS

Saturday, February 27th - Sunday, February 28th

Stouffer Concourse Hotel, 9801 Natural Bridge Rd.
St. Louis, Missouri 63134, 314-429-1100

ADMISSION: $8.00 per day, at the door
LIFTING STARTS AT 9:00A.M. DAILY

For further information contact:

John T. Petroff
13267 Windygate Ln.
St. Louis, MO 63146-2227
314-434-5818

Michael F. Cissell
15 Lakeside Dr.
Lake St. Louis, MO 63367
314-625-1225

Sanctioned by: American Drug Free Powerlifting Association

27, 28 March 93
ADFPA Region 3 Powerlifting Championships

17 April 93
Florida State Drug Free Bench Press Championships

2 May 93
Florida State Deadlift Championships

BEAUTIFUL SCULPTURED TROPHIES

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

3 APR, Midwest Bench Press - Deadlift (men, women, teen, submaster, master) Arlyn Dyce, The Weight Room, 615 St. Joe, Rapid City, SD 57701, 605-348-5070
3 APR, USPF Massachusetts State (drug tested, men, masters, submasters, women, jr., teen, special olympics) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm
3 APR, APA Eastern U.S. Open Bench Press Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
3 APR, ADFPA World Gym Bench Press Challenge II (open, women, masters, teen), Fred Kendell, 11140 Fair Oaks, Blvd. Suite 1B, Fair Oaks, CA 95628, 916-965-5545.
3,4 APR, Region III/Alabama State (open, jr., master, men & women, special olympians - official national qualifier for USPF Drug Free Nationals) Stella Herrick, Box 4160, Opelika, AL 36803, 205-749-6222
3,4 APR, ADFPA National Collegiates, Jeff Johnson, East Stroudsburg State Univ., 232 Laurel Hall, E. Stroudsburg, PA 18301, 717-424-4555
3,4 APR, APF Junior Nationals, Fred Uhlig, Box 9366, Peoria, IL 61612, 309-274-2834.
4 APR, ANPPC Drug Free Metro BP/DL (teen, women, open, masters, team), ANPPC, Box 652, Lake Katrine, NY 12499, 914-246-3009.
4 APR, 3rd Upper Ohio Valley Bench Press and/or Deadlift (13-16, 17-19, novice, open, women, masters, submasters, no formulas) Kerry DiDomenico, 234 Alfred Dr., Wintersville, OH 43952, 614-264-4805.
4 APR, ADFPA Towson Bench VI Open & Wayne Detling Memorial Novice (deadline 4 Mar) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207, 410-944-2866.
10 APR, NASA National Collegiates BP/PL (Dallas, TX), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
10 APR, Lee Circle YMCA Meet (open, teen, special olympian, women, masters, 3 lifts, DL, BP, or BP & DL), George Frentzos, Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-9622 ext. 203 or Bob Hafner 504-595-6597.
10 APR, NASA Wisconsin State PL/BP (Wisconsin Dells), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
10 APR, Tazmanian Devil Bench Press Invitational, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239
10,11 APR, Chemung YMCA BP/DL (men, masters, women, teen, novice), Chemung County YMCA, 425 Pennsylvania Ave., Elmira, NY 14904, 607-733-7656.
10,11, APR USPF Jr. Nationals, Tim & Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.
11 APR, NASA Texas State PL/BP (Dallas), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
11 APR, USPF New England Deadlift (men, submaster, women, teen), Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875.
17 APR, Florida State Drug Free Bench Press, Louis Baltz, All- American Gym, 118 S. Kentucky, Lakeland, FL 33801, 813-687-6268.
17 APR, Strength & Endurance Show, Clawson's Fitness Center, 14 W. Kirmar Pkwy., Alden, PA 18634, 717-735-7075/4017.
17 APR, USPF West Virginia Bench Press- residents only, Maria Yokum, 808 B. St., St. Albans, WV 27177-304-722-6341.
17,18 APR, NASA Colorado State PL/BP (Pueblo), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
18 APR, ANPPC Drug Free New Jersey BP & DL (teen, women, men, masters, team), ANPPC, Box 652, Lake Katrine, NY 12449, 914-246-3009 or 800-892-6772.
18 APR, APA Drug Free Deadlift Nationals (all lifters drug tested), Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
18 APR, APA Florida State Drug Free Deadlift Championships (all lifters drug tested), Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
24 APR, NASA Kentucky State PL/BP (Bardstown), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
24 APR, 12th ADFPA Drake Relays BP/DL and Iron Man Extravaganza (3 year drug free, lifetime drug free, women, masters, novice, submaster, collegiate), Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-280-2840 after 5 pm only.
24 APR, APA Massachusetts State Open Deadlift (tentative - depends on response) Muscle Mill, 224 Rear Bernis Rd., Fitchburg, MA 01420, 508-342-4048
24 APR, 3rd Drug Free Iowa Bench Press (all age groups, male & female), Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-280-2840 after 5 pm.
24 APR, ANPPC Central USA, Dr. Darrell Latch, 5197 th St., Charleston, IL 61920, 217-345-1544.
24 APR, NASA Open Tournament, Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
25 APR, CDFPA Spring Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
30 APR, 1,2 MAY, NASA High School Nationals (Dallas, TX), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
APR, Iron Athlete Open (open, women, teen, junior, submaster, master), Dennis Mihaka, Rd #1, Box 174, Fultonville, NY 12072, 518-922-6143.
APR, Kell Strong Man Contest, Ralph Railoa, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014.
APR, ADFPA Miller Bench Press Classic (Chicago Hts.), David Dunne, 1400 Chicago Rd., Chicago IL, 60641, 708-755-1351.
APR, USPF Indiana State PL & BP (open, women, drug tested) Greg Mathias, 8124 Jade St., Indianapolis, IN 46214, 317-875-5659.
1 MAY, USPF Drug Free Lima Family YMCA Bench Press, Robin Syfert, Lima YMCA, 136 S. West St., Lima, OH 45801, 419-223-6045.
1 MAY, APA Grove City Open Bench Press & Rep Contests, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
1 MAY, 9th ADFPA New Jersey States BP/DL (no late entries, residents, masters, submaster, law & fire, women, out of state, novice, reps, over 30), Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.
1,2 MAY, Northwest Open (open, class II & below, masters, police & fire), Northwest Powerlifting, 5525 Cedar Lake Rd., St. Louis Park, MN 55416.
1,2 MAY, ADFPA Missouri State/ADFPA Open, John Petroff, 13267 Windgate Ln., St. Louis, MO 63146, 314-434-5818.
1,2 MAY, ADFPA Women's Nationals, Linda Jo Belsito, 209 W. Nicholai St., Hicksville, NY 11801.
2 MAY, Florida State Deadlift Championships, Louis Baltz, All- American Gym, 118 S. Kentucky, Lakeland, FL 33801, 813-687-6268.
8 MAY, NASA New Mexico State BP/PL (Albuquerque), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
8 MAY, NASA Ohio State BP/PL (Cincinnati), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
8 MAY, WSCC California Strict Curl, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239
8 MAY, (tentative) USPF 4th annual Oklahoma Extravaganza Open PL/BP, The Gym, c/o Kent, 330 SE 59th, Suite A, Oklahoma City, OK 73159, 405-636-1793.
8 MAY, Maryland "Professional" Bench Press Championships (open, women, teen, master), Scott Werner, 800-633-9977 (day), 301-705-7315 (nite).
8 MAY, 4th annual Carson Bench Press (men, women, teen, men & women master - no formula) Dave Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886.
9 MAY, NASA North American Classic (drug tested men, women, submaster, teen), Ted Isabella, 55 Weston Ave., 401-942-7875.
9 MAY, NASA N. American BP Classic (tested- men, submaster, women, teen), Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875.
9 MAY, LDFAA Nationals (PL & BP), Art DiAntonio, 1619 Manitou Rd., Rochester, NY 14626, 716-352-4334
14-16 MAY, USPF National Masters/Submasters (Irving, TX), Ronnie Ray/Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74802, 405-275-3689.
15 MAY, NASA Arizona State BP/PL (Phoenix), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
15 MAY, CPA Border Brawl PL/BP (teen, jr., women, open, master, submaster), Jean Marie Bergeron, 1083 Adelard, Magog, Quebec, Canada J1X 3S1, 819-843-6384.
15, MAY, ADFPA Region 5, Dick Conner, 1313 N. Roosevelt Dr., Evansville, IN 47711, 812-477-4775.
15 MAY, Cross County Pull DL, Dr. Darrell Latch, 419 7th St., Charleston, IL 61920, 217-345-1544.
15 MAY, MDSA North Dakota State Meet (Goodrich, ND, open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
15,16 MAY, ADFPA Northern Pennsylvania BP/PL (men's open, masters, teen, women's open), Brian Skusarick, 110 E. Fifth St., Emporium, PA 15834, 814-486-0583.
15,16 MAY, ADFPA Northwest Regional (open, masters, teen - men & women) Tony Piechthalt, 1152 Puget St., Bellingham, WA 98226, 206-272-0580 or 671-4185 (h)
16 MAY, USPF New Jersey High School Championships-Drug Tested, Cindy Blinn, Health Spa 2, Bergen Mall, Rt. 4 & Forest Ave., Paramus, NJ 201-843-3131.
16 MAY, APA Strongman Contests, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
21-23 MAY, CPU Canadian Junior, Senior, Master Championships (men & women) Mike Armstrong, 6335 13 Ave., Edmonton, Alberta, Canada T6L 2E5, 403-462-7566.
22 MAY, 2nd US Drug Free BP/DL, Jeff Baird, 3064 SW 12th St., Des Moines, IA 50315, 515-280-8275.
22,23 MAY, 11th Annual Viking Open (Chicago)(men, women, teen, masters), B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 312-561-9692.
29 MAY, Baddest Bench in Florida & Rep Contests, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
29 MAY, USPF Open Bench Press (men, women, teen, submaster, master, - Bluefield, WV), Powerlift W. VA, Box 523, Bluefield, WV 24701.
29 MAY, MDSA Deadliest Deadlift in the Dakotas, Fargo, ND (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
29,30 MAY, NASA Virginia State PL/BP (Charlottesville), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
30 MAY, CDFPA Ward's Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.
MAY, 4th North Coast Championships (open, class II, women, masters), Janice Roge, Box 620312, Cleveland, OH 44102, 216-651-3472.
MAY, 11th Brownsville Deadlift Bench Press Record Breakers, Tito Mata, 245 Fairfax, Brownsville, TX 78520, 512-544-7558.
MAY, Illinois High School Championships (Blue Island), Bill Seno, 3841 Lawn, Western Springs, IL 60558, 708-246-3457.
5 JUN, APA/UBPF California Staet Bench Press, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239
5 JUN, ADFPA New England Staets Open PL & BP (men, masters, submasters, women, teen) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm
5 JUN, USPF New England Novice (drug tested, men, masters, submasters, women, teen) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm
5 JUN, MDSA MN State Meet (open & closed, men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201.
5 JUN, APA Baddest Deadlift in Florida & Rep Deadlift Meets, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
5 JUN, Idaho State Championships, Drew Wolfe, Box 12, Lemhi, ID 83465, 208-756-4878.
5,6 JUN, NASA National Submasters and Masters, PL/BP (Nashville, TN), Rich Peters, Box 735, Noble, OK 73068, 405-872-9684.
11 JUN, CPA Nationals (teen, jr., women, open, submaster, master), Jean Marie Bergeron, 1083 Adelard, Magog, Quebec, Canada J1X 3S1, 819-843-6384.
12 JUN, Sam Butler's Push/Pull '93 Outdoors (men, women, novice, teen, masters), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.
12 JUN, (new date) NASA United States and North American Deadlift Championship (urinalysis), Mario Torrez, 1970 N. Harrison, E. Lansing, MI 48823, 517-332-5130.
18,19,20 JUN, USPF Men's/Women's Nationals, Tim & Sandy King, Box 752, Ramseur, NC 27316, 919-626-0660.
19,20 JUN, APA Southeastern Regional Powerlifting Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
19,20 JUN, APA United States Masters & Submasters Powerlifting Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
20 JUN, LDFAA Hot Summer Bench Press, Art DiAntonio, 1619 Manitou Rd., Rochester, NY 14626, 716-352-4334
26 JUN, APF 2nd Iron Island Gym, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd, Oceanside, NY 11570, 516-594-9014.
JUN, Mark Bass Nissan Bench Press Classic, Herb Lande and Bernie Ferro, 23810 County Farm Rd., Joliet, IL 60436, 815-729-3122.
JUN, USPF Sooner State Games Open PL/BP, Rickey Dale Crain, P.O. Box 1322, Shawnee, OK 74802, 405-275-3689,.
4 JUL, USPF 2nd Annual Biggest Bench on the Greenbrier (men, women, teen, submaster, master- Alderson, WV), Rusty Harvey, Box 50, Asbury, WV 24916, 304-445-2849.
9-11 JUL, ADFPA Men's Natls., Bob Gaynor, 19 Sunrise, Mountaintop, PA 18707, 717-823-6994.
10 JUL, WSCC United States Strict Curl, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239
10 JUL, APA East Coast Open Bench Press and Rep Contests, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.
25 JUL, ADFPA Baltimore Bench Open (deadline Jun 25), Brian Washington, 3506 Essex, Baltimore, MD 21207, 410-944-2866.
30,31 JUL, 1 AUG, ADFPA Teenage Nationals, Doug Carroll, Weight Room, 3535 Industrial Dr.,

January 23, 1993

ANPPC DRUG-FREE SUPERNATURALS BENCH PRESS & DEADLIFT

(Teens, Women, Mens Open, Mens Masters, Teams)
All lifters are polygraph tested, minimum 5 years up to lifetime drug-free

Contact:
All Natural Gym
132 N. Wellwood Ave.
Lindenhurst, NY 11757
516-957-7373
Glen Stephan

24 January 1993 *(new date)*

Tri-State Winter Classic I Bench Press and/or Deadlift

Full weight classes (no formulas) in all divisions: 2 teen classes (13-16, 17-19), masters, submasters, novice, open, women

1st place trophies- 25"

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

Bldg B2, Santa Rosa, CA 95403, 707-571-8441.

JUL, USPF Bench Press Competition-Huntingdon, WV, Maria Yokum, Route 2 Box 250, St. Albans, WV 25177, 304-727-5245.

7 AUG, APA Englewood Cup Open BP Classic, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

21 AUG, USPF drug tested Class III and Under Subnovice, Cindy Blinn, Health Spa 2, Bergen Mall, Rt. 4 & Forest Ave., Paramus, NJ 07652, 201-843-3131.

21 AUG, 8th Annual Iowa State Fair Drug Free Bench Press/Deadlift, Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.

21 AUG, APA Englewood Cup Open DL Classic, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

28,29 AUG, USPF Bench Press Nationals, (open, ladies, masters, juniors, police/firemen, military, teens, disabled) Brian Washington, 3506 Essex, Baltimore, MD 21207, 410-944-2866.

AUG, ADFPA Deadlift Nationals, Pete Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-686-0727.

4 SEP, World Record Breakers Bench Press Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

4 SEP, Florida State Deadlift Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

4,5 SEP, ADFPA National Bench Press, Larry Miller, 10568 Ravenna Rd., Twinsburg, OH 44087, 216-425-0912 or John Black, 216-252-1695.

5 SEP, World Record Breakers Deadlift Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

5 SEP, Florida State Deadlift Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

11 SEP (tentative), ADFPA Minnesota Masters/Hawk Country Open, Bill Omundson, 4063 Ugstad Rd., Hermantown, MN 55811, 281-729-9532.

11 SEP, 2nd Fresno Bench Press, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239

April 3 & 4th, 1993... Three meets in one location! Region III and Alabama State Championships. Open, Juniors, Masters, Men & Women, & Special Olympians.

Official national qualifier for USPF Drug Free Nationals

Location: Auburn University, Auburn, AL

Outstanding and unique awards plus sponsor prizes

Meet director - Stella Herrick, Box 4160 Opelika, AL 36803
205-749-6222
FAX 205-749-6224
Meet Sponsor - Bill Kazmaier
Call or write for entry form

12 SEP, CDFPA Fall Open, Hugh Ward, 46150 A Yale Rd. East, Chilliwack, BC, Canada V2P 2P1, 792-8014.

18 SEP, Gulf Coast Open Bench Press Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

18 SEP, ADFPA California State Squat Championship, Doug Carroll, Weight Room, 3535 Industrial Dr., Bldg B2, Santa Rosa, CA 95403, 707-571-8441.

18 SEP, SEP Master & Submaster U.S. Open Bench Press Classic, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

19 SEP, United States Deadlift, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

25 SEP, 11th ADFPA New Jersey Championships (no late entries - men, masters, teen, women, submaster), Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 201-691-0824.

SEP, IPF Championships of the Americas (Pan American Championships - IPF rules, referee testing, bench press division, world record opportunities, open and federation team divisions) Bill Ennis, 4455 Laurelwood Dr. SW, Roanoke, VA 24018, 800-621-9550

SEP, North American Strongman Competition TEN Intl., 34 Doncaster Ave., Unit 6, Thornhill, Ontario L3T 4S1, 416-731-6942.

SEP, Michigan Bench Press Challenge, Les Hasler, 13564 Terry Dr., Utica, MI 48315.

2 OCT, ADFPA California Bench Press, Joe Randazzo, Box 690386, Stockton, CA 95269, 209-951-7824 after 8 pm.

2,3 OCT, Master & Submaster Nationals, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

2,3 OCT, Florida State Powrlifting Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

9 OCT, Bob Hafner Championships (open, masters, teen, women, bench press, deadlift, special olympics), Bob Hafner or George Frentzos, Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-YMCA ext. 203.

9 OCT, WSCC World Strict Curl, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239

9,10 OCT WDFPF World Championships, Hugh Ward, 46150-A Yale Rd. E., Chilliwack, BC, V2P 2P1, Canada, 792-8014.

9,10 OCT ANPPC USA Drug Free Nationals, Dr. Darrell Latch, 519 7th St., Charleston, IL 61920, 217-345-1544.

16 OCT, Metro Omaha - Council Bluffs Bench Press Classic, Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275.

16 OCT, Southeastern Seaboard Open Bench Press, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

17 OCT, NASA N. American Novice (tested- men, submaster, women, teen), Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875.

17 OCT, USPF Rhode Island Drug Free BP (men, submaster, women, teen), Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875.

17 OCT, USPF Rhode Island Drug Free (men, submaster, women, teen), Ted Isabella, 55 Weston Ave., Cranston, RI 02920, 401-942-7875.

23,24 OCT, APA/CPA/WPA Can-Am International PL/BP (teen, jr., women, open, submaster, master), J.M. Bergeron, 1083 Adelard, Magog, Quebec, Canada J1X 3S1, 819-843-6384.

23 OCT, Fall Bench Press Classic, Dr. Darrell Latch, 519 7th St., Charleston, IL 69120, 217-345-1544.

31 OCT, Eastern USA Drug Free Deadlift Championships (all lifters drug tested), Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

6,7 NOV, ADFPA National Masters (Sacramento, CA), Joe Randazzo, Box 690386, Stockton, CA 95269, 209-951-7824 after 8 pm.

7 NOV, ADFPA Maryland Bench (closed, deadine 7 Oct) Brian Washington, 3506 Essex Rd., Baltimore, MD 21207, 410-944-2866.

13 NOV, APA/CPA/WPA Canadian BP & DL Open, Jean Marie Bergeron, 1083 Adelard, Magog, Quebec, Canada J1X 3S1, 819-843-6384.

13 NOV, Baddest Bencher in the South Bench Press Classic, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

20 NOV, Central Iowa Open BP/DL, Jeff Baird, 3064 SW 12th St., Des Moines, IA 50315, 515-280-8275.

20 NOV, 6th Law Enforcement and Fireman Bench Press, Jeff Baird, 3064 SW 12th St., Des Moines, IA 50315, 515-280-8275.

A. D. F. P. A.
N O R T H
A M E R I C A N S
A R E B A C K

March 13 and 14, 1993
Ho Jo Inn & Resort
Wilkes-Barre, PA

Open/Lifetime/
Women/Masters

Bob and Geri Gaynor
19 Sunrise Drive
Mountaintop, PA 18707

717-474-6111 or
717-823-6994

20 NOV, UBPF World Bench Press, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239

27 NOV, Biggest Pull in the South Deadlift Classic, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

4 DEC, Southeastern United States Bench Press Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

4 DEC, Master & Submaster Bench Press Nationals, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

11 DEC, APA/CPA/WPA Quebec Novice PL and Open Bench Press (teen, jr., women, submaster, master), Marcel St. Laurent, 819-346-9466.

11,12 DEC, Mens & Womens National Powerlifting Championships, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

11,12 DEC, Master & Submasters International Powerlifting Classic, Scott Taylor, 2631 Placida Rd., Englewood, FL 34224, 813-475-6041.

11,12 DEC, ADFPA 2nd Weight Room Open, Doug Carroll, Weight Room, 3535 Industrial Rd., Bldg B2, Santa Rosa, CA 95403, 707-571-8441.

12 DEC, CDFPA WInter Open, Hugh Ward, 46150 A Yale Rd., East Chilliwack, BC, Canada V2P 2P1, 792-8014.

19,20 MAR, ADFPA National Bench Press, Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111.

MAR, ADFPA Lifetime Drug Free Nationals, Brian Washington, 3506 Essex Rd., Baltimore, MD, 21207.

12,13 MAR, (TBA) ADFPA National Collegiates, Mike Hartle, Box 201905, Minneapolis, MN 55420, 612-869-1219

9,10 JUL, ADFPA National Teenage, John Petroff, 13267 Windy Gate, St. Louis, MO 63146.

13,14 AUG, ADFPA National Deadlift, Bob Gaynor, 19 Sunrise Dr., Mt. Top., PA 18707, 717-823-6994 or 474-6111.

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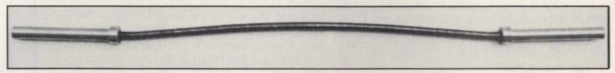

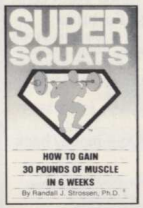

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374	NGUYEN, T	02 FEB 91
370	COUCH, R	1 7 MARAR91
363	ORTIZ, D	02 APR 89
341	FERRERA, M	06 JUL 85
335	WRIGHT, C	03 NOV 90
330	DUNBAR, C	25 AUG 84
329	STEINFELD, J	18 JUN 88
325	TAYLOR, C	84
320	HART, A	10 SEP 71
319	GANT, L	19 APR 80
319	HIGGINS, F	13 NOV 82
316	KUCIPAK, G	09 MAY 79
315	BRADLEY, J	13 MAY 78
315	FROSTBAUM, S	17 NOV 79
315	KEA, R	27 MAR 82
315	FIELDER, C	14 MAR 92
314	CUNHA, J	05 MAY 82
314	ADAMS, R	11 MAR 89
310	POLK, S	28 NOV 87
310	MCDONALD, D	07 MAY 88
310	OLSON, T	22 JUN 91
308	TOLISANO, V	10 JUN 82
308	MOYA, S	01 JUN 85
308	TAKUSHI, G	20 OCT85
308	YOUNG, A	10 JAN 87
308	MURRILO, G	31 AUG 91
305	GANIGAN, D	18 NOV 89
303	MILLER, B	01 FEB 92
303	MUKITE, J	06 MAR 88
303	CHEATHAM, M	08 JUL 90
300	WILSON, W	23 NOV 80
300	CORDIAK, M	26 AUG 84
300	KRUEGER, T	23 APR 88
300	AUDETTE, P	07 AUG 88
297	OLIVER, J	12 APR 86
297	TAYLOR, T	28 OCT 89
295	JUNG, T	22 MAR 82
295	WILSON, F	26 JAN 85
295	HALL, C	85
295	TAYLOR, M	08 JUN 86
292	YOSHIZU, D	13 JUN 81
292	ESCOBEDO, H	08 AUG 82
292	HOWARD, J	12 MAY 84
292	NAYLOR, R	17 DEC 88
292	WHITNEY, T	15 AUG 92
290	MUMFORD, L	79
290	GRIFFITH, B	13 JUL 85
290	RUDELLA, C	15 MAR 86
290	MONTGOMERY, J	23 APR 88
290	CASTON, W	14 OCT 89
286	MILIAN, E	20 AUG 77
286	ARENBERG, J	13 FEB 88
286	BLAKE, H	13 FEB 90
286	TAYLOR, T	01 AUG 92
285	NUNEZ, J	02 JUL 77
285	CASTILLO, R	70
285	KAWAMURA, G	70
285	THAYER, E	72
285	ALLEN, R	25 MAY 85
285	CLARKE, M	17 JAN 88
285	WINTERS, T	21 MAY 88
283	CHICK	JUN 91
285	CASTON, B	10 NOV 91
285	HOLLYFIELD, C	22FEB 92
285	LEE, ,A	16 AUG 92
283	RINGI, G	71
281	RETTENMAIER, ,A	25 MAR 83
281	SALSER, R	26 MAR 83
281	WERNERS	03 AUG 84
281	HUNNICUTT, G	18 MAY 85
281	MORGAN, J	06 JUL 85
281	SCHMIDT, J	17 MAY 86
281	WESER, P	18 NOV 87
281	RAMSEY, D	17 FEB 88
281	AUGUST IN, S	06 JUN 88
281	HOFF, R	13 AUG 88
281	JONES, M	25 FEB 89
281	CORONADO, D	20 OCT90
281	GANIGAN, D	07 APR 91
280	BERNAZZANI, J	71
280	SAUERS, M	03 SEP 77
280	GRANT, G	12 NOV 77
280	KUSICK, T	19 APR 80
280	LECH, R	07 MAR 81
280	BAUDO, N	21 FEB 81
280	GARDNER, J	02 MAY 81
280	WILLIAMS, M	13 NOV 82
280	YOUNG, K	22 SEP 85
280	RECKENDORF, P	28 APR 90
280	HO, N	13 JUN 92
280	HENGEN, V	20 JUN 92
278	CATALFAMO, J	24 MAR 90
276	TRIJILLO, P	29 AUG 69
275	TOLISANO, V	23 MAR 79
275	ROBINSON, J	27 FEB 85
275	LONG, M	13 FEB 88
275	JEFFREY, M (F)	16 JUL 88
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Message from the U.S.P.F. President

I have just recently returned from the 1992 IPF Men's World Championships in Birmingham, England. Things went well for the USA Team, with five gold and two bronze for those lifters finishing in the medals. By virtue of the IPF rule where only the top six lifters counting for team points, the USA won the team title in fine style. Several of the USA lifters who are normally in a position for a fairly uncontested gold, did not have it so easy at this championship. With at least three of the gold medalists for the USA, it went down to third attempt deadlifts to determine who would win the gold. The Russian lifters once again were very impressive in their lifting from all four of the teams that lifted from what used to be the USSR. The USA would be wise to hope that our Russian comrades never put together a consolidated Russian team. Even barring that, the Russians showed me that they will be a force to be reckoned with in the future.

There were some other bright spots for the USPF and powerlifting at this World Championship. The Inzer Blast Shirt was made legal by the IPF World Congress. Effective January 1, 1993, the bench shirt will be permitted in all competitions sanctioned by the IPF. Not only does this give IPF and USPF more unity as far as their rules sets, it opens the door for the USPF to host IPF World Championships in the United States. We have one more challenge in another area to overcome before IPF World Championships can become a reality in the United States. You can rest assured that the USPF Executive is working hard to jump that last hurdle and bring IPF World Championships to the United States. If we can get all the gray areas worked out, the first IPF World Championship held in the U.S. in nine years will take place in Greensboro, North Carolina, in August of 1993, when the USPF hosts the IPF Men's and Women's Master/Junior World Championships. Let's all keep a positive outlook and keep the hope burning bright that we can once again host the World Championships in the United States.

Several reports were submitted to the IPF World Congress from Regional Vice Presidents, Standing Committee Chairmen and IPF officers. The report from Stella Herrick, Vice President for North America, was quite thorough in its overview of the Region IV. If you would like a copy of the report for Region IV of the IPF, please send a self-addressed, stamped envelope to the USPF Headquarters, and a copy will be sent to you.

1993 promises to be a very good year for the USPF and Powerlifting worldwide. In April of '93, the USPF, working with the AICEP, will be sending TEAM USA to Sweden and Finland to compete against teams for their respective countries. July of '93 finds powerlifting scheduled for the World Games in the Hague, Netherlands. August of '93 we hope to be in competition at the Pre-Goodwill Games in St. Petersburg, Russia, which will be a prelude to the Goodwill Games scheduled for 1994. All of these competitions are open to lifters registered with the USPF only, but, our door is always open for any powerlifter in the United States to register with the USPF. As of November 30, 1992, the USPF had sold 6,056 cards in 1992, with one month of registration remaining. I invite all powerlifters in the U.S. to join the USPF and become a part of the fastest growing organization in this country. Don't be left out --- JUST DO IT!!!!!

Best regards,
Sandy King
USPF President

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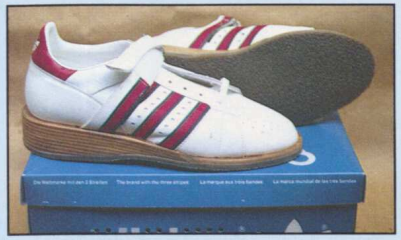

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Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.

Marathon offers you two complete lines of quality lifting belts: the top-of-the-line **Custom Series,** *and the economy* **Challenger Series.** *Marathon belt features include:*

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- **Made to legal thicknesses**
- **Smooth-operating roller buckles for easy on and off**
- **The ultimate fit because holes are grouped closer together**
- **Highest quality stitching for durability and style**
- **Available in 18 colors and combinations**
- **100% Guaranteed against normal wear and tear for the life of the belt**

The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

Style A *Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone.* **$65.00**
Style B *Double-thick suede leather with six rows of stitching, double prong. Available one-, two- or three-tone.* **$65.00**
Style C *Double thickness smooth leather. Available in single or double prong.* **$65.00**
Style D *Single thickness, heavy leather. Double prong recommended.* **$29.00**
Style E *Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong.* **$65.00**
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Sincerely,

John Inzer

John Inzer
Owner

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