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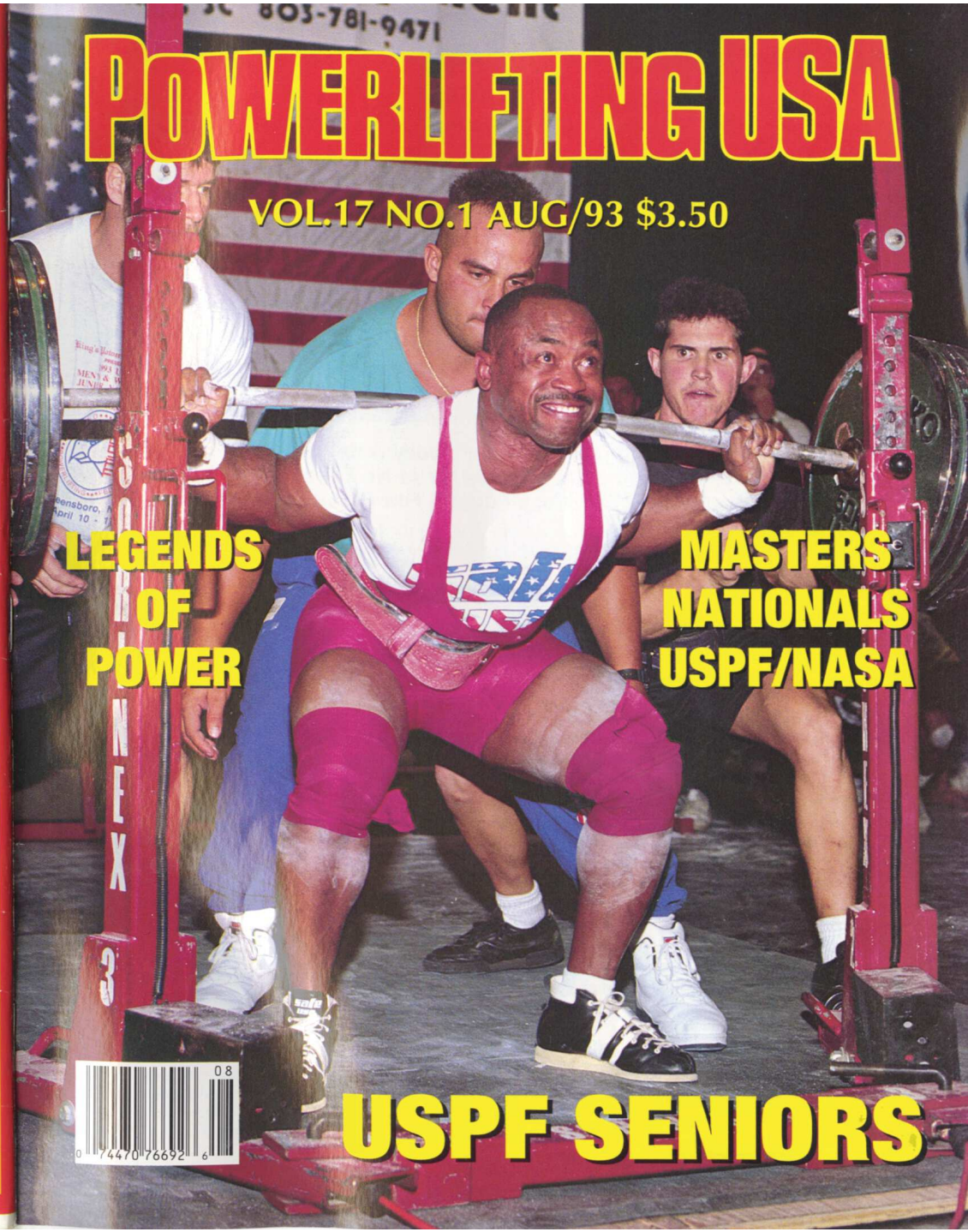

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ON THE COVER..... Gene Bell, who won one of the most hotly contested titles in Powerlifting history, at the 1993 U.S.P.F. Senior Nationals, the 198 lb. class. Mike Lambert photograph

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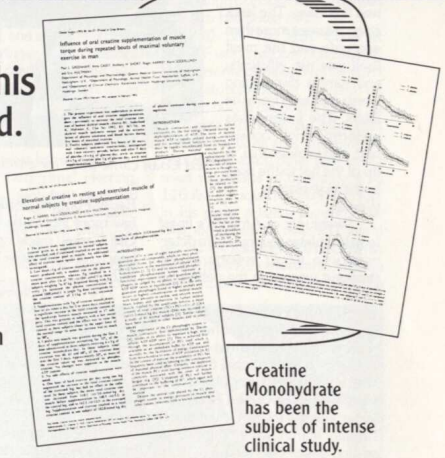

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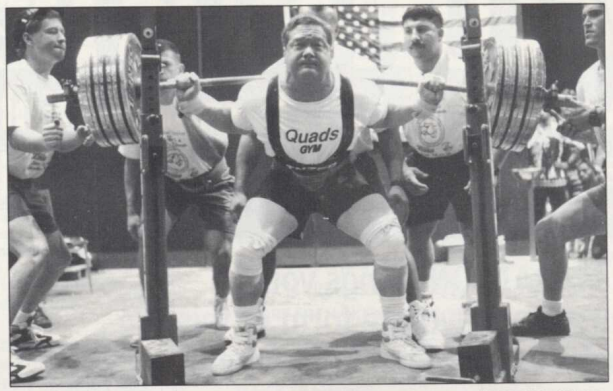
USPF Sr. Nationals

as told to Powerlifting USA by Marty Gallagher

The granddaddy of all powerlifting meets, the United States Powerlifting Federation National Championships, were held in the relatively sleepy confines of Greensboro, North Carolina. Tim and Sandy King held the Grand Kahuna of state-side power meets in the classy confines of the holiday Inn Four Seasons hotel. Although the crowds could have been bigger, (ah, remember the good old days when Larry Pacifico would pack in thousands for this meet at the Dayton Convention center) the meet site was first class. The back stage area was more than adequate and the meet itself was run efficiently and nary a disparaging word was heard from the lifters. The judging was uniform; strict, consistent, and professional. A tip of the hat to the boys in the blue blazers.



Ed Coan *came back for another huge total in the 220s and entry to the IPF World Meet*

Women

Twenty-six of America's finest female athletes squared off to determine who would emerge as the strongest women in the nation for 1993.

97- Ann Leverett missed two squats, settled down, pushed three benches, and pulled three deadlifts to cruise to the national title. Her 766 total would have placed her second in the 105 or the 114 classes. Super lifting! Not to be out-done, Tammy Martin went 9 for 9 in posting a nice 666 total.

105- Elisabeth Street was in the driver's seat from start to finish. Her 319 squat and 303 deadlift were too much for the rest of the field.

Shelby Corson *defended the title she won in North Carolina last year, and started an Athlete's Committee to keep the USPF upon the needs of its members.*

Becky Pompeo needed to make a few more lifts to push Ms. Street. Gail Gaskey made one squat, one bench, and all three deads ending with 281.

114- Glynis Bierria had an easy win at 114 going 7 for 9 and breaking the 800 lbs. total barrier. Tammy Houghton finished well back, but exhibited balanced lifting. Lezlie Tidwell showed some real promise once she got past the squats.

123- All eyes were on world champion Carrie Boudreau, and she did not disappoint going 9 for 9 and setting three IPF world records. Carrie ended with a fabulous 407 squat and seems poised to go after Mary Jeffrey's 421 world record. Three perfect benches ended with a 237 effort, again, within arms length of Jeffrey's 253 lbs. mark. In the deadlift her second attempt of 429 produced her first world record, a 1074 total. Not finished, she successfully negotiated a third with 458 to break Canadian Joy Burt's deadlift record and Jeffrey's 1069 total record. Her 1102 total shattered the previous world record by 33 lbs. Carrie Boudreau is unassailable.

Tonya Myers went 7 for 9 in locking up second while Sandra Mobley and Jennifer Rey (9 for 9) rounded out the pack.

132- Veteran Rachel Mathias lifted unopposed. She lifted well, hitting a 363 in the squat, 270 in the bench, and 407 in the deadlift before missing her only lift of the day, a 424 pull.

148- Six lifters lined up with multi-time world champion Vicki Steenrod in control the first lift. Vicki destroyed a 440 lb. squat, proceeded to demolish a world record exceeding 281 lbs. bench press and capped it all with a terrific 430 lb. deadlift. Her only miss of the day was a meaningless 452 deadlift. Not bad for a master lifter!

Kathy Baker had a very good meet. She missed her opening squat, regrouped and made a class high 452. Add a 248 lb. bench and a 424 deadlift and you have the makings of a future world champion. Mary Jo Dantsuka broke the 900 total barrier while Ruth Walker, Debbi Johnson, and Robert Anderson had their own little meet with Ruth besting Debbi and Roberta.

165- Three middleweight locked horns with Tammy Dianda beating Sara Robertson by 83 lbs. to win the national title. Paula Frost finished off the pace with an 870 total.

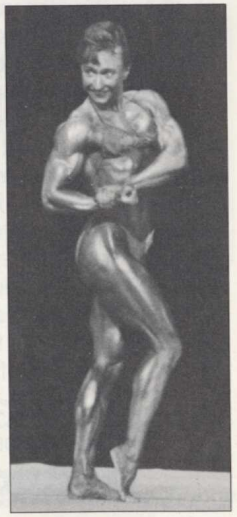
181- LuAnn Rogers and Geneva Williams were the only two competitors, with LuAnn out-squatting and benching Geneva to pull off the win.

198- The picking got even slimmer as only Shelby Corson entered the 198's. Shelby made up for quantity with quality and got things off with a bang by hitting a 557 lb. IPF world record squat. Her 303 lb. bench made hash out of Kathy Millen's IPF mark. Shelby pulled her 407 lb. deadlift before running into problems on her 2nd and 3rd with 440. She totaled 1268 for a terrific day's work.

90+- Juanita Trujillo was the lone entrant in the 90+ kg. category. Juanita came to bust records, and bust them she did. The firs go was the squat record- twice! On her second attempt she smoked a 579 to break Lorraine Costanzo's long-standing mark. Not content, she called for the magic 6-600- on her third. After taking the weight 3 inches below parallel, she exploded the weight to lock out like it was nothing. This woman had 630 in her on this day. Not satisfied, she benched 304 to break Myrtle Augee's mark. A 451 lb. deadlift gave her a 1339 total. This young lady looks to be around for a long time, which is bad news for the competition!

Men

114- Venerable veteran Chuck Dunbar lifted unopposed but didn't coast. Chuck opened with a 469 lb. squat and proceeded to scare the hell out of his Black's Health World handler Mick Golden by missing the weight. Could there be any greater embarrassment than an unopposed bomb-out? Chuckie's a pro. He settled down, repeated, made it easily and them made a super deep 501 on his third. In the bench, always a Dunbar forte, he



Rachel Mathias *placed 3rd in her first national bodybuilding championship, the Jr. USA, in Denver this past May. Setting World Bench Press Records in between time, she hopes to hit the bodybuilding Nationals again in Ft. Lauderdale this October.*

Twin Power*... 123 lb. champ Tim Taylor has twin boys, born on December 4th. Jordan (left) weighed 6 lbs., and Joshua came in at 6 lbs. 11 ounces. (T. Taylor)*

made three beauties: 287, 303, and finally a fantastic 314. Chuck wrapped up his umpteenth national titles with his opening deadlift of 358. His 385 refused to cooperate on his second and third attempts. Still, an 1174 total is nothing to sneeze at.

Phil Hile, the defending champ at 114 missed the meet. His dad passed away. Mr. Hile was powerlifting's number one Pop- always in attendance and always totally engrossed in Phil's lifting exploits. Our condolences to the Hiles; Pop will be missed.

123- Five men lined up to do battle for 56 kg. honors. When the dust settled, Tim Taylor had laid the wood to the competition, outdistancing his nearest competitor Todd Antinoro by 148 lbs. Actually, Todd was too busy looking over his own shoulder at Mercelles McKnight to worry much about Tim Taylor. Todd eked out a slim 11 lb. win with a 424 lb. deadlift. Mercelles missed the winning 440 lb. deadlift on his 2nd and 3rd attempts. Rudy Perry missed a huge 440 lb. squat that would have put him in contention for 2nd, but instead had to settle for 4th.

123- Powerlifting immortal Lamar Gant was a no-show and this cleared the way for an easy win for Todd Suttles. Todd cruised in his squats ending with 529. He added a 336 second attempt bench and at the sub-total, the meet was definitely over because Todd can pull; his 578 lb. third attempt effort gave him a 1416 total, the national title, and a trip to the world championships.

Lance Mays missed his second and third attempt squats, settled down and made three benches, ending with 259. He pulled his way into second place with a nice 512 lb. effort. Third place went to Marvin Wideman, who went 4 for 9. Once he improves his batting average, he'll push the leaders. Jonathan Arenberg and Pat Young finished out of the money.

148- Any time Dan Austin and Anthony Conyers square off, the sparks are bound to fly. Unfortunately, Conyers bombed in the squat, so things became a little anticlimatic at that point. Dan, multi-time world champion, world record holder, winner of the Champion of Champions award at two of the last three IPF worlds, and the dominant 148 pounder of the last decade visibly eased off the accelerator with Conyers demise. Dan cruised. He missed a squat attempt, a bench attempt, and a deadlift. Three missed lifts is unheard of for the pocket Hercules. He attempted a 700 lb. deadlift, but it was not to be on this day. A 1637 total on a bad day tells you just how great the Mississippi Valley college strength coach really is.

Scott Siegle distinguished himself from the rest of the pack with a fine 1466 total. His 358 bench was better then Austin, and he iced the cake with a 535 deadlift. Andrew Hamel used his deadlifting prowess to lock up third place. His 518 pull was a nice effort. Fourth place went to armed forces coach and world championships team coach Abe Roman, who decided to jump into the fracas himself on this occasion.

165- Nine men lined up for the 165 lb. class with four totaling in excess of 1625. Two-time world champion David Ricks had a comfortable win with a 1681 total. David has emerged as the world's premier middle weight powerlifter over the past few years. He is beginning to assert a dominance that is unmistakable. Dave missed a 672 third attempt squat, a 418 bench press, and a 660 deadlift and still won by 50 lbs.! Ricks, who is as prim and proper a guy you'll ever come across, has this weird little idiosyncrasy; when he makes a really clutch lift, he begins bounding around the platform squealing like a James Brown impersonator. Then he recomposes himself and you'd think was an Ivy League professor.

Ricky Dale Crain, the world's strongest master middle weight took second place by making his first five attempts. Crain took a shot at Rick's with his third deadlift of 661, which would have given him the win. He then got to watch Contreras and Alexander take shots at him. It was great to see the "Wizard of Aus" Ausby Alexander back in the saddle. These two guys will push each other into the atmosphere at next year's nationals. Dave Contreras is a solid, dependable performer who always is in the middle of the dog fight. His 429 bench was the best in the class.

181- Every year, chance and circumstance dictate that one or two classes in the nationals are under-contested. This year the 181's were slim. Four guys, none of which are household power names, lined up to determine this year's light heavyweight champion. Ty Stapleton carted off top honors via 644-451-573 for a 1668 total. Dan Wagman, who was wandering around in the audience, should have been kicking himself for not entering. Not to diminish Ty's victory; he is the 1993 national powerlifting champion and that's what folks back home relate to- congratulations, Ty. Arnold Coleman took second with a 1625 total and David Pearlstein locked up third. Ross DePencier took 4th.

198- Every year, chance and circumstance dictate that one or two classes are over-contested. This year the 198's were loaded. Three world champions locked horns in one knock down, drag out, thumb-twisting, eye-gouging battle of power titans that had the audience screaming, stomping, and standing on their chairs. The winner wasn't decided until the last deadlift and the lead changed hands a half-dozen times over the course of the contest. When the dust settled and the bodies were counted, Gene "The Machine" Bell was the only man left standing.

George "Dog Time" Herring, 1991 world champion, watched Bell pull 716 on his third deadlift. Herring followed Gene with 738 lbs. for the win. It was close, but no cigar. Now it was the defending world champion Sly Anderson's turn. Sly needed to pull a 766 to take the title. Five minutes earlier, he had pulled an easy 755 to inch into second place. All the chips were pushed up to the center of the table as Sly sauntered up to 766 for the win. The auditorium was in total pandemonium as the rock-like marine pulled the bar to within four inches of lockout, and failed. Heart failure time in the finest sports tradition. Good God Almighty! It was fabulous!

The rest of the field, though overshadowed, deserves mentioning, particularly 4th place finisher James McGlynn who busted a 688 squat, backed it up with a 446 bench and ended with a 1800+ total. Hugh Dunagan used balanced lifting to hail down 5th.

220- Ed "The Man" Coan set four IPF world records in another of his awesome displays. No, he didn't go stratospheric on us and hit 2400+, but he did post a 2348, his third best total ever and light years ahead of anyone else. Oh yeah, he out-totalled every other lifter in the meet regardless of bodyweight by 116 lbs. Ed squatted 903 and 931 in his usual pristine fashion. The later exceeded his own 931 world record. He had 959 3/4 erect when he lost his balance forward. After he had stripped his lifting suit off, the

242 lb. Champion*. Steve Goggins psyches up for an heavy attempt.*

officials informed him that there had been a misload; the bar had actually been 988! He took a rain check on another attempt. Three picture perfect bench presses yielded 556. He opened with 832 in the deadlift and jumped to 859 for an easy success and another record. On his final pull he opted for 892. It refused to cooperate and his day's work was complete. Ed will be back on the platform at Orebro for the IPF world championships and promises to come in primed and pumped.

Marylander Steve Elgin went 7 for 8 and snagged 2nd place from Steve Douglas with a second attempt deadlift of 711. Elgin had a lot of audience support and was ecstatic with his placing in this, his first USPF outing. James Jacobs placed 4th on only four attempts and the "Master of Disaster" William Link struck a blow for middle age by wresting 5th.

242- Dave Jacoby, the dominant 242 lb. lifter of the last ten years was rumored to have torn a rotator cuff and retired. If this is true, the sport has lost one of its preeminent lifters and certainly its finest gentleman.

At this year's meet a battle-scarred veteran fought off one of the sports most outstanding young lifters. Steve Goggins, with shaved head and fearsome demeanor, posted a stupendous 870 lb. squat! Any inkling of his being challenged went out the window when he back it up with a 496 bench press. Things got a little bizarre when his opening deadlift with 804 turned down for not having his shoulders back. His handlers went into conniptions, but Goggins shrugged it off and made it easily on his second to lock up the win. He even gave 843 a ride, but it was anti-climactic. His 2171 total was the best 242 lb. total set at this meet in years.

Kirk Karwoski *was not going to let a World Record 970 squat get the best of him and roared to a success.*

Phil Farmer is the hottest young 242 pounder in the world. Farmer, the junior world champion, broke the 800 squat barrier (804), posted a magnificent 573 bench and added a 727 lb. deadlift to join the 2100 total club. He posted three junior world records, and if he works on his deadlift, he could rule the world very quickly.

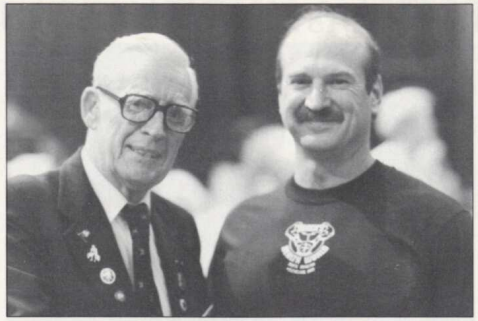
Edgar Bright hung on for 3rd with a clutch 3rd attempt deadlift he needed to stay in the meet. Mark D'Iorio picked up 4th and Dave Harless posted a great 501 bench while nabbing 5th.

275- The most eagerly awaited lifting of the 1993 Nationals was that of two-time world champion Kirk Karwoski. Kirk had posted some absolutely unbelievable training lifts and the word was out. After all, when a guy squats 1000, bench presses 560 in a local meet four weeks prior, an pulls 800, a 2400 lbs. total just doesn't seem that far-fetched- at least on paper. In reality, it all went out the window when Kirk stood up with his opener of 925. It wasn't an easy lift and dictated a 970 second attempt. Things went from bad to worse when he ran out of gas and collapsed 3/4 of the way up on that attempt. He came back to make the lift on a patented, guts, 110% Karwoski-style third attempt for an IPF world record. The crowd went crazy during the attempt. They had plenty of time as it took Kaptain Kirk about 10 full seconds to lock it out. They almost stormed the platform exhorting Karwoski on, with big 380 lb. Matt Dimel whipping the crowd into a frenzy. It was very dramatic and damned exciting lifting.

In the bench press Kirk made a 540 second attempt and had 551 within an inch of lock-out and holding. He received no "rack it" command (deservedly) and headed for the deadlift. His opening pull of 722 gave him the IPF 275 lb. class total record, his second world record in competition. The real heart-breaker came on his second deadlift. He called for 804, 50 lbs. in excess of anything he'd ever pulled in competition. He tore the weight off the floor and to the lock-out position. If you had blinked you would have missed it. Just as the head referee was giving the down signal, the bar inexplicably popped out of his hands and crashed to the platform. With it went a 2315 total that would have shattered the existing world record total by a staggering 100 lbs.! His third attempt was anti-climactic.

Paul Fletcher and Robert Gaskey took second and third, respectively, in the thinnest field of recent memory.

Supers- A new star was born in the superheavy class at this meet. Shane Hamman, 21 years old (his birthday was the meet day) tore up a strong field as he bull-dozed his way through a 9 for 9 day. Shane methodically hit 848 on his opening squat, then proceeded to vaporize the junior world record with 903 and finally, a mind-blowing 942 lb. effort. Hell, the 942 was easy! The big boy then backed it up with a 507 bench press. He pulled a decent 694 on a conservative lift and calmly sat back down to see if anyone could catch him. They couldn't. Shane appears unflappable. He seems to be blessed with either nerves of steel or a total disregard for the lifters he's competing against. His 2143 total made mincemeat out of Karl Saliger's 2072 junior world record. Shane's 2143 would have won last year's world title, and the USA appears to have a splendid chance to wrest back the super title. The last US lifter to win the 125+ kg. title was big Mike Hall four years ago. With his youth, his structure, his mental approach, and his rate of improvement, Shane could be the superheavyweight champion of the world this year and for many years to come.



Shane Hamman *- best at SHW.*

Message from the New USPF President... "Dear Members. I want to start my President's message with thanking the Executive Committee and the National Committee for their vote of confidence. I believe our organization can once again flourish and grow in numbers. I have already felt the unity and wholehearted support from so many people. Athletes, friends, judges, competitors, committee members, and everyone I talked to was excited about the new administration. We need your continuous prayers and support. I was greatly encouraged by the athlete meetings and everyone's positive attitude. I have great hopes and faith that this year could be the best year the USPF has ever had. United we stand, divided we fall. I look forward to serving you to the best of my God given ability. I was happy to see the USPF take the steps necessary to comply with the IPF's requests. After talking to all the athletes I truly understand the importance of being loyal and dedicated to the IPF and their direction. I have some plans for growth and sponsorship that I will discuss with the Executive Committee. I believe these ideas will assure us of tremendous future growth. It also will help establish travel funds necessary for our world teams. I am now compiling information to help guide and direct State and Regional Chairpersons. If you are a state or regional chairperson and have ideas for your job description or any other ideas to help your state or regional areas please FAX or mail them to me at 11934 Lorain Avenue, Cleveland, Ohio 44111, FAX/216/252-2307. After this information is reviewed and organized I will send this information to each of you. If anyone has ideas for promotion, publicity, fund-raising, sponsorship or would like to be on one of the many USPF Committees you can forward your name for consideration. These are the committees: Classification Awards Committee, Coaching Techniques Committee, Discipline Committee, Finance Committee, Hall of Fame Committee, Law and Legislative, Masters Committee, National Bid Screening Committee, Publicity Committee, Records Committee, Registration Committee, Sports Medicine Committee, Technical Committee, Television Committee, Women's Committee, Youth Development Committee. I look forward to serving you and will appreciate any comments and ideas you may have. Sincerely, *John T. Black Jr.*, President, United States Powerlifting Federation.

Black & Decker... the new Power Team... *Bill Decker (right) is already working closely with the new U.S.P.F. President, John Black, at left.*

Defending champion Harold Collins missed an 832 lb. squat and two shots at 600 in the bench. Had he made those lifts, Harold would have been the champ. Joe Reayes lifted like a wild man and nabbed a fantastic third place finish by going 9 for 9 and having the most fun of any man in the meet doing it. It was a joy to watch. The nicest man in powerlifting Jean Donat, just missed a 903 squat which kept him out of the money. Big Dorian Wright only made three lifts and never seemed to get on track.

The team title went to the mighty Black's Health World, ably coached by Mike Golden, Marty Gallagher, and the inimitable John Black. John also will step in to take over as the USPF president, as Mrs. Sandy King asked to take a leave of absence. Next year's meet was awarded to Gil Thompson and will be held in Houston, Texas.

USPF Seniors/18-20 Jun 93/Greensboro, NC

Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	Total
97											
A. Leverett	264	~~275~~	~~275~~	154	165	170	435	308	319	330	766
T. Martin	198	220	259	110	126	143	402	214	242	264	666
105											
E. Street	275	303	319	154	~~165~~	~~165~~	479	275	303	~~336~~	777
B. Pompeo	242	264	~~281~~	104	110	~~115~~	374	297	~~308~~	pass	672
C. Gaskey	214	~~236~~	~~236~~	99	~~110~~	~~110~~	314	253	270	281	595
114											
G. Bierria	275	303	~~314~~	165	176	~~181~~	479	303	330	~~336~~	810
T. Houghton	~~270~~	270	286	132	143	~~148~~	429	286	303	~~315~~	733
L. Tidwell	225	~~242~~	~~253~~	82	93	104	330	165	203	231	562
123											
C. Boudreau	363	380	407	209	225	236	644	407	429	458	1103
T. Myers	~~297~~	325	341	132	154	165	507	303	341	~~363~~	848
S. Mobley	292	~~308~~	~~308~~	143	159	~~170~~	451	308	330	~~341~~	782
J. Rey	137	159	203	148	159	165	369	236	270	275	644
132											
R. Mathias	341	352	363	242	259	270	633	330	407	~~424~~	1041
						4th	275				
148											
V. Steenrod	319	418	440	242	264	281	722	407	429	~~451~~	1151
K. Baker	~~418~~	418	451	225	248	~~253~~	699	402	424	~~446~~	1124
M. Danisuka	325	~~352~~	~~352~~	214	225	~~236~~	551	369	~~396~~	~~396~~	920
R. Walker	292	~~325~~	~~341~~	181	192	~~203~~	485	325	~~352~~	~~352~~	810
R. Anderson	236	264	~~270~~	121	~~137~~	~~137~~	385	303	341	347	733
D. Johnson	214	253	275	82	115	~~132~~	391	319	341	~~350~~	733
165											
T. Dianda	~~396~~	402	~~424~~	275	292	297	699	462	485	~~507~~	1184
S. Robertson	~~407~~	407	~~424~~	259	270	~~281~~	677	396	424	~~435~~	1102
P. Frost	330	~~363~~	~~363~~	203	214	~~225~~	545	325	~~352~~	~~352~~	870
181											
L. Rogers	374	402	~~429~~	209	~~220~~	~~220~~	611	407	429	~~440~~	1041
G. Williams	380	~~407~~	~~407~~	170	187	~~203~~	567	391	413	429	997
198											
S. Corson	501	~~557~~	557	270	293	303	859	407	~~440~~	~~440~~	1267
SHW											
J. Trujillo	529	579	600	264	286	304	903	429	451	~~468~~	1355
Men											
114											
C. Dunbar	~~479~~	479	501	280	303	314	815	358	~~385~~	~~385~~	1173
123											
T. Taylor	396	418	~~424~~	264	275	286	705	518	540	pass	1245
T. Antinoro	385	407	~~418~~	248	264	~~275~~	672	424	~~457~~	~~457~~	1096
M. McKnight	407	~~429~~	429	220	231	236	666	418	~~440~~	~~440~~	1085
R. Perry	413	~~440~~	~~440~~	203	220	~~231~~	633	418	~~429~~	~~440~~	1052
R. Thomas	~~440~~	~~440~~	~~440~~								
132											
T. Suttles	468	512	529	314	336	~~352~~	865	518	551	~~578~~	1416
L. Mays	473	~~529~~	~~529~~	236	253	259	733	485	512	~~534~~	1245
J. Arenberg	424	446	~~457~~	275	286	297	744	435	~~457~~	~~457~~	1179
M. Wideman	424	~~451~~	~~462~~	220	~~253~~	~~259~~	644	424	457	~~468~~	1102
P. Young	~~385~~	385	413	192	~~209~~	~~209~~	606	402	~~440~~	~~440~~	1008
148											
D. Austin	589	~~633~~	633	303	330	~~341~~	964	622	672	~~699~~	1636
S. Siegle	540	573	~~589~~	341	358	~~363~~	931	534	~~551~~	~~551~~	1466
A. Hamel	440	468	496	270	286	303	799	485	518	~~540~~	1317
A. Roman	473	~~490~~	~~490~~	275	292	308	782	440	~~468~~	~~468~~	1223
A. Deshazo	407	429	~~440~~	253	264	~~275~~	694	479	~~501~~	501	1195
L. Johnson	~~319~~	319	~~336~~	242	~~253~~	~~253~~	562	413	429	440	1003
A. Conyers	~~644~~	~~644~~	~~644~~								
165											
D. Ricks	617	644	~~672~~	396	413	~~418~~	1058	~~622~~	622	~~661~~	1681
R. Crain	~~628~~	~~639~~	650	352	374	~~385~~	1025	606	~~639~~	~~661~~	1631
D. Contreras	600	~~633~~	633	407	429	~~440~~	1063	534	562	~~595~~	1625
A. Alexander	617	639	644	330	347	~~358~~	992	633	~~672~~	~~688~~	1625
E. Holmes	556	~~595~~	600	303	~~314~~	~~349~~	903	606	617	~~628~~	1521
A. Berardinelli	~~589~~	589	~~617~~	352	374	~~385~~	964	551	~~584~~	~~584~~	1515
J. Moore	496	545	~~578~~	275	303	~~349~~	848	~~562~~	562	595	1410
S. Molira	462	501	534	~~344~~	~~344~~	325	859	501	529	~~551~~	1388
S. Sullivan	440	468	~~501~~	303	330	347	815	440	490	507	1322
181											
T. Stapleton	617	633	644	429	451	~~479~~	1096	573	~~595~~	~~595~~	1669
A. Coleman	~~551~~	~~551~~	600	~~424~~	424	~~446~~	1025	551	600	~~644~~	1625
D. Pearlstein	600	~~644~~	~~655~~	347	~~358~~	363	964	573	~~611~~	~~611~~	1537
R. DePencier	573	~~589~~	~~589~~	330	352	~~374~~	925	501	540	567	1493
198											
G. Bell	727	760	777	462	479	~~496~~	1256	683	705	722	1978
S. Anderson	710	744	760	424	446	457	1218	710	755	766	1973
G. Herring	~~744~~	744	760	462	485	~~507~~	1245	~~688~~	710	~~738~~	1956
J. McGlynn	650	672	688	424	446	462	1151	633	666	~~699~~	1818
D. Holmes	~~683~~	~~683~~	683	374	396	~~402~~	1080	672	~~688~~	~~688~~	1752
H. Dunagan	606	639	661	391	418	429	1091	617	650	~~677~~	1741
P. Leader	622	~~650~~	~~650~~	363	374	~~391~~	997	551	573	~~600~~	1570
R. Rodriguez	529	556	578	380	396	407	986	529	545	~~600~~	1532
W. Gainey	~~303~~	325	440	303	~~336~~	pass	744	~~490~~	501	540	1284
Z. Rhodes	~~584~~	584	~~600~~	~~407~~	~~407~~	~~407~~					
220											
E. Coan	903	931	~~959~~	518	540	556	1488	832	859	~~892~~	2347
S. Elgin	683	710	722	374	402	pass	1124	644	710	~~733~~	1835
J. Douglas	722	749	~~760~~	391	407	418	1168	666	~~688~~	~~688~~	1835
J. Jacobs	622	~~650~~	~~650~~	~~402~~	462	~~479~~	1085	573	600	~~617~~	1686
W. Link	600	661	~~710~~	352	~~379~~	~~379~~	1014	600	~~650~~	650	1664
M. Mitchell	~~672~~	~~672~~	~~672~~								
M. Keshishian	~~600~~	~~600~~	~~600~~								
242											
S. Goggins	804	870	~~936~~	473	490	~~496~~	1366	~~804~~	804	~~843~~	2171
P. Farmer	744	788	804	578	551	573	1377	683	727	~~738~~	2105
E. Bright	722	~~760~~	~~774~~	426	457	~~485~~	1179	~~722~~	~~722~~	722	1901
M. D'Iorio	661	699	710	391	~~413~~	~~413~~	1102	727	766	~~804~~	1868
D. Harless	661	722	~~749~~	462	501	~~572~~	1223	584	~~606~~	~~606~~	1807
S. Denison	622	~~655~~	~~655~~	407	440	462	1085	606	639	~~666~~	1725
R. Keller	~~650~~	650	705	407	424	435	1140	584	~~617~~	~~617~~	1725
P. Anderson	573	628	655	341	380	396	1052	523	584	606	1658
125											
K. Karwoski	925	~~970~~	970	512	540	~~551~~	1510	722	~~804~~	~~804~~	2232
P. Fletcher	644	~~677~~	677	440	473	~~485~~	1151	622	650	~~661~~	1802
R. Gaskey	540	600	~~647~~	248	~~275~~	292	892	567	600	622	1515
125+											
S. Hamman	848	903	942	479	501	507	1449	661	683	694	2143
H. Collins	733	804	~~832~~	551	~~600~~	~~600~~	1355	650	733	~~788~~	2088
J. Reaves	672	755	804	457	490	512	1317	650	688	733	2050
J. Donat	~~843~~	843	~~898~~	501	523	~~534~~	1366	523	562	578	1945
D. Wright	~~705~~	705	~~746~~	~~468~~	468	~~479~~	1173	710	~~733~~	~~733~~	1884

Best Lifters: Carrie Boudreau - Women's Division, Ed Coan - Men's Division

VIDEOTAPES

USPF Senior Nationals

18,19,20 Jun - Greensboro, NC

Day 1 - $24.95, Day 2 - $24.95

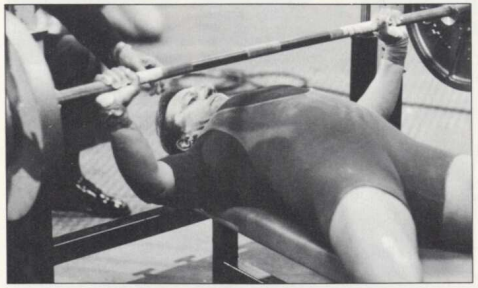
Day 3 - $24.95 (plus $3.50 p&h)

CRAIN'S MUSCLE WORLD

P.O. Box 1322, Shawnee, OK 74802

1-800-272-0051

USPF MASTERS NATIONALS



Vicki Steenrod *benched 286 (all photos taken by Linda Finnegan)*

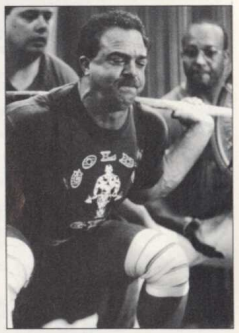
USPF National Masters
14,15,16 May 93 - Irving, TX (kg)

Women	SQ	BP	DL	Total
48kg				
40-44				
N. Smith	92.5	47.5	105*	245*
L. Walton	87.5	45	105	237.5
55-59				
C. Hayworth	77.5	45		
52kg				
40-44				
G. Lord	120	60	137.5	317.5
50-54				
R. Kerr	110*	52.5	100	262.5
55-59 and BP				
A. Boyer	77.5	57.5	107.5	242.5
56kg				
35-39				
T. DeVoltz	137.5*	80*	182.5*	400*
4th attempt			187.5*	
40-44				
P. Chidestra	90	47.5	110	247.5
65-69				
B. Shepard	75	45	110	230
67.5kg				
45-49				
M. Serre	120	42.5	150	322.5
60-64				
A. Comber	65	37.5*	92.5	195
75kg				
40-44				
Steenrod	202.5*	130*	202.5*	535*
82.5				
50-54				
G. Buerki	160*	87.5*	177.5*	425*
Men				
52kg				
40-44				
A. Galant	147.5*	92.5	160*	400*
56kg				
40-44				
F. Higgins	182.5	137.5	197.5	517.5
60-64				
D. Smith, Sr.	135*	75*	155*	365*
4th attempt			157.5*	

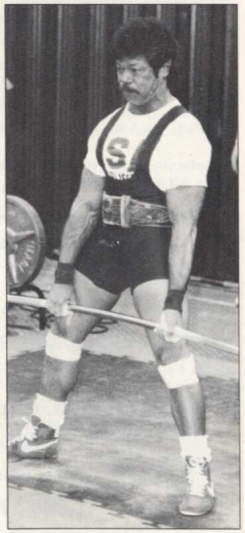
Dennis Wright... *still squats huge!*

60kg				
55-59				
C. Tantog	165*	107.5*	182.5	455*
4th attempt		110		
67.5kg				
35-39				
B. Uyeoka	195	135	215*	545*
40-44				
B. Rohan	175	127.5	217.5	520
45-49				
C. Wodraska	235	135	225	595
L. Christ	07.5	122.5	220	550
R. Scott	170	90	205	465
55-59				
M. Peek	172.5	100	195	467.5
60-64				
R. Cortes	182.5*	127.5	215	525
75kg				
35-39				
S. Zenobi	275	160	232.5	667.5
40-44				
R. Crain	280*			
M. Short	235	132.5	260	627.5
M. Wonyetye	245	130	250	625
M. Ford	235	97.5	105	437.5
40-44 Bench				
H. Meier		147.5		
45-49				
J. Smoker	227.5	130	232.5	590
D. Lather	177.5	132.5	225	535A.
T. Flores	152.5	112.5	200	465
Menton	182.5	115	160	457.5
50-54				
K. Hughes	185	100	205	490
55-59				
B. Brent	232.5*	87.5	237.5	557.5
60-64				
M. Garry	207.5*	122.5	217.5	547.5
65-69 Bench				
D. Crain		110		
82.5kg				
35-39				
J. Tyree	262.5	162.5	292.5*	717.5*
S. Pardue-bp	250	162.5	240	652.5
M. Reifkind	232.5	155	212.5	600
45-49				
Van Cleave	262.5	142.5	260	665J.
Lucio	217.5	115	197.5	530
55-59				
M. Johnson	200	135	165	500
60-65				
I. Rel	172.5	105	192.5	470
D. Boyer	150	97.5	192.5	440
60-65 Bench				
W. Lee		142.5*		
90kg				
35-39				
R. Tavary	235	167.5	255	657.5
M. Carr	230	135	245	610
35-39 Bench				
O. Lockhart		195*		
40-44				
M. Brown	267.5	147.5	280	695
Haisenlieder	272.5	167.5	250	690
G. Olson	280	147.5	260	687.5
S. Bergath	255	147.5	250	652.5
Ramirez, Jr.	217.5	152.5	237.5	607.5
O. Guzman	220	127.5	215	562.5
40-44 Bench		152.5		
45-49				
D. Wright-bp	365*	192.5	272.5	830
G. Runge	217.5	127.5	222.5	567.5
M. Penisten	175	107.5	215	497.5
G. Aron	172.5	110	157.5	440
B. Lindsey-bp	215	60		
50-54				
H. Bodden-bp	180	135	192.5	507.5
J. Hurst-bp	212.5	135	192.5	507.5
D. Hamblet-bp	272.5	162.5	295*	730*
55-59				
B. Strange	240	165	235	640
60-64				
F. Mullin	215	135	227.5	577.5
F. Simmonds	160	92.5	212.5	465
65-69				
F. Galbio	147.5	125	102.5	375
N. Lobue	157.5*	62.5		282.5
70-74				
C. Lee, Sr.	155	117.5	200	472.5
75-59 Bench				
M. Rowntree		92.5		
100				
35-39				
M. Peck	305	227.5	280	812.5
J. Farri	295	160	292.5	747.5
J. Farri	295	160	292.5	747.5
C. Garcia	300	125	272.5	715
K. Jordon	260	150	235	645
40-44				
J. Cash	277.5	187.5	320	785
J. Beckham-bp	217.5	152.5	227.5	597.5
45-49				
L. Shepard	260	167.5	305	732.5
Washington	272.5	165	290	727.5
R. Herrick	200	117.5	225	542.5
50-54				
R. Rood-bp	262.5	170	272.5	705
K. Freyer-bp	232.5	150	212.5	595
L. Pierson-bp	182.5	142.5	205	530
55-59				
L. Gibson	272.	150	227.5	650
W. Bunch	182.5	125	200	507.5
60-64				
P. Haberman	220	130	227.5	577.5
D. Bourland-bp	180	115	200	495
65-69				
M. Huff	185	115	205	505
70-74				
E. Nagy		140*	150	390
110				
35-39				
R. Field	272.5	167.5	275	715
R. Henshaw	275	172.5	245	692.5
J. Villanueva-bp	197.5	165	232.5	595
40-44				
G. Thompson-bp	337.5	265*	305	907.5
M. Gallagher	327.5	182.5	305	815
45-49				
R. Siewert	275	165	272.5	712.5
N. Bolich	267.5	152.5	270	690
F. Salamone	290	167.5	230	687.5
J. Hamiter-bp	245	165	235	645
45-49 bench				
R. Hood		210		
50-54				
Pleticha, Jr.	292.5	172.5	282.5	747.5
Edwards, Jr.	287.5	177.5	272.5	737.5
B. Jackson	265	195	272.5	732.5
R. Ellis		142.5	230	372.5
55-59				
C. Walker-bp	210	172.5	237.5	620
125				
40-44				
Faamausili	372.5	227.5	277.5	877.5
B. Taylor	290	190	257.5	737.5
45-49				
N. Addison-bp	310	215	270	795
E. Gilbert	272.5	137.5	265	675
M. Snowden	230	135	265	630
50-54				
R. Ronnie-bp	282.5	230*	260	772.5
G. Kostuch	182.5	142.5	200	525
55-59				
H. Hudson-bp	227.5	145	245	617.5
SHW				
35-39				
J. Pugh	355	227.5*	327.5	910
40-44				
M. Mostafa-bp	260	190	255	705
K. Bivans-bp	272.5	187.5	232.5	692.5
55-59				
J. Roberson	235*	125	257.5	617.5*
A. Siegel	227.5	125	252.5	605
4th attempt	228*			

* National masters record. Team: 1. Texas Tall Tales #1, 2. Crain's Muscle World, 3. Guy's, 4. Texas Tall Tales #2 (Thanks to Rickey Crain for the results.)



Gil Thompson *with another title*



John Tyree *...wins one for Texas!*

VIDEOTAPES

USPF Masters Nationals

14,15,16 May - Irving, TX

Day 1 - $24.95, Day 2 - $24.95

Day 3 - $24.95 (plus $3.50 p&h)

CRAIN'S MUSCLE WORLD

P.O. Box 1322, Shawnee, OK 74802

1-800-272-0051

NASA NATIONAL MASTERS

Mike Wenning *with a NASA World Record bench press of 277 lbs.*

NASA Submaster/ Master Nationals.
5,6 Jun 93 - Nashville, TN (kg)

Benc h Press		148		
Women		Stewart-OL		157.5!
36-39		4th attempt		158.5!
132		165		
Plumb	50*	Cropper		125
SHW		Luloff		120
Silvani	97.5*	Adams		107.5
40-44		181		
132		Koplin		147.5
Yarborough-OL	65*	Boutte		125
148		Lacer		110
Gipson	50*	198		
165		Wells		165
Marshall	67.5*	Miracle		150
Men		220		
33-35		Tinsman		165
148		Frecsko		150
Wilson	145*	242		
165		Gipson		145*
Johnson	115*	275		
181		Baseden		187.5*
Rosenzweig	155	Hall		170
Schmidt	152.5	45-49		
Oliger	122.5	165		
220		Wood		165*
Kubik	185*	181		
Hargens	170	Dudley		117.5*
Crowley	152.5	198		
275		Kellog		165*
Manno	197.5*	McClain		162.5
Hairston	182.5	Bauschka		157.5
Phillips	155	242		
Green	107.5	Pope		182.5*
SHW		275		
Hubbard	182.5	Ayers-OL		195*
Finocchino	177.5	Auflick		190
36-39		SHW		
123		Beals		160
Wenning-OL	126$	50-54		
4th attempt	127.5$	165		
Kennedy	95	McDermott		132.5*
165		Cramer		110
Higginson	130*	181		
181		Shoaf		135
Gonzales	137.5*	Bauer		105
Kaech	127.5	Grech		100
198		220		
Henderson	160*	Kelly-OL		195*
Adams	157.5	White		162.5
Orchell	157.5	Davis		132.5
Boyer	147.5	242		
220		Brewer		150
Pierce-OL	200*	SHW		
Sommer	175	Stockham		180*
Graves	160	55-59		
Ussery	157.5	148		
242		Allen		85*
Prince	177.5	198		
Hufkowski	172.5	Eskins		140*
Jones	160	220		
275		Shaddock		190*
Owens	202.5	65-69		
McGuire	185	242		
Robbins	182.5	Rice		77.5
SHW		275		
Zedeker	177.5	Davis		145
40-44		Hensley		112.5
Women	SQ	BP	DL	Total
33-35				
123				
Kellogg	87.5!	45!	95!	227.5!
132				
Wilder	100!	57.5!	137.5	295!
Grech	100!	52.5	115	267.5
36-39				
132				
Plumb	100!	50	140!	290
40-44				
114				
Berry	80!	47.5!	105!	232.5!
132				
Yarborough	92.5!	65!	152.5!	310!
148				
Gipson	97.5	50!	130!	277.5!
165				
Marshall	110!	67.5!	137.5!	315!
45-49				
148				
Trogdon	100&	40*	120*	260*
Men				
33-35				
148				
Wilson	215	145	202.5	562.5
Guidel	140	82.5	165	387.5
181				
Feagan	140	82.5	165	387.5
198				
Dresbach	240	157.5	277.5	675
Huey	185	120	225	530
220				
Payne	260	160	235	655
Hargens	235	152.5	235	622.5
Merrill	207.5	115	255	577.5
242				
Dentice	282.5*	185*	290*	757.5*
275				
Phillips	230	155	215	600
SHW		275		
Cordial	300	212.5	260	772.5
Hubbard	250	182.5	230	662.5
36-39				
123				
Kennedy	160!	95*	162.5	417.5*
4th attempt	161&			
Plumb	142.5	85	172.5*	400
148				
Dye	182.5	112.5	182.5	477.5
165				
Guthrie	225	140	247.5	612.5
Gallagher	227.5	127.5	252.5	607.5
Navarre	232.5	142.5	225	600
181				
Cole-OL	292.5*	137.5	287.5*	712.5*
Winkler	240	150	227.5	617.5
Distretti	205	142.5	205	552.5
198				
Toy	247.5	150	227.5	625
Adams	225	157.5	240	622.5
Gipson	217.5	137.5	250	605
Cordial	215	132.5	240	587.5
Orchell	192.5	157.5	202.5	552.5
Mancino	192.5	137.5	205	525
220				
Graves	275	160	227.5	662.5
Ussery	227.5	157.5	210	595
242				
Vivier-OL	307.5*	207.5*	272.5*	787.5*
Jones	307.5*	160	255	722,5
Prince	245	177.5	207.5	630
275				
Weeks	250	147.5	280	677.5
40-44				
165				
Bell-OL	253.5&	152.5*	255*	660*
181				
Carman	250	150	227.5	627.5
Boutte	240	125	235	600
Koplin	205	147.5	205	557.5
Leal	205	110	227.5	542.5
198				
Fisher	215	127.5	227.5	570
220				
Tinsman	247.5	165!	270	682.5
Freeman	265	152.5	247.5	665
Camp	237.5	157.5	235	630
Cress	237.5	122.5	205	565
Frecsko	185	150	220	555
242				
Gipson	295*	145	320*	760*
Morgan	260	162.5	292.5	715
Hill	292.5	165	250	707.5
Kirby	272.5	142.5	265	600
275				
DeAnda	280*	165	237.5	682.5*
Peters	240	147.5	215	602.5
SHW				
Reynolds	275	192.5	327.5&	795*
Taylor	320	200	262.5	782.5
Wolf	265	165	245	675
Ritch	230	147.5	230	607.5
45-49				
148				
Crouse	150	110	182.5	442.5
Wood	117.5	75	160	352.5
165				
Shelton	162.5	102.5	182.5	455
198				
Solan	255*	160*	270*	685*
Rhoades	255*	150	262.5	667.5
Lee	227.5	125	227.5	580
Owens	200	132.5	212.5	545
220				
Bell	217.5*	145	232.5*	595*
Taylor	205	137.5	205	547.5
242				
Hodges-OL	287.5	145	340$	772.5
Pope	257.5	182.5*	287.5	727.5
Ladd	255	127.5	265	647.5
Kyros	242.5	132.5	240	615
Siegrist	197.5	137.5	235	570
SHW				
Avery	230*	150*	202.5*	582.5*
50-54				
165				
McDermott	167.5	132.5	157.5	457.5
Cramer	167.5	110	160	437.5
181				
Glumac	240&	122.5	282.5&	645&
Johnson	192.5	127.5	220	545
Grech	167.5	100	182.5	450
198				
Yeager	187.5			
50-54				
220				
Davis	240	132.5	232.5	605
Arrington	227.5	125	217.5	570
White	222.5	162.5*	177.5	562.5
242				
Roberson	305&	130	325&	760&
275				
Duree	237.5*	122.5	220	580
SHW				
Calcago	257.5*	165*	227.5*	650*
Budwin	182.5	132.5	190	505
55-59				
148				
Beyer	157.5	75	175	407.5
Allen	137.5	85	170	392.5
Lee	72.5	55	130	257.5
165				
Flores	227.5&	125*	242.5&	595&
181				
Haney	185*.	110*	190	485*
198				
Sharp	215*	122.5*	200*	537.5*
242				
Shackelford	210*	145*	205*	560*
275				
Twel	122.5	127.5	197.5*	447.5*
SHW				
Lewis	160	105	172.5	437.5
65-69				
242				
Rice	102.5*	77.5*	115*	295*

* National record. ! American record. & National and American records. $ World record. Music City, USA - Bright lights, Big City, and "The Masters." It was a classic event. Never before had powerlifting ever assembled as many legends evolved in so much emotion. Names like Bell, Cole, Johnson, Kellogg, Roberson, Hodges, Dentice, and Gipson were just a few of the great cast. Perhaps the event's finest moments was the return of Jim Duree. Almost a year to the date of a near life-ending injury, the 3-time national champ opening squat of 501 was met with a thunderous audience applause. It was an amazing feat that a man who suffered three crushed vertebrae could come back and handle that kind of weight with such authority. Well done Jim, well done!! NASA's 123 Mighty Might Mike Wenning broke the men's open drug-free world bench press record by taking 277, and 281 on a fourth. Mike has enormous potential; be looking for some record breaking performances from this former bodybuilder. Sam Stewart continued his dominance of the 148 masters class with 2 new American records as Brooks Kubik claimed another American record along with setting a national meet record in the 220's. Rod Kellogg won his first national title in over 20 years in the 198 class. Arnold Auflick shattered Jim Ayers American record earlier this year in Ohio, but could not over come Ayers in the showdown. The rough and ready Texas duo of Larry Prince and Willie Owens claimed national titles in the bench press. Massive Tom Manno set a new American record in the 275 Sub-Masters 1 Division. The Women's turnout was good this year with the emergence of a new standout in Mary Ann Yarborough. She pulled a nice 336 in the 132's for a new Women's Masters Record. Dave Kennedy one the sports premier little guys claimed yet another American record in route to the 123 title has he edged out Kim Plumb of Missouri. NASA Sub-Masters Athlete of the Year Donnie Cole once again left the 181 field far behind. Roger Bell continued to practice what he preaches, at least to his daughters anyway, Polly and Roxy, who are national champions; and don't forget the up and coming Susanne, she finished 2nd at High School Nationals at a mere 9 years old. Rog mustered up a squat record in the 165's. Michael Graves had disastrous time at the '93 Natural Nationals, but showed his character by bouncing back to capture the 220 36-39 crown. The competition and spectators were buzzing with the appearance of 1993 Natural Division Athlete of the Year Bill Nichols. However, Bill was in attendance as a coach, and handled all three of his pupils as he does himself, to near perfection. With DeAnda, Toy and Calgagno winning national championships. Dr. Daryl Johnson took another over-all outstanding lifter honors, while his lovely wife Tobey, was as spirited and encouraging to everyone as always. One of the sports true superstars, Gene Roberson got records in the squat, deadlift, and total. His 716 deadlift marked the heaviest of a man 50 or older. The 47 year old James Hodges set a now 242 world deadlift record at 749. 1992 NASA Meet Director of the Year Earl Davis and his two Chicago sidekicks, Richard Floras and Richard Glumac all took their respected age groups and weight class, while Glumac pulled an amazing 622 at 50 years old. Joe Dentice was on hand with his usual display of colorful antics. In the 242 36-39 class Shelby Jones and Bob Vivier were even after a classic squat exhibition, however Vivier was victorious after totals. The ever diligent, Bill Shackelford set national records in the 242 55-59 Class, and superheavy strongman Gary Reynolds', 722 deadlift was a new Masters I American record. On Saturday afternoon NASA gave special recognition to two of its favorite couples. National Referee's Chairman, Terry McGowan, and his wife Cyndia (was unable to attend due to previous commitment) and Daryl and Tobey Johnson for the dedication and service to drug-free sports. NASA President Rich Peters presented both couples with beautiful plaques. NASA plans on returning to Nashville next year for another Masters Music City Showdown. The numbers and talent were fantastic and a Big Hoo-ray for the old guys (Thanks to Danny Black for providing these contest results.)

Dave Kennedy's *American Record*

Rich Peters *(McGowan photos)*

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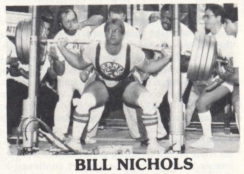

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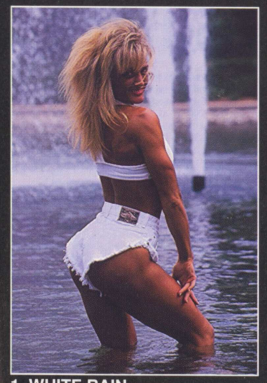

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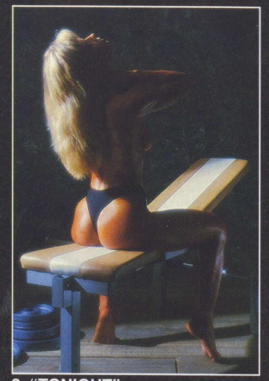
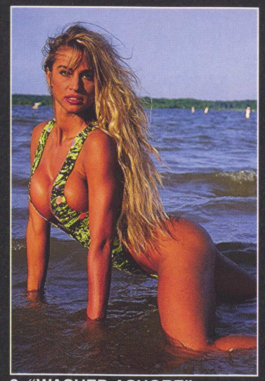
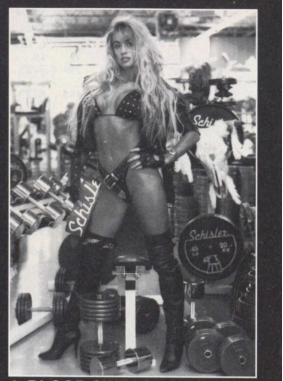


2. "TONIGHT"



3. "WASHED ASHORE"



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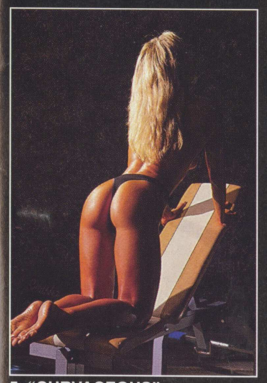

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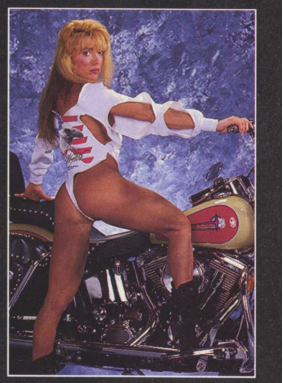

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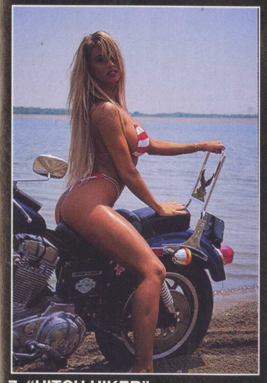
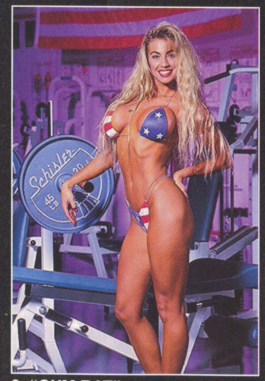
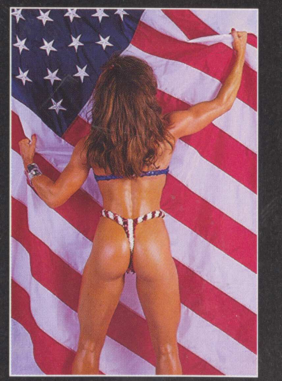


7. "HITCH HIKER"

8. "YANKEE DOODLE"



9. "GYM RAT"



10. "OLD GLORY"

The Legends of Powerlifting!!

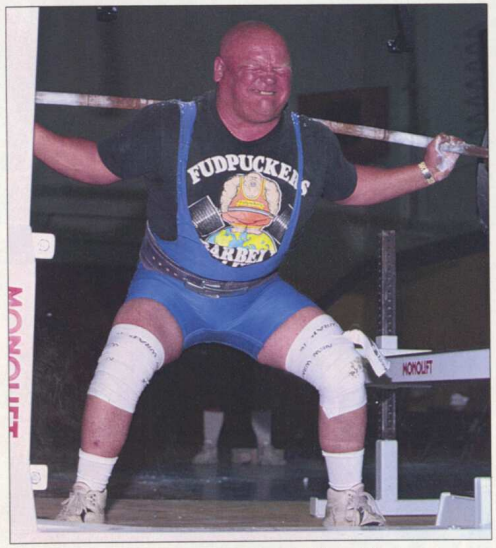
5th Fudpucker Classic
12 Jun 93 - Ft. Dick, CA

	SQ	BP	DL	Total
165 (30+)				
Schiessl	505	290	470	1265
181 (20+)				
Thurman	540	445	475	1460
181 (30+)				
Sewell	315	265	330	910
198 (30+)				
D'Errico	445	280	475	1200
Anderson	420	250	450	1120
Bench 198 (30+)				
Newton		395		
Bench 181 (60+)				
Madden		285		
220 (30+)				
Bullard	700	450	600	1750
220 (40+)				
Woods	575	370	600	1545
220 (50+)				
B. Shaw	375	290	375	1040
Bench 220 (30+)				
Treick		330		
242 (40+)				
Overholtzer	620	350	500	1470
Cummins	400	325	440	1165
242 (20+)				
V. Shaw	400	260	405	1065
275 (30+)				
Huizar	650	300	600	1550
275 (20+)				
Vonada	575	390	535	1500

June 12 was the date that many of the Legends of the Iron Game came together for a reunion "In the Land of the Giants." At the 5th annual Fudpucker's Classic some of these greats lifted, some judged, and some were spectators. A banquet was held after the meet at the Lake Earl Grange Hall in beautiful downtown Fort Dick. Ray and Marylou Madden came all the way from Pennsylvania. Ray operated the Super Monolift Squat Rack and also entered the Bench Press portion of the meet. Ray is a national and world record holder in the bench press for the Master 60+. Ray benched 285 at this meet. Everyone present was impressed by the innovative Super Monolift Squat Rack, with its ease of use, and its safety features. The safety platforms were used during the meet. If a lifter loses control of a lift, more often than not, the spotters are not quick enough to save him. Many major injuries in the past could have been prevented by the use of these safety platforms. Leo Stern, one of America's most outstanding physiques from the 1940's and 1950's was present. Over many years Leo has encouraged the competitive efforts of many athletes, be it Olympic, power, or bodybuilding. Bill Pearl, Mr. America, 4 time Mr. Universe was present. In the early 50's, Leo gave Bill the proper guidance in his early years of training. Bill's competitive career spanned nearly

Legends of the Iron Game.. *left to right, Jack Barnes, Leo Stern, Bill Pearl, Len Ingro, Ray Madden, Pat Casey. Many of the greatest moments in PL history were re-lived, like they happened yesterday for these legends.*

20 years, the longest any physique champ has every endured. Bill had the greatest physique in the world for over a decade, right up to 1971 where he won the Mr. Universe in England at 41 years of age. Pat Casey, "The Greatest Bench Presser of All Time," was present. Pat was the first teen to legally bench 500 lbs. in 1959. He was the first to officially bench 600 lbs., squat 800 lbs., and total 2000 lbs. If Pat were competing today, he would still be number 1 in the bench press ahead of Lain, Arcidi, and Clark. That's just how phenomenally strong this man was. Jack Barnes and his son Asa flew in from Phoenix, Arizona, to attend. Jack won three Senior National titles and one World Championship. Jack was planning to lift in the meet but fell off his roof in Arizona and broke his leg one month before the meet. Jack and his son, Asa, were the side judges for the meet. Jack has won over 100 first place trophies in his career and was Arizona state champ 17 times! Tom Overholtzer was present to lift in the meet. Tom was Junior National champ in 1967. Larry Pacifico placed 2nd to a seasoned Overholtzer in that contest. In 1970 Tom squatted a phenomenal 705 lb. at 181 in the first international contest between a team from Great Britain vs. the So. California Weightlifting Assoc. Two years later the great Jack Barnes squatted 710 lbs. to eclipse Tom's record. Tom asked for a 4th attempt 650 lb. squat at the meet, which he made. Len Ingro rode his motorcycle 600 miles to be the head judge of the meet. Lenny was 1968 Senior National champion 165 lb. class. He was the first middleweight to officially squat 500 lbs. in 1966. Lenny lifted for both Westside Barbell Club and Zuver's Hall of Fame. Danny Bullard, America's #1 ranked Greco-Roman wrestler in 1980 lifted in the meet. Danny weighed 149 lbs. back then and his coach was the legendary Danny Gable, gold medalist in the 1972 Olympics. Rich Woods, former junior national champion, lifted in the meet. Rich is ranked 24th on the All-Time Top 100- 198's with a 1935 lb. total, right below Larry's Pacifico's 1935 and right above Fred (Dr. Squat) Hatfield's 1934 total. Mike Cummins, who has been powerlifting for 22 years, lifted in the meet. Mike has won numerous police olympic titles. Peter Fernandez, legendary powerlifter from the 1970's was present. Keith Schiessl of Willits, CA, is a very good middleweight powerman. Danny Thurman came over with Rich Woods from Redding, CA. He is a very powerful bencher. Dwight Sewell and John D'Errico of Crescent City both did very well with personal records. Eric Anderson of Crescent City was down a bit from last year but gave the crowd some thrills with his ferocious psyching in the deadlift. Rick Newton's bench was down a bit this year, but he said he got some great tips from Pat Casey. Buck Shaw and his son Victor did very well. Tim Treick got a personal best in the bench press. Bob Huizar at about 250 lbs. really impressed Bill Pearl with his physique and fine lifting. Big Jim Vonada got personal bests in all categories including a 4th attempt 600 lb. squat. Many thanks to Editor/Publisher Mike Lambert who attended the reunion, and to *PLUSA* cartoonist, Casey Seebon, for designing a very special reunion T-Shirt for the occasion. Many thanks to spotters/loaders Bill Lewis and Kurt Van Dyke. Many thanks to Tom Latimer, Del Norte County Parks and Recreations Director; Jordan Kekrey, owner of Budweiser Distributing; and to Mike Colton, owner of Pacific Motor Hotel, for the generous hospitality he extended these greats of the strength world. (Thanks to Meet Director Myers Badura, the man behind the Fudpuckers Barbell Club legend, for the results, the report, and genuine "Fud" hospitality).



Tommy Overholtzer *gutted out this 650. Doesn't he bear a resemblance to the mythical Otis T. Fudpucker, as on the shirt he's wearing*

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As with all supplements, use of this product will not promote faster or greater muscular gains. This product is, however, a nutritious low-fat food supplement which, like other foods, provides nutritional support for weight training athletes.

TOP 100

For SHW/125+ kg. USA lifters competing in results received from June 1992 through May 1993.

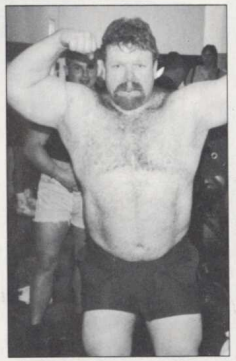
	SQUAT	BENCH	DEADLIFT	TOTAL
1	1015 Clark, A..3/28/93	725 Clark, A..3/28/93	870 Heisey,..11/5/92	2460 Clark, A..3/28/93
2	936 Kennedy, V..10/17/92	650 Hayes, M..3/28/93	821 Dimel, M..7/25/92	2287 Dimel, M..7/25/92
3	906 Hamman, S..6/27/92	639 Williams, W..5/1/93	805 Brodsky, S..2/7/93	2200 Barlow, R..12/12/92
4	903 Dimel, M..7/25/92	630 Zmyewski, J..11/7/92	785 Barlow, R..12/12/92	2182 Brodsky, S..7/25/92
5	892 Donat, J..7/1/92	617 Sharon, A..6/13/92	777 Mafuli, V..2/27/93	2176 Collins, H..7/1/92
6	880 Barlow, R..12/12/92	617 Collins, H..7/1/92	770 Bishop, R..7/12/92	2154 Kennedy, V..10/17/92
7	876 Brodsky, S..7/25/92	605 Harris, J..9/26/92	770 Ufford, K..3/20/93	2130 Sharon, A..6/13/92
8	876 Kidder,..11/5/92	600 Ricci, H..8/8/92	760 Pugh, J..2/27/93	2120 Hamman, S..2/27/93
9	870 Tuihalamara, N..3/4/93	600 Maddy, J..10/11/92	755 Collins, H..7/1/92	2110 Voronin, J..4/3/93
10	848 Dempsey, B..6/7/92	590 Dallas, M..3/14/92	744 Hunt, J..7/1/92	2083 Dempsey, B..6/7/92
11	848 Mafuli, V..2/27/93	589 Voronin, J..4/3/93	740 Mikalon, C..3/20/93	2080 Malchow, K..3/20/93
12	848 Voronin, J..4/3/93	580 LeJambre, G..11/13/92	730 Reeves, J..3/21/93	2072 Kidder,..11/5/92
13	843 Mitchell, G..7/1/92	578 Baldwin,..10/3/92	729 Sharon, A..6/13/92	2055 Mitchell, G..7/1/92
14	840 Malchow, K..3/20/93	578 Tamoosh, J..1/7/93	722 Jackson, M..2/20/93	2040 Pugh, J..2/27/93
15	827 Battles, M..8/15/92	575 Dimel, M..9/19/92	720 Hamman, S..2/27/93	2039 Mafuli, V..2/27/93
16	825 Hearns, F..8/8/92	573 Mulkey, L..8/15/92	720 Clark, A..3/28/93	2030 Ufford, K..3/20/93
17	820 Upton, H..1/23/93	573 Collins,..11/19/92	716 Mitchell, G..7/1/92	2028 Battles, M..8/15/92
18	805 Pugh, J..2/27/93	570 Robinson, G..10/16/92	716 Thompson, S..7/1/92	2028 Spicer,..11/28/92
19	805 Seagraves, T..3/27/93	567 Perry, J..7/3/92	716 Vance, K..2/27/93	2022 Collins,..11/19/92
20	804 Collins, H..7/1/92	562 Brodsky, S..11/5/92	711 Battles, M..8/15/92	2010 Perry, J..11/13/92
21	804 Binkowski, J..11/21/92	560 Ugapo,M..10/24/92	710 Dempsey, B..6/7/92	2000 Binkowski, J..11/21/92
22	800 Jones, J..8/8/92	560 Naukam, R..11/7/92	710 Meek, B..6/7/92	2000 Seagraves, R..3/27/93
23	800 Uhlig, B..11/7/92	555 Malchow, K..3/20/93	710 Dewberry, B..10/3/92	1989 Meek,B..10/10/92
24	800 Perry, J..11/13/92	555 Ortiz, K..4/3/93	710 Barron, T..12/12/92	1960 Reeves, J..3/21/93
25	800 Wells, J..5/8/93	551 Kennedy, V..10/17/92	705 Wright, D..7/1/92	1955 Wells, J..5/8/93
26	788 Meek, B..10/10/92	551 Spicer,..11/28/92	705 Caniff, M..11/21/92	1950 Mikalon, C..3/20/93
27	784 Sharon, A..6/13/92	551 Moe, F..5/30/93	705 Spicer,..11/28/92	1940 Hunt, J..7/1/92
28	782 Lewis, J..4/10/93	545 Moore, B..8/15/92	700 Surls, B..11/13/92	1940 Thompson, S..7/1/92
29	780 Baumann, W..11/7/92	545 Kidder,..11/5/92	700 Magin, M..2/13/93	1935 Bishop, R..11/21/92
30	780 Mikalon, C..3/20/93	545 Jackson, J..5/1/93	700 Moore, B..3/27/93	1935 Ledford, S..3/27/93
31	777 Collins,..11/19/92	540 Riester, D..7/11/92	700 Andrews, W..4/24/93	1930 Hernandez, C..1/9/93
32	775 Johnson, D..10/3/92	540 Sanders, C..2/27/93	695 Seagraves, R..3/27/93	1930 Dewberry, B..3/20/93
33	775 Hernandez, C..1/9/93	535 Vanzo, D..6/6/92	685 Malchow, K..3/20/93	1929 Tuihalamara, N..3/4/93
34	771 Spicer,..11/28/92	535 Link, N..6/13/92	680 Jones, J..12/5/92	1925 Hearns, F..8/8/92
35	770 Jacobs, T..2/7/93	535 Green, M..6/28/92	680 Frank, G..5/2/93	1915 Baumann, W..11/7/92
36	760 Breen, J..5/1/93	535 John, J..8/15/92	677 Binkowski, J..11/21/92	1912 Caniff, M.11/21/92
37	755 Burruel, M..3/13/93	535 Barlow, R..12/12/92	675 Sims,J..6/6/92	1910 Jones, J..8/8/92
38	750 Magin, M..2/13/93	530 Baker, K..6/13/92	675 Eldridge, V..11/1/92	1910 Moore,B..3/27/93
39	750 Culnan, S..2/7/93	530 Disodeter, J..8/9/92	672 Gisondi, P..6/7/92	1905 Upton, H..1/23/93
40	750 Ufford, K..3/20/93	530 Gavlan, M..9/5/92	672 Cooley, D..10/24/92	1905 Magin, M..2/13/93
41	750 Reeves, J..3/21/93	530 West, G..9/26/92	672 Collins,..11/19/92	1901 Barron, T..12/12/92
42	750 Ledford, S..3/27/93	530 Manning, J..12/5/92	672 Patterson,..2/27/93	1900 Weaver, R..3/6/93
43	749 Thompson, S..7/1/92	530 Smith, H..3/13/93	672 McNett, T..3/20/93	1892 Lewis, J..4/10/93
44	749 Providence,..10/24/92	529 Schoenberger, R..5/22/93	672 Voronin, J..4/3/93	1870 Bernardon, M..3/27/93
45	745 Buchanan, J..6/20/92	525 Ellis, S..4/18/93	670 Sporio, V..9/26/92	1860 Culnan, S..2/7/93
46	740 Smith,..12/92	525 Bailey, S..4/24/93	670 McCain, D..11/21/92	1857 Gisondi, P..9/25/92
47	740 Weaver, R..3/6/93	525 Crump, K..5/8/93	670 Ledford, S..3/27/93	1857 McNett, T..3/20/93
48	735 Bishop, T..11/21/92	525 Hill, S..5/8/93	667 Crowley, F..8/15/92	1852 John, J..8/15/92
49	733 Gisondi, P..6/7/92	523 Dempsey, B..6/7/92	666 Kennedy, V..10/17/92	1850 Uhlig, B..11/7/92
50	733 Hunt, J..11/21/92	523 Tremblay, J..4/3/93	666 Anderson, B..3/4/93	1850 Green, J..5/1/93
51	733 Caniff, M..11/21/92	523 Lewis, J..4/10/93	666 Carver, G..5/22/93	1840 McCain, D..2/27/93
52	730 Dewberry, B..3/20/93	520 Myers, D..6/6/92	661 Ford, J..10/31/92	1824 Wright, D..7/1/92
53	730 Anderson, B..4/25/93	520 Meek, B..10/24/92	661 Sanders, C..3/13/93	1818 Uhnak, E..11/21/92
54	727 Crowley, F..8/15/92	520 Griffin, J..3/20/93	660 Barkman, M..8/15/92	1818 Burruel, M..3/13/93
55	727 Barron, T..12/12/92	520 Seagraaves, R..3/27/93	660 Reynolds, G..11/21/92	1810 Babb, M..6/12/92
56	725 Angell, J..10/24/92	518 White, B..8/15/92	660 McCullough, T..3/13/93	1807 Jackson, M..2/20/93
57	725 Bernardon, M..3/27/93	518 Harris, R..10/3/92	660 Highfill, T..3/20/93	1802 Webb,..11/14/92
58	722 Blankenship, S..12/12/92	518 Binkowski, J..11/21/92	658 Lewis, J..4/10/93/	1802 Payne, G..2/20/93
59	722 Maness,..3/27/93	515 Brown, K..2/27/93	655 Baumann, W..11/7/92	1800 McCullough, T..3/13/93
60	716 Garro, L..6/7/92	515 Ledford, S..3/27/93	655 Uhnak, E..11/21/92	1800 Sartin, K..5/1/93
61	716 Payne, G..2/20/93	515 Bernardon, M..3/27/93	655 Culnan, S..2/7/93	1796 Vance, K..2/2/93
62	715 Moody, K..6/2/92	512 McNett, T..3/20/93	655 Weaver, R..3/6/93	1791 Crowley, F..8/15/92
63	715 Sartin, K..5/1/93	512 Bazemore,..4/3/93	655 Devine, C..3/13/93	1785 Truxler, D..3/13/93
64	710 Wrenn, P..11/7/92	512 Reidy, C..5/31/93	650 Hunter,..6/13/92	1780 Wheeler, R..11/13/92
65	710 Wheeler, R..11/13/92	512 Britton,..5/29/93	650 Perry, J..7/11/92	1780 Smith,..12/92
66	710 Hoss,..3/27/93	510 Vaughn, A..10/24/92	650 Hearns, F..8/8/92	1780 Patterson,..2/27/93
67	705 Webb,..11/14/92	510 Green, J..11/7/92	650 Wilson, F..9/19/92	1770 Workman,..12/92
68	705 Uhnak, E..11/21/92	510 Hale, B..11/7/92	650 Tankersley, T..9/20/92	1769 Pruitt, B..12/5/92
69	705 Williams, J..12/5/92	510 Ufford, K..3/20/93	650 Kidder,..11/5/92	1765 Anderson, B..4/25/93
70	705 Workman,..12/92	510 Louallen, J..3/28/93	650 Hamilton, T..11/21/92	1763 Wrenn, P..11/7/92
71	705 McCain, D..2/27/93	510 Covert, B..4/24/93	650 Libby, M..11/21/92	1760 Donat, J..3/27/93
72	705 Patterson,..2/27/93	505 Davis, E..6/6/92	650 Hernandez, C..1/9/93	1750 Johnson, D..10/3/92
73	705 Cherry,..4/25/93	505 Hernandez, C..1/9/93	650 Burruel, M..3/13/93	1750 Heuse, T..4/93
74	700 Bertram, M..9/5/92	505 Weaver, R..3/6/93	650 Troxler, D..3/13/93	1747 Libby, M..11/21/92
75	700 Wright, J..1/23/93	505 Grendahl, J..4/24/93	650 Wattay, R..3/27/93	1747 Williams, J..12/5/92
76	700 McCullough, T..3/13/93	505 Wells, J..5/8/93	650 Wells, J..5/8/93	1747 Adams,E..3/13/93
77	700 Erby, M..3/27/93	501 Rivera, R..7/3/92	650 Milligan, G..5/15/93	1747 Maness,..3/17/93
78	700 Huffman, B..4/93	501 Hunt, J..11/21/92	645 James, J..12/5/92	1736 Nicholson, N..3/13/93
79	699 Heisey,..11/5/92	501 Orick, J..12/12/92	644 Schmitz,..10/10/92	1730 Highfill, T..3/20/93
80	699 Oyler, D..3/4/93	500 Gisondi, P..8/9/92	644 Wrenn, P..11/7/92	1730 Britton,..5/29/93
81	694 Parker,..3/20/93	500 Daube, D..8/9/92	644 Adams, E..3/13/93	1725 Heisey,..11/5/92
82	690 Mack, M..2/13/93	500 Boyd, K..9/26/92	640 Ortiz, K..4/3/93	1725 Blankenship, S..12/12/92
83	689 John, J..8/25/92	500 McCall, B..11/14/92	639 Ward, M..12/5/92	1720 Mack, M..2/13/93
84	683 Borda, M..12/12/92	500 Grau, J..12/5/92	639 Mathews, E..3/13/93	1720 Devine, C..3/13/93
85	680 Ramsey, R..10/3/92	500 Huber, J..12/12/92	635 Schneider, C..6/6/92	1720 Cherry,..4/25/93
86	680 Rodriguez, H..11/21/92	500 Hamman, S..2/27/93	635 Jackson, D..2/14/93	1719 Borda, M..12/12/92
87	677 Wright, D..7/1/92	500 Dewberry, B..3/20/93	635 Sartin, K..5/1/93	1715 Buchanan, J..6/20/92
88	675 Cardman, W..9/12/92	500 Heuse, T..4/93	635 Cain, J..5/1/93	1715 Coan, J..10/10/92
89	675 Coan, J..10/10/92	500 Pugh, J..5/14/93	633 Williams, J..12/5/92	1710 Vaughn, A..10/24/92
90	675 Riley, B..3/20/93	496 Mitchell, G..7/1/92	633 Payne, G..2/20/93	1708 Sanders, C..3/13/93
91	675 Moore, B..3/27/93	495 Magin, M..12/92	630 Sheets, J..12/5/92	1705 Merritt,..9/2/92
92	675 Chappell, A..3/27/93	495 Leclair, M..5/1/93	630 Bernardon, M..3/2/93	1705 Chappell, A..3/27/93
93	672 Caparoso, D..7/18/92	490 York, J..8/9/92	630 Mann,..5/15/93	1703 Caparoso, D..7/18/92
94	672 Cooley, D..10/24/92	490 Battles, M..8/15/92	628 John, J..8/15/92	1700 Hunter,..6/13/92
95	672 Pruitt, B..12/5/92	490 Barrett,..1/7/93	628 Pruitt, B..12/5/92	1700 Erby, M..3/27/93
96	672 Adams, E..3/13/93	490 Hanesbro, A..1/17/93	628 Tuihalamaka, N..3/4/93	1692 Hamilton, T..11/21/92
97	672 McNett, T..3/20/93	490 Bishop, T..2/27/93	628 Nicholson, N..3/13/93	1692 Orick, J..12/12/92
98	670 Antonio, B..8/8/92	485 Cooley, D..10/24/92	625 Merritt,..9/2/92	1690 Young, R..5/15/93
99	670 Young, R..5/15/93	485 Davis, G..10/25/92	625 Smith,..12/92	1686 Ward, M..12/5/92
100	666 Morris,..5/20/93	485 Upton, H..1/23/93	625 Shortalef, G..2/13/93	1686 Oyler, D..3/4/93

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 achievement 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 - 7 1/4% tax).

NEXT MONTH... TOP 114s

Corrections: Larry Miller's 418 bench was not on the ADFPA TOP 20 148 lb. list. In the ADFPA Women's Nationals, I' Davis at 116 should be credited with a 303 squat and 170 bench, and Leanne Adams should be credited withi a 407 deadlift. Walt Austen should have been credited with a 667 deadlift and 1674 total on the TOP 100 242 lb. class listing. In the event of errors in future results and ranking lists, send corrections to "ERRORS," Post Office Box 467, Camarillo, California 93011.



Willie Williams does his Frank Zane imitation. He's a top ranked bencher this month (P. Sutphin)

INTERVIEW

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

CURTIS LESLIE

The Gentle Giant of Powerlifting

by Judd Biasiotto Ph.D., World Class Enterprises

Simply put, Curtis Leslie is one of the strongest men in the world, or any where else for that matter. How does a 820 pound squat, a 600 pound bench, and a 760 deadlift sound? More importantly, though, Leslie is one of the nicest guys you'll ever meet. He's a strange mix - big and powerful as a Brahma bull, yet gentle and loving as a small child. Without question, Leslie epitomizes what every athlete should strive to be. Not surprisingly, when people talk about Leslie, they use words like awesome, modest, incredible, and caring. In order to interview the gentle giant of powerlifting, World Class Enterprises traveled to Atlanta, Georgia, to meet with Curtis Leslie.

WC: It's been said that the great athletes are drivers, obsessive even, yet your behavior seems anything but obsessive. Is there an internal drive in Curtis Leslie that is not overt or are you the antithesis of most world class athletes?

Leslie: *This is a catch 22 question and answer situation. In order for an athlete to become a champ he must have that internal drive and determination to be the best. But the other side to that question is that an athlete must learn to live his life to its fullest. An athlete must learn to relax and enjoy the simple things that life has to offer. He can't go around being arrogant and aggressive to everyone he meets. Athletes must learn when to be great champions and when to be humble and relaxed.*

WC: It's been said that you play the game above your shoulders - that the secret to your great strength is your mind not your body. Could you elaborate on that point?... What's your secret?

Leslie: *There is no secret to being a champion! Just remember to train hard, but train smart. Many athletes don't believe or know that 60% of their strength carries from within (mentally). Athletes should always exercise their mind just as they would exercise their body. When they start to believe and learn to visualize success, they will start to achieve. This applies in powerlifting or everyday life.*

WC: Roger Estep once said that the hardest thing is not getting to the top, but staying there. Have you found that to be the case?

Leslie: *That's true. It's difficult to remain on top with all the great and talented lifters performing today, but a true champ always tries to improve himself whether he wins or loses. Once a champion is satisfied with his performance, it's hard for him to quit before he gets hurt or embarrassed.*

WC: What's your best total, and how much further do you think you can go?

Leslie: *My best total so far has been 2206 lbs. How much further can I go? There are no limitations on Curtis Leslie. When I get my weight up to that ideal weight, "look out power world."*

WC: A number of lifters have recently totaled over 2200 at the 242 and are obviously a threat to your title. Who do you see as a serious challenger to your title?

Leslie: *It's true, there are other lifters that have totals over 2200 at 242 lbs. Here in the U.S. we have great lifters, lifters that are capable of defeating a world champ any day of the week. It's just depends on who's having a good day and who's not. I'm not out to beat any one particular person. I just want to do my best and earn the respect of great lifters.*

WC: The poundages have increased so dramatically in the last half decade - to what do you attribute such a radical jump - equipment, training, drugs?

Leslie: *I don't think it's drug usage. The same drugs are around today that were around yesterday. I think the big increase in poundage can be answered by new training research; new and updated equipment; such as wraps, groove brief suit, etc.*

WC: At one time. Larry Pacifico was untouchable. Then it was Bridges and now it's Coan. Make a prediction for us - who do you foresee as the next "Great One?"

Leslie: *I can see it being Dan Austin, if he ever decides to beef up to the 181 lb. class. He'd possibly squat over 800 lbs. and deadlift over 800 lbs.*

WC: With all the factionalism in powerlifting (the USPF, ADFPA, APF, IPF, Lifetime Drug Free), how do you see the future of the sport?

Leslie: *Dying. The general public is already having trouble understanding the sport of powerlifting. Now, with all the new federations, their world and national champs, the public seems totally confused - including myself.*

WC: I heard you just made your movie debut in "Atlanta Knights." Are you going to follow Arnold Schwarzenegger's lead and leave the Iron game for movieland?

Leslie: *What you heard is true! I did make my movie debut in a movie called "Atlanta Knights." I played a killer/bodyguard. Will I leave the Iron Game for Hollywood? I don't know. I have a second movie part coming this year, so I'm waiting to see if Arnold calls. If he doesn't, "I'll be back."*

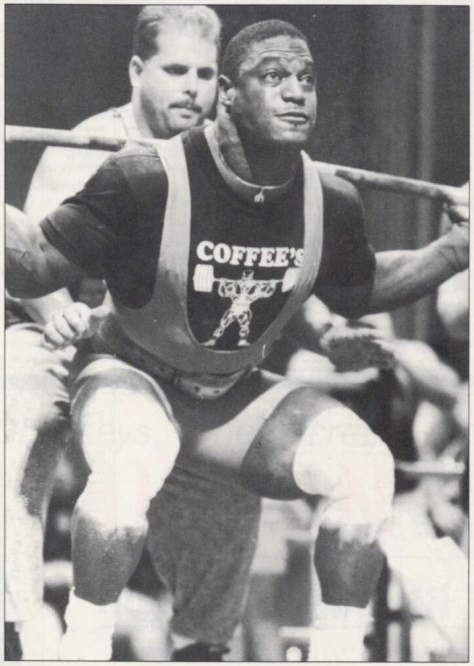
WC: Do you have any advice to give to novice powerlifters?

Leslie: *Train hard, but train smart, and always listen to your body.*

WC: Is there anything else that you would like to say before we wrap things up?

Leslie: *I would like to thank my parents, Mr. and Mrs. Jack Leslie, for all their support; my brother Tony; sisters, Regina and Gail; and my training partners, Richie Ludy and Ron Howell for their support also. Remember to reach for the stars, but settle for the moon. Train hard, but train smart.*

For seminars and guest appearances, Curtis can be reached at: 2446 Glendale Drive, Decatur, GA, 30032, (404)284-6331.



Curtis Leslie *squatting at the 1992 APF Sr. National Championships*

THE OFFICIAL MUSASHI WALL CHART

Product Overview	Target Areas	Weight Loss	Recovery • Exercise • Trauma	Stress • Executive • Emotional • Performance	Muscle Gain	Instant Energy	Endurance Energy	Weight Gain
Lipotropic Amino Acids: L-Methionine, Choline, Inositol	66g Net Huan: The Dispersion **Red**	**Dosage:** 1/2-1 teas. both on retiring and/or rising		**Dosage:** 1/2 - 1 teaspoon both on retiring and rising	**Dosage:** If needing to lose body fat - take 1 teas. either on rising or on retiring			
L-Arginine, L-Methionine Glycine	66g Net Chen: The Arousal **Green**				**Dosage:** If doing strength training - 1/2 - 1 teas. 20-30 minutes before training	**Dosage:** If training - 1/2 - 1 teas. 20-30 minutes before or take when extra energy is needed. Usually mid-afternoon		
Branched-Chain Amino Acids: L-Isoleucine, L-Valine, L-Leucine	66g Net Nii: The Nourishment **Grey**		**Exercise Dosage:** 1/2 - 1 tea. immediately after exercise **Trauma Dosage:** 1/4 - 1 teas. mid-morning and mid-afternoon		**Dosage:** If training, strength or endurance - 1 teas. immediately after exercise. If not training - 1/4 - 1 teas. mid-morning and mid-afternoon.		**Dosage:** During prolonged exercise ie, 1 to 2 days- take 1/4 - 1 teas. immediately before periods of rest ie, • inbetween games • after exercise	**Dosage:** If training, strength or endurance - take 1/4 teas. immediately after exercise.
Essential Amino Acids: L-Arginine, L-Histidine, L-Isoleucine, L-Leucine, L-Lysine, L-Methionine, L-Phenylalanine, L-Threonine L-Tyrosine, L-Valine	**MALES** 66g Net Kuan The Creative **Yellow**	**Males Dosage:** If diet low in protein - 1/2 teaspoon mid-morning and mid-afternoon	**Exercise Dosage:** 1/2 - 1 teas. 20 minutes after exercise (After Nourishment) **Trauma Dosage:** 1/2 - 1 teaspoon mid-morning and mid-afternoon (After Nourishment)	**Dosage:** 1/2 teaspoon upon rising and 1/2 teaspoon mid-afternoon	**Dosage:** If training, strength or endurance - 1 teas. 20 minutes after exercise (After Nourishment). If not training, 1/2 - 1 teas. upon rising and mid-afternoon.			**Dosage:** If training, strength or endurance - take 1/4 - 1 teas. 20 minutes after exercise. If not training - 1/2 teaspoon mid - morning and mid-afternoon
Essential Amino Acids: L-Arginine, L-Histidine, L-Isoleucine, L-Leucine, L-Lysine, L-Methionine, L-Phenylalanine, L-Threonine L-Tyrosine, L-Valine	**FEMALES** 66g Net K'un: The Receptive **Blue**	**Females Dosage:** If diet low in protein - 1/2 teas. mid-morning and mid-afternoon	**Exercise Dosage:** 1/2 - 1 teas. 20 minutes after exercise (After Nourishment) **Trauma Dosage:** 1/2 - 1 teas. mid-morning and mid-afternoon (After Nourishment)	**Dosage:** 1/2 - 1 teaspoon upon rising and 1/2 teaspoon mid-afternoon	**Dosage:** If training, strength or endurance - 3/4 - 1 teas. 20 minutes after exercise (After Nourishment). If not training, 1/2 - 1 teas. upon rising and mid-afternoon.			**Dosage:** If training, strength or endurance - take 3/4 - 1 teas. 20 minutes after exercise. If not training - 1/2 teas. mid-morning and mid-afternoon.
L-Carnitine, L-Histidine, L-Isoleucine, L-Leucine, L-Methionine, L-Valine, Choline, Inositol	66g Net Heng: The Enduring **White**	**Dosage:** If undertaking an endurance exercise program ie. Aerobics, 1/2 - 1 teaspoon 20 - 40 minutes before exercise			**Dosage:** To aid digestion - 1 teaspoon either upon rising or upon retiring		**Dosage:** Take 3/4 - 1 teas. 20-40 minutes before endurance training. Can be taken during prolonged (6-8 hrs) exercise. i.e. ultra marathons	
L-Methionine L-Threonine Glycine, Inositol, Choline	66g Net Fu: The Turning Point **Gold**				**Dosage:** To aid digestion - 1 teas. either upon rising or upon retiring			**Dosage:** Especially if on a high fat diet - 1/2 teas. on rising and 1/4 teas. 30 minutes before meals later on in the day.
		Weight loss will be enhanced through a weight loss/meal rotation program and regular exercise.	These amino acids will facilitate the elimination of toxic substance after extended activity and will also aid muscle tissue repair and prevent muscle tissue deterioration after surgery.	A good diet and suitable exercise regime will also help during periods of stress.	By consuming carbohydrate based food 30 minutes after taking the amino acids you will aid the rate of muscle gain.	Instant energy is derived from creatine phosphate. This is especially important for individuals who are involved in strength training.	This will prevent the breakdown of muscle tissue to use as an energy source. It will also delay the onset of mental fatigue and increase the conversion of fat to energy.	These amino acids will aid those who consume a high fat diet and will also aid in the absorption of nutrients. Weight training will also improve muscle tissue development.

*All products must be consumed with an empty stomach. This will help with their absorption and effect upon the body.
** If more than one of these areas apply to you, simply try and combine them to come up with your perfect program.
*** Unless specified, try not to take these products together. These programs have been designed to target specific metabolic functions at specific times.

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When It's Right, It's Always Wrong

Let me first introduce myself. My name is Anthony Clark. When I first came to powerlifting, I was about 16 years of age, young and naive to what was ahead of me. I had a lot to learn. My first introduction was very enlightening. I met a man named Hal Hudson, my first coach. He taught me the basics of the sport and how to squat, but it went further than training: it was about my life, what was right and what was wrong, what was in and what was out. Here was a man who had been in the game for years teaching me the ethical standards in the game, a father figure to me because I had no one to look up to in my household. I learned some important discipline points as I prospered in powerlifting... which brings us to the main point of the title, "When It's Right, It's Always Wrong!"

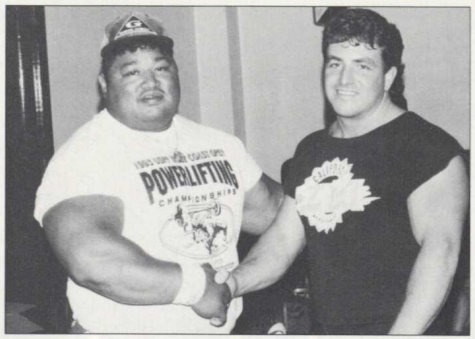
I have been in the game for about ten years now, and I don't know everything, but I do know one thing - a building without a stable foundation will not stand, and a sport without unity will not stay together. I have experienced great unity in the sport through my travels; but when lifters out there do something right or outstanding, it seems there is instantly a negative air about it. In certain sectors it's like they don't want you to do good or prosper in the sport; for some reason this shouldn't be a world record or you shouldn't have any standards in the sport. For example, maybe it's not my place to say this, but somebody has to and I believe in powerlifting. This is the strongest sport in the world, and some of the strongest people participate in it. I don't know what the real reason is for all these crossroads. There has to be a meeting point. The sport needs continuity, management, leadership, but most of all it needs unity. There should only be one body, and the body should think inn one accord. There are so many inequities in the sport; they have to be resolved. Like I stated, I don't know everything; this is just my openhearted opinion. I am merely taking the opportunity to state my opinion in my own words, not to offend anyone.

Let's take these things under consideration; they probably sound familiar to you: "Did you see So and So bench 505 lbs. at So and So weight class?" The reply: "What federation was he in" or "what kind of bench shirt did he wear" or best of all, "who judged the lift?"

Another scenario: "Did you hear that So and So squatted 1025 lbs. in the same meet that So and So squatted 1019 lbs.?" The reply: "No, what was the meet's name?" "The meet's name was Hawaii something. Well, there has never been a meet like that where 19 world records, mainly all-time records, were ever broken in one meet." After all was said and done, the heads of the federations, not conceiving what has taken place at all, are the first to say it's all wrong, coming quick to accuse the meet promoter of rigging the biggest meet in the history of our sport. To demonstrate the incident, ask to bring out the replay cameras. Come on - this sport has had its share of inconsistency, but let's go for real. What is good for the goose is also good for the gander! There's been so many "Rights", but I can't explain why it is, in such a little body, that there are so many of them pointing and saying "It's Wrong!"

I can go on and on about what

(article continued on page 80)



***Anthony Clark** traveled to the USPF West Coast Open and congratulated Tyler Malejko on his lifting at the contest. (Brian Baertlein photo)*

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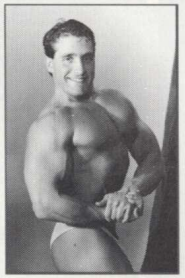

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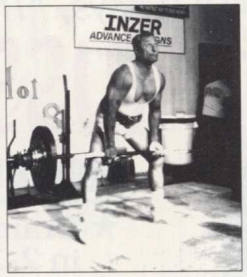
17th DASH World Record Breakers
30 May 93 - Honolulu, HI

	SQ	BP	DL	Total
Women 114				
C. Ochiai	297	159	281	738
Men Open 123				
D. Ortiz	55		55	
Master 55-59				
C. Tantog-131	374	242	418	1036
Men Open 148				
M. Kimura	551	352	462	1366
G. Warr	55	457	55	567
Master 45-49				
A. Andrade-146	55	330	55	440
Men Open 165				
Q. Guzman	661	330	551	1543
Master 50-54				
R. Gandeza, Sr	402	126	451	892
Master 70-74				
S. Ronolo-165	55	281	248	584
4th attempt			286	
Women 181				
R. McKinney	330	170	341	843
Men Novice				
G. Tommoka-172	551	352	451	1355
Master 45-49				
G. Toma-181	55	374	55	485
Master 40-44				
M. Levi-179	55	286	55	396
Men Open 198				
A. Harris	683	440	716	1840
Master 45-49				
D. Gillis-217	55	485	55	595
P. Paiva-248	666	462	523	1653
Men Novice				
R. Gandeza Jr-268	451	341	551	1344
Master 45-49				
T. Preston-248	639	424	633	1697
Master 40-44				
S. Tuitasi-255	501	391	556	1449
Men Open 308				
F. Moe	55	551	55	661
Men Open SHW				
A. Clark-323		650		

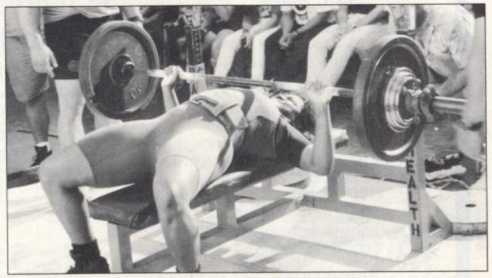
The 17th annual DASH World Record Breakers was held at Pacific Beach Hotel Grand Ballroom on May 30. One hundred and eighteen world records have been broken over the past 17 years. Anthony Clark, also known as the World's Strongest Man, performed a reverse grip bench press and attempted a 1015 lb. squat. Sonny Ronolo broke six world records in the master's weight class, including a 551 lb. squat and a 290 lb. bench press. The 49 year old powerlifter Toe Preston, was awarded the Master's Outstanding Lifter with a 639.25 lb. state record in the squat, a 424.25 lb. bench press, and a 633.75 lb. deadlift. The 110 lb. Carol Ochiai, an outstanding female lifter, squatted her way to a new state record with a 297.5 lb. squat. Ochiai also benched 159.75 lbs. and deadlifted 281 lbs. Robin McKinney broke the state record with a 330.5 lb. squat in the 181.7 female weight class. The novice outstanding lifter, Gerald Tommoka, squatted 551 lbs. and benched 352.5 lbs. at a bodyweight of 171 lbs. The best squatter was Quincy Guzman, who squatted 661.25 lbs., a new state record, in the open 165 class. Guzman also benched 330.5 lbs. and deadlifted 551 lbs. The honor of best bench presser was awarded to Greg Warr of Clayton, Alabama, who benched 457.25 lbs. in the 148 lb. class. The best deadlifter award went to Anthony Harris, who deadlifted 716.25 lbs. at a bodyweight of 198 lbs. Harris was also the most outstanding open powerlifter of the meet. Harris is known to have the strongest back in Hawaii after deadlifting 425 lbs. for 23 repetitions at the Hawaii State Bench Press championships promoted by Francis Silva. Harris was also the most outstanding open powerlifter of the meet, hoisting 683.25 lbs., benching 440.75 lbs. and deadlifting 727.5 lbs. Carlos Tantog broke state records in the masters 132.2 lb. class. Tantog squatted 374.75 lbs., benched 242.5 lbs., and deadlifted 418.75 lbs. Buddy Paiva broke the state record in the master's 275.5 lb. weight class with a 666.75 lb. squat at 248. Siave Tuitasi, a master lifter who weighs in at 254 lbs., squatted 651.1, benched 391.25 lbs., and deadlifted 556.5. Ray Gandeza, Sr., a master's novice lifter broke the state record in the squat with a 402.25 lbs. attempt and a 451.75 deadlift, another state record. (report and results provided courtesy of Ben Wong, the new editor of Hawaii Fitness and Muscle News).

Anthony Clark *dumped 1015 twice*

Buddy Paiva*...one of Hawaii's best*



Sonny Ronolo *in the 70-74 class.*



Robin McKinney *one of the record breakers this year (Wong photos)*

Introducing The First Planned Approach To Sport Supplements.

Atletika
SPORT INTERNATIONAL

You Didn't Plan To Fail, You Failed To Plan.

No athlete plans to fail. Experienced powerlifters know that sixty or so basic ingredients thrown into a jug, tub, or sack, won't build a champion. It doesn't make sense to supplement generally, any more than it does to train generally. In order to recover from intense training and make specific gains, you must plan your own individual supplement program, and in order to plan correctly, you must have special supplements which meet certain recovery and growth needs at specific times of your training cycle. Optimizers and Weight Gainers can't do this!

Serious lifters often demand more than ordinary powder supplements can give.

ATLETIKA recognized that elite and want-to-be elite powerlifters don't benefit much from a shotgun approach to supplementation. While powders may make sense for beginners as a meal replacement, the advanced lifter receives little more than basic nutrition. All the brands are about the same. New scientific discoveries show there is a better way. Atletika has developed several new sport supplements and training plans which target the specific mass, strength, and power needs of individual athletes. No longer will you have to settle for a general powder supplement. No longer will you receive general results.

Elite and want-to-be elite powerlifters, bodybuilders, and weightlifters, are desperately seeking effective supplements based on a scientific plan which achieves specific results unique to each individual lifter. Rangicrin, Mumie, and Retibol are three powerful new choices, each targeted to yield a certain result from a specific training cycle. Retibol is the natural anabolic of choice for gains in mass, strength, and power during intense training, Mumie for recovery and faster gains after hard training, and Rangicrin as a biostimulant and gonadatropic for the older lifter, or as a jump start for those coming off the juice. Whatever the task, Atletika has an exclusive supplement to meet your needs.

Three unique anabolic concentrates from Atletika. Rangicrin from Russian Siberia, Mumie from Tajikistan, and Retibol. Each supplement contains special anabolic analogs designed to stimulate recovery and growth from intense training.

There's nothing general about Atletika supplements. Atletika has developed a unique strategy for using natural substances from plants which are anabolic in man. Our team of experts, consisting of a systemic botanist, molecular biologist, biochemist, immunologist, and phytochemist, study the pharmacological screening of plant concentrates and their bioassay under laboratory and real world conditions. Few sport nutrition companies are capable of such scientific exploration. Atletika is the first to address the importance of unique plant sterols as effective analogs to an athlete's own steroids, and the only sport nutrition company to conduct serious scientific investigations into their action and usefulness in sport. Rangicrin, Mumie, and Retibol evolved from this new research, and others are under laboratory investigation. Recently, our research team in St Petersburg, Russia, has focused on new essential growth factors including the phytoamines and low molecular weight polypeptides, which function as anabolics in man. These compounds are not available in ordinary powder supplements.

The serious scientific investigation of plants by Atletika researchers results in new effective supplements for today's advanced level athlete.

Weight gainers or optimizers failed to plan to meet the special demands of advanced lifters. Without several biologically important supplements to choose from, how can you hope to plan properly? Atletika gives you the specific supplements and the plans which allow you to make the long term gains your body is capable of. *TRAIN SMART.* For more information and a free product brochure call: **800/621-2602.**

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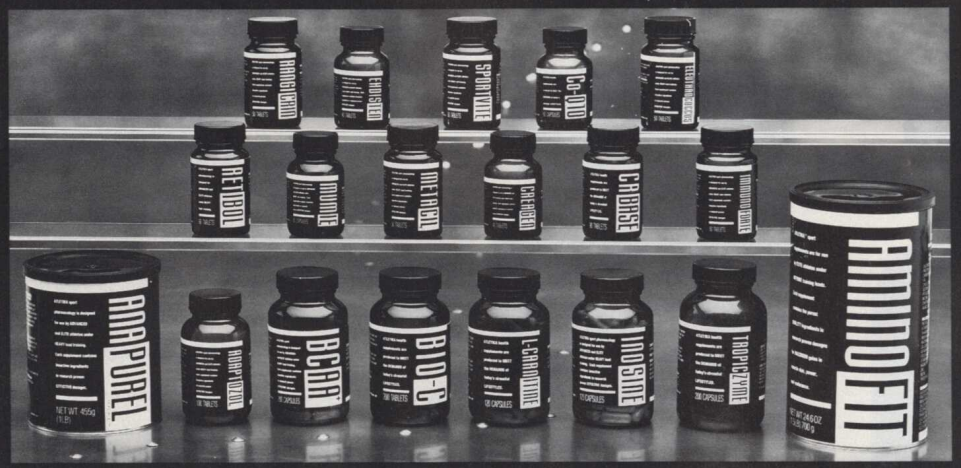
Atletika sport supplements are used to enhance the supercompensation and adaptation from intense training. These unique supplements must be used according to each individual athletes level of experience and condition. No supplement, group of supplements, or any single training plan, is ideal for every athlete under every training situation. Atletika understands that each athlete has special needs and goals, and our task is to supply specific supplements of high biological importance, within the proper pharmacology plan, so that the goals are met. For information about the proper cycling of special sport supplements, consult Atletika's product guides, Mesocycle Programs, or our Evo Training System.



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Ecdysteroid - No Russian Secret

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

A great deal of attention has been given lately to the plant steroid beta-ecdysterone and its role as a performance enhancer in sport. As a molecular biologist who has thoroughly studied this compound in sport, I would like to explain the true role ecdysteroid compounds can play in the supplement program of a powerlifter.

As with any bioactive compound, powerlifters should know the facts about beta-ecdysteroids before blindly taking them to build strength. Proclaimed to be the "Russian Secret" by some sport nutrition companies, this phytosterol actually has a long history of use, both in Russia, and, over the past three years, in the USA. I would not classify ecdysteroids as being a Russian secret, because the Russian/American company Atletika Sport International has been selling them in the USA under the name Ekdisten for the past three years. Ekdisten is just one of a dozen biologically important supplements in their program.

In Russia, beta-ecdysone based supplements have been used by athletes since 1986. Some sport companies in the USA are now promoting beta-ecdysteroid supplements as similar to the popular international supplement Retibol (Atletika USA), but this is not a true comparison. These supplements should be compared with Ekdisten which contains beta-ecdysteroids as well as numerous other restorative and anabolic compounds. Ekdisten, with beta-ecdysteroids, is classified as an adaptogen. It's biostimulating action is shown to increase intellectual and physical working capacity. In contrast, Retibol is a special supplement comprised of three biologically important substances, acting as unique analogs to anabolics found in man. Retibol is a primary anabolic for use by advanced level lifters during intense training. I will discuss Retibol in a future article.

The history of research to find substances of natural origin from plants which act as analogs (similar or identical) to human anabolics has been a long and fruitful one for Russian scientists. Pioneer studies conducted in the early 1970's by my co-worker, Professor Vladamir Serov of the Research Institute of Plant Substance Chemistry, Academy of Science of Uzbekistan, showed that the plant sterol ecdysterone, from the roots of Leuzea and Rhaponticum carthamoides, possess anabolic properties in both animal and man. Some supplement companies have quoted Dr. Serov's work from 1976 out of context, as it was conducted only on Leuzea and Rhaponticum carthamoides.

***Atletika sponsored Russian phytochemists** and molecular biologists investigate the use of plant steroids and other biologically important compounds in sport. This photo was supplied by Dr. Boris Feldkoren of the Research Institute of Physical Culture, in St. Petersburg, Russia.*

From the original research of the 1970's began a long and meticulous look for other compounds in plants which are anabolic in humans, and which can act as growth promoters in athletes during hard training. Professor Serov and others continue to research such related compounds. Upon my recent trip to Dr. Serov's Laboratory of Screening Bioactive Substances, in Tashkent, Uzbekistan, we discussed new and exciting research about plant based anabolics. I would like to summarize some of the latest findings with you.

Today there is a proven body of evidence that natural plant steroids such as ecdysone and ecdysterone, turkesterone, and many sapogenins (natural plant steroids from the spirostan family), and their 6-keto derivatives, Compound I- as a derivative of angiogenine, Compounds II, IIa, III, and IIIa- as derivatives of diosgenin, and compounds IV and IVa- as derivatives of alliogenine, all act as anabolic agents in man. Their myotropic anabolic activity is similar or exceeds the analogous effect of Testosterone or synthetic anabolic steroids 4-chloro-Testosterone (Otaka et al., 1969), and methandrostenolone (Dianabol) (Serov et al., 1978; Chermnykh et al., 1988).

Atletika Sport International was the first domestic manufacturer of sport nutrition supplements to address the importance of plant sterols and other biologically important compounds as unique analogs to an athlete's own steroids, and the only one to conduct serious scientific investigation into their action and usefulness. In 1991, Atletika began funding the research of several biochemists, molecular biologists, and phytochemists from St. Petersburg, Russia, to begin the search for other sources and uses of ecdysteroids and similar phytosterols. To date, these researchers have isolated these compounds in reasonable quantity from the plants Leuzea and Rhaponticum carthamoides (Siberia), Ajuga turkestanica (Turkmenistan), Pfaffia paniculata (Brazil), Diploclisia glaucescens (Sri Lanka), and a special Spinach hybrid (USA).

Just how can ecdysteroids be a useful anabolic during intense training? Ecdysteroids are not miracle substances that can replace all other anabolic and restorative compounds. They often hold a special place as a restorative from heavy load training, and are commonly stacked with supplements of more anabolic action. According to the primary body of research (Atletika et al., 1992), beta-ecdysteroid based supplements such as Ekdisten should be used when the stress of training is high, and the body demands an elevated level of anabolic and restorative action. Ekdisten is designed not only to deliver beta-ecdysteroid, but also a host of other biologically important compounds to aid in recovery and growth. This affordable supplement should be taken in dosages of 3 to 6 tablets daily for a period of 20-30 days. Ekdisten is often stacked and cycled with other supplements of different action for a good growth promoting effect

Will Ekdisten or other beta-ecdysteroid based supplements result in super-human gains in strength or muscle mass? Recent research conducted in Russia clearly shows that no single supplement holds the miracle answer to a powerlifters quest for the ultimate natural anabolic. Many supplements have come and gone, because they were based on marketing hype and had little to do with scientific fact, or because athletes did not know how to use them. Supplements like optimizers and weight gainers, while a good general supplement and meal replacement for the beginning lifter, are often not specific enough for the advanced and want-to-be advanced powerlifter. Single supplements of high biological importance, like Ekdisten, with specific targeted action, are an excellent way to make gains for the serious powerlifter, provided they are used on an individual basis, as a complex in a planned program, and during and after intense training.

The use of special sport supplements like Ekdisten needs to be better understood for them to be of optimal use to serious powerlifters. While beta-ecdysteroids can play a role in sport pharmacology, research clearly shows that the greatest gains will come from a properly designed training and recovery program, complete with several well planned sport supplements of different action to choose from. No single supplement can possibly do this. This does not mean that Ekdisten, and other beta-ecdysteroid based supplements, are of no use. It just means they are one of many specific supplements that should be used within a sound pharmacology plan of the advanced lifter.

Planned sport supplementation offers a new means of making maximal gains, and betaecdysteroid based supplements like Ekdisten are just a part of this big plan. For more information about the proper stacking and cycling of anabolic analogs and other biologically important supplements, contact the Russian/American company Atletika at 1-800-621-2602. They offer a variety of special sport supplements, including the stacking and cycling plans to go along with them.

Dr. Moris Silber is a former researcher in the Laboratory of Sports Biochemistry, Research Institute of Physical Culture, St. Petersburg, Russia. Internationally considered one of the foremost experts on anabolics, his present work includes the investigation of bioactive compounds in plants as analogs to human anabolics, as well as the use of biosensors in sport.

TRAINING

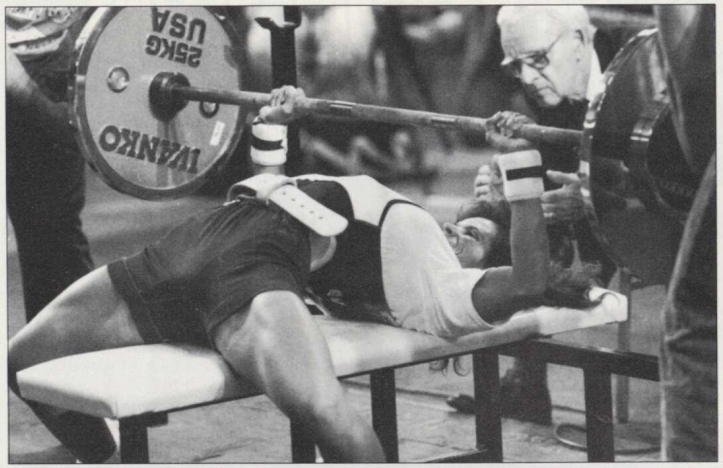
Bench Pressing for Women

as told to Powerlifting USA by Dawn Sharon

Our previous articles have addressed bench press routines for 300 lb. benchers on up to 600 lb. benchers. Many women, teenage and master lifters have asked if I would illustrate bench routines for lighter weights, so this article will cover bench routines for benchers in the 100-250 lbs. range.

As I have stated before, there are many different training philosophies resulting in a variety of programs for lifters to try. I, myself, am a firm believer in individualized routines that address the strengths, weaknesses, and structure of the lifter. The lifter's psyche is also critical when designing a training program for if an individual is used to a particular method (heavy training with little if any assistance work, for example) then he or she may lack confidence in a lighter program. This is especially true prior to a contest. I feel any one involved in training with weights should change their routines many times throughout the year to gain overall strength, muscular balance, and overcome technique flaws. In this way, the athlete can remain injury free and enjoy a long successful career, regardless of whether he or she is competitive or just a recreational athlete. The whole point of training is to improve yourself and remain healthy.

The following routines should give the athlete ways in which to break through existing barriers or continue toward attaining goals. The routines are set up using a fictional lifter to illustrate body type, strengths and weaknesses.



***Glynis Ramirez Bierria** is one of the best women bench pressers in the lighter weight divisions, and once again won the USPF Senior National title in 1993, at 114 lbs. Glynis, who resides in Anchorage , Alaska was among 32 athletes and nine teams from 17 states selected to receive a Sudafed Travel and Training Grant. The grants, totaling $50,000, were announced on June 19th at the Women's Sports Foundation Annual Conference in East Meadow, New York. The grants are administered by the Women's Sports Foundation, and since its inception more than $500,000 has been awarded to over 400 aspiring athletes with successful competitive records who have the potential to achieve even higher performance levels.*

Our first athlete is 5'4", 145 lbs. She is 35 years old with 2 years of training experience, with a bench press of 100 lbs. She has average back development and has been benching using a wide grip. My recommendation for her would be to use a 22" grip. She should flare her legs to set up on the bench and loosen her index finger slightly on the bar when benching. The 11 week cycle for this lifter would look like this: (This bench routine should be performed 2 times per week).

Week 1: flat bench 45x8x2 sets, 65x6, 75x3x3 sets, 60x5x5 sets.

Week 2: elevate bench by placing 10 lb. plate under head to create a slight incline position. 45x8x2 sets, 65x6, 75x3x3 sets, 60x5x5 sets.

Week 3: elevate bench by placing 10 lb. plate at foot of bench to create a slight decline position. 45x8x2 sets, 65x6, 75x3x3 sets, 60x5x5 sets.

Week 4: flat bench 45x8x2 sets, 65x6, 75x3x3 sets, 60x5x5 sets.

Week 5: elevate head as in Week 2. 45x8x2 sets, 65x6, 75x3x3 sets, 60x5x5 sets.

Week 6: elevate foot as in Week 3. 45x8x2 sets, 65x6, 75x3x3 sets, 60x5x5 sets.

Week 7: flat bench 45x5x2 sets, 65x6, 75x5, 85x1x3 sets

Week 8: flat bench 45x5x2 sets, 65x6, 75x5, 85x2x2

Week 9: flat bench 45x5x2 sets, 65x6, 75x5, 85x2x3 sets

Week 10: flat bench 45x5x2, 65x6, 75x5, 85x1, 85x2, 85x3

Week 11: flat bench 45x5x2 sets, 65x6, 75x5, 85x1, 100x1, 110x1, 120x1.

Accessory work is also employed with this routine, since the lifter needs a lot of volume and foundation. The following are the suggested accessory exercises, divided into an A and B routine. The lifter should bench press twice per week and alternate A and B accessory work with each bench workout.

Accessory A: 35 degree upper pulley row 3x8 reps, decline dumbbell press for Weeks 1-8 only 4x6, bench press as written above, flat flyes for Weeks 1-8 only 5x6, bent elbow wide grip pullovers 3x10 reps.

Accessory B: Rear lat pulldowns 3x8, narrow underhand lat pulldown 3x6, bench press as written above, incline 20" pause (45-55lb) 3x5 reps

Our next lifter is 22 yrs. old with 3 years of fitness and bodybuilding training. She is 5'6" 136 lbs with above average back development and shoulders. She is currently training her chest using a 24" bodybuilding style bench with a max of 150 lbs. The following is a routine designed for 14 weeks performing the routine every 5 days: light pec deck 3x10 reps, dips 4x3 reps, bench press with 20" grip.

Week 1: 6x10 reps from 45-90 lbs

Week 2: 6x5 reps from 75-105

Week 3: 6x10 reps 45-90 lbs

Week 4: 6x5 reps 75-105

Week 5: 6x10 reps 45-90

Week 6: 6x5 reps 75-105

Week 7: 6x8 reps 55-105

Week 8: 5x5 reps 85-115 (Weeks 9-14 use 24" grip)

Week 9: 5x2 @ 125

Week 10: 5x3 @ 125

Week 11: 6x2 @ 125

Week 12: 6x3 @ 125

Week 13: 115x2, 130x2, 145x2

Week 14: warmup then 1x140, 1x160, 1x 70-180. Decline bench 5x6 reps 95-135, front plate raises 5x8 reps 10-25 lbs

Another athlete to consider is 5'7", 170 lbs with 6 years of training. She is currently using a 20 inch false grip bench press. Her training methods have been utilizing heavy weights and her bench has plateaued at 200 lbs. The routine that would be most beneficial would be to bench 2 times per week for 12 weeks. The routine is divided into an A and B routine. Routine A is done once per week and routine B is done on the other bench day.

First 6 weeks: Routine A: Dips 4x5 reps, V grip lat pulldowns 3x8 reps, Bench press 10x3 reps @ 105-130, Behind neck press 5x6 reps, Seated bent over lateral raises 4x12 reps. Routine B: Seated 22" grip low pulley rows 3x8 reps, Incline bench 18" grip 6x4 reps paused (angle of bar should travel slightly toward knees), Standing upright rows 6" grip 4x9 reps, Seated alternate dumbbell press 3x12 reps

Last 6 weeks: Routine A:

Week 1: Wide grip lat pulldowns 3x6 reps Bench press warmup, then 3x2 reps @ 135, 5x5 reps @ 115, cable crossover 4x8 reps wide elbow bent elbow front raises 4x6 reps dumbbell pullovers 4x8 reps. Routine B. Wide grip lat pulldowns 3x6 reps Bench press warmup, then 3x2 reps @ 135, 5x5 reps @ 115, cable crossover 4x8 reps wide elbow bent elbow front raises 4x6 reps dumbbell pullover 4x8 reps.

Week 2: Routine A. Wide grip lat pulldowns 3x6 reps Bench press warmup, then 3x2 reps @ 135, 5x5 @ 115, cable crossover 4x8 wide elbow bent elbow front raises 4x6 dumbbell pullovers 4x8. Routine B. wide grip lat pulldown 3x6 Bench press warmup, then 3x2 @ 150 2x8 reps @ 115, cable crossover 4x8, wide elbow bent elbow front raises 4x6, dumbbell pullovers 4x8

Week 3: Routine A. Wide grip lat pulldowns 3x6 Bench press 3x2 @ 150, 2x8 @ 115 cable crossovers 4x8, wide elbow bent elbow front raises 4x6 dumbbell pullovers 4x8. Routine B. wide grip lat pulldowns bench 3x2 @ 155, 2x8 @ 125, cable crossover 4x8, wide elbow bent elbow front raises 4x6, dumbbell pullovers 4x6.

Week 4: Routine A. wide grip lat pulldowns, bench 3x2 @ 160, 2x8 @ 125, cable crossover 4x8, wide elbow bent elbow front raises 4x6, dumbbell pullovers 4x6. Routine B. wide grip lat pulldowns 3x6 bench 1x2 reps @ 165, 1x3 @ 155, 1x5 @ 145, 1x8 @ 125, cable crossover 4x8, wide elbow bent elbow front raises 4x6, dumbbell pullover 4x6.

Week 5: Routine A. wide grip lat pulldown 3x6, bench 3x3 @ 135, 2x10 @ 105, cable crossover 4x8, wide elbow bent elbow front raises 4x6, dumbbell pullover 4x6. Routine B. wide grip lat pulldowns 3x6 bench 1x2 @ 165, 1x3 @ 155, 1x5 @ 145, 1x8 @ 125, cable crossover 4x8, wide elbow bent elbow front raises 4x6, dumbbell pullover 4x6.

Week 6: Routine A. wide grip lat pulldowns 3x6, bench 3x1 rep @ 135, 1x8 @ 95, cable crossover 4x8, wide elbow bent elbow front raises 4x6, dumbbell pullover 4x6. Routine B. wide grip lat pulldowns 3x6 bench warmup, then 1x1 @ 185, 1x1 @ 205, 1x1 @ 220-230, cable crossovers 4x8, wide elbow bent elbow front raises 4x6, dumbbell pullover 4x6.

Please feel free to contact me for any questions concerning your individual needs. Remember, when doing any training that proper technique is essential, when your technique breaks down, you will reach plateaus and even set yourself up for in injury. Next month I will have part 2 of women's bench pressing. Best of luck! *Dawn Sharon.*

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Dawn Sharon - Asher Sharon - Greg Reshel

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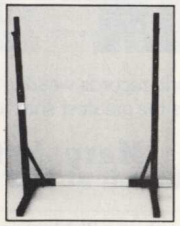

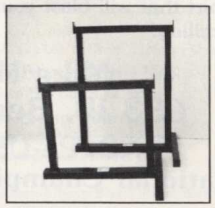

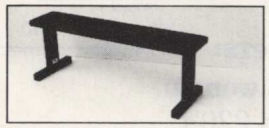

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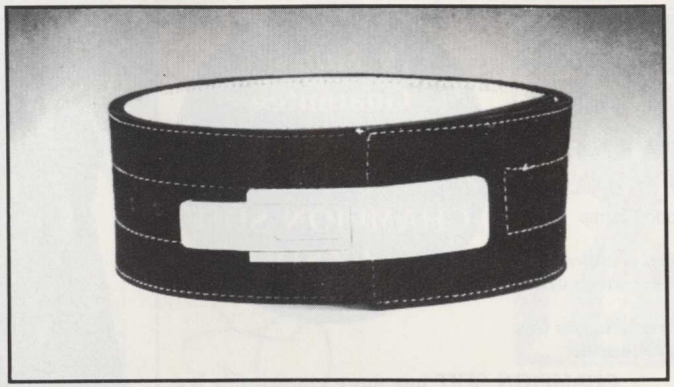

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More From Ken Leistner

If one enjoys reading meet reports or results, it was obvious from the June 1993 issue that the APF Junior National Championships were held successfully in Peoria, IL. On the same page, there is the Jr. National Meet report of the USPF. One can see that both meets produced many happy winners. Do you know who won the 1992 version of the APF Junior Meet?

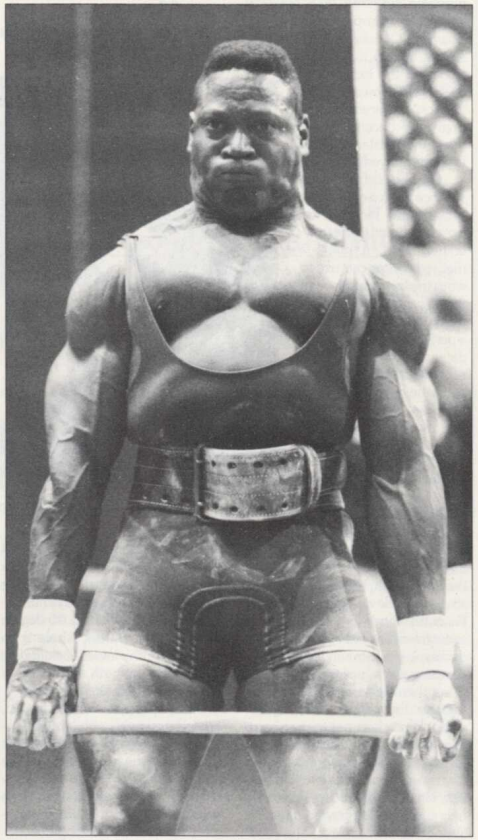
As an APF Officer, it troubles me that I can't tell you because I don't know either. From all verbal reports, phone calls, and mail, the meet was extremely well run and enjoyable for the lifters. The meet director was extremely thoughtful in providing drinks and fruit, and a solid and safe array of equipment, and experienced spotters. No serious injuries, no terrible arguments, nothing but positive comments. Regrettably, the meet director overlooked an extremely important bit of work. The meet results were never provided to the national office nor *PL USA*.

While it is certainly a requirement to notify the administrative office of national meet results (in all organizations I'm sure), it is not a requirement that *PL USA* be notified. However, the primary source of recognition in our sport lies with the attention and respect we get from our peers, and *PL USA* is the main source of information in the sport. The purpose of mentioning this oversight is not to hold the meet director up to ridicule, but point out that so many individuals work their butts off to get a national title and the very little bit of notoriety that comes with that distinction.

One of the lifters who epitomizes the unfortunate result of the oversight of neglecting meet results and more considerately, a meet report, is Kenny Malchow of Memphis, TN. Ken trained very, very hard for this meet, as did every lifter in attendance. Having bombed out of the 1991 Junior Nationals, he was more intent than ever to redeem himself, if only in the eyes of those he trained with. He began preparation for the 1992 meet immediately after his disastrous Chicago result. In fact, he did not lift in any other meets in 1992, so intent was he on making amends. His lifting was, by any standard, superior; 830 squat, 530 bench press, 670 deadlift as a 275 pounder. This 2030 total, not surprisingly, was good enough to win the 1992 Junior National Championship.

Two of Ken's training partners also traveled to New Jersey from Tennessee and lifted well, with Mark Phillips placing fourth at 275, and Fred Garza placing third at 165. Ken's family responsibilities and employment have not prevented him from becoming the Tennessee State Champion five times, and winning a number of prestigious contests throughout the South. Unfortunately, those responsibilities would not allow him to adequately train nor travel to any national level meet in 1993. If he is lucky enough to find the time, money, and opportunity to travel to the 1994 meet, and have all of the above so that he can train for that meet, he can come back and defend a title he worked very hard to win, and deserves to defend.

This story could be repeated for every man and woman that trained for and lifted in this, and other meets. *PL USA* is set up in a way that even small, local meets can be reported, so that each participant can see their name in print and garner yet one more level of self satisfaction for a job they did well or tried to do well. It is imperative that every meet director in all organizations take the time to send a legible and accurate meet result sheet to their national administrative office, and hopefully, to *PL USA*.



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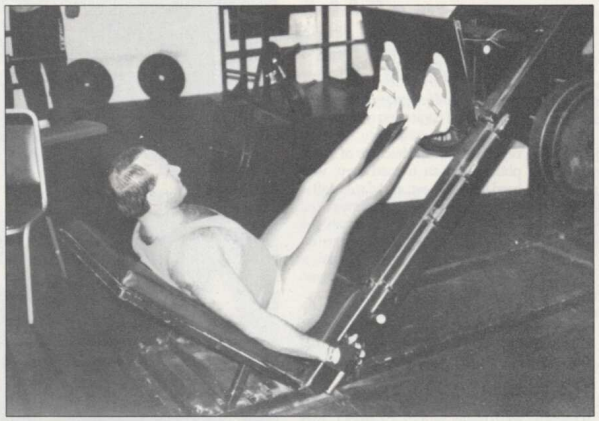
TRAINING

Leg Press for Powerlifting

as told to Powerlifting USA by Doug Daniels

Finding an effective assistance exercise can be a very important discovery for the powerlifter. Some popular assistance exercises are ineffective, but some can legitimately help the lifter achieve his goals. An effective assistance exercise should target and strengthen the involved muscular structure of a powerlift and result in improvement in that powerlift. Of course, assistance exercises should not be included at the expense of the targeted powerlift - that is, don't overemphasize them and become stronger in the assistance move than the powerlift.

One such effective assistance exercise is the leg press. Let's look at the benefits offered to the powerlifter. First, it offers a method a lifter can use to work the lower body when the lower back is tired or needs rest. The leg press is a perfect candidate for light days when you may chose not to squat at all. You can work the quads, hips, and buttocks, while not stressing the lower back. This can be a real plus for a lifter whose leg strength is sub par but who cannot squat more than once per week due to back pain or injury. Squatting more than once per week can also have a negative impact on a lifter's deadlift also as the lower back, hips, and quads are stressed while deadlifting. Another factor to consider is that a lifter's squat form may not be conducive to developing maximum leg strength. By using the leg press, a lifter can strengthen that area and hopefully transfer that power over to the squat. That does not mean that a lifter should not evaluate his squat form for flaws. If a lifter is suffering from an injury which prevents squatting altogether, the leg press can help maintain leg power while the lifter recuperates.



One Type of Leg Press *Machine isdemonstrated by Tim Marr of Schererville, In (Daniels)*

Now that we know the benefits of the leg press, let's examine how to incorporate it in your training schedule. There are many types of leg presses available. One type is the 45 degree leg press on a sled, another is the "universal" style in which the lifter sits down and presses the weight straight ahead. This is also the style used by the Nautilus line. Eagle offers a press in which the lifter lays flat on a movable sled and pushes away from the base. Old style leg presses require the lifter to lay flat on the floor and push the weight straight up above. Which one you choose depends on what is available. Also, some leg presses offer more comfort to each individual lifter. Some may just feel better while using them. Comfort is an important factor in deciding which one to use if you have numerous choices. I prefer the 45 degree sled type of leg press. There is no pressure on my lower back and its operation is smooth, and it has a high degree of safety.

If the leg press is new to you, progress slowly with weight increases. The leg press allows the lifter a large range of motion on the lower end of the lift. Lowering the weight to extremely low positions requires flexibility as injury can result from premature range of motion excesses. I really doubt the need for a lifter to use such extreme stretches in the leg press. Simulate the depth in the squat. Have a partner tell you when you have reached that depth, and use that as your maximum depth level. If possible, remember where the movable part of the machine is at when you reach that point, and do all your work reps to that point for easy reference. That way increases in strength can be measured. Many lifters have a tendency to decrease the range of motion as the weight increases and consider that as an increase in power when, in actuality, less work is performed and less benefit gained.

A flaw I have noticed in many lifters is when they come out of the bottom of the squat, their knees bow inward as they attempt to rise out of the bottom. Not only can this cause injury, but it is a very inefficient use of leg power. This problem can be propagated when a lifter is not aware that he is doing this. If this is your problem, the leg press offers hope. As you press the weight to completion, concentrate on keeping your knees straight throughout the move. If necessary, lower the weight on the leg press until you can maintain this position. Increase slowly while maintaining this form. If you combine this type of form with new attention and similar adjustments in your squat, this problem will be history and personal records will just around the corner.

The deadlift can also benefit. The movement of the leg press simulates the use of the legs as they push away from the floor and the bar goes up. For best results, perform your leg presses with the same leg spacing as your deadlift pull. This favors conventional deadlifters more than sumo stylists. Your range of motion should be with the squat in mind, as the deadlift will benefit at the same time.

The leg press is usually classified as an isolation exercise, but unlike other isolation exercises, such as the stiff-legged deadlift, a lifter can generally use more weight in the leg press than he can use in the targeted squat. This is because the lifter does not need to balance or control the weight during execution. The weight is also in perfect alignment so that involved muscle groups can effectively move it. The fact that some muscle groups are isolated in the exercise and those in the spine are excluded, qualifies it as an isolation exercise, albeit a hybrid.

As with any exercise, lift with safety in mind. Make sure any leg press you use is in good working order and the weights you use are loaded securely. If you are going to attempt extremely heavy weights, have a few spotters stand watch. If you miss a rep in the leg press, it may be too heavy for one spotter to get it off you. I would recommend 2 or more spotters. A 500 pound squatter can be pressing around 1000 pounds. That can be really heavy!! When warming up, start your light reps with partial presses and increase the range as you progress. As I mentioned earlier, an extreme range, too heavy and too soon, can result in injury.

Lastly, let's look at how we can incorporate the leg press in our training schedule. The key thing to remember is not to overtrain on assistance work. For most lifters, I would recommend squatting once per week and leg pressing on light days to the exclusion of squats. This way, your lower back will remain fresh and not be overly stressed by the demands of squatting and deadlifting. Sets and reps are up to you. I suggest keeping reps in line with your current cycling setup. If you notice you are overtraining or your squat or deadlift are not moving up or are going down, re-evaluate your training volume.

Leg presses are not a substitute for hard work in the squat. They are still your best bet for power. Incorporating the leg press in your training schedule can allow you to strengthen the legs and hips and not overstress the lower back in the process. It also provides an injured lifter with an avenue to maintain power while on the mend. Variety is another benefit. I hope I have given *Powerlifting USA* readers some food for thought on what can be an effective assistance exercise: the leg press.

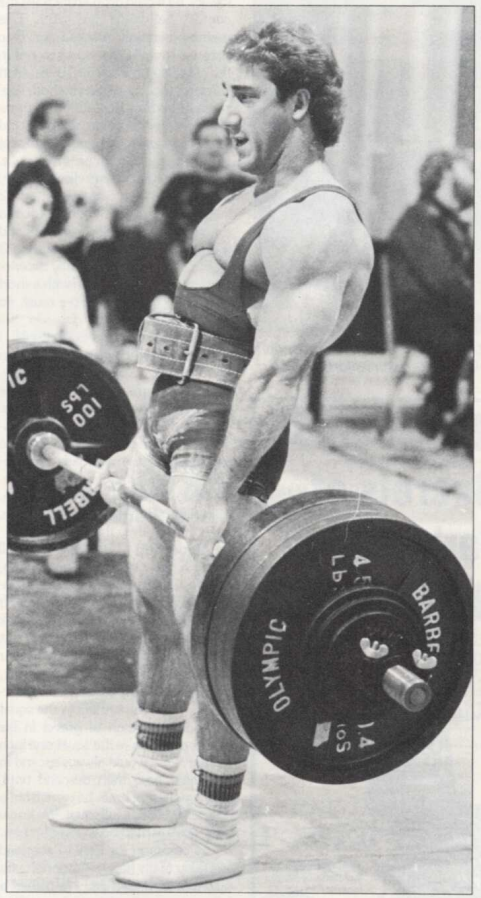
Doug Daniels

STARTIN' OUT

A special section dedicated to the beginning lifter

What To Do On Meet Week

as told to Powerlifting USA by Chris Confessore



Who's This Skinny Guy?... *Chris Confessore was a three lift man even back in his days in the Middleweight class. Here he is at one of Garry Benford's YMCA Nationals locking out a deadlift perfectly. You can see that at that point he had the shoulders of a much heavier lifter.*

So this is it, the last week before the big meet on Saturday. At this point some of us can not wait to get it over with so we can train real light and others are chomping at the bit, ready to attack those new personal records. We put in 8, 10, 12 or more weeks into this grueling training cycle, so what should we do this week before the meet?

There are many trains of thought here. Some say work heavy, some say stay light, and some may say not to train at all. There are many variables that come into play here. For instance are you feeling stale; nursing an injury; feeling strong; or many other circumstances. Let's say the cycle is going great. You just hit your best triple ever during that last workout with such ease you had another rep in you. If that's the case, I would suggest riding the wave and hitting another heavy triple the week of the meet with about five days to rest for the big day. This will keep that cycle going strong and you will hit those new personal records and a helluva new total. Of course, this is not a guarantee, but if you are getting stronger every week without overtraining and have felt fresh, then why break the chain; keep it going.

Many people will disagree and say perhaps it's time to rest in this scenario. While this could be so, it is really a hit or miss situation when timing that peak. Now let's say for the last month or so your training is still moving along fine, but during the last week you have been feeling extremely sore and the joints seem to really be screaming. In a situation like this I would say listen to your body and train really light that last workout, say a single about one hundred pounds or so below your predicted opener, or less depending on your soreness. This last week of training in most cases will not make you, but in a lot of cases could break you if you are hovering in that danger zone of overtraining. During severe cases of overtraining most of us do much better when we rest our bodies a week or so. If you feel completely burnt out going into this last week, you might even consider not training at all and letting your body and mind rest and recuperate. Remember the mind is as important here as the body. No one wants to go into that meet being buried by their opener the week of the contest, so let's keep positive thoughts flowing here.

Another factor that the unlucky ones who have to suck down a lot of bodyweight the last week have to take this into consideration are those last workouts. If you did drop a lot weight, it would be a good idea to keep the weights a little lighter. With a 24 hour weigh in you should feel better by meet time and be ready for new personal records on the platform.

Good luck and see you at the meet! *Chris Confessore*

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RACK TRAINING

as told to Powerlifting USA by Louie Simmons

When I was a child, I saw a sign that read: Being weak is a crime. Not wanting to be guilty of such a terrible crime, I searched for many ways to vindicate myself. One way was rack training.

Rack training is normally performed by doing singles. Strength is gained without adding muscle mass. For those who can't afford to gain out of their class, this type of training is especially useful. Rack training doesn't take a lot of time; a typical workout takes 20 minutes or less.

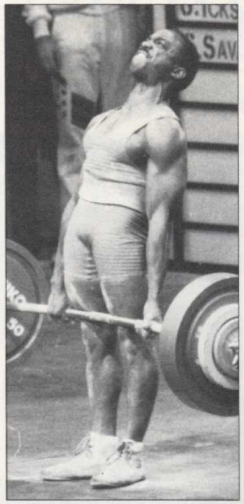
You can do any and every exercise in the rack. You can overload the muscles at any angle. You may not be able to fully bench press 500, but you can use 500 for the last (top) 2 inches of the press and eventually lower the pin to 3 inches, 4 inches, and so on. This is overloading, much like the mythical figure who picked up a calf every day until it was a full-grown bull.

Rack training goes back to the 1930s and 40s. Bob Peoples was quite an advocate of rack work. He referred to it as the loading rack. He trained Paul Anderson, and everyone knows of his legendary strength. In the early 60s, the York Barbell Club started a trend with the rack workout and claimed great strength gains. Bill March had an impressive 390 Olympic press at 198. Anthony Ditillo presented helpful articles in the old *IRON MAN* magazine. But most of these lifters are long forgotten and for the most part, so is the rack.

I started using the rack in 1970, first for the safety factor. At the time, I was the only powerlifter in Columbus and remembered getting pinned while bench pressing and squatting back when I was 14 years old. I had enormous bruises down my erectors from sliding the bar down my back when I missed a squat, and I had to roll barbells down to my stomach when I missed a bench. I didn't have a training partner, so the rack became my companion during my early power career. Without the rack I could not have pushed myself to the max without great danger. I found that rack training made me quite strong at the angles pulled or pushed from, but did little for my lifting coordination. So I used it in conjunction with more conventional exercises to gain maximum strength from overloading my strong points and to isolate my weak areas at the same time.

Benching - Early on, I used rack training for my bench presses at different positions (chest level and 2, 4, and 6 inches above chest level). I placed a straight bar in the rack at chest level, then dropped the pin 2 inches and used the cambered bar, invented by Mike MacDonald. With this method, I used little chest or delts, but my triceps got a lot of work by working through a full range of motion. The bar must be kept high on the chest with elbows close to your sides. Then the bar is lowered straight down and straight up. I use this exercise twice a week for 50 percent of my bench training. If your benches feel heavy, try lock outs--50 to 100 lbs more than your best. This will also build strong biceps.

Another method of bench pressing in the rack is called functional isometrics. Chris Confessore uses this exercise in conjunction with his regular bench training. It is performed by pressing an empty bar from one pin to a second pin at your sticking point. The force should be gradual for the first 3 seconds, then maximum force should be applied for 5 seconds. Then release pressure and repeat for 5 sets of contractions at your sticking point. I must stress that static contractions are hard on the circulatory system and they only make you strong at the position you are pushing or pulling from. Also, it is impossible to gauge one's efforts on a static bar, so be sure you are applying maximum force. Dr. Terry Todd and Dr. Craig Whitehead published a book called *The Theory of Maximum Fatigue*, which could be quite helpful if you are interested in this type of training.



***Rack Training** can even be beneficial to people built like Lamar Gant*

Deadlifting - For the dead lift, Don Reinhoudt would place a bar 8 inches off the floor and pull a prescribed weight (850) during week one. Each proceeding week for 8 weeks, he would drop an inch. At the contest he would pull 850. This method certainly worked for Don because he held the world record in the deadlift at 885 in 1976. Matt Dimel uses a similar method. Because of his bulk (390 lbs), rack training accommodates him well, as it did Don. In a similar fashion, 75 percent of Matt's deadlift training is rack pulls. I personally used this method for only 3 weeks with the plates 6, 4, and 2 inches off the floor. Then I switch to a non-pulling exercise such as good mornings. If I pull for more than 3 weeks, my strength actually deteriorates, as I was not blessed with a short back or long arms. You must do special exercises to develop the muscles that start and finish the lift. I had a novice who was stuck at 460 in the dead lift. I advised him to do my 3-pin program. At the end of the fourth week, he pulled 495 - a 35 lb. jump! You may ask how is this possible? Applying additional stress to the musculature overloads and isolates through a full range of motion. Basically, it teaches you how to strain. Many lifters don't know how to strain, even though they think they do.

Squatting - Usually, a lifter will break a lift into three areas: top, middle, and bottom. Because of increased body leverages, one can lift much more at the top of a lift. Rack training is one way to utilize this mechanical advantage. I do similar training with a high box, parallel box, and sub box in the squat. Paul Anderson would break his lifts in the squat by adding an inch of gravel in his power pit to make the squat one inch deeper. Paul would always ascend in the squat first, then descend until, over a period of time, he went from a quarter squat to a full squat. We know how well this method worked for him. It was common for Paul to overload his body (with heavy supports) with upwards of 2,000 lbs. He gained a fuller range of motion, descending lower week after week in small increments as his body was able to adapt to the increased stress.

These are just a few ideas that may help you reach your potential. Don't sell yourself short. For every question, there is an answer, if you look. *Louie Simmons*

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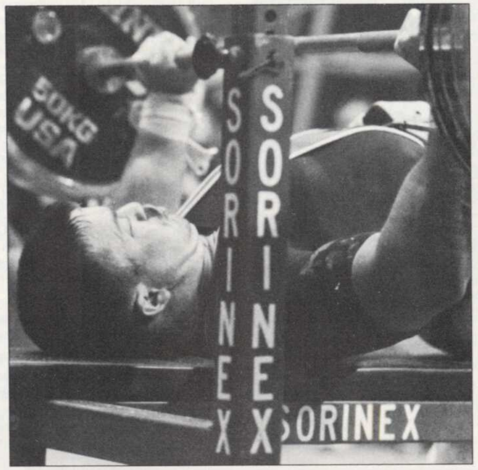
Maximizing Muscle Mass and Strength with OKG

***as told** by Gerald M. Walsh, Ph.D., Senior Consultant, Longwood Consulting Group, Brigham and Women's Hospital, Boston*

OKG is the molecular salt of ornithine and alpha-ketoglutaric acid, called ornithine alpha-ketoglutarate. There is a great deal of interest in OKG within the body-building and athletic communities because OKG appears to have anticatabolic properties. This means that OKG can inhibit the breakdown of muscle protein (proteolysis). It is currently thought that the most effective way to increase muscle mass and strength is to inhibit the breakdown of muscle protein. OKG appears to produce this effect by stimulating insulin release. However, It is not clear from existing medical literature how one might use OKG most effectively to increase muscle mass and strength. On the other hand, information that is available suggests three rules in using OKG: 1) Use only the molecular form of OKG, not a blend of ornithine and alpha-ketoglutarate; 2) Use OKG at the proper time and with the proper meal; and 3) use OKG in conjunction with a safe and effective growth hormone releaser. Growth hormone has an anabolic action which means that it is a powerful stimulus for muscle protein synthesis. There is a good possibility that the anabolic action of the body's own growth hormone plus the anticatabolic action of OKG may produce long lasting and significant increases in muscle mass and strength.



***Phil Farmer** gave an IPF World Record bench press a ride at this year's USPF Senior Nationals, attempting to break Jeff Magruder's 594 lift.*

Growth hormone acts locally in skeletal muscle tissue to stimulate muscle protein synthesis (anabolic effect) (1). Insulin acts locally in skeletal muscle tissue to decrease net muscle catabolism by suppressing proteolysis without affecting protein synthesis (anticatabolic effect) (2). Combining the anabolic and anticatabolic effects of these hormones may be a highly effective means of preserving or increasing muscle mass and keeping fat mass reduced during weight training, in conjunction with a high protein, low fat, caloric restricted diet.

Recent studies, however, have shown that, while growth hormone stimulates skeletal muscle protein synthesis, growth hormone also antagonizes insulin's antiproteolytic action in humans. If growth hormone and insulin are administered together, they do not produce an additive effect on muscle protein synthesis (3). Nevertheless, growth hormone and insulin both appear necessary for growth of muscle mass. When growth hormone deficient patients are treated with growth hormone they demonstrate an increase in metabolic rate, an increase in lean body mass, and a decrease in fat mass, changes which are accompanied by increased blood levels of insulin (4). Studies with insulin dependent diabetes show that lack of insulin impairs growth (5). There appears to be a dynamic interaction between growth hormone and insulin in the growth process which, at present, is poorly understood.

One possible approach to maximize the potential synergism between growth hormone and insulin during training is to increase the blood levels of these substances at different times so that growth hormone release will not impair the anticatabolic effects of insulin release. Thus, if insulin is released during the day, coincident with training and feeding, and growth hormone is released in the evening or during the night, in the absence of feeding, then perhaps the actions of these two hormones on muscle protein synthesis will be most effective and additive.

The body's own growth hormone can be released by weight training, high protein intake, caloric restriction, and sleep. On the other hand, the body's own insulin can be released by a carbohydrate meal. When bodybuilders bulk up with carbohydrates they are actually stimulating the release of insulin. Lean body mass will increase but, unfortunately, fat mass also increases because the carbohydrate intake often is in excess of caloric need and is converted to fat. The problem, then, is 1) how to increase insulin release without excessive carbohydrate intake at a time when growth hormone levels are low and 2) how to increase growth hormone release when insulin levels are low.

There are two natural health food substances that may help achieve this objective: Molecular APL TM (APL) and Molecular OKG TM (OKG). APL is argininepyroglutamate (molecular salt) mixed with lysine in a 1:1 ratio. APL was discovered in 1981 to produce large (700%) increases in plasma growth hormone after oral administration (2.4 grams) to young men (6). The increase peaked at 90 minutes after administration and approached normal values at eight hours. Thus, APL produced a burst of growth hormone release, but did not keep levels elevated constantly. This is probably why APL appears to be safe. There have been no negative reports in the medical literature regarding APL, probably because its ability to release growth hormone is self limiting.

In 1986 APL was reported to increase thymic endocrine activity in aged subjects, 63 to 88 years (7). APL was administered orally at 3.9 grams per day for 56 days. This effect was most likely due to an increase in growth hormone levels which stimulated the thymus to produce thymulin. There were no side effects of APL in these aged subjects. This study was repeated in 1990 in aged patients with cancer (8). These patients received 8 grams per day orally for 30 days. APL produced a 50% increase in growth hormone levels with no side effects, even in these aged, sick people.

In 1984 OKG (ornithine alpha-ketoglutarate, molecular salt) was shown to increase insulin secretion in young (27 years) men and women (9). These subjects were given breakfast at 9:00 am and then administered OKG orally, 10 grams. The meal consisted of 19.3 grams of carbohydrate, 5 grams of protein, and 1 gram of fat. Thirty minutes after OKG administration and the meal plasma insulin levels were increased 360% more in the OKG treated subjects compared to those who did not receive OKG. Insulin levels returned to normal within two hours. Thus, as with APL, the action of OKG appears to be self limiting. When OKG was administered without a meal it was much less effective in raising insulin levels and ornithine alone did not raise insulin levels (10).

The molecular salts of argininepyroglutamate and ornithine alpha-ketoglutarate are essential for the activity of these compounds. There is no scientific evidence that arginine, lysine or pyroglutamate individually or blended together will increase growth hormone levels after oral ingestion to the same degree as APL. Likewise, there is no scientific evidence that a blend of ornithine and alpha-ketoglutarate will increase insulin levels as does OKG. In fact, it has been shown that when ornithine and alpha-ketoglutarate are administered as a mixture rather than as a compound, alpha-ketoglutarate blocks the absorption of ornithine (11).

Based upon these scientific findings, it may be possible to increase the effectiveness of your body's own growth hormone and insulin to increase muscle growth and mass using APL and OKG. One possible approach is as follows. Growth hormone is released in greatest amounts during sleep between midnight and 4:00 am (12). Thus, APL may be most effective if taken on an empty stomach before going to bed. This could produce a rise in growth hormone before midnight, followed by the natural rise after midnight. In the morning or during the day, before and/or after weight training, OKG can be taken with a small carbohydrate meal once or twice a day.

Each individual will need to determine whether this unique combination of Molecular APL Tm and Molecular OKG TM is effective in increasing muscle mass and strength and/or performance. Recent experience with 200 pound powerlifters indicated that 1 gram of OKG prior to and 1.5 grams after intense training may increase strength and performance. In the Spring of 1993 Anthony Clark, one of the world's strongest men at 330 pounds, used 3 grams of OKG before and after training for six weeks prior to achieving the biggest powerlifting total of all time. In addition he used 6 grams of APL prior to bed time. In any event, ingestion of APL probably should not exceed 8 grams per day or OKG 10 grams per day. The long term safety of doses greater than these has not been determined, but doses at or less than these do not appear to be associated with side effects. Before using health food supplements or beginning an exercise or diet program it is important to seek the advice of a licensed physician.

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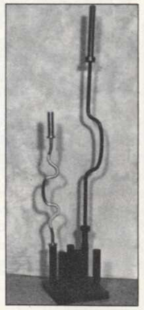

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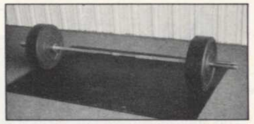

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Ask the Doctor

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: Once again thank you very much for responding to my letter. Of course, I was disappointed to see that you don't believe anything can be done surgically for my biceps/forearm. Even though an MRI is very expensive ($875) does it mean that it is always 100% correct in it's diagnosis? It seems to me that it might not be because my arm was stationary when it was done. Therefore, it could not have shown the tendons or bones or whatever is clicking and grinding when I move my arm. It seems to me that the best way to tell for sure would be an arthroscopic procedure, not necessarily corrective surgery. Having said that, I am sure that you are correct in your diagnosis anyway, after all you are the medical expert, not me. In your letter you stated: "I've seen many (chronic tendinitis) problems and unless resolved they can sometimes last for years. In cases that don't respond to other forms of therapy, I find that injecting the area often clears up the problem". I believe that I'm to that point now. That's the way I was with my shoulder for all those years. All the rest, ice, heat, ultrasound, electric stim, *Nuprin, Voltaren*, P.T., and finally, I was able to get the operation and, bang, less than 4 months later I feel like I've got a brand new shoulder! So, If nothing surgically can be done for the biceps/forearm then yes, of course, I would love to have the injections. I've been lifting really light for about the last 2 months as recommended by the clinical kinesiologist, doing reps of 35. The shoulder feels great but the biceps/forearm doesn't seem to be getting any better and I doubt that It will unless something is done. I'm not any steroid freak, but at this point I'll do anything to get rid of this chronic injury. I'm sure you can understand this being a weightlifter yourself. In an earlier letter you stated that you are no longer taking patients. I was hoping that you could make an exception with me and let me make an appointment to see you. If not, is there an associate or colleague of yours that you can refer me to? I've located Warkworth on the map and it would be no problem at all for me to drive up there. I've been to Toronto a few times and it looks like it might only be 2 or 3 hours away from there. Also, whatever your fees are they will not be a problem. Thank you very much Dr. Di Pasquale. I hope to hear again from you. **Barry**

P.S. Also, Dr. DiPasquale, could you please give me your opinion on: 1. Shark cartilage as an anti-inflammatory. 2. Deep friction massage (to get rid of "scar tissue" or will I just keep making more "scar tissue" even by doing reps of 35?) Once again, Thank You

DEAR BARRY: *While I have a certain amount of expertise and knowledge, I don't claim to be infallible. Over the years I've learned not to be smug in my diagnoses - especially if I haven't examined the patient. I quite agree with you that an MRI is not 100% correct and that an arthroscopic procedure might give us a different diagnosis. In fact, if you're getting a significant amount of clicking and grinding I would recommend that you have a competent orthopedic surgeon perform the procedure before considering the injection. If no problems are found, or if surgical intervention is not indicated, then we could go ahead and inject the area. If all else fails I could see you at my office in Warkworth and perform the injection. I would suspect that shark cartilage, like other cartilage based compounds that have been used in horses and man, are relatively useless for the treatment of chronic or degenerative joint and musculoskeletal diseases. Although claims have been made for cartilage based compounds such as polysulfated glycosaminoglycan (Adequan) and certain polymeric forms of N-acetyl-glucosamine (Catrix), I've not found any evidence that these compounds are of any use in athletic injuries. Deep friction massage, while symptomatically useful in temporarily alleviating swelling, pain and discomfort, has little healing effect if any significant pathology is present. I look forward to hearing from you. Sincerely,* ***Mauro Di Pasquale M.D.***

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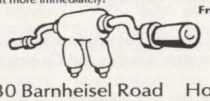

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To serious lifters, "drug free" is an inside joke. Unless you eat enough to get fat or take drugs, gains are slow, at best. After 12 years of pioneering peptide and branched-chain aminos, carbo powders, optimizers, home test kits and more for leading companies, we've made drug-free gains a reality with two revolutionary technologies.

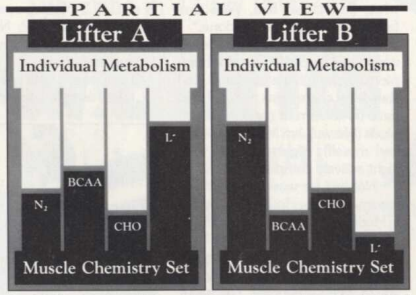
The muscle chemistry that promotes strength and size gains has become clear. During anabolic highs, strength is awesome. You feel yourself grow. There's no predicting anabolic highs. Worse, there's no reliable drug-free methods for recreating them.

So lifters grab each new miracle supplement. But anabolic highs are not in any single bottle, or even a shotgun approach; more is not better. These one-dimensional attempts are almost doomed to failure. Lifters respond differently because we're all individuals. Of course.

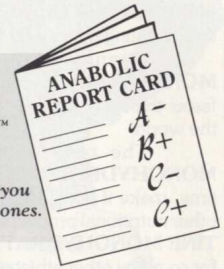
#1 Custom Tailored Nutrition

Muscle Chemistry Set™ is a personalized method of creating anabolic highs. After answering questions that reveal individual metabolic profiles, select among eight strategic nutrient groups, each proven anabolic in *three years of nitrogen balance studies!* Then make your own incredibly powerful workout drinks, weight gainers, etc., using vanadyl sulfate, OKG and more. Far more effective than anything out of a bottle because it's research-grade pure and *customized for you.*

PARTIAL VIEW



Our 3-D plans precisely match nutrient intake to individual needs, making you maximally anabolic without getting fat. Reorder only nutrients that make you anabolic. The most cost-effective, growth promoting strategy in history.



Anabolic Report Card™ explains lab results by grading key categories. Action steps empower you to raise anabolic hormones.

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Like the Russians we borrowed this from, lift more while avoiding injuries. The identical high tech, accurate laboratory tests you read about, now available in a clean and easy mail order system from major research centers.

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WORKOUT of the Month

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Ron Hoff's Deadlift Routine

The deadlift routine I have outlined here is for a lifter who achieved a 400 lb. deadlift at their last meet. At the end of this program, you should gain around 25 lbs.

This is a twelve week training program with week thirteen being the meet week. You will notice that every fourth week is a very light active rest week to allow the drug free lifter time to recuperate physically and mentally for the next phase of the training cycle. Also, in weeks 9-11, only your last set will be a "hard" set; the first set is to get the feel of the weight and also to get your form down. You will also have a full two week rest from your last heavy deadlift and meet day, thus eliminating the possibility of being overtrained.

We at the Hudson Natural Powerlifters Club keep it simple but consistent. In other words, show up and lift. As Shawn Cain told me when I first met him, "We ain't fancy, but we get the job done."

He was sure right there. So far we have produced four world championships, multiple national and state level champions and in 1993 have three current national champions (Shawn, Jim Miller [masters], and myself). Right now we have eight actively competing lifters.

Not bad for working out in the basement of the Hudson House Inn in Hudson, Wisconsin, a small town of around 6,000 people.

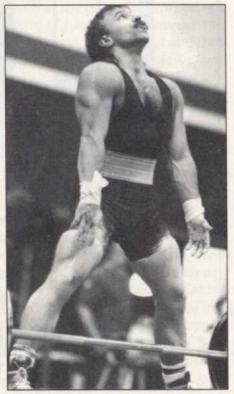
We also believe very strongly in drug free lifting. If you're using drugs, you're cheating yourself. You might as well have a hoist lifting the weight because it's not really you doing it.

Above all, have fun lifting but keep it in perspective. There are many things in life more important than how much you can lift, like Jesus and your family. Keep the faith and keep consistent. If anyone wants more information or just wants to talk powerlifting, my address is: Ron Hoff, 8048 Grenadier Ave., Cottage Grove, MN 55016 or (612)458-3699

Week 1: 135x10, 185x5, 225x2, 260x8, 270x8, 280x8. **Week 2:** 135x10, 185x5, 235x2, 280x8, 290x8, 300x8. **Week 3:** 135x10, 185x5, 245x2, 300x8, 310x8, 320x8. **Week 4:** 135x8, 185x8, 225x8. **Week 5:** 135x10, 195x5, 265x2, 315x6, 335x6, 350x6. **Week 6:** 135x10, 205x5, 275x2, 330x6, 345x6, 360x6. **Week 7:** 135x10, 215x5, 285x2, 340x5, 355x5, 370x5. **Week 8:** 135x8, 185x8, 225x8. **Week 9:** 135x10, 225x5, 295x2, 325x1, 360x4, 380x4. **Week 10:** 135x10, 225x5, 305x2, 335x1, 370x3, 390x3. **Week 11:** 135x10, 225x5, 315x2, 345x1, 380x2, 400x2. **Week 12:** 225x8x2. **Meet Day:** Warmups - 135x10, 225x5, 315x2, 360x1. Attempts: 380 - 405 - 425.

Assistance exercises: Dumbell Rows, Cable Pulldowns, Crunches. Week 1-4: Do 3 sets of 8 of the rows and pulldowns. Week 5-8: Do 3 sets of 5 of the rows and pulldowns. Week 9-12: No rows or pulldowns. Do 3 sets of crunches to fatigue each week.

If you wear a tight suit to deadlift in, begin using it Week 9-11.



Ron Hoff sets up at the Nationals

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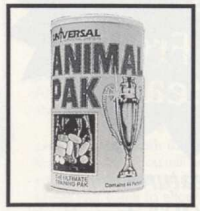

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661	MAGRUDER, J	17MAY86
655	LAIN, K	01SEP91
631	MLODOZENIEC, D	07DEC86
625	HERNANDEZ, R	27FEB88
606	DICKS, P	14DEC85
606	LEE, J	APR88
603	MCDONALD, M	05NOV77
600	THOMPSON, G	03SEP88
600	BROWNFIELD, K	15MAR92
600	SAMANIEGO, S	29JAN83
600	SLAZNIK, R	11APR87
600	NIMMONS, S	30MAY92
592	PACIFICO, L	JUL73
590	WILSON, R	29FEB92
585	WILSON, S	23FEB85
585	MURDOCK, V	28APR91
585	REID, R	12DEC92
580	THOMAS, B	26SEP92
578	SENO, W	28MAR81
578	WINDSOR, R	20AUG88
575	PHARR, A	16MAY87
575	LESLIE, C	14NOV92
575	FLOWERS, E	14NOV92
573	BRAGO, P	12DEC87
571	HENNESSY, M	23AUG70
570	VICKERS, R	85
570	SMITH, E	19APR86
565	VAN NIENWENHOVE, P	12AUG89
565	MEZA, M	28APR81
565	BELL, J	01AUG92
562	YOUNG, D	76
562	PATTERSON, C	15DEC79
562	SANDERS, C	11AUG84
562	KINCAID, R	08JUN86
562	CONTAVATI, M	07FEB88
560	WOOD, J	18AUG84
560	WRIGHT, J	01APR89
560	BURNS, T	22MAR92
556	LADNIER, J	08JUL84
556	WEIH, M	14DEC85
556	RUBLE, E	08JUN86
556	SALANSKY, M	08JUN86
556	HECHTER, G	23MAR87
556	SPELLMAN, T	22MAR92
555	BLANK, R	28JUL90
555	CARTER, W	19OCT91
555	ARETZ, R	26SEP92
551	PONZI, S	13JUL80
551	SORENSON, S	23JUL89
551	SYLVIA, R	01SEP90
551	HARDRIDGE, A	21NOV91
551	CLARK, K	15AUG92
550	MCCOY, D	26MAR83
550	PIECH, B	86
550	HAMMONDS, D	06MAY89
550	PATTERSON, T	10FEB90
545	DICKIE, D	18MAY85
545	WILSON, D	09NOV85
545	JOHNSON, S	07MAR87
545	GLENN, J	23APR88
545	GENTRY, P	08OCT88
545	VAN, P	05NOV88
545	ANDERSON, C	25JAN92
545	MERCIER, S	08FEB92
545	POLETAJEV, V	20SEP80
540	BEHLING, D	14JUN81
540	MORAN, L	20FEB82
540	KELLY, C	24APR83
540	EDMISTON, S	14DEC85
540	PATTERSON, R	12FEB87
540	ROGERS, J	JUN89
540	DECOTIS, J	JUN89
540	MISTRIC, L	02DEC89
540	SIEGLER, M	02JUN90
540	BELL, S	23NOV91
539	KANTER, J	14JUN69
535	STEIN, J	05MAR83
535	NORMAN, B	26AUG84
535	RYDER, K	31MAR85
535	COLE, D	26APR87
535	CONFESSORE, N	89
535	MILLER, E	28APR90
535	LAITSIS, F	10AUG91
535	HARLESS, D	12MAR92
535	ANDERSON, C	09AUG92
534	HORWITZ, W	10NOV74
534	SANDLIN, R	29JUN86
534	NICHOLS, B	28JUN87
534	WEAVER, G	15OCT88
534	GOGGINS, S	23JUL89
534	REECE, D	19JAN91
530	MASTERFIELD, J	72
530	STEVANS, G	14JUN80
530	UPCHURCH, E	14JUL84
530	KRUGER, G	22AUG87
530	COLLINS, H	24OCT87
530	PYLER, D	24OCT87
530	RAMSEY, J	04MAR89
530	LATMAN, T	28APR90
530	SIMMONS, L	02JUN90

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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.

"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

"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.

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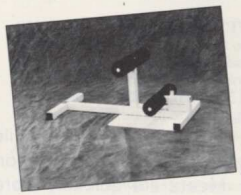
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USPF National Headquarters Report: The new USPF National Headquarters is operating efficiently from its location in Texas. The new headquarters will be open 9 am to 5 pm central time each business day. The USPF National Headquarters can be reached at 1-800-500-9727. The address is: PO Box 2170, Kilgore, Texas 75663. We welcome your feedback, suggestions, and questions. Call us!

The USPF Executive Committee requested an unanimously accepted Sandy King's resignation as President of the USPF. John Black, USPF Vice President, assumed the president's role.

The National Committee meeting was harmonious and productive. Motions were passed by an overwhelming majority that created sweeping and positive changes for the future of the USPF. Examples of motions that were passed and exemplify the changes are: Motion: That the USPF adopt IPF rules for all its sanctioned powerlifting meets wherever practiceable, and that established garments currently allowed in USPF competition be accepted in these contests. Also, 24 hour weigh-ins, at the meet director's option, are allowed. Full IPF rules will be used at all national championships where world teams are selected. (Inzer) Explanation: This will reduce confusion about the technical rules, and will help standardize powerlifting Motion: That an ad hoc committee be formed to explore, investigate, and develop affordable and effective drug testing that would enable all USPF meets to be drug tested; and that the National Committee appoint Peter Thorne as chairman of the committee, considering his contacts and connections, and to provide a preliminary report to the Executive Committee before the end of July. (Inzer) Explanation: This will provide directors of drug tested meets with information that will enable them to provide the most affordable and effective drug testing. Motion: To recognize and authorize the Executive Committee to make immediate changes to the USPF's technical rules and doping control in response to IPF demands and the needs of the USPF membership. (Inzer) Explanation: This rule provides for a quick and positive response, enabling the USPF to maintain harmony with the IPF and the USPF members. Motion: That the USPF recognize and accept the IPF constitution and By-Laws to the fullest extent possible under Federal and State laws of the United States government. (Inzer) Explanation: This rule creates a common understanding with the IPF and USPF The virtually unanimous vote for these motions rings a bell for the dawning of a new day.

The 1994 Men's and Women's National Championships were awarded to Gil Thompson in Houston, Texas. An excellent site has been chosen next to the Astrodome. The site is not far from the beaches of Galveston. Other complementary features are in the planning stages.

The 1993 USPF National Committee is to be commended for its positive approach on the issues. With the newly created National Headquarters and the feeling of cooperation evidenced, the positive future of the USPF is clearly seen. *Peter Thorne*, General Secretary

PanAm Update.... "with the recent move of the USPF headquarters from Raleigh, NC to Kilgore, TX, it is possible that any resumes submitted for selection to the USA Team for the Championships of the Americas will not surface with sufficient time to make the selection. Therefore it is advised that any lifters interested in being selected resubmit their request. In this request we would like you to indicate any past powerlifting accomplishments and your reasons(s) for wanting to represent the United States in this competition. Also, please be advised that if you are not selected to represent the United States in the federation team competition (Category A), you are invited to compete in the individual lifter competition (Category B). The deadline for submitting your request is Aug. 1. All requests must be postmarked with this date. Send all requests to Bill Ennis, 4455 Laurelwood Drive, Roanoke, VA 24018."

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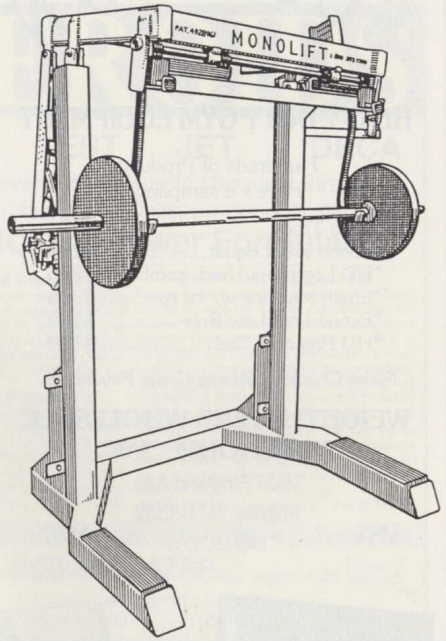

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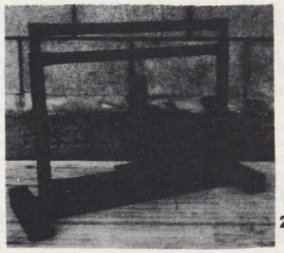

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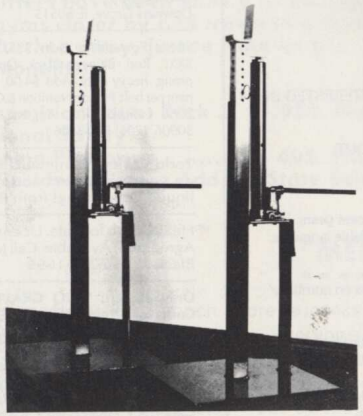

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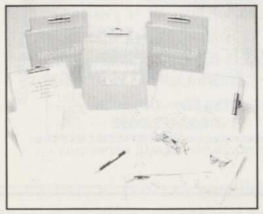

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Texas State Championships
3 Apr 93 - Houston, TX (kg)

Teen 123		165		
R. Perry	505	M. Ford		595
148		A. Menton		460
M. McCracken	455	198		
181		J. Hurst		637.5
N. Durham	450	H. Bodden		510
242		S.Burns		495
R. Gutierrez	617.5	F. Hughes		490
Below Class I		181		
123		J. Rodriguez		475
R. Perry	505	220		
165		W. Cooper		707.5
S. Tellez	535	Bench Press Only		
181		Women		
A.Lloyd	597.5	123		
H. Thorsted	575	T. DeVoltz		80
F. Robinson	575	148		
V. Torres	555	T. Swander		70
B. Reilly	525	Teen		
C. Sanquinetti	467.5	148		
198		M. McCracken		125
E. Padilla	592.5	198		
D. Muntz	592.5	C. Salerno		145
T. Acquarelli	582.5	242		
R. Nesuda	540	R. Gutierrez		142.5
H. Bodden	510	275		
S. Burns	495	A. Hernandez		200
220		Below Class I		
C. Heasley	642.5	165		
J. Holt	595	C. Crawford		102.5
242		181		
D. Swander	757.5	H. Thorsted		147.5
R. Anzalone	430	C. Sanquinetti		112.5
Women		220		
123		C. Heasley		170
T. Devoltz	407.5	242		
K. Torres	290	D. Swander		192.5
148		275		
T. Swander	325	A. Hernandez		200
L. Holland	285	Masters		
181		148		
R. Garrett	317.5	D. Bacon		92.5
Open		198		
165		J. Hurst		167.5
J. Tyree	712.5	H. Bodden		140
M. Ford	595	F. Hughes		122.5
181		Open		
D. Madere	662.5	165		
198		S. Tellez		137.5
C. Nastally	655	181		
T. Acquarelli	577.5	D. Madere		175
220		198		
W. Cooper	707.5	T. Acquarelli		177.5
G. Robertson	657.5	C. Pamphilis		172.5
242		220		
D. Swander	757.5	J. Miller		192.5
J. Hirt	755	242		
275		A. McDaniel		217.5
J. Putnam	725	D. Swander		192.5
SHW		J. Hirt		182.5
T. Barron	877.5	275		
Masters		R. Alcaraz		197.5
148		SHW		
D. Bacon	392.5	T. McKinney		197.5

Outstanding: Bench- R.McDaniel; Squat- R. Perry; Deadlift- J. Tyree; Women- T. DeVoltz; Open- J. Tyree; BCI- R. Perry; Teen- R. Perry. Thank you to all our judges, volunteers, spotters, and sponsors. (Thanks to Hub and Cori Aston for the results.)

Aggie Classic
3 Apr 93 - Cougar Station, TX

Women	SQ	BP	DL	Total
165				
J. Curington	175	90	205	470
Men				
132				
T. Galow	215	205	250	670
148				
J. Rodriguez	415	240	390	1045
R. Gonzales	320	225	310	855
I. Greenbaum	260	210	330	800
165				
S. Jungman	340	190	350	880
181				
R. Deneefe	400	330	410	1140
198				
R. Rodriguez	315	260	330	905
220				
C. Steubing	440	295	530	1265
R. Valenzuela	390	270	485	1145
242				
T. Brown	570	405	560	1535

(Thanks to Chris Hines for providing the results.)

APA Drug Free High School Championships
24 Apr 93 - Pt. Charlotte, FL

Women	SQ	BP	DL	Total
123				
B. Johnson	150	80	205	455
132				
M. Cushing	180	90	200	470
148				
N. Fellows BL	265	115	280	670
B. Rohr	210	125	300	635
165				
K. Guild	220	110	270	600
SHW				
C. Vasquez	260	125	275	660
4th attempt			300	
Men				
114				
N. Worden	140	80	200	420
123				
A. Heredia	325	145	330	800
148				
S. Fiedler BL	330	185	420	935
J. Sexton	275	215	335	825
165				
B. Wilson	415	275	425	1115
J. Reidenbach	290	200	385	875
J. Fitzgerald	270	160	370	800
R. Coons	235	150	310	695
181				
G. Brown	250	225	255	730
R. Tamburri	175	90	250	515
198				
N. Petitt BL	500	310	470	1280
D. Rojas	450	320	470	1240
220				
K. Keopplinger	480	385	490	1355
J. Greer	350	260	410	1020
242				
G. Cushing BL	590	380	520	1490

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The 1993 APA Drug Tested High School Championships was a very exciting and fun meet to run as my "comeback" contest as a meet director. The contest was comprised of three teams who all came to Port Charlotte High School in sunny Florida for the day of camaraderie (all three teams had lifted against each other last year) and competition. The Workout, a coed team coached by my friend Gene Cushing, was made up of several adults who served as outstanding role models for the two high school teams that also attended. North Hall High, coached by two of the most super people involved in high school athletes, Joe and Angie Pettitt, came down from Gainesville, GA; and the host team was the Cobra Power Team from the New Challenge School of Charlotte County. The Workout was led by strong lifts by coach Gene Cushing (590-380-520) and Nichole Fellows (265-115-280). I would also like to take this opportunity to thank both Gene and Ken Koepplinger, who officiated during the morning session. North Hall High lifters were even more impressive on the platform this year; Joel and Angie are doing a wonderful job with the young men on their team! Nate Pettitt, 198 lbs., was the school's Best Lifter, finishing with a 500-310-470. Brandon Wilson, 165 lbs., also lifted extremely well, finishing with a 1115 lb. total. Let me also take the time to thank Dan Nagy for helping with the spotting and loading (my arm is almost healed!) and tell the team that we're looking forward to seeing them in July in Georgia. The Cobra Power Team, who won the APA Drug Free Deadlift Nationals just six days prior to this contest, was led by seniors Sean Fiedler (330-185-420) and Arturo Heredia (325-145-330). Thanks to all the Cobras for their help at the meet (spotting, loading, food runs, set-up, clean-up, etc.) and congratulations on anther team title! Finally a special thanks to APA President Scott Taylor for drug testing, awards, officiating, and supporting the Cobra Power Team as well as teenage athletes throughout the country; Gene Cushing, Ken Koepplinger, Heather Farrow, Art Heredia, and Sean Fiedler for officiating; Angie Davis for announcing; Angela Foster and Suzi Jamrog for scoring; Debbie Miller for candy bar sales and food runs; Dan Nagy for spotting and loading; the lifters for their efforts; the lifters' families and friends for their support; and Emma and Tyler for being the best! (Thanks to Spero Tshontikidis for the results.)

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Feb 93 - Boise, ID

114	SQ	BP	DL	Total
T. Nguyen	185	125	225	535
E. Rogers	155			
132				
S. Adamson	205	145	300	650
148				
R. Reyes	355	255	385	955
G. Black	305	225	370	900
165				
R. Tawney OL	375	260	465*	1100
W. Kuntz	325	290*	450	1065
W. Hernandez	310	235	300	845
K. Gurnee	275	205	300	780
181				
T. Pierce	325	275	525*	1125
W. Gutierrez	415	245	430	1090
J. Campbell	275	225	315	815
198				
R. Callahn	425	285	450	1160
L. Nagashoah	340	260	400	1000
220				
C. Wright	430	305	500	1235
T. Troutner	325	230	400	955
Open				
114				
T. Nguyen	185	125	225	535
E. Rogers	155			
132				
B. Campbell	320*	205*	335	860*
S. Adamson	205	145	300	650
148				
J. Lopez	405	215	405	1025*
R. Reyes	355	255	385	995
G. Black	305	225	370	900
R. Neeser	200	235	265	700
H. Corter	225			
165				
R. Chacon	415	245	460	1120*
R. Tawney	375	260	465*	1100
W.Kuntz	325	290*	450	1065
W. Hernandez	310	235	300	845
K. Gurnee	275	205	300	780
B. Davis	195	195	275	665
L. Summers	155	175	325	665
D. Fredenburg	470			
D. Saxton	240			
D. Jensen	205			
181				
J. Hernandez OL	445	355	515	1315*
T. Pierce	325	275	525*	1125
C. Sharp	370	260	470	1100
W. Gutierrez	415	245	430	1090
J. Rindlisbacher	325	250	365	940
J. Campbell	275	225	315	815
S. Gore	205	185	350	740
I. Inger	250			
198				
R. Lopez	455*	290	450	1195
R. Callahn	425	285	450	1160
L. Nagashoah	340	260	400	1000
J. Bailey	250	195	400	845
R. Herron	245	270	325	840
B. Sequints	230	250	340	820
J. Gepford	240			
220				
C. Wright	430	305	500	1235
242				
M. Godoy	500	355*	500	1355*
M. Talamantes	330	215	375	920
SHW				
K. Craig	525*	335*	550*	1410*
Masters				
C. Sharp-175	370	260	470	1100
Hernandez-161	310	235	300	845
J. Campbell-181	275	225	315	815

*** Program record. 42 lifters participated from the Idaho State Correctional Institution, St. Anthony Work Camp, Iron Works Gym of Nampa, and Valley Gym of Boise. 13 institutional records were broken. All the competitors did a fantastic job. The judges, spotters, scorers, and announcer did an excellent job of making this meet run smoothly, and we'd like to thank all the support people who helped to make this meet a great success. Thanks go out to the set-up crew Tom Pierce, Gary Black, Kelly Craig, and Scott Suddeth who made our lifting platform look professional. Thanks to Mike Grijalva, Delmar Howard, and Gary Soto, who did a fine job as loaders and spotters and who kept the meet safe and injury free. Thanks to Tom Atkinson, who acted as the meet runner and did a fantastic save to keep a squatter from getting hurt. Thanks to Sid Chauncey and Tony Fish who did another fantastic job at the scorers table. And a very special thanks go to the judges- Lee Eagle, Jim Hoffman, and Carlos Ortiz-Valencia. We would like to thank Sgt. Sacht from the St. Anthony Work Camp for submitting the scorers to us for the competitors at St. Anthony. This meet would not have happened without the help and guidance of our Recreation Coordinator Dan Buress and the rest of the ISCI Recreational Staff. Thanks again. If any of the other prisons in the Northwest think they can hang with us in a postal power, contact Dan Buress, Recreation Coordinator, Idaho State Correctional Institution, Post Office Box 14, Boise, Idaho 83707. We would be glad to accept any challenge. (Thanks to Doug Austin for providing the contest results.)**

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165		Master 40-44	
K. Alderete-BL	204	165	
Men Pure		M. Sinclair	331
132		Master 45-49	
G. Fernandes	419	198	
181		R. Willis	546
C. Meier	513	220	
220		K. Barnett	352
G. Valdia	484	275	
242		D. Lamar	540
F. Martinez-BL	705	Master 50-54	
275		198	
M. Faford	584	J. Betcher	3375
Teen 16-17		Master 65-69	
165	413	220	
Men Natural		B. Boyd	375
132		242	
J. Smtih	358	J. McVeagh-BL	425
198		Two Person	
M. Crozier	507	Boyd, McVeagh	1600
220		Martinez, Ellis	1200
R. Ellis-BL	601	Betcher, Barnett	950
275		Sinclair, Alderete	840

Team Champs: Fit for Life. I want to thank Billie Boyd for the score board; Gisselle Lessier for score table and expediting; Ray Allen and Dale Middle with Mark Crujier helping out for a flight; and Alderete and Adam Spik for loading and spotting. I want to thank Bear-Barian Power Team for putting the center back into shape to open up on Monday morning. Thanks again, everyone. (Thanks to Meet Director Jay McVeagh for the results.)

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1990 IPF Men's Worlds-The Hague, Netherlands-4 tapes
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1992 IPF Men's Worlds - England - 4 tapes

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1985 USPF Men's Senior Nationals-Chicago, Il-2 tapes
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1986 USPF Men's Senior Nationals-Chicago, Il-2 tapes
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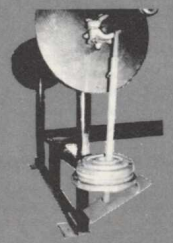

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Diagram 1

Diagram 2

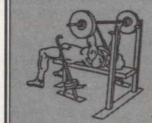
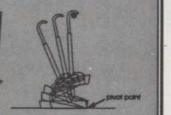


Diagram 3



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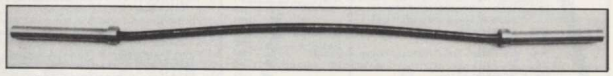

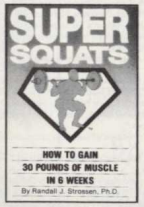

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T. Kleese	260	R.Keller	190
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B. Byers	315	S. Anfinson	175
K. Kreinbring	315	N. Heln	160
198		148	
D. Stowell	370	C. Mann	260
C. Harms	365	A. Perkins	255
J. Tapken	350	J. Marzen	225
B. Tapken	350	R. O'Donnel	220
T. Wieland	340	T. Hites	220
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T. Casey	350	N. Pilgrim	200
D. Good	340	B. Wilson	185
242		J. Sinwell	180
C. Cozine	415	M. Leary	180
R. Bickel	390	A> Hertel	175
R. Posekany	360	N. Heln	160
C. Payne	330	B. Bohlen	160
275		C. Wehr	140
M. Entz	350	R. Ronley	135
SHW		165	
J. Parker	430	L. Hall	305
J. Huegel	270	B. Lind	275
College		E. Molsatd	265
148		A. Merritt	260
M. Kilburg	300	A. Folkerts	255
M. Hughes	230	G. Woodln	250
B. Gehi	210	K. Keerhoff	240
165		T. Zwanziger	240
M. Horsfield	290	W. Sepulveda	235
T.Kleese	260	M. Smith	230
D. Smith	210	J. Ryan	225
181		J. Bingham	220
J. Poplawski	320	J. Roberts	215
K. Kreinbring	315	B. Kllingienborg	215
C. Barnum	255	C. Streit	210
M. Elijah	245	A. Paulsen	205
S. Grimm	235	M. Thoreson	185
198		S. Foster	170
J. Tapken	350	C. Madsen	165
K. Kreinburg	350	J. Nlockhus	155
N. Hill	300	N. Tiaber	150
P. Froehlich	300	G. Vanguilder	150
C. Bode	280	181	
C. Klunder	280	B. Byers	315
B. Beatty	275	D. Bauler	300
J. Walczyk	275	J. Schroeder	275
J. Rodman	245	R. Garnas	255
J. Miller	215	A. Anthony	250
C.Leen	215	T. Hammond	250
B. Schultz	210	K. Sperllage	235
220		B. Chapman	235
J. Ikeda	390	C. Badker	235
T. Casey	350	M. Waller	225
D. Good	340	S. Moeller	210
A. Thompson	315	A. Niezwaag	205
G. Bearbower	300	B. Gonterman	170
D. Heideman	295	M. Anderson	165
B. Bina	290	C. Codner	165
S. Schmidt	280	K. Simon	165
C. Heinzel	275	198	
C. Behrens	260	T. Wieland	340
M. Boyd	255	J. Anzevino	290
J. Nagel	255	C. Cox	280
C. McDonald	245	J. Rees	260
J. Miller	245	J. Jones	260
N. Brungard	235	T. Krueger	260
D. Edwards	235	P. Ross	235
242		J. Berdin	225
K. Hudson	385	C. Kyness	215
R. Posekany	360	C. Cozine	180
C. Payne	330	D. Sickerson	165
V. Penningroth	320	220	
D. Leonhart	265	C. Billings	320
K. Schaffer	250	B. Ford	315
275		B. Curtis	300
M. Entz	350	M. Montross	295
J. Cleary	305	R. Farrell	295
M. Fredericks	295	D. Cleeton	275
A. Bream	275	J. Rochford	240
J. Wilkinson	275	R. Andrew	210
P. Runchey	230	242	
SHW		J. Buehler	350
J. Parker	430	T. Litwiller	305
M. McCleary	290	B. Gardner	265
E. Reiss	275	B. Folkerts	250
J. Huegel	270	SHW	
D. Williams	250	D. Groen	265
High School		P. Smithmiller	255
V. Varanghounh	195	K. Karnes	240
M. Hachbart	145	A.Barnhart	210
		J. Schlief	170

The Iowa State High School and All Northeast Iowa Bench Press tournament was held at Wartburg College in Waverly, IA on Saturday, April 3, 1993. Lifter turnout was fantastic with well over 95 high school and over 80 college and open competitors There were some impressive high school lifters, with Jeff Buehler benching 350 lbs. in the 242 lb. class. Chad Billings also did well in the 220 lb. class with a lift of 320 lbs. Even more astounding was Tony Wielend in the 198 lb. class with an incredible 340 lb. bench. The college and open division also had some standouts. In the SHW Wartburg football player Jamey Parker had an outstanding 430 lb. lift, the best in the meet. Matt Entz had a good lift of 350 lbs. in the 275 lb. class. Kevin Hudson had a great 385 lb. lift in the 242 lb. class. John Ikeda had an incredible lift. He benched 390 lbs. in the 220 lb. weight class. Jason Tapken and Koby Kreinburg both had incredible 350 lb. lifts in the 198 lb. class. Michael Foggia had an off day, opening at 420 lbs., but failed twice at 440 in the 220 lb. class. Cozy Cozine also benched over 400 with a lift of 415 lbs. in the 242 lb. class. (Thanks to Roger Britson for FAXing results to 805-987-4275.)

Tochigi State Open
18 Apr 93 - Mouka, Japan (kg)

Women	SQ	BP	DL	Total
48				
Mashimo BL	87.5	40	110	237.5
52				
Tashiro	95	50	115	260
Men				
52				
Takahara	120	82.5	110	312.5
56				
Mashimo	160	90	170	420
Tachibana	130 95	135	360	
Isaka	120	70	150	340
Seio	110	70	115	302.5
60				
Kase	125	70	125	330
Watanabe	92.5	72.5	130	295
67.5				
Kaneko	210	100	240	550
Ogiwara	190	115	915	500
Kashiwakura	180	105	190	475
Abe	167.5	75	177.5	420
Shinosaki	150	87.5	120	357.5
Naoe	120	90	125	335
Umezuno#				
Namura	120			
75				
Tachikawa BL	242.5	155	250	647.5
4th attempt		157.5		
Arai	225	145	245	615
Iwasaki	165	112.5	215	492.5
Michibayasaki	155	112.5	182.5	450
Okada	105	72.5	125	302.5
82.5				
Kido	230	150	230	610
Tashiro	200	155	210	565
Konita	205	117.5	230	552.5
Noguchi	180			
82.5+				
Shinozaki	225	117.5	230	572.5
Kanada	190	140	190	520

special lifter. Team: 1. Hoseki Dai, 2. Matsumoto Gym. This was one of those nice little meets like that a lot of the old-timers in the sport remember getting started 25-30 years ago. Held in a small town well outside the urban sprawl, a pretty drive in the country through farm and field and the bloom of cherry trees everywhere, as if fireworks had frozen in full burst displayed against the forested hills. The men who gathered were mostly gym owners and their pupils, PE teachers and ordinary guys who train when they can. They all knew and supported each other throughout the contest. It was the kind of affair that Dr. Ken Leistner waxes nostalgic about, in a basketball gym, and had the type of atmosphere that modern megameets seem to have lost. Nobody got off any earth-moving lifts; in fact, all totals were modest by outside standards. So what? This was their meet and everybody, from veterans to beginners in their first go, did their best and had a good time. Tachikawa tried his new bench shirt and posted a state record as well as grabbing best lifter. Of the 31 entries, only 5-6 took advantage of the new IPF rule and wore shirts. Those who did so were experienced men who have lifted in the Nationals, or who hope to do so. To my eye, everybody's shirts were a size too big and several had been taken in, seamed down the front. Twice national champ Kaneko is still improving at 45, and the veteran Kido canned a squat record. Squats must be taken deep in Japan. The Mashimo husband-wife team took honors in their flights, but Mr. Tashiro had to settle for second while his wife was breaking deadlift and total records. I've been working with the gang from Matsumoto gym and was pleased with the team's placing, especially big Shinozaki who held himself in reserve in his first outing. Yes, the open class was 82.5+. There simply aren't enough big guys to do it any other way. Tochigi is a lightly populated, largely rural prefecture that is just beginning to make a move in powerlifting, hosting the Nationals two years ago and the big Kanto Plain (Tokyo area) show this coming October. My chief contribution locally has been to convince folks to get out of their stylish sneakers and running shoes and squat in boots and lifting shoes, although the latter cost a fortune. There is no program for special olympians or disabled lifters. Umezuno is a 33 year old with motor dysfunction who enters powerlifting, arm wrestling, and bodybuilding shows as fast as they are scheduled. He rarely wins anything, but he is a great exponent of Kelso's first law: show up! His 292 lb. deadlift isn't bad for a 148 lb. guy who can barely stay on his feet while walking. All in all, it was satisfying meet that reminded me of a past, gentler era, and why I got into the game in the first place. (Thanks to Paul Kelso for providing these competition results.)

APA Open Massachuesetts Deadlift
24 Apr 93 - Fitchburg, MA

Men's Open		E. Siponmaa	550
148		H. Moss	500
B. Janjigian	460	SHW	
J. Thomas	420	W. Andrews	700
165		R. Desmond	605
L. Lavoie	470	P. Groark	600
P. Beauregard	330	Women	
181		R. Boyland-148	275
A. Harris	475	Submaster 33-39	
J. Roman	415	J. Berndt-214	570
198		J. Piper-197	485
D. Bernstein	600	Master 40-49	
J. Piper	485	W. Andrews-355	700
220		C. Adams-209	475
B. Lessard	605	Beauregardd-165	330
S. McDonald	600	Grandmaster 50-59	
J. Berndt	570	Mara (57)231	575
242		Lassila(65)199	400
J. McCarthy	650	Long(53)215	505

Best Lifter - J. McCarthy The Open MA Deadlift Championship was held at the Muscle Mill in Fitchburg. A fun day was had by all, both competitors and spectators, as Mother Nature did her part ot provide a perfect spring day for this outdoor meet. The Muscle Mill is currently expanding to accommodate more equipment, the growing membership, and all future meets held in this area. (Thanks to Freddy Liatsis for providing the results.)

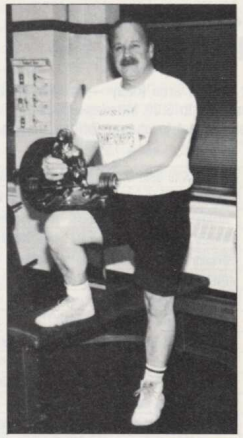
3rd Maple City Powerlifting Classic
24 Apr 93 - Goshen, IN

Men	SQ	BP	DL	Total
Natural				
123				
M. Wider	325	160	370	855
J. Smoker	560	135	135	830
181				
L. Prathaftakis	350	275	415	1040
198				
R. Thomas	305	170	370	845
242				
S. Butler	500	300	485	1285
275				
T. Scott	700	480	620	1800
Master 181				
D. Davis	380	215	475	1070
Golden Master 132				
M. Hoyt	185	140	225	550
Open				
181				
T. Woodling	500	300	560	1360
Women 198				
L. Boshoven	465	300	485	1250

Team: God's Gym. Best Lifter: Troy Scott. Special thanks to Mark Smuda, John Szalewski, Ken Luczkowski, Steve Wider, Jenny Albert, and Ben Horner. This meet has always been just a small, fun meet with some stellar performances, and that was the case again this year. This meet also had the distinction of having the oldest lifter ever at one of my meets: Max Hoyt, born before the Russian Revolution, put together a nice 550, which, with his age group coefficient, doubles to 1100. And he had room to spare in the squat and deadlift. Lance Prathaftakis showed a lot of potential, going 9 for 9, 1040 lbs., in his first meet. Also at 181, Terry Woodling hit a best ever 1360, including a 560 deadlift. At the rate he's going, I think he'll get 600 within a year. Dave Davis keeps getting better in the Deadlift and seems to be closing in on a 500 as a master. For the second year in a row, the best lifter came from the 275's. Ably coached by his father, Troy Scott did balanced lifting for a sterling 1800. This meet also gives me a chance to see what my 46 year old bones have left in them, with the luxury of no travel and sleeping in my own bed. A PR 620 was about 1/2" inch high. Oh well, at least it didn't crush me like a grape. And it keeps hope alive for next year. (results courtesy of Jon Smoker)

Tochigi State Open Lifters... left to right, Kido, Kaneko, Tachikawa. Kaneko was twice a national champion in Japan. (photo - Paul Kelso)

POWER PEOPLE



Everet Stacy *didn't start lifting weights until he was 40 years old. Since then "Stacy" has competed in several powerlifting competitions, including the NASA Nationals in Dallas, Texas (1988) and in Reno, Nevada (1990). Stacy has held the NASA American record in the bench press and he recently set the ADFPA Nebraska state bench press record. Stacy has done the following lifts in competition: squat 501, bench press 352.5, and deadlift 480. Everet Stacy is 55 years old and he works out 3 times per week at the Goodyear Fitness Center in Lincoln, Nebraska. Photo /infoby Kelly Merritt.*

USPF Maine State
24,25 Apr 93 - Waterville, ME

Mens Masters		D. Harling-181	341
Total only		M. Perkins-198	352
J. Davis-220	1267	A. Kotch-220	391
R. DelGallo-132	931	J. Bossee-165	303
Mulholland-242	1311	D. Larrabee-198	341
D. Prokey-220	1273	D. Vittum-220	341
D. Poulin-181	1058	A. Mott-198	286
R. Meader-198	1151	B. Roy-181	259
D. Witham-181	1118	M. Euglay-198	275
J. Wallace-198	1003	Men Masters	
S. Monn-165	964	L. Kimball-220	275
Men Teen		D. Prokey-220	286
Total Only		S. Mott-165	242
B. Haskell-181	1102	M. Donovan-148	181
B. Sinott-275	1207	P. Ciarrochi-198	231
Morrissette-275	1234	Men Teen	
J. Gotlieb-198	1129	J. Gasper-198	374
B. Salsbury-165	859	B. Haskell-181	281
C. Alley-198	881	B. Vigue-220	314
Women Masters		Morrissette-275	286
Total Only		Women Open	
A. Comber-148	418	C. Graffam-123	236
B. Dassall-132	156	S. Corson-198+	286
Women Teen		P. Frost-181	231
Total Only		P. Gelinas-114	159
L. Hamlin-132	288	D. Leavitt-165	148
K. Costedio-105	479	K. Wilson-123	115
J. Johnson-165	722	K. Costedio-105	99
J. White-148	545	J. Woods-148	126
A. Veilleux-165	578	R. Trojano-148	115
J. Leigh-198+	755	A. Veilleux-165	126
Bench Press		J. Leigh-198+	154
Mens Open		T. Payson-181	132
T. Dutil-165	385	B. Dassall-132	55
D. Palow-181	402	Women Masters	
G. Tevanian-220	429	B. Dassall-132	55
M. Corbin-198	407	Women Teen	
D. Boucher-242	446	K. Costedio-105	99
M. Day-220	418	D. Leavitt-165	148
S. Audet-220	413	A. Veilleux-165	126
T. Walsh-198	347	J. Leigh-198+	154
Men	SQ	BP	DL	Total
132				
R. DelGallo	347	209	374	931
148				
J. Blair	418	214	440	1074
D. Barter	391	264	336	992
P. Tran	319	231	319	870
165				
J. Bosse	551	303	490	1344
R. White	462	253	496	1212
J. Schoppee	462	297	440	1201
D. Pelletier	424	319	451	1196
M. Gendron	424	259	468	1151
J. Pelletier	402	220	402	1025
B. Salsbury	319	165	374	859
181				
R. Jeselskis	628	314	518	1460
D. Palow	512	402	501	1432
T. Powell	540	314	512	1366
J. Kaplan	457	352	518	1328
G. Gravel	485	253	440	1179
D. Witham	391	248	479	1118
J. Pearson	424	225	418	1069
198				
D. Robitaille	606	352	551	1543
F. Cooper	529	437	540	1416
A. Higgins	562	303	540	1405
D. Roberts	518	303	534	1355
M. Euglay	491	275	545	1273
S. Wallace	462	259	451	1173
R. Meader	402	275	473	1151
C. Alley	347	203	330	881
220				
K. Roux	628	407	517	1654
L. LaFreniere	540	374	534	1448
S. Cote	545	341	501	1438
C. Ryder	551	303	512	1366
D. Thompson	501	275	551	1328
J. Davis	485	281	501	1267
M. Ayers	457	270	473	1201
J. Johnson	325	214	407	947
242				
D. Boucher	716	446	661	1824
T. Bernier	595	325	584	1504
B. Inggraham	385	281	429	1096
275				
K. Fosler	606	352	600	1559
M. Pierce	490	292	534	1317
J. Ray	473	259	485	1218
SHW				
J. Meader	413	253	396	1063
Women Open				
97				
T. Martin	253	137	259	650
105				
K. Costedio	181	99	198	479
114				
K. Wade	203	110	236	551
123				
C. Graffam	402	236	451	1091
132				
L. Hamlin	286	110	303	688
B. Dassatt	115	55	148	336
148				
S. Proux	319	137	314	771
B. White	253	94	292	639

Carrie Boudreau *(formerly Carrie Graffam) pulling 451 at 119 lbs. bodyweight. She exceeded the current World Record on the total with 1091 in the 123 lb. class (photo courtesy of Russ Barlow)*

J. Woods	231	126	242	600
A. Comber	154	83	181	418
165				
D. Veilleux	303	132	319	755
J. Johnson	275	104	314	722
A. Veilleux	225	126	225	578
181				
L. Harding	286	132	259	677
198+				
L. Corson	545	286	440	1273
J. Leigh	330	154	281	755

Best Lifters Powerlifting: Men Light- John Bosse; Men Heavy- Dave Boucher; Team- Flex; Women Light- Carrie Graffam; Women Heavy- Shelby Corson; Teams- 1. Gilly's Gym, 2. Veilleux Fitness. Champions: Elm Plaza (results from Russ Barlow)

ANPPC Drug-Free Metro Bench Press
4 Apr 93 - Brooklyn, NY

Women		E. Colon	385
Teens		R.. Acevedo	370
MGuines(14)118	85	J. Scognamiglio	320
Master		198	
MGuines(42)143	145	T. Corcasso BL	475
Men		G. Scognamiglio	410
Teen 14-17		B. Rivera	365
Benevento-131	140	J. Rosales	330
18-19		220	
McGuiness-155	290	F. Freeman	420
Rosales-187	330	H. Hanson	370
Men Open		E. Rodriguez	360
132		242	
W. Miranda	290	L. Casolaro	480
148		P. Garvin	475
J. Cohen	275	275	
165		A. Gomez	505
D. McGuiness	290	Men Master	
Villianueva	285	Hagopin(43)164	285
Hagopian	285		

We wish to thank Gil Marrero (owner) and Thomas Mutone (promoter) for all their help in putting this contest together on such short notice. The women's competition was a family affair, with Chrissy McGuiness (14 years old) winning the teen girls' title, and Linda McGuiness (Chrissy's mother) winning the women's masters and open with a 145 lb. bench at 143 bdwt. The teen boys featured Mike Benevento (15 years old) winning the 14-17 group with a 140 bench at 131 bdwt. David McGuiness (Chrissy's brother) set a teen 18-19 mark with a 290 bench at 155 bdwt, while winning the overall best teen lifters. Jose Rosales (18 years old) set a teen mark with a 330 bench at 187 bdwt. The men's open featured excellent lifting in all classes, particularly William Miranda, setting a state and national record 290 bench at 130 bdwt; and Tony Torcasso, improving his state and national record 475 bench at 193 bdwt. Special mention to Edgard Colon, with a 385 bench at 177 bdwt., while taking the 181 lb. class; Fred Freeman, with a 420 at 218 bdwt, winning the 220 lb. class; Louis Caolaro, 480 bench at 236 bdwt, winning the 242 lb. class; and the biggest lift of the contest by Albert Gomez, a 505 bench at 259 bdwt., taking the 275 lb. class. Congratulations to the Valencia Gym Power Team, who won the best team award; also, special thanks to all the lifters, judges, etc. as well as Gil Marrero and his crew at the Muscle Mania Gym of Brooklyn. (Thank to Angelo of the All Natural Physique and Power Conference for providing these results.)

Wisconsin Prison Postal - Mar 93

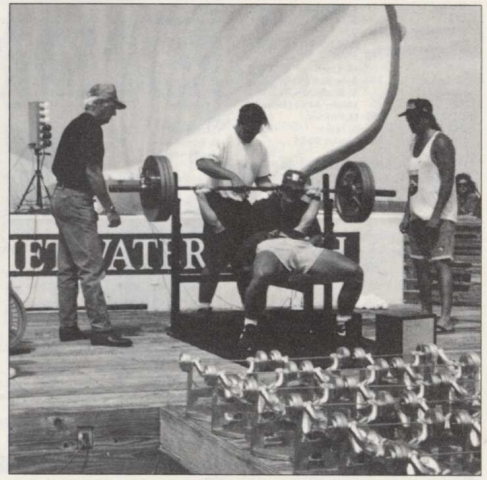
132	SQ	BP	DL	Total
W. Owens	316*	216*	376*	908
Fort	255	165	325	745
148				
Upham	370	260	430	1060
R. Johnson	330	241	480	1051
Flores	345	260	405	1010
B. Petty	275	195	400	870
Stevens	210	205	260	675
Salazar	285		375	
165				
Haggard	410	260	480	1150
Robinson	320	295	450	1065
G. Brown	226	316	570	1012
Thornton	315	250	405	970
D. James	295	275	390	960
E. Cannon	305	215	420	940
J. Garza	235	265	345	845
N. Guerra	255	195	375	825
Ausgburg		225	295	
181				
B. Strange	450	321	475	1246
L. Domenech	400	291	440	1131
Kaufman	375	245	450	1070
S. Jones	350	275	425	1050
Horton	360	240	410	1010
Cornell	275	300	430	1005
Crape	300	355	350	1005
Binder	275	255	415	945
J. Griffin	235	245	420	900
Teague	255	245	370	870
Porter		290		
198				
M. Distephano	550	415*	510	1475
A. Quadrini	580*	316	550	1446
E. Hurley	546	341	516	1403
Spencer	405	355	495	1255
C. Collier	425	320	505	1250
Young	425	300	505	1230
Williams	480	275	460	1215
D. Alvarez	430	330	440	1200
Collins	410	15	455	1180
York	390	220	480	1090
I. Kern	315	275	475	1065
Drummer	360	230	450	1040
Spain	235	365	415	1015
Harden	250	260	315	825
220				
D. Braxton	450	331	535	1316
Lorentz	420	250	480	1150
Werlein	365	265	455	1085
Servantez	385	265	430	1080
Padron	315	315	405	1035
Cheeks	330	330	360	1020
Saffold	315	300	365	980
T. Lester	350	315	315	980
Cook	315	251	405	935
J. Horenburger	305	245	365	915
McGee	275	280	370	895
Khalar	235	260	375	870
W. Mitchell	450		480	
Cottier		250		
242				
R. Johnson	475	386	620	1481
M. Potts	580*	305	550	1435
O. Cartegena	465	340	520	1325
V. Shaner	465	275	465	1205
Dittman	400	300	460	1160
Bearheart	370	340	425	1135
K. Botsch	305	355	425	1115
D. Hylok	355	270	455	1080
275				
Vickery	500	400	540	1440
Defoe	275	225	405	905
SHW				
Dorsey	435	380	520*	135

* state record. Best Lifter- Mark Distephano. Team- Fox Lake. Thanks to Clyde Maxwell, who traveled all over the state judging this event and to the Department of Corrections . I'd like to thank Benjamin Liu and Roger Manthey who trained with me for this meet. (Thanks to Ellis Hurley for results).

Conrad Cotter Memorial BP Bonanza
12 Apr 93 - Pensacola, FL

Women		J. Pugh	185
L. Le-110	180	165	
R. Slater-120	180	B. Korner	290
E. McKenzie-138	190	181	
Teen		T. Grooms	355
C. Holston-180	350	L. Ratcliff	355
R. Runchon-175	300	L. Emmick	330
K. Specht-128	215	D. Scott	300
B. Ivanowski-180	290	198	
E. Massey-164	255	C. Petty	405
C. Dykes-255	275	T. Bundage	345
Masters		A. Tucker	335
McLain-191(48)	350	D. Butler	285
Williams-157(43)	290	B. Rodgers	265
Hall-254(42)	380	220	
Specht-132(43)	210	R. Crockett	450
Open		P. Archey	355
114		242	
D. Titus	285	S. McLain	425
W. Sampey	210	W. Conner	400
123		275	
B. Caston	270	P. Fletcher	460
J. Despino	225	M. Hall	390
132		K. Hall	380
D. Richardson	280	SHW	
J. Davidson	215	A. Pokrant	460
148		D. Baggett	440
J. Abad	320	R. Maddox	400

Best Lifters: Light- David Titus; Heavy- Roger Crockett. Meet Directors Hal Holston, Bobby Hughes, and I wish to thank national judges Joe DeStefano and Mike Mortenson for their help, along with our tireless spotter/loaders Brian Curley and Brian Lindenborn. A special thanks to Larry Tilley who did another excellent job announcing and keeping the crowd involved. Marion Hughes, Rick and Joann Rooker aided at the score table, weigh-in and whatever was required to make the meet a success. We also wish to thank Chip's Gym of Gulf Breeze, FL, for all of the equipment used at the meet. The meet would not have been successful without all of the people mentioned above. (Thanks to Mel Ferguson for providing the results.)



Chip Holston*, 19, benching 350 in the 181s at the Conrad Cotter Memorial Bench Press Bonanza Championships in Pensacola, Florida*

Biggest Bench Press in Nebraska III
25 Apr 93 - Lincoln, NE

Women		198		
105		K. Allis		430
N. Baker	85	J. Caldwell		420
114		J. Larchick		405
K. Eisenbraun	105	R. Sain		335
132		220		
S. Mellen	125	S. Caldwell		475
S. Tucker	120	R. Dostal		380
M. Engelbrecht	105	C. White		380
148		242		
P. Batrell	230	R. Hussey		450
165		G. Evans		420
M. Smith	160	J. Bockoven		355
D. Water	115	B. Thompson		265
B. Peterson	85	275		
181		R. Robinson		525
K. Duncan	195	Masters		
Men		165		
114		L. Casados		315
M. Carr	120	L. Ligouri		290
132		181		
H. Nguyen	300	R. Smith		280
M. Rotter	275	T. Lee		240
T. Baustert	240	198		
N. Spath	110	J. Doggett		255
148		220		
J. Rotter	235	P. Nevels		340
T. Wells	230	R. Reed		330
A. Ligouri	210	275		
K. Erickson	210	E. Stacy		345
T. Luginsland	185	Special Olympics		
165		148		
B. Boughn	360	M. Lacey		80
J. Doty	325	181		
J. Myers	300	S. Hennessy		140
W. Yindrick	300	198		
D. Young	300	C. Davis		280
181		C. Bean		170
B. Story	340	220		
B. Boone	315	M. Santero		185
J. Bopho	305	242		
		D. Griggs		220

Team: 1. Goodyear Fitness, 2. Elite Power Gym of Omaha, 3. Lincoln Gym. On April 25, 1993, some of the strongest bench pressers in the state competed at the Goodyear Fitness Center. There were 58 men and women who competed for four divisions and 21 separate weight classes. Two of the most impressive lifts by the men were a 300 lb. bench press 128 lb. Hien Nguyen and a 525 lb. press by 273 lb. Ron Robinson. In the women's Patty Batrell of Elite Power Gym benched 230 lbs., and Karen Duncan (age 50) benched 195 lbs. This year's bench meet lasted three hours and was very smooth due to the high quality of group of volunteers. The meet director would like to thank the following for their help: Tom Velder, Damon Robbins, Scott Parker, Larry Rouse, Kathy Kooistra, Linda Lacey, James Hart, Monte Lofing, Scott Dunlop, and John Jones. See you next year! (Thanks to Goodyear Fitness for providing these results.)

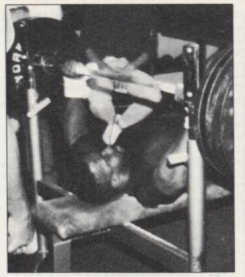
APA Eastern US Bench Press
3 Apr 93 - Grove City, FL

Novice		R. Lademan		460
165		S. Taylor		380
L. Chancey	250	275		
181		B. Bradford		430
T. Shields	240	SHW		
198		M. Lewis		375
N. Tagliarni	380	Submaster 33-39		
Open		B. Bradford		430
220		Master 40-44 (formula)		
J. Dillion	405	D. Proctor		440*
242		S. Taylor		380
J. Tagliarni	480*	Master 50-54		
		J. May		360

* FL state record. Best Lifter: Joe Tagliarni. Referees: Burt Rosenfield, Mike Van Ness, and Scott Taylor. Meet Director: Scott Taylor. (Thanks to Scott Taylor for providing the results of this competition.)

Longhorn Open
28 Mar 93 - Austin, TX (kg)

Women	SQ	BP	DL	Total
Collegiate				
104				
K. Pierce	70	37.5	102.5	210
122				
S. Anderson	102.5	47.5	102.5	252.5
129				
R. Tamaz	100	40	100	240
154				
T. Chenoweth	125	42.5	130	297.5
K.Brown	100	35	120	255
Open				
139				
K. Beckwith	160	82.5	170	412.5
154				
B. Reyes	125	57.5	160	342
Men				
Teen 17-19				
R. Jalali	150	112.5	205	467.5
K. Copley	182.5	112.5	150	445
220				
M. Drewen	237.5	165	235	637.5



Sammy Caldwell *of Omaha, winning the 220 lb. class at the Biggest Bench Press in Nebraska III (photo courtesy of Kelly Merritt)*

Collegiate				
123				
A. Siff	160	110	165	435
148				
J. Fuentes	205	137.5	220	562.5
165				
L. Williams	235	160	227.5	622.5
T. Swan	227.5	125	227.5	580
W. Farley	187.5	130	210	527.5
181				
A. Castillo	175	122.5	195	492.5
220				
J. Bernal	262.5	142.5	245	650
242				
M.McDonald	300	195	275	770
Open				
148				
R. Widmann	177.5	117.5	197.5	492.5
F. Fertitta	120	127.5	132.5	380
165				
L. Williams	235	160	227.5	622.5
181				
K. Hughes	205	102.5	205	512.5
198				
E. Milfield	250	142.5	275	667.5
M. Cleave	250	145	260	655
J. Baldwi	245	170	240	655
R. Tauary	227.5	167.5	245	640
K. McCoy	240	140	230	610
S. Bennett	160	102.5	192.5	455
B. Troup	67.5	155	67.5	290
220				
K. Huffman	295	205	260	760
M. Ainsworth	260	182.5	227.5	670
G. Hargens	237.5	147.5	240	625
B. Preshong	237.5	172.5	212.5	622.5
A. Anderson	245	150	222.5	617.5
D. Dunkin	232.5	147.5	227.5	607.5
242				
M. McDonald	300	195	275	770
H. Zier	245	165	255	665
K. Harris	210	152.5	240	602.5
S. Raines	227.5	120	222.5	570
275				
M. Ringer	295	157.5	272.5	725
M. Hammond	295	152.5	260	707.5
T. Watkins	165	117.5	182.5	465
SHW				
T. Lohrman	287.5	172.5	235	695
M. Hayes	100	295	115	510
Master 40-44				
181				
G. Smith	210	95	195	500
198				
S.Bergath	240	140	245	625
O. Guzman	220	122.5	205	547.5
Masters 45-49				
181				
J. Jucio	215	115	207.5	537.5
198				
M. Cleave	250	145	260	655
G. Aron	160	112.5	152.5	425
242				
C. Walk	165	130	215	510
Master 50-54				
181				
K. Hughes	205	102.5	205	512.5
Masters 55-59				
181				
M. Johnson	197.5	130	165	492.5

(Thanks to Jan Todd for providing these results.)

AVCF Open
12 Dec 92 - Crowley, CO

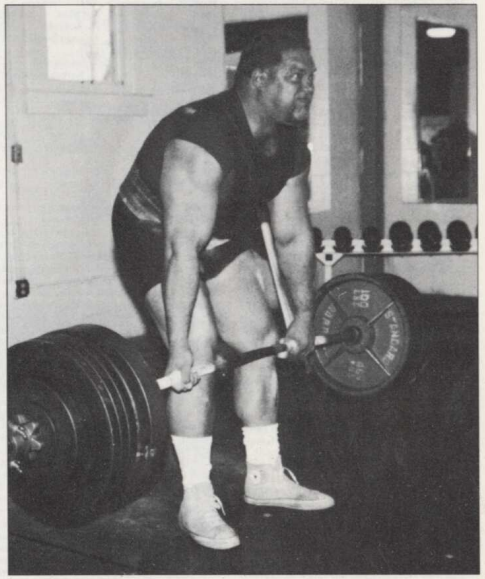
123	SQ	BP	DL	Total
L. Porter	330*	175	405@	910*
132				
D. Balazs	225	170	365	760
148				
E. Walt BL	475	275	500	1250*
4th attempt	500@			
165				
J. Vallez	455	285	525	1265
V. Vigil	435	290	520	1245
G. Brazzell	225	205	330	760
D. Padilla	195	225	315	735
181				
G. Summers	475	305	550	1330
198				
C. Burdine BL	555	350	625	1530
H. Huff	375	315	450	1140
J. Baney	315	225	375	915
220				
T. Glasmann	455	345	500	1300
242				
B. Anderson	530	390	580	1500
SHW				
S. Robinson	225	425*	225	875
Masters				
181				
K. Williams	140	140	340	620
S		H		W
G. Bolinger	365*	275*	405*	1045*

* AVCF record. @ ADOC state record. Judges: Sgt Michael Trujillo, Sgt Ken Fulton, and Darryl Pagels. (Thanks to Sgt. Michael Trujillo for the results.)

NASA Inland Empire Bench Press
20 Feb 93 - Riverside, CA

Open Women		65-69	
165		B. Boyd-220	176
R. Johnston	104	Men Pure	
Junior		J. Johnson-148	292
16-17		C.Mier-181	303
G. Smaute-181	194	D. Glaskin-198	363
L. Ibarra-198	331	A. Marsh-220	435
Men Master		M. DePaul-220	424
40-44		P. Sorenson-220	331
M. Sircar-165	165	M. Fafaud-275	441
T. Gaskins-198	347	Men Natural	
C. Cropper-198	309	A. Marsh-220	435
45-49		S. Venable-220	385
K. Barnett-220	165	D. Paul-242	402
		M. Fafaud-275	441

Best Lifter- Mark DePaul. Team Champs- Look Better-Feel Younger Fitness. I want to thank Lana Malon and Ray Allen for all the help they contributed to this meet. They loaded equipment from the Fitness Center to the truck, traveled to Riverside, unloaded the truck, and set it up on the lifting platform and in the warm up area. Lana spent the day selling T-shirts, wraps, and belts. Ray sat in one of the judge's chair all day. After the meet, they loaded the truck, drove to Rialto, unloaded the truck, and placed all the equipment in the center. Many thanks, Lana and Ray. I want to thank Nick Avena, who loaded, spotted, and helped return equipment to the center. Debbie Cema deserves thanks for sitting in the judge's chair. Gissell Wissel deserves thanks for working the scoreboard, and Mothusa Pahl loaded and spotted for this meet. Thanks again, everyone! (results by Jay McVeagh)



Roland Bishop *trying a 780 lb. deadlift at the APA World Gym Power Championships (photograph provided courtesy of Joe Mugovero).*

APA World Gym Open
2 May 93 - Groton, CT

Women	SQ	BP	DL	Total
148				
R. Gilman	285*	170	335!	790
Men				
Submaster				
S. Bellavance	520*	315	555	1400
Master 40-44				
A. Middleton-194	330*	370*	550	1170
T. Anderson-249	400*	330	525	1255
Grandmaster 50-54				
P. McCartin-280	475*	335*	550*	1360
L. Joanis-138	250*	175*	225	650
165				
M. Pimerleau	340*	225	385	950
181				
J. McNulty	550*	380	550	1480
198				
A. Middleton	300*	370	500	1170
220				
G. Beinstein	575*	440	560	1575
J. Strafach	525	385	570	1480
J. Biser	365	355	450	1170
242				
S. Maynard	480*	350	530	1360
SHW				
R. Bishop BL	720*	465	720	1905

! APA world record
* CT state record

I've been running lifting contests for more years than I can remember. With about 62 contests behind me, I can say that this was the worst turnout I've ever had. Not only did I promise a sculptured trophy to every entrant, I put a cap on how many lifters I would take. The sad thing about it is that it still takes the same amount of people to run it no matter if there's 13 lifters or 50. One thing is for sure, these guys will have to beg me to do another full meet. A lot of money was lost and it came out of my pocket. Anyway, we had a whole slew of state records in the squat. Top lift in that lift went to Roland Bishop with 720 lbs. Another exceptional deadlift was from Rita Gilman with a 35 lb. deadlift for a world record. I would like to thank all those who helped me out, including: Pat Sisson, Matt Fraser, Bob Sollo, Troy Evrett, and my wife Pam. Thanks to World Gym of Groton, CT for use of its facilities. (Thanks to Joe Mugovero for the results.)

NASA National Collegiates
10 Apr 93 - Dallas, TX (kg)

Benc h Press		198		
Women (Fr-So)		Adams		167.5
SHW		Men (Jr-Sr)		
DeHoyos	70	181		
Women (Jr-Sr)		Coats		117.5
114		198		
Dickens	42.5	Baltmanis		157.5
Men (Fr-So)		Stoilis		127.5
148		220		
Cobern	117.5	Ivy		187.5
165		Arevalo		155
Williams	135	Phillips		137.5
181		242		
Carnes	145	Hines		182.5
Women (Fr-So)	SQ	BP	DL	Total
SHW				
DeHoyos	412.5	70	152.5	365
Women (Jr-Sr)				
114				
Dickens	80	42.5	112.5	235
Men (Fr-So)				
148				
Cobern	172.5	117.5	182.5	472.5
165				
Sunosky	182.5	130	207.5	520
Anding	187.5	122.5	205	515
Williams	167.5	135	175	477.5
181				
Carnes	182.5	145	182.5	510
Kounse	215			
Men (Jr-Sr)				
165				
Markley	232.5	135	227.5	595
Schendel	210	125	215	550
198				
Stolis	210	127.5	232.5	570
Baltmanis	220	152.5	197.5	570
220				
Arevalo	245	155	235	635
Phillips	205	137.5	232.5	575
Clayton	182.5	140	195	517.5
242				
Guven	222.5	150	220	592.5
275				
Pendlay	310	182.5	270	762.5
Men Graduate				
198				
Seruggs	265	167.5	267.5	700
275				
Meyers	290	187.5	287.5	765

(Thanks to NASA for providing these meet results.)

Bay State Winter Meet
28 Mar 93 - Norfolk, MA

Open	SQ	BP	DL	Total
165				
A. Colantoni	425	240	440	1105
J. Leahy	255	185	365	805
181				
A. Adorno	400	240	475	1115
198				
B. Anderson BL	610	365	525	1500
J. Oliveira- MI	435	335	500	1270
C. Chaples	450	290	475	1215
P. Wojtanek	365	285	450	1100
M. Riley GL	275	225	375	875
220				
L. Riley	575	275	475	1325
O. Griffin	345	260	475	1080
242				
B. Moore	600	375	600	1575
C. Delaney	380	240	480	1100
275				
K. Phoenix	600	345	600	1545
Master 40-44				
B. Anderson-194	610	365	525	1500
45-49				
J. Leahy-159	255	185	365	805
55-59				
R. Marshall-196H	300		375	675

BL- Best Lifter. GL- Guest Lifter. MI- Most Improved. H-Hiroshima Award. The Bay State Powerlifting Team's third meet got off to a rather shaky start. The usually punctilious John Buckley, our head official, missed the meet due to a skunk getting into his home. (Is it me or does this excuse stink!) Just kidding, John. I hope the varmint's nothing more than a bad memory on your hat rack. Our second official, Larry Lawrence, came down with the flu (I hope you are feeling better, big guy!), and our excellent judge from last September's meet, Joe Wencus, also couldn't attend. This led to more than an hour's delay before the cavalry arrived in the form of USPF state chairman Greg Kostas, who did a terrific job. Thanks again, Greg, you were the hero of the day! We'd also like to thank the Recreation staff, Tim McDonald, and Ted Carlson for all their help and support, especially Tim's being able to obtain some trophies for us. Many of us have been lifting for years without any type of award to show for our efforts. Way to go, Tim. Among the other we have to thank for this event are the kitchen staff, who helped in many ways, including letting us use the facilities to bake some great-tasting Danish pastries at the behest of team president Charlie Chaples; the officers on shift who saw to it that everything ran smoothly and did so in such a dignified manner; Superintendent Nelson and Director of Security Silva, without whose approval none of this would have taken place; Mike Lambert and *PL USA* for providing an outside venue; the inmates that worked so hard helping with the set up, breakdown, judging, spotting, loading, etc.; and last, but not least, our families and friends, who've not only supported us through the years, but who once again cheered themselves hoarse. You're what keeps us going. A special thanks and an apology to anyone we may have overlooked. See you in September! (USPF Sanction 93042) (results from Bruce Anderson).

Bay State Meet People... *front row, left to right, Owen Griffin, Ken Phoenix; middle, Brain Moore, Mike Riley, Bruce Anderson, James Leahy, Joe Oliveira; rear, Tim Riley, Lou Riley (courtesy B. Anderson)*

Alamo Classic
24 Apr 93 - San Antonio, TX

Teen	SQ	BP	DL	Total
123				
R. Peroy	465	215	450	1130
220				
R. Minila	225	280	360	875
Open				
165				
T. Culberson	550	345	690	1585
L. Zamora	525	310	601	1436
220				
B. Preshong	480	385	505	1370
242				
J. Hendrix	660	460	630	1750
SHW				
M. Hayes	250	620	250	1120
Master				
165				
C. Bodin	300	205	325	830
181				
M. Johnson	420	290	360	1085
198				
O. Fuzman	490	265	475	1230
G. Aaron	395	245	340	980
242				
V. Roberts	465	245	500	1210
275				
H. De la Rosa	480	315	515	1310
Women				
132				
Y. De la Rosa	290	105	245	640
M. Pendergrass	250	125	255	630
148				
K. Fatula	265	125	320	710
Collegiate				
123				
R. Perry	465	215	450	1130
132				
J. Younts	280	205	325	810
165				
T. Culberson	550	345	690	1585
181				
L. Williams	510	370	500	1380
B. Carnes	440	315	505	1260
R. Labay	510	255	435	1200
198				
D. Dopslauf	485	270	500	1255
Below I				
275 Class II				
D. Garcia	550	380	555	1485

Best Lifters: Light-T. Culberson; 2. Heavy-J. Hendrix; Coll Light- Troy Culberson; Coll Heavy- Lavell Williams; Women- Melba Pendergrass. Team: 1. Seguin Fitness, 2. Southwest Texas State. Best College Team: Southwest Texas State. Meet Director Conrad Martinez thanks Dolly, Ward of World Gym for the loan of her weights, and Dr. Randy Schulze for sponsoring the meet. Special thanks to Dave and Danny Garcia, and Gil Villanueva for the loan of their squat racks. Thanks to his wife Annett for her support and to his children for his children Crystal, Heather, and Zachary for backing him up. *Thanks to all the lifters and let's hope we can do it again next year.* (results courtesy of Conrad Martinez)

USPF New England Deadlift
10 Apr 93 - Providence, RI

Women			
C. Ranieri-105	275	B. Green-198	655
K. McElroy-181	300	181	
Teen		R. Lagace	500
C. Runhaar-198	525	242	
Submaster		M. D'Iorio	765

I would first like to thank my sponsor, Ocean State Bodybuilders Gym, Inc., without whom this meet could not have been a success, and my judges Chris and Beth Street and Ginger; my help: spotters and loaders- Dave Gianfrancesco and Jay Nicotero; scorekeepers- Sheryl Marsland and Karen Viner. Special thanks go to Tom Klotz, owner of Ocean State Gym for the use of his equipment and all his help and support for powerlifting. Last, but not least, I would like to thank Buck and Hope of Noble Arts., Inc., trophy company for the great sculptured trophies. This was the first year I ran this meet and am sorry to say that we had a very small turnout. I will schedule this competition at a different time to insure a larger turnout. We had Cheryl Ranieri and Karen McElroy return just after their last competition three weeks earlier. Cheryl pulled a strong 275 lb. deadlift at a 103 lbs. of body weight. Karen returned to this meet, still with a back injury to pull a strong second attempt of 300 lbs. before her back acted up again. For the submasters, Bill Green pulled an impressive 655 lb. second attempt at 195.5 lbs. He finished with a strong attempt at 700 lbs., but was unsuccessful. Also Mark D'Iorio, the 1993 RI state 242 champ, returned after his impressive performance at the RI powerlifting championships just three weeks earlier. Mark was seeking to improve his national and world record ranking in the deadlift. Mark started off by pulling a second attempt 765 lbs., 15 lbs. more than he had pulled three weeks earlier. Mark then did a third attempt at 800 lbs. The weight lifted more easily off the floor, but Mark fell short by just a little over an inch from lock-out to miss this attempt. Mark's future attempts will bring him to this year's USPF Senior National where he will more than likely pull over 800 lbs. Good luck, Mark. (results from Ted Isabella)

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14th USPF SC State
27 Mar 93 - Seneca, SC

Benc h Press		165	
Women (formula)		E. Smith	365*
R. Heimer	110	W. McAteer	360
S. Giffin	120	S. Smith	325
C. Stratford	115@	198	
B. Holton	120	C. Jacks	425*
T. Moss	85#	X. Madden	425
Master (formula)		T. Kelly	415
B.Lockett	350	2290	
C. Davis	350	S. Barmore	450*
Open		M. Broadwater	445
123		T. Kelly	370
B. Stanfill	260*	242	
C. Harper	255	X. Bailey	410*
E. Jenkins	225	M. Nichols	245
132		275	
K. Hollingsworth	230*	J. Johnson	525
J. Richey	190	SHW	
148		K. Bazemore	500
C. McAteer	300	B. Irby	475
B. Hill	210	R. Wattay	430
M. Williams	195		

Women (formula)	SQ	BP	DL	Total
S. Giffin	215	120	265	600
R. Heimer	175*	110*	240*	525
K. Comer	275	145	310	730
B. Holton	215	120	265	600
P. Turner	250	135	300	685
Master				
B. Lockett	505	350	500	1355
Class II & Below				
123				
C. Harper	305	255	330	890
E. Jenkins	270	225	375	870
132				
J. Richey	315	190	425	930
C. Jordan	275	200	335	810
148				
C. McAteer	380	300	405	1085
B. Montgomery	305	230	360	895
M. Williams	300	195	275	770
165				
W. McAteer	450	360	475	1285
J. Boyd	410	315	405	1130
S. Knowles	350	290	460	1100
181				
S. Schachner	435	285	475	1195
C. Champion	415	280	415	1110
R. Couch	355	230	410	995
198				
R. Carswell	480	400	510	1390
D. Mack	450	340	545	1335
P. Madden	430	425	455	1310
220				
R. Calledge	550	300	540	1390
E.Brown	500	340	550	1390
F. Catoe	500	340	500	1340
242				
E. Wright	550	350	660	1560
J. Loowery	500	300	550	1350
R. Smith	450	350	425	1225
275				
B. Coker	650	425	620	1695
D. Martin	530	370	720*	1620
D. Carnes	540	375	605	1520
SHW				
R. Wattay	550	430	650	1630
Open				
123				
E. Jenkins	270	225$	375	870
148				
C. McAteer	380	300	405	1085
165				
W. McAteer	450	360	475	1285
S. Smith	475	325	465	1265
G. Stapleton	425	300	530	1255
181				
C. Champion	415	280	415	1110
J. Michaw	425	240	420	1085
198				
R. Pardue	650	365	565	1580
P. Madden	430	425$	455	1310
W. Gambrell	405	315	470	1190
220				
B. Kennedy	565	405	525	1495
E. Brown	500	340	550	1390
F. Catoe	500	340	500	1340
242				
M. Gibson	680	395	680	1755
S. Bowser	650	370	600	1620
J. Loowery	500	300	550	1350
275				
J. Johnson	650	525*	555	1730
B.Coker	650	425	620	1695
D. Birchmore	450	300	505	1255
SHW				
R. Wattay	550	430	650	1630

* state record, $ state teen record, @ Women single lift record in 123 class, # Women single lift record in 114 class. (Thanks to Dan Lark for these results.)

ADFPA Region III
27, 28 Mar 93 - Lakeland, FL

Women (Malone)	SQ	BP	DL	Total
116				
S. Lewis	175	80	205	460
K. Austin	155	60	200	415

5 Guys Power Club won the team title at the Region III ADFPA Championships: left to right, bottom row, Eddie White, Cris Bentley, Anthony Conyers, Mark Krieger; standing, Jay Southerland, Tim Mahoney, Joe Severino, Lance Digangi, Tom O'Donnell, Bill Beekley, Howard Krieger, Homer Jones, and James Jacobs.

139				
K. Sabin	270	185	380*	835*
V. Duggan	160	120	210	490
Master 40+				
D. Oleson	145	100	220	465
Master 50+				
H. Watkins	210	105	225	540*
Teen (shwartz)				
B. Jeffries	750!	375	615	1740!
B. Hall	530	275	525	1330
E. White	315	185	330	830
J. Kirk	405	185	480	1070
B. Hoffman	305	130	380	815
R. Preston	295	150	330	775
Masters (schwartz)				
40-44				
M. Battles	875!	480	665	2020!
S. Johnson	510	35	560	1385
T. O'Donnell	660*	420	640	1720*
M. Whitten	510	260	530	1300
J. Milligan	595	405	585	1585
45-49				
L. Perez	415	285	425	1125
D. Hunt	435	270	510	1215
D. Brown	440	240	440	1120
D. Beeson	405	315	425	1145
H. Anhaus	235	205	350	790
50-54				
F. Flack	560	440	525	1525
R. Blankenship	480	340	450	1270
55-59				
L. Meyers	425	255	475	1155
J. Best	355	240	405	1000
60+				
B. Remley	475	300*	460	1235
70+				
J. French	200	150	295	645
Mens Open				
114				
K. Snell	320	230	405	955
123				
J. Sutherland	380	225	375	980
132				
S. Soukup	325	250	365	940
148				
T. Conyers BL	630*	405	610	1645*
S. Johnson	510	315	560	1385
165				
H. Jones	450	370	530	1350
B. Smallwood	505	315	480	1300
M. Whitten	510	260	530	1300
181				
H. Krieger	650	355	600	1605
M. Barquera	545	375	580	1500
W. Conoly	510	380	540	1430
B. Strickland	560	325	500	1385
C. Fountain	450	285	460	1195
L. Carl	460	270	440	1170
198				
M. Krieger	650	320	605	1575
L. Starling	480	325	575	1380
J. Mantia	495	350	510	1355
K. Tillman	525	275	500	1300
220				
J. Jacobs	660	460	580	1700
J. Mulligan	595	405	585	1585
J. Stocker	475	350	585	1410
242				
T. O'Donell	660	420	640	1720
S. Cluster	680	470	550	1700
R. Moretti	600	355	660	1615
P. Bush	625	345	525	1495
D. Crocks	550	310	580	1440
275				
M. Battles	875*	480	665	2020*
T. Mahoney	700	440	660	1800
J. Coan	625	425	650	1700
UNL				
B. Moore	675	535*	700	1910
A. Chappell	675	430	600	1705
J. Severino	590	420	565	1575
Men Novice				
148				
C. Bentley BL	440	300	425	1165
S. Burns	340	260	435	1035
165				
J. Minor	410	280	510	1200
L. Digangi	430	260	465	1155
C. Zawalski	460	230	450	1140
D. Magann	385	315	410	1110
181				
T. Omalie	475	320	445	1240
C. Trevorah	390	230	420	1040
198				
C. Hunter	520	320	535	1375
K. Bass	500	275	500	1275
B. Donahay	470	320	460	1250
220				
P. Wallis	540	305	555	1400
D. Eldridge	420	305	560	1285
K. Slover	430	340	490	1260
242				
M. Wall	600	390	510	1500
G. Toy	500	340	540	1380
F. Forti	500	340	500	1340
K. Sunday	430	300	430	1160

* state record. ! American record. Team Trophy - Five Guys Power Team. 78 competitors hit the platform at the drug tested Region III Championship, producing several world class lifts and tons of tough competition. Helen Watkins led off a day of record breaking with a state total record in the over 50 masters; this in her first meet ever! Bodybuilder Kari Sabin can do more than pose, as her deadlift and total records in the women's open show. 19 year old Bud Jeffries nailed 2 teen American records, a 750 squat and a 1740 total. There are few tougher classes anywhere than Florida's 40-44 masters; three of the lifters are also the open state champs in their weight classes; two are world masters champions; and four have posted elite or better totals! Moses Battles blew up an 875 American squat record in this division on his way to a 2020 American record total! Moses dieted down to 275 for this meet, specifically to capture the open total record of Marvin Reeves, one of the most gifted strength athletes in the nation and 12 years his junior. Big MO will squat 900+ this year, and just matching his previous 490 bench and 710 deadlift puts him at 2100. If Reeves is serious about competition, we will have one of the great shootouts in the nation later this year, with records falling like dead leaves! Have you put 100 lbs. on each of your squat and deadlift, and 50 lbs. on your bench press in the last three years? If not, maybe you should talk to over 40 masters competitor and 242 open winner Tom O'Donell. In 1990 at this meet, he went 550-370-550(1470) at 242 to get his class 1 rating. This year he achieved 660-420-640(1720) to easily exceed elite! Tom says his keys are only hitting two meets per year, peaking to add at least 5 lbs. to each PR in each lift each time, and having a relative who is a physical therapist! The bad news is he can still only get third in the masters behind two world champions! A new 70+ masters class was added this year, and 114 lb. John French lifted conservatively to win it. His 295 DL looked quite easy, and with some confidence under his belt from the meet, some improved numbers are likely ahead. John was certainly a crowd favorite. Imagine making your 70's! Bill Remly, a mere 61, rammed up a masters record 300 lbs. bench press. He may have potential as he matures. The men's novice competition was notable in that most of them won't be back. Twelve of twenty made class 1 or better and are now open lifters. Bently was novice best lifter, and had he made all his attempts, he would have had an elite total! The mens open division was dominated by the world class attempts of 148 lb. Anthony Conyers. After an easy 630 opener in the squat, he made a very close attempt with 700! Tony missed a 420 bench at lockout, and for some reason took a solid 610 DL pull before going after Dan Austin's American record 620, which was again close. It's hard to call over 11 times bodyweight on five attempts a bad day, but Anthony Conyers left 700-420-620-1740 on the platform at 148! His squat and deadlift exceed his own FL records. Record attempts by Conyers and Moses Battles obscured some otherwise great lifting by other competitors. Howard Krieger and Mike Barquera had a war at 181, with Krieger coming back to win with 1605, after squatting 650, but trailing on the subtotal. Tom Mahoney went well past elite with a balanced 1800 total at 275. Beau Moore returned from a long layoff to post a 535 bench record and a 1910 total. Heartfelt thanks go out to the City of Lakeland Parks and Recreation Dept. for their co-sponsorship of this contest. This is one of the largest and nicest facilities available for powerlifting, and certainly the most and best quality of equipment this side of the Nationals. Lifters were greeted with four competition platforms, two with "Monolift" squat machines, and two for benches and deadlift.On the first day, we ran 171 squat attempts on two "Monolift" platforms in 90 minutes while setting each lifters' rack height and width in addition to weight! There is an improved safety factor as well. Recent rule changes prohibit letting the machine "hand" you the weight without backing out on record attempts, but hopefully this will pass with time. The unique first place trophies were standouts as always at a Louis Baltz meet. Thanks to Lou and all American Gym for another great drug free promotion. Special thanks to national judges Ellen, Tom, Rick, Lea, and Cathy; and to Joanie, Mary, and Stacy for their work at the scoring table. (report provided byFrank Kostyo).

Mike Giardina's Biggest Bench Press
3 Apr 93 - Elmira, NY

114		L. Myers	260
Open Women		T. Marks	255
M. Leszyk	115*	198	
J. Olson	110	Teen	
Teen		D. Paugh	265
G. Nordin	115	T. Blacker	260
B. Smith	110	Open Women	
123		D. Yasharian	175
Teen		C. Myers	165
C. McDonald	135	Open Men	
B. Jackson	125	J. Comereski	375
Open Women		C. Germain	375
T. Jessup	180*	T. Ogden	370
C. Atwater	170	C. Weed	340
Open Men		L. MUller	335
G. Taoka	220	Submaster 35-39	
B. Anderson	200	E.Kline	350
132		T. Kemp	345
Teen		Master 40-44	
J. Wheaton	200	J. Pappas	290
F. Niles	185	A. Ballinger	275
Open Men		Master 45-49	
C. Byrnes	370*	A. Williamson	370*
S. Helmer	195	D. Young	355
Open Women		Master 50-54	
M. Tillinghast	195*	B. Moritz	220
R. Jones	175	T. Packer	215
C. Stull	150	220	
J. Call	145	Open Men	
148		J. Prendergast	450
Open Men		B. King	380
K. Bates	305	J. Alberry	380
B. Sharenow	295	T. Snyder	380
F. Verdi	275	Z. YonnBrown	340
D. Sommers	265	B. Cavalier	335
Ja Corman	260	M. Stokes	330
Jo Corman	255	J. Drayer	330
165		Teen	
Teen		E. Robertson	210
D. Swackhammer		Submaster 35-39	
275		F. Bidwell	395
B. Collins	265	D. Wood	385
T. Smith	255	B. McClure	300
Open Men		R. Hess	300
J. Nichols	295	K. Meskew	295
D. Kress	270	Master 40-44	
J. Klinger	265	J. McAllister	350
D. Mattes	250	J. McCrane	315
P. Armlin	235	D.Moshinskie	275
R. Akins	230	Master 45-49	
K. Francis	225	S. Paulison	290
Masters 40-44		Master 50-54	
F. Jordan	265	D. Shaddock	425
M. Kohberger	260	Open Men	
M. Menewitch	255	242	
G. Nitti	250	G. Lee	550*
T. Pirozzolo	250	D. Grimaldi	490
T. Tubbert	245	B. Townsend	410
A. Anderson	240	J. Wilkins	390
Open Women		M. Dinkins	385
L. Narde	145	T. Givens	370
181		M. Sullivan	305
Teen		R. Campion	300
R. Perry	270	Master 45-49	
R. Traver	145	B. Langan	410
B. Garcia	140	Master 50-54	
Open Men		O. Henneman	315
J. Ogden	360*	Master 55-59	
A. Laurey	355	J. Bottcher	255
J. Aumiller	355	275	
N. Terzulli	350	Teen	
J. Behari	330	D. Kelver	415*
S. Corman	315	T.Walker	405
K. Moss	300	Open Men	
J. Lower	250	M. Babb	470
R. Young	245	M. Ruggiera	465
Submaster 35-39		R. Siednof	405
J. Fowler	330	H. Schnell	395
T. Eagen	320	D. Black	385
T. Gamble	315	S. Webster	230
Master 40-44		SHW	
A. Fusco	280	M. Murray	445
P. Cramer	275	O. Jensen	395
		G. Conway	395

* Twin Tier record. Teams: 1. Club Nautilus of Horseheads, NY, 2. Chemung County of Sheriff's Department, 3. Fitness Factory of Buffalo, 4. Don's Barbell Co. of Pennsylvania. The meet was a big success, attracting over 90 lifters, some from as far away as Buffalo, PA, and Tennessee. For many, the comment was "this was my best meet ever" and "this was your best meet ever." We are consistently getting better and looking for ways to speed up the awards handling and other areas that make the meet drag on. There were many fine performances in each weight class throughout the day. So, congratulations to all lifters, teams, and coaches for a job well done. There were many record breaking performances, eight to be exact, in low classes and high classes. Mary Leszyk in the 114 class did a bench of 115. Terri Jessup in the 123 class broke her own record from last year with a 180 bench. Chris Byrnes in the 132 mens open, benched 370. In the 181 mens open, Elmira's John Ogden did a 360 bench. And in the master's division, New York state champ Al Williamson came through with a 370 bench. We can't forget another teen Dan Kelver in the 275 class who looked like Ken Lain doing a 415 bench. Greg Lee from Ithaca, NY, in the 242 class, stole the show this year with a 550 bench. I want to thank all of our participants and also the spectators who made my 1993 Best Bench Championship so successful. I would like to thank my close friends Charlie Reinhart for helping me and also WLEZ's Chis Faber, WELM's Pat Solais, and WENY's Mike Verity for the promotion of the meet; my scorers - Same, Lalonie, Rich, world class lifter Ken Otis, Pete D'arcangelo, Sam DiGiacomo, and Pete Metal. Believe me, without my dedicated people, I would be lost! This eighth annual bench press contest was a special moment for me because eight years ago, I started out with 30 lifters, and this meet brought 90 lifters. So over the years, I must be doing something right because the lifters keep coming back. Thanks to Pal's Sporting Goods Store and Dan Maloney. Also thanks to Mike Lambert of *Powerlifting USA* magazine for the use of this magazine to promote the contest. Without Mike, the contest would not have been extended to as many lifters. Also thanks to John Comereski, you were only 25 lbs. off. Hope to see you all next year. (Thanks to Michael Giardina, director, for results.)

Honorees... at the 1st ADFPA Iowa Record Breaker Invitational include, left to right, front row, Dave Bevenour, Frances Foggia, Connie Gordon, and Ron Gomez. Back row, Ray Hamill, Ray Haynes, Dale Baker, Vern Rash, Michael (SAAS) Collet, and Dan Ketterer. These are people who make ADFPA lifting a success in Iowa. (photo-L. Foggia)

ADFPA Iowa Record Breakers
27 Mar 93 - Des Moines, IA

Men	SQ	BP	DL	Total
114				
3 yr. Drug Free				
D. Bevenour	180	150	295	625
Lifetime				
D. Bevenour	180	150	295	625
148				
Bench Press				
K. Lenz		245		
165				
Lifetime				
J. Lindley	385	330	400	1115
Teen				
J. Ogg	225	235	250	710
Bench Press				
J. Lindley		330		
181				
Lifetime				
E.Mimms, Sr.	350	250	475	1075
S. Bonnel	135	340*	385	860
Submaster				
E. Mimms, Sr.	350	250	475	1075
198				
Master				
F. Weismuller	420	400	440	1260
Bench Press				
F. Weismuller		400		
220				
3 yr. Drug Free				
M. Foggia	610	450	555	1615
M. Christensen	385	300	3855	1070
Lifetime				
M. Foggia	610	450	555	1615
M. Christensen	385	300	385	1070
T. Neulover	330	315	415	1060
242				

3 yr. Drug Free				
R. Hamill	500	315	505	1355
Lifetime				
R. Hamill	500	315	505	13555
R. Rihani	440	405	490	1335
Submaster				
L. Ony, Jr.	425	335	510	1270
Master				
R. Hamill	500	315	505	1355
M. Collet	400	355	415	1170
Bench Press				
M. Collett		355		
G. Luthrog		340		
SHW				
Master				
T. Wright, Sr.	575	290	500	1365
Bench Press				
T. Wright, Jr.		340		
Women				
129				
L. Singleton	145	110	155	410
J. Ogg	140	100	150	390
139				
K. Hummel	165	100	205	470
154				
K. Oxenford	3150	105	215	470
UNL				
C. Ogg	175	145	230	550

* state record (results courtesy of Kim Oxenford)

Move-A-Mountain Meet
27 Mar 93 - Bradford, PA

FCI McKean	SQ	BP	DL	Total
132	275	150	340	765
L. Richardson	205	150	300	655
148				
R. Johnson	405	230	420	1055
F. Portocarrero	340	200	390	930
E. Sandor	225	165	275	665
P. Flemming		305		305
165				
A. Whitlow	405	340	500	1245
M. Davis	250	275	375	900
H. Bordayo	225	145	285	665
198				
J. Hamilton	500	315	510	1325
Masters				
166-181				
Taglianitti-41		280		280
220				
E. Thompson	525	385	560	1470
P. Lopez	550	300	550	1400
165				
J. Wiler	325	310	415	1050
J. Lawson	450	300	510	1260
181				
R. Sharp	425	330	490	1245
220				
C. Russ	545	300	575	1420
T. Keefer	465	355	475	1295
J. Anderson	465	285	500	1250
275	660	450	690	1800
Masters				
275				
J. Wright-49	520	300	485	1305

(Thanks to Stephen Saratowski for the results.)

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ANPPC Drug-Free Pennsylvania Bench
28 Mar 93 - Roxborough, PA

Women			
Light		T. Trapasso BL	355
C. Bentsel-107	120	M. MEtz	320
L. Urgo-102	100	T. Neris	275
Middle		L. Shaw	250
B. Kurtz-148	160	G. Apanewicz	250
M. Henry-145	150	181	
Men		J. Hackenberry	345
Teen 14-17		M. Quarto	275
H. Little-107	185	R. Urgo	275
J. Stutzman-145	255	198	
L. Shaw-155	250	B. Rivera	375
G. Apanewicz-165		R. Acevedo	365
250		D. Urgo	280
Open		242	
114		M. Watahovich	375
H. Little	185	B. Feeney	345
123		R. Moore	340
R. Slank	210	Masters	
148		M. Watahovich	375
L. Zimmerman	265	B. Feeney	345
J. Stutzman	255	D. Urgo	280

We wish to thank the owners, Jim and Joyce Fergus for their help in promoting this contest and providing an excellent venue for the same. The women's contest featured Beth Kurtz setting a "state record" 160 bench at 148, while winning the women's middleweight class and overall best female lifter. The teen men's competition featured Joel Stutzman (17 years old) setting a "state record" 255 bench at 145; also, Harry Little (15 years old) set a "state and national record" 185 bench at 107 and won overall best teen lifter title. The men's open competition was dominated by Tony Trapasso, who won the 165 lb. class as well as set "state" and "regional" records with a 355 bench at 162. Harry Little also set men's "state" and "regional" records with his 185 bench at 107; this also won him the 114 lb. class. Randall Slank set a "state" record in the 123 lb. class with a 210 bench at 119. The overall best lifter of the contest was Tony Trapasso. We want to congratulate all the excellent lifters in this first ever "Lifetime Drug-Free" bench press contest in Pennsylvania, sanctioned by the ANPPC, in which every lifter was required to take and pass a polygraph test to confirm them "lifetime drug-free." Thanks again to all the lifters, spotters, judges, etc., and Jim & Joyce Fergus for making this such a successful event for true drug-free powerlifting. (Thanks to Angelo of the ANPPC for providing these results.)

NASA Texas State
11 Apr 93 - Dallas, TX (kg)

Women	SQ	BP	DL	Total
Pure Novice				
123				
Kossed-Hill	85	45	92.5	222.5
Pure				
132				
Marburger	110	55	137.5	302.5
181				
Sheapard	107.5	65	115	287.5
SHW				
Davis	142.5	77.5	152.5	372.5
Submasters				
123				
Koosed-Hill	85	45	92.5	222.5
Women Pure				
165				
Hammer	283.5	165	240	687.5
Pure Novice				
148				
Woodworth	210	142.5	210	562.5
165				
Register	187.5	120	192.5	500
Hawkins	182.5	95	170	447.5
181				
Garza	200	130	215	445
198				
Scarmack	212.5	145	227.5	585
242				
Jones	297.5	155	252.5	705
Raines	235	120	227.5	582.5
SHW				
Hendren	245	147.5	245	637.5
Natural				
181				
Dain	215	132.5	227.5	575
220				
Hargens	245	152.5	232.5	630
275				
Muns	320	202.5	290	812.5
High School Pure				
148				
McBride	185	102.5	200	487.5
SHW				
Morales	300	137.5	185	622.5
Teen				
148				
Gonzales	170	107.5	165	442.5
165				
Anding	197.5	122.5	205	525
Juniors				
198				
Scarmack	212.5	145	227.5	585
Submasters				

Harry Little (15 years old) set an ANPPC state and national record at the ANPPC Drug Free Pennsylvania Bench Press Championships with a 185 at 107 lb. bodyweight, winning the best overall teen lifter award. (photo courtesy ANPPC)

165				
Blount	220	120	275	615
Register	187.5	120	192.5	500
181				
Marino	160	107.5	180	455
220				
Hargens	245	152.5	232.5	630
Todd	167.5	140	190	497.5
242				
Jones	297.5	155	252.5	705
Raines	235	120	227.5	582.5
Masters 1				
198				
Lamb	182.5	110	195	487.5
242				
Pagano	205	120	195	520
Masters 2				
220				
Huckabay	140	140	140	420
242				
Smith	147.5	95	165	407.5
Benc h Press		242		
Women		Hendrix		217.5
SHW		Garcia		192.5
Davis	77.5	High School Pure		
Men Pure		220		
181		Shires		72.5
Rohn	150	Teen		
242		165		
Garcia	192.5	Anding		122.5
Hammons	175	Submaster		
275		181		
Butler	145	Sukovaty		152.5
Pure Novice		220		
198		Hargens		152.5
Miller	137.5	242		
220		Jones		55
Ross	206	Juniors		
Shires	72.5	198		
Natural		Miller		137.5
165		Masters 1		
Gardina	120	181		
181		Pittman		170
Rohn	150	Masters 2		
220		220		
Hargens	152.5	Huckabay		147.5

(Thanks to NASA for providing these meet results.)

Wethersfield Barbell & Prolab Nutrition Connecticut Open Bench
27 Mar 93 - Wethersfield, CT

Women		M. Cordero	290
S. Cantina	120	B. Catallina	240
Teens		198	
D. Reynolds	135	R. Cote	365
Masters		J. Vitaz	320
A. Middleton	415	220	
G. Bryant	370	K. Wheeler	435
148		J. Prendergast	425
G. Larson	330	B. Brzozowski	375
165		B. Youngs	315
s. Suschana	365	242	
J. Pitti	345	D. Ferguson	315
K. Buckingham	235	275	
E. Namias	185	C. Blanchard	370
181		T. Victor	345
J. McNulty	360	SHW	
		M. Huskey	275

(Thanks to Dan Daube for providing the results.)

Fact Sheet On

THE STRONGEST MAN in Recorded History Video

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CONTENTS

Over 160 still photographs
Movie footage from major production and news companies of Paul's most famous competitions as an amateur.
(1) October 1953 Montreal, Canada: New Canadian open record
(2) June 1955, Cleveland, Ohio: World Record
(3) June 1955, Russia: Two World Records
(4) October 1955, Munich, Germany: World Record
(5) June 1956, Philadelphia, PA: 3 World Records
(6) December 1956, Melbourne, Australia: Gold Medal in Olympic Games
Home Movie Footage
(1) Anderson returns to Toccoa, GA., after stunning the Russians
(2) Anderson meets Vice President Richard Nixon in 1955 after returning from Russia
(3) Anderson working out in Toccoa 1955, squatting huge wheels, lifting two 55 gallon drums, presses, and upside down push-ups
Footage from major production and news companies
(1) Paul returns to L.A. airport after winning gold medal in Melbourne in 1956
(2) Paul turns professional wrestler in 1957; shows Paul walking down the street in wrestling outfit, lifting large iron dumbbell overhead with one arm and lifting two women-one with each arm
Movie footage of Paul during many of his public appearances in the sixties and seventies
(1) Squatting with around 900 pounds at an appearance in Texas
(2) Driving nails through 2x4 wooden beams with his bare hands
(3) One arm presses with 240 and 300 pound dumbbells
(4) Numerous back lifts of tables loaded with men from the audience
(5) Holding sixty pound iron balls out at arms length with his little pinkies
(6) Many of his speeches concerning his love of God, country and the free enterprise system
Interviews with:
(1) High school classmates of Paul in Toccoa, Georgia
(2) Bob Peoples, world-renowned lifter during the forties and fifties, and one of the first recognized lifting authorities to see Paul Anderson make record-breaking lifts
(3) Herb Glossbrenner, Bob Hise, Jack Hughes: weightlifting experts
(4) Personal friends and admirers of Paul; Joe Frank Harris, Governor of Georgia from 1983 through 1991; Truett Cathy, founder and president of Chick-fil-A; and Pat Williams, general manager and president of the Orlando Magic Basketball team.
(5) Numerous interviews concerning Paul Anderson's work and success at the Paul Anderson Youth Home with some of the parents and graduates of the home
(6) Paul's sister Dot Johnson, his wife Glenda and daughter Paula, and Paul Anderson, himself

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Lori Mongillo deadlifting 270 lbs. at the APA World Gym Record Breakers Meet. (courtesy Joe Steele)

2nd APA World Gym Record Breakers
7 Mar 93 - Hamden, CT

Women	SQ	BP	DL	Total
105				
H. Specht	185j	85	165	435j
132				
L. Mongillo	270w	150	275	695
Bench				
114				
C. Miller		110		
Men				
148				
D. Altieri	410	295	455	1160
220				
J. Copeland	525	255	510	1290
SHW				
R. Robinson	245	365	505j	1115j

j- Junior World record. w- World record. Meet Directors: Joseph Steele and Andrew Bram. Judges: Joseph Steele, Andrew Bram, Kimberly Steele, and Jeff Copeland. Announcer: Andrew Bram. The 2nd annual APA World Gym Record Breakers went very well with six lifters being invited to compete. They set four new junior world records and one open world record. In the women's division, Holly Specht won the 105 lb. class and set two new women's junior world records. In the 132's Lori Mongillo set a new women's world record in the squat with a 270 lb. lift. In the men's Roger Robinson set two new junior world records. (results fromJoe Steele)

14th GPHS Meet
31 Mar 93 - Pigeon Forge, TN

118				
R. David	250	150	285	685
J. Jackson	225	160	250	635
T. Ogle	225	135	250	610
140				
G. Bordes	45	200	345	890
S. Bradley	310	225	315	850
S. Orsburn	225	135	225	585
148				
R. Simpson	365	240	395	1000
T. Waroway	335	185	350	870
D. Ogle	300	210	355	865
168				
J. Wilson	475	230	475	1180
A. Ogle	485	245	385	1115
H. Carver	370	230	400	1000
186				
J. Baker	525	250	425	1200
B. Sandiford	430	265	415	1110
J. Bailey	340	195	375	910
200				
C. Russell	500	300	450	1250
S. Perry	430	225	405	1060
R. Burkett	405	215	415	1035
228				
E. Kelch BL	550	275	475	1300
J. Cowart	500	285	500	1285
C. Bracking	450	215	500	1195

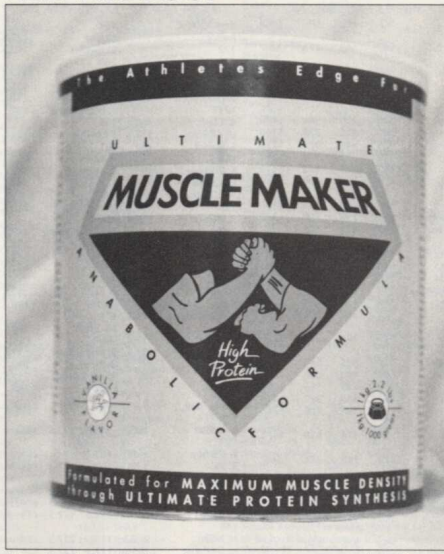
(Thanks to Stephen Perry for providing the results.)

ADFPA National Military Championship
20 Feb 93 - Redlands, CA

Women	SQ	BP	DL	Total
D. Palk	245	150	290	685
S. McNeil	400	225	375	1000
165				
C. Turner	565	330	530	1425
181				
C. Bradham	535	370	640	1545
J. Courtenay	465	315	570	1350
T. Parry	420	275	460	1155
198				
V. Elliott	605	370	560	1535
T. Roberts	420	300	500	1220
220				
J. Graham	660	375	610	1645
W.Murawski	500	365	525	1390
K. Canzater	485	325	555	1365
242				
S. Lanier	510	430	570	1510
Master				
J. Graham	660	375	610	1645
V. Elliott	605	370	560	1535
M. Carry	430	250	490	1170
Guard/ Reserve				
R. Schwart	550	370	545	1465
G. Shiroma	200	170	280	650
Dependent				
L. Elliott	430	255	455	1140

The ADFPA National Military Powerlifting Championship, held at Norton AFB, hosted 17 lifters from four service branches; active duty, reserve members, retirees, and dependents were represented. The meet was smaller than anticipated because many potential competitors answered the call to duty in Somalia. The event was coordinated by Norton AFB MWRS and sponsored by Advanced Free Weight Systems (AFS) of Redlands, CA, Budweiser, and the US Military Sports Association. An entire gymnasium worth of weights and equipment for the warm up and the competition were supplied by AFS. This was the first ADFPA national military championship, and many national military records were set. Delcy Palk, USAF, and Sally McNeil, USMC, were the two women lifters at the meet. Palk, in the 97 lb. class, squatted 245 lbs. (attempted a 290 lb. squat), benched 150 lbs., and deadlifted 290 lbs. Her total of 685 is close to seven times her bodyweight. McNeil, 154 lb. class, squatted 400 lbs., benched 225, and deadlifted 375 lbs. for a 1000 lb. total. Highlights of the men's active duty competition include Christopher Turner (165) who broke the state 18-19 teen records in the squat with 565 lbs., bench press with 330 lbs., and deadlift with 530 lbs. Curtis Bradham, USAF, won the 181 lb. class with 535-370-640-1545. The 198 lb. class was won by Victor Elliott, USMC. The 26 year old marine was part of a father/ son team at the meet. Elliott won with 605-370-560-1535. John Graham, Army, won the 220 lb. class. Graham attempted a 700 lb. squat, the heaviest of the meet. He won with 660-375-610. Graham had recently injured an ankle which required pins to be inserted, making his efforts all the more spectacular. Steve Lanier, USMC, attempted a 470 lb. bench press on his way to winning the 242 lb. class. Doug Franklin, Army, pulled a 700 lb. deadlift on his way to win the 275 lb. class. One of the meet champions was Martin Garry, USAF retired. Garry set an entire slate of new American master records in the 60-65 year group in the 181 lb. class. At 63 years young, Garry went 423-245-483-1151. The overall service champions were the Marine Corps, with the Army and Navy following. Our deepest appreciation to the Fitness Center staff, the MWRS personnel, and the many volunteers who participated and made this competition a success. (Thanks to Joe Marksteiner for providing the competition results.)

NEW PRODUCT



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ADFPA North Carolina State
22 May 93 - Ahoskie, NC

Open	SQ	BP	DL	Total
114				
B. Riddick-t	245	165	275	685
148				
K. Soloski	405	135	145	685
165				
J. Nesbitt	380	225	505	1110
181				
J. Bennett	520	360	560	1440
S. Rozier	500	315	525	1340
D. Fleming	430	340	475	1255
J. Winters	430	335	475	1240
J. Fipps	425	275	470	1170
G. Frazier	410	290	460	1160
198				
T. Booth	600	360	625*	1585*
E. Sampson	560	350	450	1360
D. McMillan	145	475*	145	765
220				
T. Broihier BL	600	500*	585	1685*
H. Faison	600	350	675*	1625
G. Speight	590	360	550	1500
W. Dickerson	510	320	500	1330
G. Swain	450	325	485	1260
C. Reed	425	240	500	1165
242				
J. Fletcher	535	365	515	1415
275				
C. Pressley BL	650	345	660*	1655
G. Hill	600	400	600	1600
M. Neal	570	415	565	1550
A. Cherry	465	405	500	1370
S. Spear	460	325	480	1265
SHW				
T. Everett	550	375	550	1475
Female Open				
M. Brown-154	210	110	275	595
Men Submaster				
165-220				
D. Fleming-181	440*	340*	475	1255
D. Haddock-220	500*	375*	525*	1400*
G. Swain-220	450	325	485	1260
242-SHW				
T. Everett-SHW	550*	375*	550*	1475*
S. Spear-275	460*	325*	480*	1265*
Female Submaster				
D. Howie-122	235*	125*	275*	635*
Men Master				
165-220				
J. Nesbitt-165(50)	380*	225*	505*	1110*
Dikerson-220(46)	510*	320*	500*	1330*
J. Jones-181(41)	305	280	375	960
Meegan-220(47)	340	200	375	915
McMillan-198(40)	145	475*	145	765
242-SHW				
G. Hill-275(42)BL	600	400	600	1600
M. Brown-242(43)	475	250	520	1245
Men Teen				
114-148 (16-17)				
B. Riddick-114	245*	165*	275*	685*
14-15				
D. Green-132	280*	185*	335*	800*
165-220 (18-19)				
R. Hamiel-181 BL	450*	250*	515*	1215*
B. Knight-165	405	195	470	1070
14-15				
H. Weaver-181	360*	230*	420*	1010*
242-SHW (16-17)				
D. Kennedy-275	445*	285*	500*	1230*
K. Williams-242	405*	285*	475*	1165*

* state record. Meet Directors: Donnie and Debbie Kiefer. The turnout was light but the lifting was great! More than 50 state records were broken by day's end. Danny McMillan and Tim Broihier provided lots of excitement with benches of 475 and 500 in the 198's and 220's respectively. Harry Faison pulled an easy 675 DL in the 220's to shatter the NC record and was within inches of locking out 700 lbs. Diane Howie dusted all of her own records in the submaster 122 lb. class. Diane is a fine lifter, ably coached by hubby Johnnie who is a former powerlifting champion, bodybuilding champion and quasi-rock star! Charles Pressley in the 275 (244 bwt) had a great day and is a pleasure to be around. Tom Booth is a lifter with lots of potential and is capable of much more poundage than his state record 1585 at 198. Elton Winslow did a super job of announcing the meet in only his first outing. Thanks coach! Many thanks to Richard Pridgen, Glenn Hill, and Shea Rozier for the tremendous help they provided. Thanks, Tara Evans! Two lifters were slightly injured and unabie to compete to their full potential. Kurt Sokolski and Emory Sampson were both injured on first attempt squats. Both are very fine lifters and will be back! Special thanks to Danny Pfyler, Charles Pressley, Kurt Sokolski, and all of the Gates County High School athletes who did a great job scoring, loading, spotting, etc. Without you the meet would not have been possible. Also thank you to the great guys at the very fine Pierce's Powerhouse Gym at Ahoskie. (Thanks to Donnie Kiefer for providing the results.)

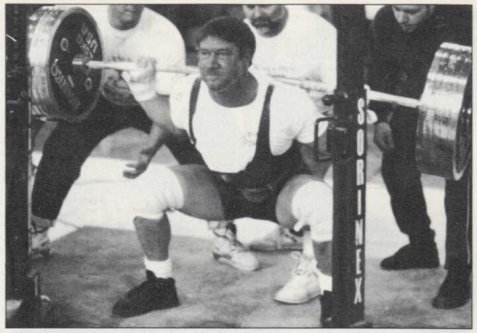
USPF North Carolina (kg)
13,14 Mar 93 - Fayetteville, NC

Bench Press		132		
Junior		C. Kim		127.5
132		C. Nettles		102.5
C. Nettles	102.5	148		
148		P. Dees		122.5
M. Overcash	130	J. Drew		115
S. Huneycutt	100	M. Puckett		110
181		S. Huneycutt		100
B. Clark	160	165		
D. Oliver	137.5	J. Phillips		125
S. Rozier	130	181		
198		L. Rorie		213
K. Webber	175	B. Jones		195
R. Grubb	165	R. Wilborn		142.5
M. Chance	147.5	198		
220		D. McMillian		210
P. Heath	197.5	220		
242		M. Broadwater		197.5
J. Dills	160	E. Mosley		192.5
Women		T. Frazer		175
181		J. Gankler		170
J. Lentz	115!	242		
Masters		B. Rush		242.5
181		J. Dills		160
R. Hammond	112.5	275		
198		TA. Burr		190
D. McMillian	210	SHW		
D. Cooke	132.5	K. Brazemore		227.5
SHW		D. Troxler		220
J. Jones	180	N. Nicholson		217.5
Men		J. Jones		180

Men Open	SQ	BP	DL	Total
114				
B. Cooke	127.5	82.5*	137.5	347.5
123				
T. Chrisco	165	102.5	170	437.5
B. Zak	140	107.5	187.5	435
132				
C. Kim	170	127.5	207.5	505
C. Nettles	180	102.5	187.5	470
B. Turner	145	112.5	177.5	435
148				
N. Mills	227.5	115	227.5	570
A. Deshazo	185	117.5	227.5	530
S. Huneycutt	155	100	200	455
165				
P. Bailey	215	140	245	600
181				
L. Rorie	272.5	213*	227.5	712.5
D. Cooke	250	172.5	232.5	655
C. Wilkins	230	140	272.5	642.5
D. Oliver	240	137.5	245	622.5
S. Rozier	215	130	240	605
198				
M. Jenkins	290	185	283	757.5
J. Inlow	275	155	275	705
K. Webber	280	175	245	700
220				
T. King	277.5	205	257.5	740
T. Cain	300	172.5	265	737.5
242				
B. Rush	320	242.5	295	857.5
J. Dills	260	152.5	227.	647.5
275				
H. Brown	305	172.5	290	767.5
O. Tadros	272.5	190	272.5	735
T. Burr	280	190	242.5	712.5
R. Gaskey	272.5	122.5	277.5	672.5
SHW				
D. Troxler	295	220	295	810
E. Adams	305	195	292.5	792.5
N. Nicholson	285	217.5	285	787.5
Women				
48				
S. Jones	75	27.5	100	202.5
52				
L. Fererro	102.5	62.5	137.5	302.5
C. Davidson	72.5	37.5	92.5	202.5
56				
D. Hagan	130	62.5	127.5	320
J. Ward	92.5	67.5	127.5	287.5
60				
K. Moore	97.5	60	130	287.5
67.5				
J. Aaron	127.5	77.5	160	365
Women Submaster				
67.5				
D. Trogdon	97.5	40	127.5*	265*
Men Class I				
114				
P. Sum	115	80	160	345
132				
C. Nettles	180	102.5	187.5	470
B. Turner	145	112.5	177.5	435
148				
A. Deshazo	185	117.5	227.5	530
S. Huneycutt	155	100	200	455
D. Smith	150	115	172.5	430
M. Brown	142.5	85	182.5	410
165				
P. Bailey	215	140	245	600
A. Thomas	195	125	240	560
S. Overton	180	130	195	505
181				
T. Pinnix	227.5	172.5	227.5	627.5
D. Oliver	240	137.5	245	622.5
S. Rozier	215	130	240	605
B. Whitman	195	130	257.5	582.5
R. Hayes	212.5	110	240	562.5
R. Wilborn	187.5	142.5	212.5	542.5
198				
J. Brown	245	142.5	250	637.5
W. Cain	217.5	160	245	635
J. Donavon	197.5	147.5	225	570
J. Ferrell	200	115	245	560
220				
P. Heath	265	197.5	262.5	725
R. Ritch	242.5	155	275	672.5
T. Frazier	202.5	175	265	642.5
G. Speight	242.5	155	242.5	640
242				
R. Powers	257.5	177.5	260	695
T. Tomter	205	145	227.5	577.5
R. Neely	227.5	142.5	180	550
275				
H. Brown	305	172.5	290	767.5
T. Burr	280	190	242.5	712.5
B. Norman	262.5	155	260	677.5
SHW				
N. Nicholson	285	217.5	285	787.5
B. Hayes	282.5	170	250	702.5
A. Thompson	250	170	220	640
Juniors				
114				
B. Cooke	127.5	82.5*	137.5	347.5
123				
B. Zak	140*	107.5*	187.5*	435*
A. Gatewood	155*	70	155*	380*
132				
C. Nettles	180*	102.5	187.5*	470*
B. Turner	145	112.5	177.5	435
J. Johnson	57.5	35	100	192.5
148				
D. Riddle	195	92.5	200	487.5
R. Millikan	172.5*	90	182.5	445
S. Huneycutt	155	100	200	455
C. Lawson	137.5	87.5	182.5	407.5
M. Brown	142.5	85	182.5	410
A. Johnson	127.5	62.5	160	350
165				
D. McMillian	187.5	130	192.5	510
J. Jordan	165	107.5	190	462.5
C. Graham	102.5	65	147.5	315
181				
B. Clark	227.5	162.5	250	637.5
D. Oliver	240	137.5	245	622.5
S. Rozier	215	130	240	605
B. Whitman	195	130	257.5	582.5
R. Hayes	212.5	110	240	562.5
198				

North Carolina POWER!!!!!!!!

USPF North Carolina State Bench Press Champions *are from Lee's Movers, left to right, Chris Nettles, Patrick Dees, Scott Honeycutt, Lee Orie (coach), Tod Frazer, Nick Nicholson, and David Coble. On bench is Sharon Rorie. The team won the title and 18 trophies in its first competitive outing. (courtesy Rorie)*



Tim King, USPF State Chairman *went 3 for 3 in the squats, 8 for 9 on the day, and took the 220 Submasters and Open titles at the USPF North Carolina Championships (photograph courtesy of Sandy King)*

M. Jenkins	290*	185	283*!	757.5*
K. Webber	280	175	245	700
D. Cheek	207.5	142.5	245	595
M. Chance	200	147.5	232.5	585
R. Grubb	187.5	165	182.5	535
J. Ivey	187.5	145	195	527.5
220				
D. King	197.5	127.5	240	565
K. Reees	205	117.5	227.5	550
O. Gaines	197.5	102.5	192.5	492.5
M. Ritch	137.5	70	137.5	345
242				
J. Dills	260	160	227.5	647.5
M. Williamson	210	145	245	600
275				
H. Brown	305	172.5	290	767.5
T. Burr	280	190	242.5	712.5
SHW				
J. O'Neal	195	77.5	170	442.5
Masters				
132				
C. Kim-sub	170*	127.5*	207.5*	505*
165				
D. Summerell-1	127.5	102.5	160	390
181				
D. Cooke-sub	250*	172.5*	232.5*	655*
R. Hammonds-1	190	112.5	187.5	490
198				
J. Covington-1	177.5	125	227.5	530
R. Swaim-2	227.5	125	250	602.5
220				
T. King-sub	277.5*	205*	257.5*	740*
C. Beane-1	227.5	107.5	205	540
A. Arrington-2	230*	125	215	570
242				
N. Britt-1	215	140	250	605
275				
B. Norman-sub	262.5*	155*	260*	677.5*
R. Gaskey-1	272.5	122.5	277.5	672.5
SHW				
B. Hayes-sub	282.5*	170*	250*	702.5*
A. Ritch	260	160	240*	660

* state record ! American record. Sub- (35-39). 1- (40-49). 2- 50+. I would like to thank all of the people who helped with this meet. There were no injuries and very few misloads thanks to the great work of the platform personal. We pushed through over 130 lifters in two days on one platform. Had it not been for the freak blizzard that rolled over the East Coast that weekend it would have been a perfect meet. Congratulations are in order for the King's Gym lifters who, for the 7th year in a row, won the state titles for the Open and Class II teams. King's also won the Junior team and the master's teams. Lee's Movers won the bench team award. Best Lifter award in the open division went to Bryan Rush, class II to Paul Heath, bench press to Lee Rorie, women to Jacqueline Arron, and master's to Red Swaim. (Thanks to Sandy King for the results.)

NASA N. Carolina State
3 Apr 93 - Burlington, NC (kg)

Women	SQ	BP	DL	Total
132				
Plesiusky	122.5	57.5	140	320
Talbott	80	42.5	110	232.5
Men Pure				
148				
Annas	227.5	102.5	215	545
165				
Hargett	205	100	227.5	532.5
181				
Miller	182.5	180	227.5	582.5
Wellborn	177.5	137.5	215	530
198				
Davis	260	142.5	272.5	675
Foy	272.5	152.5	245	670
242				
Teeter	275	152.5	242.5	670
Holloman	250	150	237.5	637.5
275				
Flud	272.5	165	265	702.5
Lowe	220	150	227.5	597.5
Pure Novice				
165				
Rogers	205	115	240	560
Souder	165	132.5	192.5	490
181				
Wellborn	177.5	137.5	215	530
Souder	165	132.5	192.5	490
198				
James	215	130	227.5	572.5
D'Amrosio	205	127.5	227.5	560
Smith	190	150	210	550
Talbott	160	125	190	475
Lee	132.5	95	200	427.5
Cornell*	190	127.5	230	572.5
220				
Graham	190	152.5	252.5	595
Plesiusky	210	137.5	242.5	590
Reed	182.5	105	220	507.5
242				
Teeter	275	152.5	242.5	670
Holloman	250	150	237.5	637.5
275				
Flud	272.5	165	265	762.5
Lowe	220	150	227.5	597.5
Natural				
148				
Annas	227.5	102.5	215	545
220				
Eason	235	155	235	625
Windsor	205	160	242.5	607.5
242				
Steckel	250	157.5	272.5	680
High School Pure				
148				
Best	142.5	67.5	145	355
220				
Jones	30	125	230	585
Poplin	215	140	197.5	552.5
242				
Ritch	137.5	75	147.5	360
275				
Stewart	215	152.5	195	562.5
Teen				
148				
Medlin	150	110	210	470
165				
Rogers	205	115	240	560
220				
Poplin	215	140	197.5	552.5
Juniors				
148				
Medlin	150	110	210	470
165				
Rogers	205	115	240	560
220				
Poplin	215	140	197.5	552.5
242				
Schoeffstall	242.5	162.5	240	645
Holloman	250	150	237.5	637.5
Rowland	172.5	92.5	200	465
Submaster				
198				
D'Ambrosio	205	127.5	227.5	560
Talbott	160	125	190	475
220				
Payne	250	160	245	655
Windsor	205	160	242.5	607.5
Rubenstein	190	137.5	212.5	540
275				
Bell	307.5	182.5	262.5	752.5
Masters 3				
148				
Weed	115	72.5	172.5	360
Benc h Press		Bazemore		232.5
Women		Jones		180
132		High School Pure		
Meador	75	114		
148		Amos		65
Woods	45	165		
198		Cross		112.5
Kepley	110	181		
Men Pure		Jordan		125
123		275		
Jackson	105	Stewart		152.5
132		Peterson		142.5
Davis	95	Teen		
165		123		
Powell	157.5	Benson		130
181		220		
Wellborn	137.5	Hawn		150
198		Juniors		
Scott	187.5	123		
Streeter	165	Benson		130
220		198		
O'Bryan	185	Jones		145
Keel	185	242		
275		Schoffstall		162.5
Guyer	200	275		
SHW		Shock		172.5
Bazemore	232.5	SHW		
Pure Novice		Brown		197.5
132		Submaster		
Davis	95	148		
148		Keese		137.5
Keese	137.5	181		
165		Farrington		177.5
Cauble	130	Wilson		157.5
Orr	115	198		
181		Scott		187.5
Fredrick	162.5	242		
Wade	160	Clarkson		155
Hinson	157.5	Day		152.5
Wellborn	137.5	275		
198		Bell		182.5
Scott	187.5	SHW		
Streeter	165	Jones		180
220		Hubbard		175
O'Bryan	185	Masters 1		
Keel	185	132		
Phillips	155	Davis		95
242		198		
Young	192.5	Kinsel		125
Yates	165	200		
275		Neely		165
Guyer	200	242		
Natural		Edward		162.5
132		Masters 2		
Chrisco	97.5	165		
Davis	95	Edwards		110
198		181		
Scott	187.5	Shoaf		140
220		275		
Broadwater	200	Toms		155
O'Bryan	185	Masters 3		
Gaukler	175	132		
Windsor	160	Davis		95
275		Over 65		
Jones	172.5	275		
SHW		Hensley		112.5

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

WNPF Southern States
3,4 Apr 93 - Henderson, NC

Women	SQ	BP	DL	Total
114				
Novice				
Messina	145	95!	210	450
Submasters				
Messina	145	95	210	450
Men				
123				
Novice				
Hargrove	180	175	230	585
Police				
Hargrove	180!	175!	230!	585!
132				
Teen 17-19				
Filippone	225	130	225	680
165				
Natural				
Autry BL	605!	285	600!	1490!
Rogers	405	295	515	1205
Novice				
Rogers	405	295!	515!	1205!
Police				
Rogers	405	295	515	1205
198				
Lifetime				
Talley	490	290	450	1230
Submaster				
Talley	490	290	450	1230
220				
Teen 14-16				
Weeks	395	305	435	1135
Police				
Des Rosier	580	350	575	1505
Novice				
Kravolic	525	340	630	1495
242				
Police				
Carafano	520			
Novice				
Harrington	500	320	425	1245
Benc h Press		Police		
Women		Rockwell		425!
132		242		
Junior		Lifetime		
Frazier	105!	Young		425
Police		Harris		350
Frazier	105!	Natural		
148		Young		425
Novice		Novice		
Dale	245	Young		425
Lifetiime		Holloway		300
Hargrove	300	Master 40-44		
181		Wright		330
Teen 14-16		275		
Taylor	270!	Special Olympics		
Lifetime		Gregory		290!
Ashe	375	Master 40-44		
Boyd	260	Orr		450!
198		308		
Lifetime		Junior		
Fountain	405	Hicks		405!
Moore	360	Deadlift		
Master 40-44		198		
Brodie	350	Lifetime		
Police		Moore		485
Fountain	405!	Master 40-44		
220		Brodie		475!
Lifetime		220		
Hicks	360	Novice		
Natural		Kravolic		630
Rockwell	425	242		
Hicks	360	Police		
Submasters		Carafano		550
Hicks	360	148		
Masters 45-49		Novice		
Ernst	350	Fleming		500!

! - American record. t - American teen record. April 1993 was the second time the WNPF had been held in North Carolina and the first time in Henderson, NC. The meet was held at Northern Vance High School Athletic Complex. Plans are for the WNPF to be back in Henderson in September 1993, for the WNPF State Championships. We, at WNPF, hope that the lifters represented at this meet will spread the word about WNPF, especially the fact that everyone at this drug free meet was drug tested and only one lifter failed. Even though the meet was small in the number of lifters competing, there were some good quality lifters represented. Linda Messina from Oxford, N. C., the only woman in the Powerlifting Division, tied an American record in the bench press portion with a lift of 95 lbs. Terrance Hargrove from Norlina, NC, 132 lb Class Police Division, set an American record by squatting 180 lbs, benching 175 lbs, deadlifting 230 lbs and totaling 585 lbs. In the 165 lb Natural Division, Swindell Autry from Fort Bragg, N. C., set American records in the squat with 605 lbs and a 1490 lb total. He tied the American record in the deadlift at 600 lbs. Autry was named the Best Lifter in the First Day of Competition in the Powerlifting Division. Tommy Rogers, from Myrtle Beach, N. C., made some waves in the 165 lb Novice Division by posting American records in the bench press with 295 lbs, 515 lbs deadlift and a 1205 lb total. Warrenton, N. C., native Roy Talley set a state record in the squat in the 198 lb Submasters Division with a 490 lb lift. The 220 lbs Police Division belonged to David Rossern from Silver Springs, M.D. who had a very respectable 1505 lb total. David Kravolic from Fayetteville, N. C., lifting in the Novice Division, slayed atop the Novice 220 lb Division with a 1495 lb total. Kravolic was named Best Lifter in the Second Day at the Powerlifting Session. In the bench press portion of the meet, Kristie Frazier, (Women's Division) of Warrenton, N. C. set American records in the Police and Junior Division 132 lb Class with a lift of 105 lbs. Tony Taylor of Littleton, N. C., lifting in the 181 teen 14-16 Division, accomplished a lift of 270 lbs for an American record. Robert Fountain benched a record 405 lbs in the Police Division for an American record. The 220 lb Police Division saw Blair Rockwell, Police Officer from Fayetteville, N. C., bench 425 lbs for an American record in the Police Division. Casey Orr, in the 275 lb Masters Division, benched an easy 450 lbs for an American record. James Gregory, the only Special Olympian at the meet lifting in the 275 lb Class, benched 290 lbs for a Special Olympian American record. In the deadlift portion of the meet, John Fleming from Roanoke Rapids, N. C. recorded an American record in the 148 lb Novice Division with a lift of 500 lbs. Lewis Brodie, Lifetime in the 198 lb Masters 40-44 Division broke his own deadlift record of 450 lbs. Brodie set a new American record in this category with a lift of 475 lbs. Special thanks goes out to the WNPF President, Troy Ford, for allowing the Southern States Championships to be held in Henderson. Our appreciation also goes out to the Ebony Barbell Club of Henderson, Dennis Renn, Eric Perry, the Henderson Family YMCA, and Northern Vance Senior High School for all their help and support. Meet Director: Ralph Peace. Co-Meet Directors: William T. Hawkins, III and Lester Fields. (Thanks to William T. Hawkins, III, for the results.)

NASA Iowa State
20,21 Mar 93 - Des Moines, IA (kg)

Benc h Press		Hazlett		137.5
Women		198		
105		Berding		165
Heidebrecht	42.5	275		
132		Cozine		185
Feiden	55	High School Pure		
Men Pure		148		
165		Spear		97.5
Rhiner	147.5	Pennington		87.5
Barrientes	140	Juniors		
220		220		
Lipscomb	190	Bowen		177.5
Sampson	170	Meyers		77.5
242		Teen		
Von Behren	142.5	SHW		
Pure Novice		Cass		155
165		Submaster 1		
Barrientes	140	181		
181		Schmidt		145
Kuch	145	198		
198		Antolik		115
Berding	165	220		
Antolik	115	Sampson		170
Jones	10	Broadie		125
220		Submaster 2		
Sampson	170	114		
Meyers	77.5	Ulch		90
Natural		181		
148		Peterson		137.5
Riccell	125	275		
165		Cozine		185
Rhiner	147.5	Masters 1		
Barrientes	140	198		
DeFrancisco	132.5	Jones		110
181		Masters 3		
Welkert	150	198		
		Jones		110
Women Pure	SQ	BP	DL	Total
105				
Heidebreckt	77.5	42.5	87.5	207.5
Women Masters				
105				
Weber	57.5	45	102.5	205
Men Pure				
114				
Bevenour	85	62.5	127.5	275
165				
Volz	205	135	255	595
Rhiner	25	147.5	25	262.5
181				
Bennett	230	152.5	252.5	635
198				
Mutchelknaus	255	142.5	262.5	660
spain	222.5	150	220	572.5
Denison	202.5	142.5	230	575
Berdring	25	165	25	210
275				
Britson	272.5	172.5	272.5	717.5
SHW				
Parker	315	185	245	745
Pure Novice				
165				
Goodrich	172.5	127.5	212.5	512.5
Gillis	177.5	120	195	492.5
181				
Myers	202.5	137.5	215	555
198				
Hobbs	202.5	145	237.5	585
220				
Arnold	232.5	145	215	592.5
Stevens	92.5	135	205	532.5
Payne	177.5	145	182.5	505
Peterson	180	135	180	500
Natural				
114				
Bevenour	85	62.5	127.5	275
148				
Riccell	217.5	125	210	552.5
165				
Hadacek	235	127.5	227.5	590
DeFrancisco	227.5	132.5	202.5	562.5
Rhiner	25	147.5	25	262.5
181				
Weikert	252.5	150	250	652.5
Hazlett	220	137.5	192.5	550
242				
Connett	320	165	275	775
275				
Britson	272.5	172.5	272.5	717.5
Cozine	260	185	227.5	672.5
SHW				
Parker	315	185	245	745
High School Pure				
242				
Litwiller	215	137.5	215	567.5
Teen				
181				
Rhoades	255	130	220	605
220				
Leonhart	182.5	112.5	200	495
Benge	185	107.5	192.5	485
242				
Fredricks	165	127.5	182.5	475
Juniors				
132				
Powell	122.5	77.5	155	355
181				
Porter	215	132.5	220	567.5
Myers	202.5	137.5	215	555
198				
Poplawski	215	132.5	207.5	555
Klander	207.5	122.5	212.5	547.5
242				
Entz	255	155	237.5	647.5
275				
Posekany	250	167.5	240	657.5
SHW				
Edgington	272.5	200	257.5	730
Submaster				
132				
Dowangdara	132.5	85	140	357.5
181				
Peterson	242.5	137.5	242.5	622.5
Rickard	195	105	220	550
Corwin	160	137.5	160	427.5
198				
Mutchelknaus	255	142.5	262.5	660
220				
Ruiz	227.5	145	265	645
Broadie	205	125	207.5	537.5
Masters 1				
165				
Weber	162.5	105	200	467.5
198				
Benge	205	125	227.5	567.5
242				
Huber	142.5	120	207.5	470
Masters 3				
181				
Weber	162.5	105	200	467.5

(Thanks to NASA for providing these meet results.)

Chris Byrnes *was the best lifter pound for pound at the Fulton YMCA Bench Press Meet, with a 365 weighing 129.5. (Terry Jesup Photo)*

Fulton YMCA Bench Press
28 Mar 93 - Fulton, NY

Women			
C. Ridgeway	165	181	
C. Harvey	145	N. Terzulli	365
Masles		J. Fasulo	330
B. Carnal	340	C. Kessler	275
D. Ascenzi	300	198+	
G. Blondin	285	M. Potter	325
132		T. Morley	300
C. Burns	365	G. Blanding	285
H. Barkley	200	220	
S. Helmer	185	C. Foreman	260
148		242	
P. Nellis	255	J. Jennings	275
R.Levy	245	275	
S. Pfahl	235	M. Ruggieri	460
165		L. Harvey	320
G. Shepard	350	SHW	
T. Fiermonte	320	C. Masiucca	500
J. Lisi	295	J. Lewis	445

Team: 1. Fulton, 2. Sundown, 3. Club 2000. Best Lifter- Chris Byrnes. Meet Director: Gregeen Campell. Judges: Scott Cannorn, Tom Scharder, Robin Koes. (results courtesy pf Gregeen Campell)

USPF NPT Prison Postal Novice
27 Mar 93 - Norfolk, MA

114	SQ	BP	DL	Total
R. Tate	255d	195d	317	767
132				
R. Sylvester	260	160	370	790
148				
M. Gomes	260	235	417	912
J. Butler	275	275	340	890
165				
J. Ramirez BL	455	250	500	1205
P. Ferlito	450	270	425	1145
R. Hart	445	230	455	1130
M. Sarlo	425	245	447	1117
J. Cancela	275	295	427	997
R. McNickles	315	305	327	947
S. Woodworth		225	407	632
181				
P. Matheny	315	340	385	1040
R. Pacheco	465			465
C. Bousquet	380			380
P. Sheehy	315			315
198				
E. Cruz SMI	603	315	580	1525
M. Bryson	460	270	550	1280
F. Carvalho	375	310	500	1185
I. Cruz	355	250	500	1105
220				
D. Wilson SMI	665d	330	550	1545
B. Kelly	500	310	520	1330
242				
J. Mann	410	472n	400	1282
275				
R. Moore GL	825*	460	665	1950*
S. Hemphill BL	655	370	605	1630
P. Palermo SMI	600	401d	580	1581

d- NPT Divisional record. n- NPT Divisional and All Time record. SMI- Shared Most Improved Lifter Honors. * heaviest ever recorded squat and total recorded at NPT meet. A total of 25 lifters entered the Norfolk Powerlifting Team's annual Prison Postal Novice power meet held on March 27, 1993. Problems with time keeping developed which only added to the challenge lifters faced. When all was said and done, only four lifters did not complete the three power lifts. In the interim some outstanding performances were registered, including the establishment of new NPT divisional and meet records. Although this meet did not run as smoothly as planned, it probably would not have gotten underway at all without the methodical work under pressure performed by Ed Awon, who along with Head Judge Kenny Chambers got things started and kept the flow of the event moving along despite tons of distractions. This is the NPT's first year as a member of the USPF, and Head Judge Kenny Chambers with Brian Goodwin and Farid Charles called it strict but consistent, doing an excellent job of letting lifters know right from the start that had to earn every lift attempted. Thanks goes to Najjar Bashir, Mark Emery, Richard Fasanelli, Hosea Kendricks, Roger Labier, Robert Lacomb, John Ragusa, Dave Slayton, Gary Summers, William Surface, and Anibal Valdes, who loaded and spotted. Thanks also goes to Stan Kelly, Jerry Sisto, and Ray Haley of the Recreation Staff for their assistance in making this event possible. (Thanks to Robert Pacheco for providing the contest results.)

Application for Registration in
Natural Athlete Strength Association

Last Name | First Name | Initial | Date of App.

Street Address

City | State | Zip | Area Code | Telephone

High School_____ Referee_____ Date of Birth_____19_____ Age_____

High School - $15.00 *Adults - $25.00* *Inmates - $15.00* *Youth - $15.00*

Membership includes a Personal Rulebook and a year's subscription to "The Natural"
Make and Mail Checks payable to: NASA, Box 735, Noble, OK 73068

I Certify that the above Answers are Correct

7th Annual Nautilus Bench Press
20 Mar 93 - Alton, IL

Women				
E. Shepard	225	198		
C. Miller	135	T. Teverbaugh		385
Men Open		R. Mouser		310
114		M. Akers		305
T. Milster	190	T. Hartman		265
123		220		
K. Beasley	170	T. Teverbaugh		425
148		T. Bauer		350
H. Nguyen	285	R. Frye		330
S. Smith	275	242		
165		W. Strosnider		375
J. Wood	360	G. Lowe		325
R. Morey	300	275		
B. Klien	225	D. Davison		350
181		P. Neal		240
R. Cumberland	390	308		
A.Leone	375	R. Everage		420
J. Morey	330	T. Shepard		250

First and foremost we would like to thank world class lifters, Mr. John Ware and Mr. Jeff Jacques, for making the weekend a very memorable event for all of those who attended. These two gentlemen are great individuals, (not only in size) on and off the platform. They are world class lifters, and most of all, world class guys. They made a trip of better than four hours in the rain, snow, and fog to spend time with the lifters and people of and around the Alton area. This is not the mention the fact that they took time out of their busy schedules and time away from their families and friends to come to Alton, IL. Mr. Ware and Mr. Jacques put on a very informative seminar Friday night. Questions varied from diet and nutrition, to gear, to training on and off season, recuperation, etc. Mr. Jacques demonstrated each individual lift and the techniques used, and Mr. Ware went over the proper form and the mechanics of each lift. All of the individuals who attended had a good time and left that evening with a wealth of knowledge. (Knowledge is Power - Power is Knowledge.) The bench press meet, which had previously been held as a "touch and go," finally made the graduation to legitimate, paused meet. (Mr. Ware was the head judge.) Between the first and second flights of lifters, Mr. Jacques presented the crowd with an exhibition lift. Jeff has just started a training cycle that he hopes will enable him to surpass his present PR in the bench press of 545 lbs. He says that he would like to hit the upper 500's if not 600 lbs. at 220. Mr. Jacques easily took 515 lbs. for a ride and showed the crowd that the 600 lb. range may be reached in the not too distant future. (Jeff hit 500 lbs. for a triple in the warm up.) A big thank you also goes out to all the lifters. All the lifters did a fine job and showed some good lifting done the right way. (Jeff and John presented the awards to the lifters.) A special thanks goes to the loaders and spotters, who did a fine job. The staff and crew at the Nautilus Club put on a good show this time, with very nice trophies and free T-shirts to all the lifters and refreshments after the meet. Once again, our deepest appreciation goes out to Mr. John Ware and Mr. Jeff Jacques. We'd like to thank these gentlemen for their seminar, for Mr. Ware's officiating, and for Mr. Jacques's exhibition lift. (Thanks to Paul Monetti for providing the results.)

Camp Foster Championships
27 Feb 93 - Okinawa, Japan

Women	SQ	BP	DL	Total
105				
H. Yamashiro	240	110	270	620
J. Moore	165	115	230	510
L. Catella	185	85	2225	495
L. Manring	145	95	225	465
114				
K. Ryoko	75	65	180	320
123				
M. Stallworth	290	150	335	775
132				
A. Wynn-Brice	200	135	305	640
148				
E. Swinton	220	145	285	650
T. Roach	145	130	230	505
165				
S. Cobb	280	130	300	710
E. Uechi	285	135	290	710
Brooker	245	145	265	655
198				
D. Henderson	275	125	350	750
HWT				
T. Nansteel	415	220	430	1065
Men				
148				
S. Somsen	330	215	375	920
165				
D. Lockerby	450	270	490	1210
K. Young	410	330	445	1185
H. Snodgrass	420	305	455	1180
C. Crandall	455	270	425	1150
M. Payne	345	250	415	1010
S. Clark	310	210	415	935
D. Scott	275	215	370	860
181				
C. Baker	530	330	560	1420
T. Baldwin	560	325	530	1415
E. Hiyajo	560	325	495	1380
A. Brice	200	135	305	640
E. Uechi	285	135	290	710
Men				
T. Bailey	365	325	500	1190
L. Stevenson	350	315	415	1080

Best Lifters: Female - Mavis Stallworth; Male - Chris Baker. New Island records: J. Zeigler - bench and total. Team: 1. Camp Foster, Gunners Gym, 2. Camp Courtney. We started at 8:00 that morning with weigh-ins and also to put the finishing touches on. The introduction started at 10:00 with the head judges. They were two-time IPF world champion Ausby Alexander, six-time world champion Hiro Isagawa, three-time world champion Sly Anderson, and four-time North Carolina state deadlift champion Robert Thomas. The DJ was playing music in the background which helped to motivate the lifters. Between each event there was a karate demonstration and aerobic dancers. There were approximately 44 lifters consisting of various teams from camps throughout the island to include a Japanese team brought in by Hiro Isagawa. The highlight of the evening was watching world champion Sly Anderson squat 725 lbs., deadlift 740, and then attempting to lift 775 lbs but only got it to his knees and couldn't quite lock it out. By the time the meet was over, trophies handed out, and the team photos taken, it was 10:30 pm. This by far was the largest powerlifting championship ever held on the island of Okinawa. (Thanks to world champion Sly Anderson for providing these competition results.)

John Ware and Jeff Jacques presented awards at the Nautilus Bench Press contest (P. Monetti)

W. Smith	450	350	515	1315
G. Anderson	455	295	515	1265
H. Thompson	30	310	500	1240
M. Flemming	420	260	500	1180
198				
R. Chapman	550	325	575	1450
R. Tucker	540	365	520	1425
F. Roman	445	325	515	1285
C. Robin J	400	305	515	1220
C. Robin C	375	235	450	1060
K. Jones	315	265	420	1000
220				
Z. Rhodes	540	400	580	1520
T. Bailey	365	325	500	1190
L. Stevenson	350	315	415	1180
M. Tirella	330	250	400	980
242				
K. Rivers	580	370	590	1550
S. Jones	550	315	605	1470
SHW				
J. Zeigler	580	470	590	1710
Masters				
Women				

King of the Bench Press Tour
17 Apr 93 - Jefferson, SC

148		242		
K. Miller	330	A. Capps		405
C. McAteer	315	K. Shuler		350
K. Crafton	300	275		
C. Harper	280	M. Morrison		475
M. Brown	280	Kl.Elmore		460
165		SHW		
W. McAteer	360	R. Butler		390
S. Bentz	350	D. Stevenson		390
M. Williams	215	J. Medford		390
181		Women		
H. McCluney	330	D. Colaizzi-122		145
198		R. Andrews-173		135
D. McMillan	460	Masters		
G. Pernell	385	198		
C. Radcliff	350	D. McMillan-198		460
220		R. Butler-280		390
C. Wallace	500	McDaniels-214		290
B. McDaniels	290			

The Global Drug Free Alliance would like to congratulate Charles Wallace for being the first contestant to bench 500 lbs. in the 220 lbs. class at King of the Bench Press Tour. (results by Carol Myers)

Nebraska Class C High School
20 Mar 93 - Doniphan, NE (Top 5)

114		H. Hutcherson	810
J. Pankonin	705	J. Ottemann	785
J. Hart	555	HWT	
A. Marco	535	P. Francescato	1230*
D. Gaswick	525	C. Mackeprang	1205
B. Variiek	510	B. Anderson	1030
123		S. Pelican	750
K. Walker	760	M. Edwards	720
L. Dueker	735	Girls	
E. Feinstein	730	97	
J. Sutton	715	H. Roach	305
S. Shafer	675	N. Fierstein	280
132		105	
J. Sorgenfrei	875	K. Bodlak	565*
M. Rhoads	850	J. Boden	480
C. McGooden	830	C. Patchen	415
B. Loseke	805	S. Minson	345
C. Schaffer	665	114	
148		K. Skinner	520
A. Hart	1045	H. Gasseling	480
J. Dennis	995	A. DeWitt	450
D. Fassler	945	J. Sterner	405
C. Reeves	940	R. Sadd	405
A. Maddox	925	123	
165		A. Frenzel	485*
T. Jacobitz	1105	D. Hagg	470
S. Gerdes	1040	K. Roach	465
J. Watson	1025	A. Haith	380
S. Reimers	950	D. Kieborz	370
S. Braswell	945	132	
181		N. Wendland	565
M. Hawkins	1425*	P. Allen	435
J. Hinrikus	1065	A. Davies	430
M. Johnson	1015	A. Olson	415
J. Allen	980	148	
L. Frimann	940	J. Able	655*
198		K. Tanner	515
J. King	1525*	E. Bialas	495
R. Krauss	1090	K. Tobacco	435
B. Schafer	1050	T. Davies	430
B. Faulks	1005	165	
J. Fehringer	1000	J. Able	745*
220		J. Brown	715
J. Sorgenfrei	1175	D. Heldt	680
D. Yott	1090	T. Davies	605
T. McFarland	1030	D. King	600
B. Eisenhauer	1005	181	
R. Hart	975	C. Chapin	560
242		T. Marco	560
T. Wragge	1085	J. Severs	430
M. DeFreese	935	HWT	
		D. Rowe	515

* state record. Boys Team: Doniphan, Bloomfield, Stella SE. Girls: Stella SE,Doniphan, Garden Co. Outstanding Lifters: Girls- Bodlak; Boys light- Hart; Boys heavy- King. (results courtesy Dave Sochor)

Application for Registration in
UNITED STATES POWERLIFTING FEDERATION

Last Name | First Name | Initial | Renewal (Y N)

Street Address | Club Name

City | State | Zip Code | Area Code/Telephone

Elite Master I II III IV | IPF CAT I-IPF CAT II-NAT STATE | High School Athlete? (Y N) | Collegiate Athlete? (Y N) | U.S. Citizen (Y N) | Sex (M F)

Current USPF Classification | Referee Status

CARD ISSUED BY | DATE OF BIRTH | AGE

Note: $10 SPECIAL FEE APPLIES TO: Special Oplympians; High Schoolers with proof of enrollment; and inmates when paid with institution check. All memberships include a personal lifters copy of the rule book.

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P.O. Box 2170 Dept. M., Kilgore, Tx 75663

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IF UNDER 18 HAVE PARENT INITIAL _____

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

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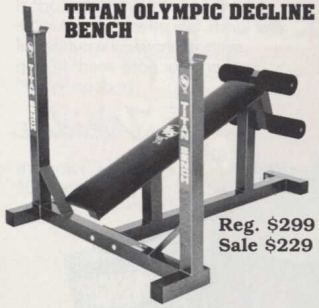

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TITAN WALK-IN SQUAT RACK

An Open Letter to American Powerlifters - This letter has been written with a great deal of thought and concern for the precarious situation powerlifting has arrived at in this country today. For those of you who were faithful readers of my "Message from the USPF President" column, you will have a better understanding of this letter. Those of you who have not been reading my messages, you may want to get out your back issues of *PL USA* and read my messages so as to better understand this letter. In my last message, I made reference to the fact that my husband Tim and I "have had our integrity challenged by a very powerful individual in the USPF." Well, to make a long story short, after considerable pressure from this individual, I have resigned as President of the USPF. My husband Tim, has also resigned as North Carolina State Chairman for the USPF, after eight years in the position. I gave considerable thought as to the tone of this letter to the American lifting public at large. I considered using tactics similar to our attacker and would most certainly cause that person grief. With my having been USPF President from some 10 months, I certainly had the information at my finger tips to give documented facts that would show this person to be "The Bad Guy," instead of Tim and myself having the dark shadow of doubt cast over our reputation, the pendulum of opinion would then swing the other way. The more I thought about this approach, the more disgusting I found it to be. I have always been a great believer in the theory that "What comes around, goes around," and I believe that the person who perpetuated these unfounded allegations against us will be taken care of by life, with no actions required from Tim and myself. Aside from our recent difficulties with certain individuals in the USPF, life is very good for Tim and I. We just recently moved to the most beautiful place on the planet, which is the top of a mountain in rural Randolph county. Standing outside I get the feeling I can reach out and touch the clouds and the stars. Living there has brought us a tremendous amount of inner peace.

We are not quitting powerlifting here at King's Gym. In fact, we are opening our third hard core gym in Lexington, NC, during the first week of July 1993. It is our goal to expand the number of competitive powerlifters who workout at one of the three King's Gyms from 70 to in excess of 100 lifters. As you can see, we have more lifters in our two established gyms than many of the states in the country have registered lifters in the USPF. We will continue to promote powerlifting in the state of North Carolina. In fact, we have a competition coming up on 25 October 1993 in Asheboro, NC. The meet is the 4th annual King's Power Classic, and this year we hope to make this contest something very special for the lifter. In an effort to give the lifter something different in the way of an award, we have worked with Len Adams, owner of Trophies R'Us, to produce an award that is personalized and unique for each lifter who receives an award for this competition. This is how the awards will be put together: photos will be taken at the competition during the squat and bench sessions; the photos will then be processed before the meet ends, and each lifter's trophy will have their photo on the front of their award. Similar awards will be given as team awards for this contest. In addition to these awesome individual and team awards, the champion of champions for this contest will receive goods and products having a retail cost of over $250. These items will include a power suit, knee wraps, and wrist wraps from Titan Support Systems, a box of Missing Link carbohydrate bars, a case of Ultimate Nutrition carb drinks, an outfit from International Muscle Weightlifters Clothing, and some other goodies that would be useful to anyone who competes. Check out the ad in this month's *PL USA* for more information.

We are also going back into the wholesale business before the end of 1993. Gym owners in NC and surrounding states, look to see us knocking on you gym doors before the end of this year. So, as you can see, we are not quitting powerlifting, we are, however, quitting the USPF on a local, state, and regional level. We will still take teams to the national contest, and we will never waiver in our strong support of the International Powerlifting Federation. We have been fortunate to make many friends throughout our affiliation with powerlifting, and we intend to continue to keep those friendships. Being in the political arena almost ruined the sport for both of us; it took all the fun out of the sport and replaced it with heartache and misery. Luckily for us, we escaped from the political spider web in tact and in time to be able to go back to the sport and the lifter, the important part of powerlifting. For the lifters in North Carolina, we will still be there for you putting on meets and helping you out with all aspects of powerlifting. Feel free to come by any of our facilities to train or just to chat. Good luck and great lifting!

Tim and Sandy King

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(article continued from page 19)

is wrong with our strong sport, but I don't want to do that. I want to help the sport to prosper like I know it can. I heard the best suggestion from a fellow lifter and friend. The idea goes like this: "America and other countries have summit meeting to resolve their problems. Why can't powerlifting have a summit to resolve its problems like I know it can!" Let the IOC be the mediator so we can go forward. Questions you might ask are, "What is our objective in powerlifting, where do we want to go, and how are we going to get there?" As for me, I will continue to promote our great sport in the first class manner to every facet of life and help motivate the future of the sport to unite.

Words for thought: "United we stand, divided we fall." Let's hope that this outstanding idea won't be part of "When It's Right It's Always Wrong! Pray Hard and Lift Heavy,

Anthony Clark

Message from the W.D.F.P.F. Secretary General: An article appeared in a recent issue of *Powerlifting USA* by the President of the WDFPF, Ken Smith. It appears from some correspondence and phone calls that I have received that some of the readership did not understand what Ken was trying to say. I will attempt to put into different words what Ken was trying to communicate, and I will add a few of my viewpoints as well.

Generally speaking, the point of Ken's letter was to point out that the drug testing policies of the WDFPF and its member nations is on the cutting edge. The WDFPF and its member nations (including the ADFPA) have adopted a two pronged approach to drug testing. The first part is obvious to the powerlifting community. I am referring to the testing of a minimum of 10% of the lifters at all competitions. The second most important factor of maintaining drug free status in an organization is unannounced out-of-contest testing. This type of testing ensures that any athlete who belongs to a WDFPF member nation may be tested at any time, any place, and without notice. In addition, there are two other factors that the WDFPF has in place that makes it unique. First, any member nation may at any time request that a member of another country's organization be out-of-contest tested. This has been done on several occasions in the past six year history of the WDFPF. Second, the out-of-contest testing is done on a target group. The target group are those individuals who have won, placed, may place, and/or have made great gains on the local, national, international level. The testing has not been restricted to only three lift lifters. Several out-of-meet tests have been done on individuals who specialize in the bench press.

All nations who are members or wish to be members of the WDFPF must meet this requirement in order to join or maintain their status with the WDFPF. The WDFPF and its member nations feel that we have in place an exemplary drug testing program.

The ADFPA will make its report on out-of-contest testing at the world meeting this fall in Vancouver, British Columbia. The report will show that we did over 30 unannounced out-of-contest tests since October 1992.

The WDFPF wants to make its drug testing policy known to the global powerlifting community. If a country is able to meet our drug testing requirements and would like to join, then they should contact me at 13267 Windygate Ln., St. Louis, Missouri, 63146-2227, USA.

This letter should in no way be construed as anything more than informational. If lifters like our drug testing policy then they should be a member of an organization that is affiliated with the WDFPF. There are many powerlifting organizations in the US and in other countries. Each lifter must examine the policies of each organization and make their choice. It is an individual decision.

The WDFPF and its member nations, on an international level, and the ADFPA on a national level in the US, feel that we have an exemplary drug testing program to offer to those interested in drug free powerlifting.

Each year the WDFPF grows, and it is my hope that individuals in other countries will read this letter and like what they have read and join us. It is also my hope that those lifters in the US who either are ADFPA members or not will have a little better understanding of what our drug testing policy is and that we are open and proud in it being made public.

Respectfully yours, *John T. Petroff*, Secretary General/ Treasurer WDFPF, Secretary Treasurer/ ADFPA

Doug Hepburn, veteran olympic lifting, powerlifting, and overall strong man, is planning an assault on the all time masters records books. He'd like to break as many as 30 world records in various lifts for his age group and weight class in as little as an hour's time. He welcomes any challengers to the marks he sets (as long as they bring a certified birth certificate).

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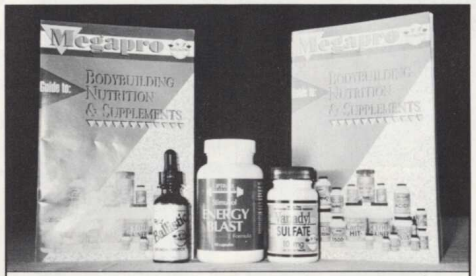

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30,31 JUL, 1 AUG, ADFPA Teenage Nationals, Doug Carroll, Weight Room, 3535 Industrial Dr., Bldg B2, Santa Rosa, CA 95403, 707-571-8441.

31 JUL, NASA/APF West Coast PL, SQ, BP, DL. Fit For Life, 249 S. Riverside Ave., Rialto, CA 92376.

31 JUL, Red's Iron House Bench Blowout, Andy Loop, Box 47, Monticello, IA 52310, 319-465-4903.

31 JUL, NASA Georgia Grand (Marietta, GA), Rich Peters, PO Box 735, Noble, OK 73068.

31 JUL, 4th Juniata Valley YMCA Bench Press (men, women, teen, submaster, master) Mark Knepp, 17 Pheasant valley Rd., Lewistown, PA 17044, 717-543-5230

7 AUG, NASA Arkansas Burnout (junior, men, women, masters, special olymp), Dan Singleton, 215 Delaware St., Hot Springs, AR 71901, 501-623-6014.

7 AUG, NASA Youth Divisional Championships/Carlsbad BP (Carlsbad, NM), Rich Peters, Box 735, Noble, OK 73068.

7 AUG, WNPF Rhode Island Bench Press and Deadlift, Dan Daube, Wethersfield Barbell, 965 C Silas Deane Hwy, Wethersfield, CT 06109, 203-257-1223.

7 AUG, APA Massachusetts Strict Curl (men, women, teen boys, submaster, master, grandmaster), Freddy Liatsis, Muscle Mill, 224 Rear Bernis Rd., Fitchburg, MA 01420, 508-342-4048.

7 AUG, Pennsylvania Bench Press Championships (teen, women, masters, open), Jeff Wright, 270 Curry Hollow Rd., Pleasant Hills, PA 15236, 412-653-8633.

7 AUG, USPF Muscle Beach Bench Press (men, women) Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

7 AUG, 3rd Endless Summer Bench Press (open, drug tested, women, novice, teen, master) Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683

7 AUG, (new date) NASA Meet, Lindell E. Smith, 508 E. 5th St., Flora, IL 62839, 618-662-8473

7 AUG, APA Englewood Cup Open BP Classic, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

7,8 AUG, ADFPA Deadlift Nationals, Peter Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-686-0727

7,8 AUG, APF Sr. Nationals (men & women-Charlottesville, VA), John Shifflett, Box 303, Quinque, Va, 22965, 804-985-3932.

8 AUG, ADFPA Summer Benchfest (men, women, masters, teen), Andrea Sortwell, 11360 W. 84th Place, Arvada, CO 80005, 303-425-7075.

8 AUG, ANPPC Drug Free East Coach Bench Press (teen, women, men, masters), East Coast Gym, 105 Dutchess Turnpike, Poughkeepsie, NY 12603, 914-471-4359.

8 AUG, USPF Lone Star Open (Arlington, TX- open, below class I, women, teen, sub & masters), Joe McCoy, Rt. 1, Box 120-F, Glen Rose, TX 76043, 817-897-3150.

14 AUG, Beast of the Northeast Summer Deadlift (1st 40 entries), Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442.

14 AUG, ADFPA New Mexico State PL (men, women, teen, masters), Tony Williams, Box 282, Tesuque, NM 87574, 505-983-6775.

14 AUG, USPF Power Bench Blow Out (men, women, teen, special olympians), Janice Roge, Box 620312, Cleveland, OH 44102, 216-651-3472.

14 AUG, WNPF Maine Bench Press and Deadlift, Dan Daube, Wethersfield Barbell, 965 C Silas Deane Hwy, Wethersfield, CT 06109, 203-257-1223.

14 AUG, ADFPA Kentucky State/2nd Bulldog Open, Sue Payne, 2060 Old Madisonville Rd., Henderson, KY 42420, 502-826-7793 or 8354.

14 AUG, End of Summer Challenge (men, women, high school, masters), Greg Barnett, 11 S. Pearl St., Paola, KS 66071, 913-294-5720 (w), 3197 (h).

14,15 AUG, WDFPF World Masters, Mike Cissell and John Petroff, 13267 Windygate Ln., St. Louis, MO 63146, 314-434-5818.

14,15 AUG, NASA World Cup (Dallas) Rich Peters, Box 735, Noble, OK 73068

15 AUG, NASA Summertime Bench Press and National Qualifier, John Mattei, 28 Spring Rd., Clarksburg, NJ 08510, 609-259-7258.

15 AUG, ISEF New York City Strength and Endurance Championships, Blair Johnson, 56-10 Waldron St., Corona, NY 11368, 718-592-1872.

15 AUG, 3rd Lucky Lady Saloon Bench Challenge, Rick Couch, 5346 E. Tyler, Fresno, CA 93727, 209-251-4239.

15 AUG, ANPPC Drug Free Eastern USA (teen, women, men, masters, team), Bensonhurst Gym, 6218 20th Ave., Brooklyn, NY 11204, 718-236-6846.

21 AUG, USPF Motivations Midwest Bench Press (men, women, high school, masters), Greg Mathias, 8124 Jade Ct., Indianapolis, IN 46268, 317-875-5659.

21 AUG, ADFPA Upper Midwest Bench Press (men - novice, open, master, police & fire, teen. women - open, master, police & fire) Northwest Powerlifting, 5525 Cedar Lake Rd., St. Louis Park, MN 55416, 612-571-1865

21 AUG, 1st Nutra-Sports Bench Press/Deadlift (men, women), Nutra-Sports, 4754 Arlington Center Blvd., Columbus, OH 43220, 614-451-8482.

21 AUG, USPF Southern Maryland Bench Blast, Mark Sherman, Rt. 1, Box 89R-2, Nanjemoy, MD 20662, 301-743-7386.

21 AUG, Illinois State Deadlift, Dr. Darrell Latch, 519 7th St., Charleston, IL 61920, 217-345-1544.

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, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

21,22 AUG, ADFPA Florida State (residents only, open, class II and under, masters, women), Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804.

21,22 AUG, NASA Northeast Regional (Worcester, MA), Rich Peters, Box 735, Noble, OK 73068.

22 AUG, ANPPC Drug Free Empire State Bench Press (teen, women, men, masters), Feeling Fit Gym, Rte. 9W Twin Maples Plaza, Saugerties, NY 12477, 914-247-0822.

22 AUG, 1st Golden's Health Club Touch N' Go Bench Press Extravaganza (open, novice, master, teen, women), David Roof, 410 Main St., Coshocton, OH 43812, 614-623-0303.

27-29 AUG, USPF Deadlift Nationals (drug tested, men, grandmasters, masters, submasters, women, Jr., teen, special olympics), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 between 8-10pm.

28 AUG, NASA 16th OK Grand/National Qualifier PL/BP, Rich Peters, Box 735, Noble, OK 73068

28 AUG, Schroeder YMCA Drug Free Bench Press (teen, open, women), Jim McCarthy, Schroeder YMCA, 9250 N. Green Bay Rd., Brown Deer, WI 53223, 414-354-8550.

28 AUG, USPF Region IV (men, women, masters), Buddy Tidwell, 5637 Galeria, Suite 201, Baton Rouge, LA 70816, 504-293-2991.

28 AUG, WNFP Massachusetts PL, Bench Press, and Deadlift Championships, Dan Daube, Wethersfield Barbell, 965 C Silas Deane Hwy, Wethersfield, CT 06109, 203-257-1223.

28 AUG, NASA Indiana Regional (Anderson, IN), Rich Peters, PO Box 735, Noble, OK 73068.

28 AUG, BPOW Biggest Bench on the Beach (open, teen, women, masters), David Fink, 3781 Williamson Circle, Myrtle Beach, SC 29577, 803-449-6486.

28,29 AUG, CPU Canadian Bench Press Championships, Rob Dunn, 66-4061 Larchwood Dr., Victoria, BC, Canada V8N 4P1, 604-721-1780.

28,29 AUG, USPF Bench Press Nationals, (open, ladies, masters, juniors, police/firemen, military, teens, disabled) Brian Washington, Box 20042, Baltimore, MD 21284, 410-944-2866.

AUG, Venice Beach BP, Kevin Meskew, 818-889-7555.

AUG/SEP, Bench Press/Deadlift Contest, Rickey Dale Crain, PO Box 1322, Shawnee, OK 74802, 405-275-3689.

4 SEP, NASA Florida State/National Qualifier PL/BP (Orlando), Rich Peters, Box 735, Noble, OK 73068.

4 SEP, Mr. & Mrs. Iron Athlete, Competitive Edge Productions, 8021 N. 43rd Ave. #3, Phoenix, AZ 85051, 602-435-2755.

4 SEP, USPF Oregon State Bench Press (open men, women, master, teen) Steve Denison, 62738 Montara Dr., Bend, OR 97701, 503-385-7891.

4 SEP, King of the Bench Press Tour, Carolyn Myers, Rt 1 Box 336 B, Jefferson, SC 29718, 803-658-3961

4 SEP, APA Prison Postal Nationals (men, women, submaster, master) Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223

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

4 SEP, APA/WPA World Record Breakers Bench Press Championships, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

4 SEP, APA Florida State Bench Press Championships, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

4,5 SEP, NASA Ohio Regional (Cincinnati, OH), Rich Peters, PO Box 735, Noble, OK 73068.

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, APA/WPA World Record Breakers Deadlift Championships, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

5 SEP, APA Florida State Deadlift Championships, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

11 SEP, ANPPC Drug Free North American Bench Press (teen, women, men, masters), Flex Fitness Center, 80 Beekman Ave., N. Tarrytown, NY 10591, 914-332-7545.

11 SEP, Queen City Expo Bench Press (men, women), Richard Yarbro, 114 Lois Lane, Clarksville, TN 37043, 615-647-0885.

11 SEP, ADFPA Pennsylvania State Men's, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.

11 SEP, 3rd annual Maple City Deadlift Classic (women, men, teen, masters, open & drug tested), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.

11 SEP, Natural Powerlifting Society (lifetime, drug free only) Meet, Dr. Darrell Latch, 519 7th St., Charleston, IL 61920, 217-345-1544.

11 SEP, MDSA Open/Closed Litchfield, MN Bench (Men, women, men & women masters, submasters, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.

11 SEP, Southeastern US Bench Press (open, novice, teen, women, masters), Mike O'Brien, 405 Rogers St., Americus, GA 31709, 912-928-3250 or 924-6869.

11 SEP, USPF Fall Open Powers Classic (men, women, jr., masters) Skip Gormley, PG Plaza CC, 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1612

11 SEP, ADFPA Graterford Muscleboyz Meet, Carl Dudek, CAS, Box 244, Graterford, PA 19426, 215-489-4151 ext 2297.

11 SEP, ADFPA Minnesota Masters/Hawk Country Open, Bill Omundson, 4063 Ugstad Rd., Hermantown, MN

20, 21 November 1993

18th Mountaineer Open

Joe Helminsky
Box 26
Parkersburg
WV 26102
304-424-6800

4' 1st Place Trophies
7 August 1993
WNPF Rhode Island Bench Press/ Deadlift
All Lifters Tested
1st-5th place
Lifetime, Natural, Novice, Submaster, Master, Teens, Juniors, Police & Fire
All 1st Places will be Rhode Island state records
Wethersfield Barbell
965-C Silas Deane Hwy
Wethersfield, CT 06109
(203)257-1223
Dan Daube

4' 1st Place Trophies
14 August 1993
WNPF Maine
Bench Press/Deadlift
All Lifters Tested
1st-5th place
Lifetime, Natural, Novice,
Submaster, Master, Teens,
Juniors, Police & Fire
All 1st Places will be
Maine state records
Wethersfield Barbell
965-C Silas Deane Hwy
Wethersfield, CT 06109
(203)257-1223
Dan Daube

55811, 218-729-9532.

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

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

11,12 SEP, NASA Texas Regional (Dallas, TX), Rich Peters, PO Box 735, Noble, OK 73068.

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

17,18,19 SEP, IPF Championships of the Americas (Pan American Championships - IPF rules, referee testing, bench press division, world record opportunities, open and federation team divisions - Washington, DC) Bill Ennis, 4455 Laurelwood Dr. SW, Roanoke, VA 24018, 703-989-9482

18 SEP, APF Prince's 4th annual East Coast Bench Press & Deadlift (open, masters, teen, women), Mark Prince, 110 Meadow Lane, Canonsburg, PA 15317, 412-229-7244 or 745-0640.

18 SEP, ANPPC Drug Free Northern USA (teen, women, men, masters), ANPPC, Box 652, Lake Katrine, NY 12449.

18 SEP, APA New England States Deadlift (men, women, teen boys, submaster, master, grandmaster), Freddy Liatsis, Muscle Mill, 224 Rear Bernis Rd., Fitchburg, MA 01420, 508-342-4048.

18 SEP, Biggest Bench and Deadlift in the Midwest - drug free (benefits USABA) Matt Wahlig, 6304 Mardel, St. Louis, MO 63109, 314-353-5668

18 SEP, WNPF Vermont PL, Bench Press, and Deadlift, Dan Daube, Wethersfield Barbell, 965 C Silas Deane Hwy, Wethersfield, CT 06109, 203-257-1223.

18 SEP, USPF Nevada State (drug tested, NV lifters only-special olympics, teen, masters, open- all divisions men/women- no formulas) Dave & Debbie Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886.

18 SEP, USPF Muscle Beach Push & Pull (men, women) Darlene Galindo, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

18 SEP, Reverchon Meet, David Crabb, Reverchon Recreation, 3505 Maple, Dallas, TX 75219, 214-670-7721.

18 SEP, APA Gulf Coast Open Bench Press Championships, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

18 SEP, NASA Kentucky Regional (Bardstown) Rich Peters, Box 735, Noble, OK 73068

18 SEP, APA Master & Submaster U.S. Open Bench Press Classic, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

18,19 SEP, ADFPA Police/Fire Nationals PL/BP, Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.

19 SEP, WNPF North Carolina State (teen, jr., lifetime, natural, submaster, master, police) Ralph Peace, 732 Pinkston St., Henderson, NC 27536

19 SEP, ANLA 1st annual Illinois State Bench Press (teen, jr., lifetime, submaster, master- men and women), Leroy Chapman, Jr., 4108 Greenleaf Ct., Park City, IL 60085, 708-263-8415.

19 SEP, NASA N. W. Illinois Championships, David Greenwalt, The Power Store, Box 33, Dixon, IL 61021, 815-288-7432.

19 SEP, APA United States Deadlift, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

24-26 SEP, WDFPF World Bench Press Championships, Stefan Koziol, Goszczynskiego NR 3, 34500 Zakopane, Poland, 66-556/0-165.

25 SEP, USPF Northwest Open Bench Press (men, women, teen, military, masters), NW Gym News, 1210 Auburn Way N., Suite 175, Auburn, WA 98002, 206-735-8840.

25 SEP, NPT Prison Postal Sr. Meet, Paul Cruz, Box 43, Norfolk, MA 02056, 617-668-0800.

25 SEP, NASA Missouri Regional (Joplin) Rich Peters, Box 735, Noble, OK 73068

25 SEP, ADFPA TFC's BP/DL Classic, TFC, 535 Main, Salmon, ID 83467, 208-756-2205.

25 SEP, NASA Southeast Regional/Alabama/Mississippi State (Sheffield, AL), Rich Peters, Box 735, Noble, OK 73068.

25 SEP, ADFPA Tri-State (MD, DE, PA) Squat and Deadlift, Paul Griffith, West Nottingham Academy, Colora, MD 21917.

25,26 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.

25,26 SEP, APF North American Championships (open, women, masters, police/fire, teen), Gary Baum, c/o Dwight Township High School, District 230, 801 South Franklin St., Dwight, IL 60420, 708-553-9368 (eves).

25,26 SEP, WNPF World Deadlift Championships (Atlanta - teen, jr., lifetime, natural, submaster, master, police) Troy Ford, 2560 A Picardy Circle North, College Park, GA 30349, 404-907-4795.

26 SEP, ANPPC Drug Free Atlantic Coach Bench Press (teen, women, men, masters), ANPPC, Box 652, Lake Katrine, NY 12449.

26 SEP, Bay State Correctional Center Sr. Postal Meet (guest lifters welcome- 3 weeks notice), Bruce Anderson, Box 73, Norfolk, MA 02056, or Tim McDonald 617-727-8474 ext 160.

26 SEP (new date), USPF Drug Tested American Bench Press Championship (men, women, teen, master, submaster), Jerry Sylvia, 21 Hale St., Westport, CT 06880, 203-227-2095.

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

2 OCT, ADFPA Clocktower Fitness Southern Tier Bench Press (open, teen, women, masters, submasters, law-fire), Chris Byrnes, 13 Ritton St., Sidney, NY 13838, 607-563-8610 or 8580.

2 OCT, Southeastern Championships, Troy Hicks, 314 W. Lokey Ave., Murfreesboro, TN 37130, 615-890-2633. No collect calls.

2 OCT, APF Ohio State PL/BP (Sr., Jr., Masters, women), Dean Glitt, 1339 S. Pickaway St., Circleville, OH 43113, 614-474-9207.

2 OCT, 5th Greater Buffalo Bench Press/Deadlift, Mark Becht, 18 Marne Rd., Cheektowaga, NY 14215, 716-894-8583.

2 OCT, MDSA Tri-State Championships (Goodrich, ND, open, closed, men & women, masters, submasters, teen), Darwin Jacobson, Box 1031, Willmar, MN 56201.

2 OCT, (new date) Advance Fitness National Bench Press Challenge & World Class Powerlifting Exhibition, Bob Kaufman, 215 Weatherbee Dr., Westwood, MA 02090, 617-329-8087.

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

2,3 OCT, NASA Arizona Regional (Phoenix, AZ), Rich Peters, PO Box 735, Noble, OK 73068.

2,3 OCT, APA Police/Correction/Firefighters Nationals, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

2,3 OCT, APA Master & Submaster Nationals, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

2,3 OCT, APA Florida State Powerlifting Championships, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

2,3 OCT, WNPF World Bench Press Championships (Lancaster, PA - teen, jr., lifetime, natural, submaster, master, police) Troy Ford, 2560 A Picardy Circle North, College Park, GA 30349, 404-907-4795

3 OCT, 2nd Kell/Iron Island Gym Deadlift, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.

9 OCT, USPF World of Fitness Drug Free PL/BP, Todd Monroe, 3011 SR 59, Ravenna, OH 44266, 216-296-9956, or Pat Leonti 699-5497.

9 OCT, USPF Central California BP/PL (men, women) Gene Estrada, 261 Pismo St., San Luis Obispo, CA 93401, 805-549-3158 (day), 544-0155 (after 7pm)

9 OCT, MDSA Open/Closed Winona Valley BP/DL (Homer, MN - men, women, men & women masters, submasters, teen boys/girls), Darwin Jacobson, Box 1031, Willmar, MN, 56201.

9 OCT, USPF 6th Annual Shawnee Open BP/PL, Rickey Dale Crain, Box 1322, Shawnee, OK 74802, 405-275-3689.

9 OCT, ADFPA Indiana Bench Press (open, teen, submaster, master, novice, women, out of state), Sonny Runyon, Box 2445, Muncie, IN 47307, 317-282-2152 (h), 288-5800 (w).

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, NASA Georgia Regional (Atlanta, GA), Rich Peters, PO Box 735, Noble, OK 73068.

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

10 OCT, WNPF Connecticut State (PL, BP, DL - Danbury, teen, jr., lifetime, natural, submaster, master, police) Troy Ford, 2560 A Picardy Circle North, College Park, GA 30349, 404-907-4795.

16 OCT, 5th annual Indian Summer Meet (women, men, teen, master, open & drug tested), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.

16 OCT, WNPF Syrup City Bench/Deadlift, The Gym, 110 Columbus St. E., Fayette, AL 35555, Ted Butler, 205-932-5365 after 8 pm.

16 OCT, King of the Bench Press Tour, Carolyn Myers, Rt 1 Box 336-B, Jefferson, SC 29718, 803-658-3961

16 OCT, H&B Open Bench press (open, teen, novice, submaster, master I/II), H&B Fitness, Steve Hutkowski, 225 S. Locust St., Centralia, IL 62801, 618-533-2991.

16 OCT, MDSA Octoberfest BP/DL (Marshall, MN open/closed, men & women, masters, submasters, teen), Darwin Jacobson, Box 1031, Willmar, MN 56201.

16 OCT, NASA Dan Elgin Memorial BP/PL, Mike Raya, 521 Carolina St., Pekin, IL 61554, 309-346-7292.

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

16 OCT, APA Southeastern Seaboard Open Bench Press, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

16,17 OCT, NASA Nevada Regional, NASA, Box 735, Noble, OK 73068.

16,17 OCT, (new date) 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.

16,17 OCT, USPF California State Special Olympics (men, women - Santa Paula) Carol Wood, 501 Polk St., Ventura, CA 93002, 805-644-9391

17 OCT, 3rd Bi-Annual Olympic Power & Fitness Bench Press (open, novice, women, masters), Terry Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 708-377-7527.

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 OCT, NASA Big River Classic Regional Qualifier (drug tested - natural, lifetime pure, women, teen, submaster, master, special olympic. PL & BP - BP & DL only for special olympians) Daryl & Tobey Johnson, 1626 E.C.R. 196, Blytheville, AR 72315, 501-763-9094

23 OCT, 12th ADFPA BP/DL Extravaganza, Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313, 515-280-2840 after 5pm.

23 OCT, MDSA Open/Closed South Dakota Monster Bench (Watertown, SD- men, women, men & women masters, submasters, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.

23 OCT, APA/CPA North American Continental Bench Press (men, women, teen boys, submaster, master, grandmaster), Freddy Liatsis, Muscle Mill, 224 Rear Bernis Rd., Fitchburg, MA 01420, 508-342-4048.

23 OCT, 4th annual King's Classic PL/BP (men, men class II, women, submaster, junior, master 1 & 2), King's Power Classic, Box 4444, Asheboro, NC 27204, 919-626-0660 or FAX 919-495-5211.

23 OCT, ADFPA Gold's of Manchester Bench Press, Bob Rogers, 49 West St., Milford, NH 03055, 603-673-0522.

23 OCT, Baddest Bench Press in the South, Northside Fitness, 3489 Ross Clark Cir., Dothan, AL, 36303, 205-712-0093 or Greg Warr 205-775-3847.

23 OCT, ADFPA Southern California-Azusa Classic (class I and below men, open women), Bernie Gagne, 310 E. 231st St., Carson, CA 90745, after 7:30pm call 310-835-5970.

23 OCT, USPF Festival of Power (men, women, jr.-PL/BP), Lee/Sharon Rorie, 104 E. Washington St., Rockingham, NC 28379, 919-895-8967.

23 OCT, California Teacher Olympics Bench Press (CA credential or enrolled student teacher, men and women), California Teacher Olympics, Box 911, Poway, CA 92074.

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

23,24 OCT, 2nd Toys for Tots PL/BP Tournament (men, women, teen, submaster, master, military, collegiate, special olympian, class II, bench press for men and women) Tom North, 505 E. Arkansas #9, Arlington, TX 76010, 817-265-6588

23,24 OCT, ADFPA New York Championships (Buffalo, NY), Queen City Productions, 3176 Abbott Rd., Orchard Park, NY 14127, 800-937-9002 or 716-823-9090.

23,24 OCT, NASA Louisiana Regional (Alexandria) Rich Peters, Box 735, Noble, OK 73068

23,24 OCT, NASA Iowa Regional (Des Moines, IA), Rich Peters, PO Box 735, Noble, OK 73068.

23,24 OCT, 11th ADFPA Central PA (open, women, below class II, teen, master), Al Siegel, 304 Daisy St., Clearfield PA 16830, 814-765-3214.

23,24 OCT, Louisiana Regional (Alexandria, LA), Rich Peters, Box 735, Noble, OK 73068.

27-31 OCT, IPF Junior/Master Worlds, Bill Jamison, RR#1 Big Creek Rd., Caledonia, Ontario, NOA IAO Canada, 416-765-5345.

30 OCT, NASA North Carolina Regional (Burlington, NC), Rich Peters, PO Box 735, Noble, OK 73068.

30,31 OCT, ADFPA Central USA Open/Bench Press, John Petroff, 13267 Windy Gate Ln., St. Louis, MO 63146, 314-434-5818.

31 OCT, ADFPA Halloween Deadlift (men, women, masters, teens, costumes allowed), Lloyd Weinstein, Stamford YMCA, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000.

31 OCT, WNPF Pennsylvania State (men, women- all wt. classes/divisions), Sonny Szotak, Iron World Gym, 1027 Dillerville Rd., Lancaster, PA 17603, 717-399-8986.

31 OCT, SAAS 5th annual Bench Press (all age & wt. divisions, women, men, teen, master, team- first 75 lifters only) Mike Collet, 214 N. Ashland, Park Ridge, IL 60068, 800-722-7932

31 OCT, APA Eastern USA Drug Free Deadlift Championships (all lifters drug tested), Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

OCT, Monster Bench Press, Kevin Meskew, 818-889-7555.

6 NOV, NASA Great Lake Challenge BP/DL, Eddie Ruiz, 4465 Bethune Ct., W. Bloomfield, MI 48323, 313-363-2498.

6 NOV, ADFPA Hudson Natural Open (women, teen, masters, men- 1st 50), Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560 or 386-6334.

6 NOV, 9th Eastern American Bench Press (open, master, women, teen, novice), Weightlifting Equipment of GA, Inc., 150 Sagebrush Rd., Stockbridge, GA 30281, 404-474-2633.

6 NOV, Grimwood's Power Plant/APF Damn Deadlift and Bodywt. Bench Press Rep Contest, Tamara Rainwater-Grimwood, 1219 Market St., Lemoyne, PA 17043, 717-975-3400.

6 NOV, USPF Gold's Turkey Day Bench Press Challenge I (teen, open, women, masters), Gold's Gym, 4015 N. Blackstone Ave., Fresno, CA 93724, 202-229-4653, attn: Terry Trout.

6 NOV, MDSA Open/Closed Jake & Jenny's Gym Bench Press Classic (Willmar, MN - men, women, men & women masters, submaster, teen boy/girl), Darwin Jacobson, Box 1031, Willmar, MN 56201.

6 NOV, ADFPA Omni 41 Classic, Chris Elkins, Scott Macklin, Omni 41 Fitness, 221 South Rte 41, Schererville, IN 46375, 219-865-6969.

6 NOV, Baddest Bench Press in Texas (open, master, women, teen), Ken Lain, 3301 S. 14th, Abilene, TX 79605, 915-691-0273.

6 NOV, MDSA Open/Closed Sulton of Squat Meet (Willmar, MN- men, women, men & women masters, submaster, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.

6,7 NOV, USPF Washington State Open (teen, men, women, class 2, masters), Vince Moser, 1711 Hewitt Ave., Everett, WA 98201, 206-259-3797 or FAX 206-252-4124.

6,7 NOV, NASA Virginia Regional (Charlottesville, VA), Rich Peters, Box 735, Noble, OK 73068.

7 NOV, Wisconsin State & Badger Open (men, women, teen, masters), Jan Van de Weghe, Box 1072, Sheboygan, WI 53082, 414-458-9977.

7 NOV, Maryland State SQ/DL, Paul Griffith, W. Nottingham Academy, Colora, MD 21917

7 NOV, Hunterdon County YMCA Bench Press (open, high school, women, masters), Kurt Blickenderfer, Hunterdon County YMCA, 144 W. Woodschurch Rd., Flemington, NJ 08822.

7 NOV, ADFPA Maryland Bench (closed, deadline 7 Oct) Brian Washington, Box 20042, Baltimore, MD 21284, 410-944-2866.

11,14 NOV, WNPF Worlds, Troy Ford, 2560 A Picardy Circle North, College Park, GA 30349, 404-907-4795.

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

13 NOV, MDSA Open/Closed Minnesota BP/DL (men, women, men & women masters, submasters, teen boys & girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.

13 NOV, ADFPA Southern Delaware Bench Press (open, novice, masters, women), Hungry Dogs Power Team, #1 Fox Creek Dr., Rehoboth, DE 19971, Jeff Plummer, 302-645-0453/227-0819.

13 NOV, APA Baddest Bencher in the South Bench Press Classic, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

13,14 NOV, NASA Maryland Regional (Hagerstown, MD), Rich Peters, Box 735, Noble, OK 73068.

13,14 NOV, USPF Central Oregon Open (men, women, master, teen), Steve Denison, 62738 Montara Dr., Bend, OR 97701, 503-385-7891.

13,14 NOV (new date), ADFPA National Masters (Sacramento, CA), Joe Randazzo, Box 690386, Stockton, CA 95269, 209-951-7824 after 8 pm.

14 NOV, USPF Fall Open Bench Classic (men, women, jr., master) Skip Gormley, P.G. Plaza C.C., 6600 Adelphi Rd., Hyattsville, MD 20782, 301-864-1612

20 NOV, APA Atlantic States Push/Pull BP/DL (men, women, teen boys, submasters, masters, grandmasters), Freddy Liatsis, Muscle Mill, 224 Rear Bernis Rd., Fitchburg, MA 01420, 508-342-4048.

20 NOV, Malibu Classic (all divisions, cash and 6' trophies), Ritchie Creevy, Box 2552, Malibu, CA 90265, 818-889-0026 or Rick Couch 209-251-4239.

20 NOV, USPF Gulfport Bench Press, Dr. D.J. Inkol, Box 2326, Gulfport, MS 39505, 601-863-GOLD

20 NOV, USPF Eastern States Novice (Drug tested, men, grandmasters, masters, submasters, women, jr., teen, special olympian) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm)

20 NOV, NASA Wisconsin Regional (Wisconsin Dells, WI), Rich Peters, Box 735, Noble, OK 73068.

20 NOV, NASA New Mexico Regional (Albuquerque, NM), Rich Peters, Box 735, Noble, OK 73068.

20 NOV, USPF Atlantic States Open (drug tested, men, grandmaster, master, submaster, women, jr., teen, special olympian) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm

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.

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

20,21 NOV, 18th Mountaineer Open, Joe Helminski, Box 26, Parkersburg, WV 26102, 304-424-6800.

20,21 NOV, ADFPA All American Bench Press and Deadlift (separate contests), all divisions and age groups, Geri or Bob Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-823-6994- or 474-6111.

27 NOV, APA Police/Correction Officer/Firefighter Deadlift Nationals, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

27 NOV, Colorado Regional (Pueblo, CO), Rich Peters, Box 735, Noble, OK 73068.

27 NOV, APA Biggest Pull in the South Deadlift Classic, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

27 NOV- 5 DEC, IPF World Men's & Women's Championships (Jonkoping, Sweden), Jarmo Nousiainen, Box 3, S-332 21 Gislaved, Sweden, (46)0371-18786 or FAX (46)036-138621.

1 DEC, King of the Bench Press National Championship, Carolyn Myers, Rt 1 Box 336-B, Jefferson, SC 29718, 803-658-3961

3-5 DEC, NASA Novice Nationals/West Coast Bench Press Nationals (Phoenix, AZ), Rich Peters, Box 735, Noble, OK 73068.

4 DEC, 6th Annual Elkhart Bench Press Classic (women, men, teen, novice, masters, open & drug tested), Jon Smoker, 30174 Wolf, Elkhart, IN 46516, 219-674-6683.

4 DEC, 10th Southeastern Cup (open, class II, women, police & fire, masters, natural), Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (day), 3989 (nite).

4 DEC, APA Prison Postal Meet, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223

4 DEC, 7th Sun Gym Bench Press, John Carl Mese, 170 NE 99th St., Miami Shores, FL 33138, 305-757-7674

4 DEC, USPF Winter Deadlift Classic (men, women, masters) Chris Kostas, 11856 1/2 Balboa Blvd., Granada Hills, CA 91344, 818-366-5928

4 DEC, ADFPA Massachusetts PL/BP (drug tested, men, grandmasters, master, submaster, women, teen) Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm

4 DEC, APA Southeastern United States Bench Press Championships, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

4 DEC, APA Master & Submaster Bench Press Nationals, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.

4,5 DEC, NASA Novice Nationals (Pittsburgh, PA), Rich Peters, Box 735, Noble, OK 73068.

4,5 DEC, ADFPA Virginia State, John Shifflett, Box 303, Quinque, VA 22965, 804-985-3932.

5 DEC, WNPF Northern USA & New Jersey State (teen, jr., lifetime, natural, novice, submaster, master, police) Troy Ford, 2560 A Picardy Circle North, College Park, GA 30349, 404-907-4795.

5 DEC, River Valley Bench Press, Club Nautikus, 727 Fox St., Horseheads, NY 14845, John Comeneski, 607-739-3361 or Ed Patten 739-7322.

11 DEC, Deep South PL/BP (open, novice, teen, women, masters), Mike O'Brien, 405 Rogers St., Americus, GA 31709, 912-928-3250 or 924-6869.

11 DEC, USPF 2nd Annual Muscles on Main Bench Press, James Dehaven, 119 W. Main, Norman, OK 73069, 405-366-0199.

WNPF
1993 Pennsylvania State Powerlifting Championships
Days Inn
Lancaster, PA
31 October 1993
PL/ BP/ DL
Men and Women- All Classes All Divisions

For more information:
717-399-8986
Iron World Gym
1027 Dillerville Rd.
Lancaster, PA 17603

23 October 1993

Baddest Bench Press in the South

Northside Fitness
3489 Ross Clark Circle
Dothan, AL 36303
205-712-0093

or Greg Warr
205-775-3847

Wisconsin State & Badger Open Powerlifting Championships

November 7th, 1993
Men, Women Teen, Masters
Jan Van de Weghe
PO Box 1072
Sheboygan, WI 53082-1072
414-458-9977

ADFPA BENCH PRESS NATIONALS

SEPTEMBER 4 & 5, 1993
CLEVELAND, OHIO

Exhibition by: ANTHONY CLARK
DIVISIONS: Men's Open, Men's Lifetime, Teenage, Men & Women's Masters, Women's Open, Police & Firemen, & Special Olympians
AWARDS: 1st-5th, Team 1st-5th, 10 Best Lifter
CONTACT:
Larry Miller, 216 (h)248-3010 (w)425-0912
John Black, Jr. 216 (w)252-1695

4' 1st Place Trophies
28 August 1993
WNPF Massachusetts Powerlifting
Bench Press/Deadlift
All Lifters Tested - 1st-5th place
Lifetime, Natural, Novice,
Submaster, Master, Teens,
Juniors, Police & Fire
All 1st Places in Powerlifting
Division will be
Massachusetts state records
Wethersfield Barbell
965-C Silas Deane Hwy
Wethersfield, CT 06109
(203)257-1223 Dan Daube

23 October 1993

NASA Big River Classic Regional Qualifier

(drug tested- natural, lifetime pure, women, teen, submaster, master, special olympians. PL & BP- BP & DL only for special olympians)

Daryl & Toby Johnson,
1626 E.C.R. 196
Blytheville, AR 72315
501-763-9094

11 DEC, NASA Sooner Open, Rich Peters, Box 735, Noble, OK 73068.
11 DEC, 20th USPF Canton Open (open, class II & below, women, masters), Pat Leonti, 3345 Sweitzer St., Uniontown, OH 44685, 216-699-5497.
11,12 DEC, APA Mens & Womens National Powerlifting Championships, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.
11,12 DEC, APA/WPA Master & Submasters International Powerlifting Classic, Scott Taylor, 362 W. Dearborn St., Englewood, FL 34223, 813-473-3481.
11,12 or 18,19 DEC, IPF World Bench Press Championships (Budapest, Hungary).
11,12 DEC, ADFPA E. Coast Championships (men, masters, women, teen) Craig Safran, Box 4065, Bayside, NY 11360, 516-931-4674.
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, 2nd Kell/Iron Island Gym Bench Press, Ralph Raiola, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014.
12 DEC, (corrected date) APA/CPA/WPA Quebec Novice PL and Open Bench Press (teen, jr., women, submaster, master), Marcel St. Laurent, 819-346-9466.
12 DEC, 2nd ADPFA Coal County Classic BP or DL (open, women, teen, master- Bigler, PA), Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214.
12 DEC, CDFPA Winter Open, Hugh Ward, 46150 A Yale Rd., East Chilliwack, BC, Canada V2P 2P1, 792-8014.
18 DEC, MDSA Open/Closed Deadlift Nationals (St. Cloud, MN - men, women, men & women masters, submasters, teen boys & girls) Darwin Jacobson, Box 1031, Willmar, MN 56201
18 DEC, NASA Louisiana Grand (Alexandria, LA), Rich Peters, Box 735, Noble, OK 73068.
18 DEC, MDSA Northern Nationals BP (St. Cloud, MN, open/closed, men & women, masters, submasters, teen), Darwin Jacobson, Box 1031, Willmar, MN 56201.
DEC, ADFPA Atlantic States Open Bench Press (men, women, teen, submasters, masters) Donnie or Debbie Kiefer, Rt. 1 Box 118, Eure, NC 27935, 919-357-0277.
8,9 JAN, NASA Bench Press Nationals (Oklahoma City, OK), Rich Peters, Box 735, Noble, OK 73068.
9 JAN, USPF 4th Texas Deadlift Classic (single and 2 person, open, women, teen, sub & masters), Joe McCoy, Rt. 1, Box 120-F, Glen Rose, TX 76043, 817-897-3150.
22 JAN, ADFPA Minnesota Jr. State (men, teen, maser, women, police & fire) Mike Hartle, Box 201905, Bloomington, MN 55420, 612-869-1219
29 JAN, NASA Arkansas State, (PL, BP, Spec. Olymp.) Don Skills, 314 MWRS/MWWMP, Little Rock AFB, AR 72099, 501-988-3283 (day) or Larry Kye 982-7668 (night).
5,6 FEB, ADFPA North Americans (open, lifetime, class I, master, women), Geri or Bob Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707, 717-474-6111 after 6pm.
12 FEB, ADFPA Steeler Open and ADFPA Illinois State Meet (open, women, master, teen), Rick Fowler, 725 27th Pl., Granite City, IL 62040, 618-451-9856.
12 FEB, ADFPA Minnesota Sr. State (men, women) Mike Hartle, Box 201905, Bloomington, MN 55420, 612-869-1219
FEB, ADFPA Southern States Open (men, women, teen, submaster, master), Donnie or Debbie Kiefer, Rt. 1 Box 118, Eure, NC, 27935, 919-357-0277.
FEB, USPF Texas State Meet (Houston), Hub Aston, 20062 S. Navajo Trail, Katy, TX 77449, 713-578-7367.
FEB, USPF Oklahoma State BP/PL, Rickey Crain, Box 1322, Shawnee, OK 74802, 405-275-3689.
5 MAR, 19th USPF West Virginia State Bench Press, PL WVA, Box 523, Bluefield, WV 24701.
5 MAR, 19th USPF West Virginia State PL, PL WVA, Box 523, Bluefield, WV 24701.
5 MAR, ADFPA New Hampshire State and High School, Bob Rogers, 49 West St., Milford, NH 03055, 603-673-0522.
12 MAR, MDSA Super Squat Nationals/Minnesota Monster Bench (Willmar, MN- women, men, men & women masters, submasters, teen boys and girls), Darwin Jacobson, Box 1031, Willmar, MN 56201.
12,13 MAR, ADFPA National Collegiates, Mike Hartle, Box 201905, Minneapolis, MN 55420, 612-869-1219
19,20 MAR, ADFPA National Bench Press, Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111.
26,27 MAR, WPA World Record Breaker and International Games, John Schaeffer, 24 N. Third St., Womelsdorf, PA 19567, 215-589-5213.
26,27 MAR, 5th Carson City Classic (drug tested- special olympics, teen, master, open- all divisions men/women- no formulas), Debbie & Dave Kuzirian, 475 W. 8th St., Carson City, NV 89703, 702-885-1886.
MAR, ADFPA Lifetime Drug Free Nationals, Brian Washington, Box 20042, Baltimore, MD, 21284, 410-944-2866.
2 APR, Beast of the Northeast VII (BP-DL separate contests - open, women, teen, masters), Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442.
16 APR, NASA Trojan/University of Arkansas Championships (PL, BP, Spec. Olymp.), Coach Van Compton, UALR Athletic Dept., 2801 S. University, Little Rock, AR 72204, 510-569-3167 (day) or Larry Kye 982-7668 (night).
4 JUN, ADFPA Rock Mountain States (Salmon, ID), Drew Wolfe, Box 12, Lemhi, ID 83465, 208-756-4878.
9,10 JUL, ADFPA National Teenage, John Petroff, 13267 Windy Gate, St. Louis, MO 63146.
11 JUL, ADFPA California Women's State Meet, Doug Carroll, Weight Room, 3535 Industrial Dr., Bldg. B2, Santa Rosa, CA 95403, 707-571-8441
30,31 JUL, ADFPA National Deadlift, Bob Gaynor, 19 Sunrise Dr., Mt. Top., PA 18707, 717-823-6994 or 474-6111.
17,18 SEP, WDFPF World Championships, Erin Feldges, 5525 Cedar Lake Rd., St. Louis Park, MN 55416, 612-571-1965
8,9 OCT, ADFPA National Bench Press, Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707, 717-823-6994 or 474-6111

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

15 AUGUST 1993
NASA Summertime Bench Press and National Qualifier

JOHN MATTEI
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Meet Directors:	Tim & Sandy King
P/L Divisions:	Men's Open, Men's Class II, Women's Open, Submasters, Junior & Masters I & II (Junior & Master by Weight Class & Age Coef.)
B/P Divisions:	Men's Open, Women's Open, Submasters, Junior & Masters I & II (Junior & Master by Weight Class & Age Coef.)
Team Awards:	1st through 3rd Team Awards. Team may be composed from all Divisions of the contest. Maximum of 11 lifters per team and 2 lifters per Weight Class.
Special Awards:	Best Lifter Awards for all Divisions in Full Power & Benchpress
Champion of Champions (Open Only)	$250.00 value in awards for Champion of Champions consisting of Silk Jacket; Certificate for Titan Suit; Red Line Wraps; Outfit International Muscle Outfit; Meet T-Shirt; Case of Carb Excellerator; Wrist Wraps; Box of Missing Link Bars
Individual Awards:	1st through 5th Individual Awards. In an effort to give the lifter a Unique and Unusual Award, we have worked with Len Adams, owner of "Trophies are Us," to give an award for this meet that is Personalized for each and every lifter at this competition. Photos will be taken at the competition during the Squat and Bench sessions of each lifter who participates in the meet. Photos will then be processed before the meets and a 4x6 photo of you lifting will be set on the front of your individual award for this contest. Awards are for lifters in Full Power and Benchpress. Same type of awards will be presented as Team Awards. *MUST SEE TO BELIEVE!!!*
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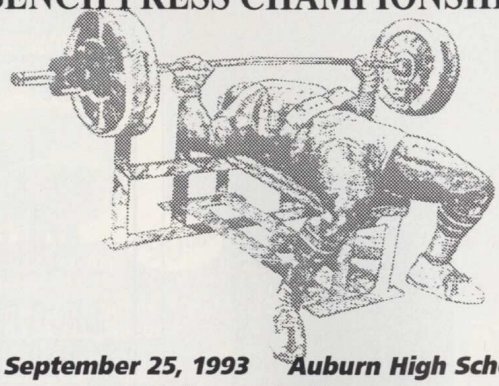

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18 September 1993
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Central California Open
Powerlifting & Bench Press
SATURDAY, OCTOBER 9th, 1993

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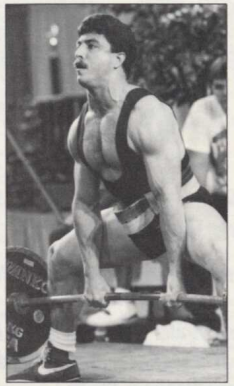

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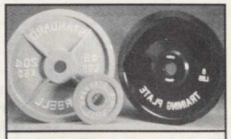
Power Photos... if you take photos at meets, we are interested in seeing your work. We pay for photos used in *POWERLIFTING USA* and credit the photographer. Send your sharp prints (black and white preferred) to Post Office Box 467, Camarillo, California 93011.

In the June 1993 issue of Powerlifting USA there was a press release from John Black concerning the APA World Masters Meet. In this release, one person was inadvertently left out. That person was Frank Cervelli. In that meet, Frank was able to realize a lifelong dream of competing in a World Championship. Frank placed 2nd in the 220 (40-49) weight class with lifts of 635 320 525 1480. Mike Lambert and John Black would like to take this time to apologize for the unintentional oversight. Besides promoting meets, Frank has assisted the Black's Health World team for the last ten years. In lifting circles he is known as "the wrap man" because of his uncanny ability to give the best wrap job in the business. Frank also travels extensively with John to prisons throughout the United States with John's ministry. Recently, Frank's hand was severely injured in a work related accident. It required surgery and he will be laid up for some time. At this time, John would like to personally thank Frank for all of his help and loyalty through the years. John also asks that everyone pray for a speedy recovery for Frank.



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ADFPA

TOP 20

82.5 kg
181 lb.

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from June 1992 through May 1993.

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

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1.	766 Wagner, R..3/13/93	451 Kanemoto, K..9/6/92	672 Terry, C..2/27/93	1813 Wagner, R..3/13/93
2.	670 Paull, R..12/5/92	440 McAuliffe, J..9/26/92	666 Jones, G..6/7/92	1730 Thomas, W..11/7/92
3.	660 Beaudette, R..2/28/93	440 Gibson, T..12/12/92	650 Ray, B..8/15/92	1719 Jones, G..6/7/92
4.	655 Jones, G..6/7/92	430 Cieri, D..8/9/92	650 Thomas, W..11/7/92	1675 McAuliffe, J..9/26/92
5.	650 McAuliffe, J..9/26/92	429 Alvarado, J..10/3/92	650 Szigethy, J..2/7/93	1670 Gibson, T..12/12/92
6.	650 Thomas, W..11/7/92	429 Thomas, W..11/7/92	650 Wagner, R..3/13/93	1665 Beaudette, R..2/28/93
7.	650 Krieger, H..3/27/93	425 Register, J..11/8/92	644 Andrus, N..9/6/92	1605 Krieger, H..3/27/93
8.	640 Barquera, M..3/27/93	415 Ross, J..11/8/92	630 Pilkenton, M..12/5/92	1600 Pilkenton, M..12/5/92
9.	635 Macri, M..12/12/92	410 Jackson, L..10/10/92	625 Beaudette, R..2/28/93	1585 Nulman, A..12/5/92
10.	630 Taghivand, B..10/10/02	410 Matchick, T..3/6/93	620 Nulman, A..12/5/92	1580 O'Brien, J..12/5/92
11.	630 Gibson, T..12/12/92	408 Conoly, W..8/15/92	620 Krasawski, M..4/18/93	1570 Andrus, N..9/6/92
12.	628 Earle, S..10/7/92	407 Green, K..11/21/92	615 Salter, D..11/1/92	1570 Paull, R..12/5/92
13.	620 Schleich, D..3/6/93	405 Carrara, N..11/8/92	610 O'Brien, J..12/5/92	1570 Barquera, M..3/27/93
14.	605 Arcivolo, R..8/29/92	402 Friday, S..6/7/92	606 Bloom, G..6/7/92	1559 Terry, C..2/27/93
15.	605 Pilkenton, M..12/5/92	402 Ford, D..10/10/92	606 Skusarick, B..2/27/93	1555 Macri, M..12/12/92
16.	600 Bloom, G..6/7/92	400 Fiducia, L..10/24/92	600 Redacker, M..6/7/92	1554 Kanemoto, K..9/6/92
17.	600 Baertlein, B..8/15/92	400 Cross, T..11/8/92	600 Gibson, T..12/12/92	1550 Taghivand, B..10/10/92
18.	600 Hughes, S..8/15/92	396 Jones, G..6/7/92	600 Macri, M..12/12/92	1543 Bloom, G..6/7/92
19.	600 Kanemoto, K..9/6/92	396 Wagner, R..3/13/93	600 Kreiger,H..3/27/93	1537 Earle, S..10/17/92
20.	600 Bell, M..12/5/92	391 Klostergard,J..11/21/92	589 Orengia, J..10/17/92	1535 Baertlein, B..8/15/92

Why Isn't So and So in *PL USA*? if that's a question you've asked, maybe you could do an interview on such a deserving lifter. Send to Box 467, Camarillo, CA 93011 for guidelines about your article idea.

APA Desoto Correctional Institute (Florida) vs. New Hampshire State Prison Challenge Postal - APR 93

	SQ	BP	DL	Total
132				
Novice				
R. Monroe	390	205	435	1030
L. Brown	275	185	315	755
Open				
R. Monroe	390	205	435	1030
148				
Novice				
E. Kirila	175	205	255	635
Open				
J. Rand	500	265	485	1250
165				
Novice				
R. Fletcher	405	285	415	1105
C. Mathieu	415	225	400	1040
T. Lewis	365	315	335	1015
L. Junious	315	225	405	945
Open				
E. Hearns	405	400	405	1210
C. Mathieu	415	225	400	1040
T. Jarrett	315	375	315	1000
181				
NoviceD. DeSaulniers	400	290	505	1195
L. Walls	455	320	405	1180
V. Myers	330	365	425	1120
W. Reed	380	310	420	1110
Open				
S. Roberts	485	365	520	1370
D. DeSaulniers	400	290	505	1195
R. Hilligan	315	275	365	955
198				
Novice				
K. Palmer	460	225	430	1115
L. Moore	315	330	405	1050
M. Kopko	315	300	385	1000
J. Seigler	330	300	315	945
J. Weerford	315	405	145	865
Open				
S. Hood	500	365	455	1320
K. Palmer	460	225	430	1115
220				
Novice				
J. Cook	365	390	405	1160
P. Richlieu	375	270	425	1070
Open				
C. Armstrong	685	480	665	1830
B. Keen	600	430	610	1640
M. Donnelly	650	280	550	1480
J. Bradham	500	485	455	1440
C. Huckelbury	525	320	525	1370
P. Richlieu	375	270	425	1070
242				
Open				
C. Dukes	610	485	615	1710
J. Roper	665	385	630	1680
275				
Open				
R. Luis	600	450	500	1550
S. Gallant	575	325	500	1400
SHW				
Novice				
J. White	550	430	505	1485
Open				

T. Heuss	650	500	600	1750
B. Huffman	700	310	525	1535
Submaster 33-39				
S. Gallant	575	325	500	1400
B. Huffman	700	310	525	1535
Master 40-44				
B. King	460	340	485	1285
G. Lesmond	405	385	365	1155
Master 45-49				
R. Luis	600	450	500	1550
C. Huckelbury	525	320	525	1370
Master 50-54				
C. McDonald	320	210	400	930
Master 70-74				
R. Hilligen	315*	275*	365*	955*

* World record. Team Winners: Novice- Desoto Correctional; Open- Desoto Correctional. Best Lifters: Novice- Ray Monroe; Open- C. Armstrong. Meet Sanction: APA Meet Director: Scott Taylor, APA President. New Hampshire Prison Director: Mark Donnelly. Florida Director: Mike Van Ness. I would like to thank Mike Van Ness and Mark Donnelly for making this event possible. A lot of work was put into this event. It is a difficult enough task getting proper officials in a regular event. It is even more difficult arranging the same when you are dealing with two prisons, especially when they are 1800 miles apart. Lifting quality was very good. Former Mr. America 1952 Roy Hilligen set four world records in this event at age 73. He also competed in the open division against lifters over 50 years younger than himself, and he did quite well with an impressive total! I am looking forward to this year's APA Prison Postal Nationals which should have quite a good turnout judging from the responses received. Once again thanks to all who helped run this even and to the lifters who did a fine job with some impressive lifts. (Thanks to Scott Taylor for these results.)

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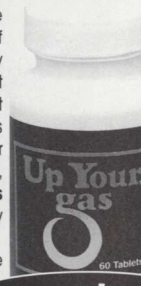
Everybody laughs when they first hear the name **Up Your Gas**. But once they try it, the laughing stops. As a matter of fact, the powerlifters who have tried it are freaking out...it's that good! And no wonder. **Up Your Gas** blends 15 of the world's most powerful energy boosters into one dynamite tablet.



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But don't take our word for it. Try it for yourself and see if we're kidding or not. If **Up Your Gas** isn't available yet at your gym or health food store, you can order directly from us. It's just $14.95 for a bottle of 60, (plus $5.00 postage and handling). To order, call **1-800-537-7671**. It's that easy. We're open 24 hours a day, 365 days a year. Or you can even fax your order in at 407-290-2788. But we give you this fair warning.

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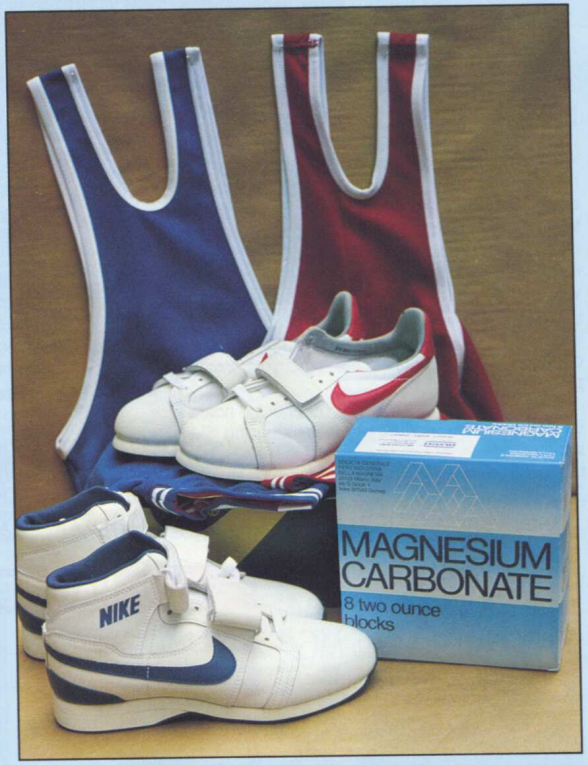

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- ***The ultimate fit because holes are grouped closer together***
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- ***Available in 18 colors and combinations***
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Marathon Custom Lifting Belts 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.

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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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The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

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We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer

John Inzer
Owner

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