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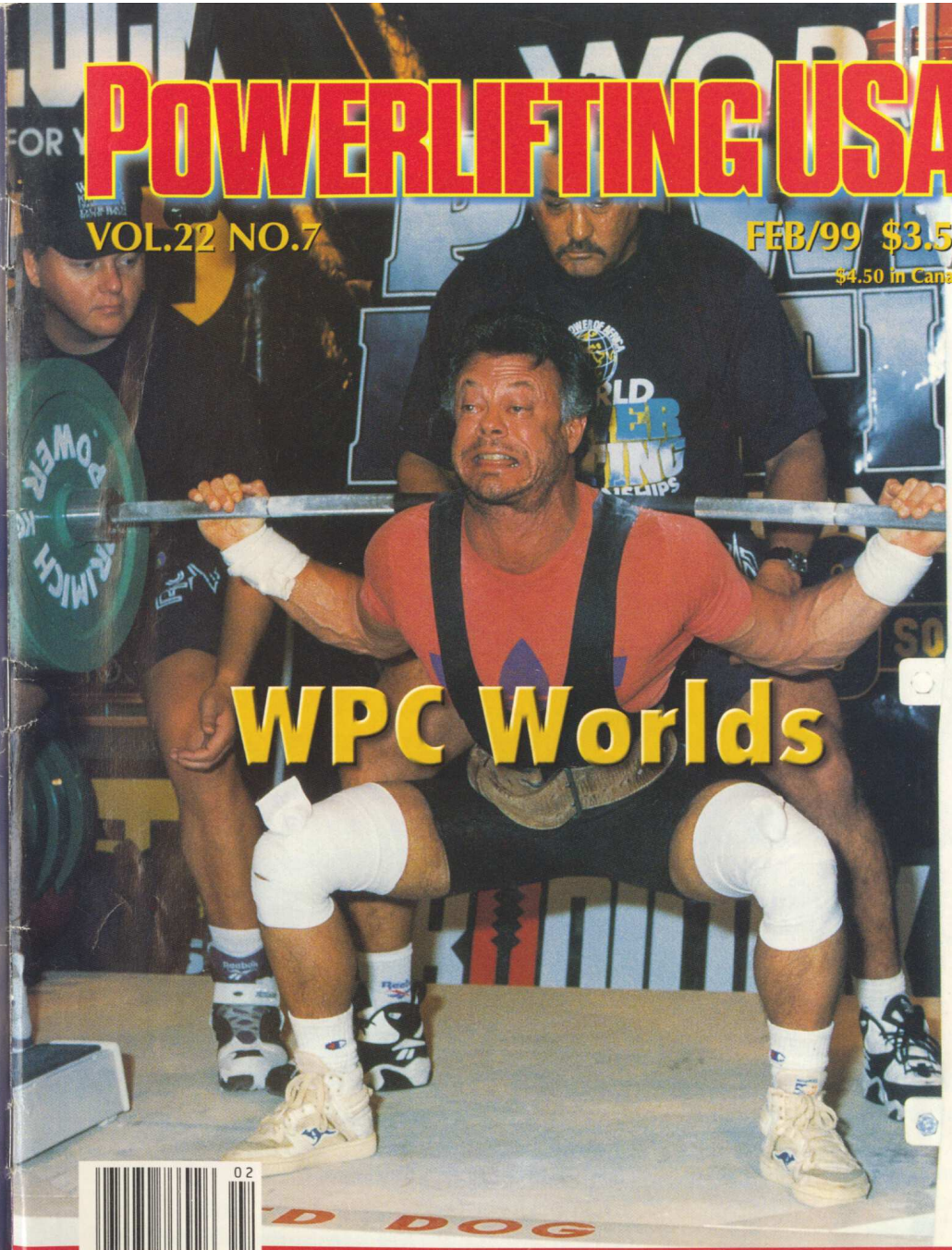

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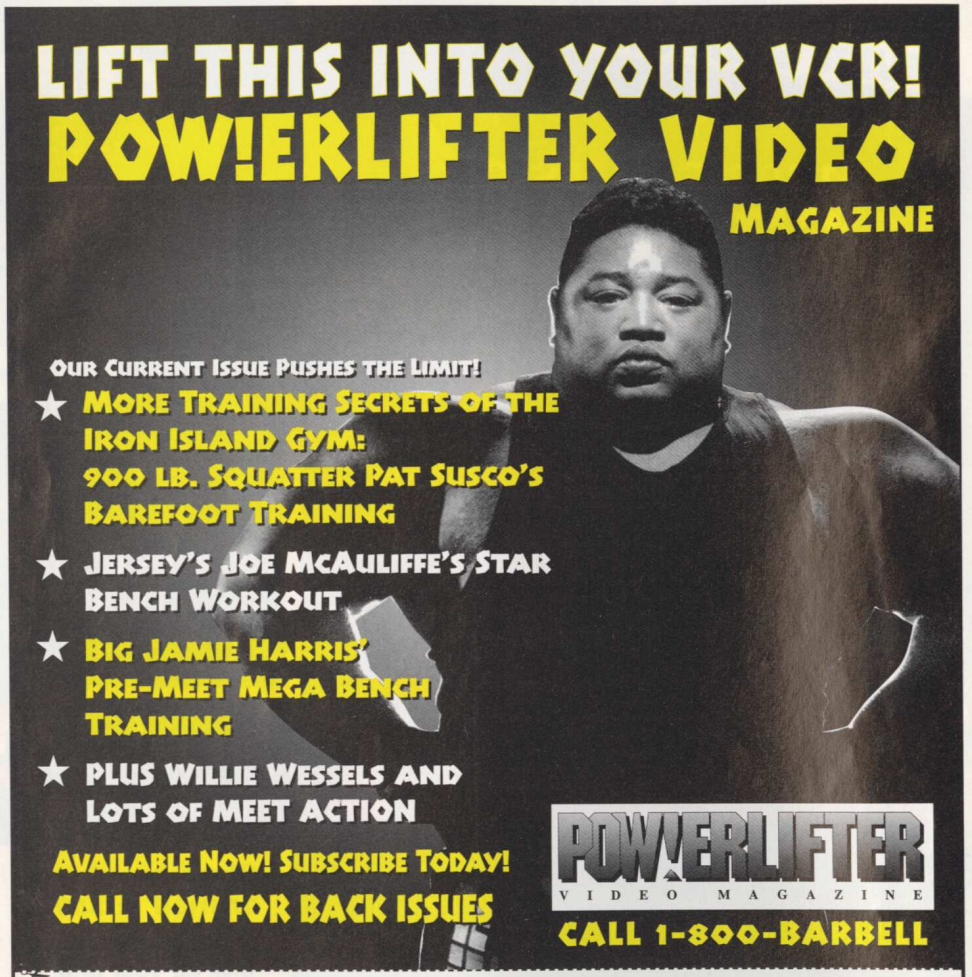

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ON THE COVER....Doug Heath, back on the cover of PL USA ten years to the month from his first appearance, now with 8 WPC World Titles under his belt, including South Africa in '96

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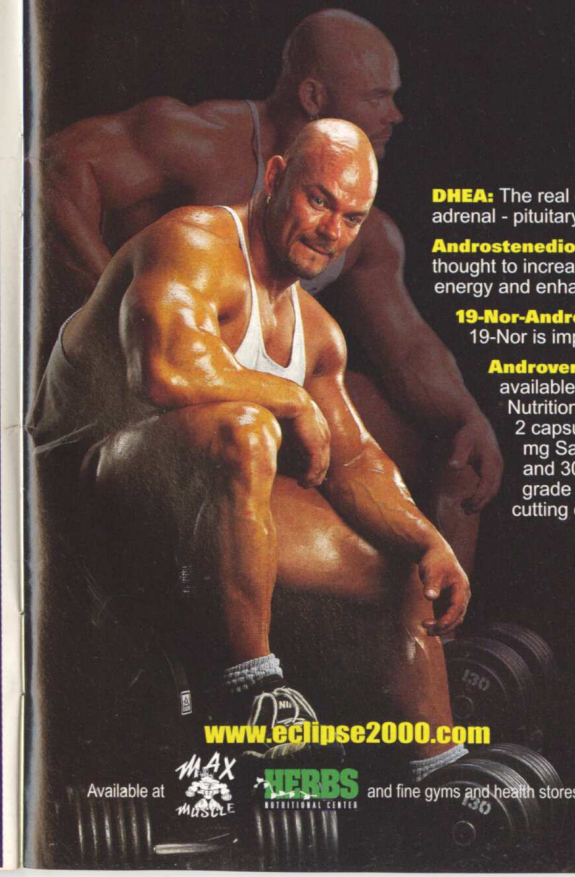

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1998 WPC Worlds, Pt. II

as told to PL USA by Herb Glossbrenner

Before I give you a rundown of the Women and Men's Open I'll give a my overview of the organization, presentation etc. Overall, it was well run with a few major hang-ups. **Promptness:** for the most part the sessions started on time. There were a few instances where lifters were not given adequate time to warm up, resulting from changing the number of lifters per flight, and some switching around that seemed inconsequential but disrupted some of the athletes customary routine. **Weigh-ins**: A breech of WPC rules in some instances. Some weigh-in times were to fit the convenience of the meet director and screwed up some lifters. The regular weigh-ins are to be two hours prior to the beginning of competition, ending one half hour before starting. One lifter didn't make it at the posted time (BP Worlds) and was not allowed to lift. After traveling all that distance they should have let him start. Cutting some slack occasionally can win friends and influence people. **Ceremonies:** Two champion equestrian horses were brought in for opening ceremonies. They were spooky, so no noise or anything to startle them was allowed. The anthems (each one) were played in their entirety - way too long. Handlers were trying to calm the horses. Athletes near their hind quarters were fearful of getting kicked. The writeup from Neville Primich's Durban program was read. They plagiarized my speech without giving me credit. The programs cost about $12, but they were worth it. Neville made them for Carl, and that's why they were a souvenir to cherish. **Warmup area**: Two Monolifts were promised but there was only a broken Greig lift (Bruce's own facsimile - not enough for so many people). The warmup area itself was much too crowded. **Audience:** too close to the platform. The lifting hall seated maybe 500, and would've been roomier without the tables. It got hot and stuffy inside. The press area was right on the platform, with spectators bumping my chair. Too close for comfort. **Start lists & results:** didn't have them before each flight began. When they had them Edith made sure I got them. I finally got all the results a couple of days later. **Scoreboard or overhead monitor:** A must for the audience to see but there were none. There was one tiny viewing screen next to the warmup area that needed better eyes than mine to read. **Courtesy:** none by the T.V. crew (two) who parked themselves in front with total disregard for anyone else. **Night of Legends:** Several weeks beforehand Carl Smith called asked me to reach Lee Moran (an official 1000 SQ'er) to see if he was coming. Lee said sure - send me the ticket. Carl said that nothing was said about paying his airfare. What does 'invited' mean? What ever happened to Bill West (present but ignored) The RSA President, Neville Primich offered to pay the airfare of Ron Collins (undefeated 7 times IPF W.C.) Carl rejected the idea, had never heard of him. WPC President Ernie Frantz was supposed to have been honored, but he wasn't even allowed in the building. More on this in a separate article. **Technical Director:** Edith Pongranz (AUT) did a splendid job in her duties, but even she learned a few things from the Master himself - Gordon Santee (USA). **Reception Hall and Dining Area:** in an adjoining area of the building. A mini-luncheon buffet was available. Not half bad. The spaghetti was great. **Pizza:** the pizza in Austria has to be the absolute worst in the World. Hamburger is virtually non-existent in Graz (except at a McDonalds - where a big Mac runs about 6 bucks U.S.). I ordered a hamburger, mushroom and onion pizza at a local establishment. I don't know what the topping was (cat food?), but even Lee Pestka wouldn't finish a slice I offered him. It must've been bad 'cause Lee'll eat just about anything. **Beer:** strong and expensive. **Water:** free as long as you say 'no gas'. Otherwise you'll get a bottle of bubbly (carbonated) and pay 135 shillings for it. **Rolls:** the waiter will ask you after the meal how many you had and charge you extra for each one. **Breakfast:** free, if you stayed at the hotel. Not bad, except the bacon was gross. The ham was a sham, 'cause it was SPAM. You could get eggs anyway you wanted, but the cook used too much grease on the griddle. It was impossible to get a waffle. **The People:** most of the hotel people were rude. When I arrived the man in charge had to carry up my luggage, which really ticked him off. An Egyptian fellow who worked there was nice as was the bartender, Michael, who must've liked me (I got free peanuts). Rick Coates got charged 55 shillings for a small swig of Jack Daniels! **The Tram:** it took us up and down Fortress Hill to the meet each day, and had us all speculating if it had ever broken loose and come careening down to the bottom with passengers aboard. **Clock Tower:** when it rang it didn't stop at 12 or even 36. **Canines:** treated like royalty over there. Everyone had a pooch. They were allowed in groceries, department stores, restaurants, anywhere. Better trained than the horses. **Most Animated**: Mary Ellen Warman Jerumbo! **Craziest:** Mary Ellen Warman Jerumbo. **Funnest:** Mary Ellen Jerumbo. **Best Dressed:** Maris Sternberg. **Sorest Neck:** Maris Sternberg. **Most Helpful:** Doug Heath. **Least Helpful:** the computer man. **Most Inconsiderate:** TV people. **Awards:** Splendid! Best medals I've ever seen. Despite a few jokes circulating, I liked the cow bells, They were humdingers. **Background Music:** accompanied the lifter's entrance for his turn to lift, a hard rock beat to rev up the psyche. A practice which has become traditional at most big meets. One with vulgar words was pulled after it was realized the vernacular words for sexual acts was it's theme. **Strip Show:** During an intermission a female and male stripper danced on stage displaying everything - inappropriate for a sporting event, ESPECIALLY FOR CHILDREN who were in attendance. Enough! On with the lifting.

***Best Woman Lifter** - Stephanie Van De Weghe (left) and **Best Man Lifter** at the WPC Worlds (open categories) Doug Heath (at right).*

***The MOST** ... in many Herb categories - Mary Ellen Warman Jerumbo*

WOMEN'S OPEN: The ladies numbered 20 altogether. Leslie Watson, 43, had to go it alone **105**. The former runner proved her worth. She now has 3 back-to-back World titles. **114** - Two top British ladies contested each other for the lesser medals. Eva Carr Hill, 25, got only 1W in two tries @ a 347 SQ, going for the European record. Her 325 dunk put her 22 up (848 to 826) over Jayne Thomas, 32, which finalized silver & bronze. Kim Sommers, 33, USA, had her 402 SQ opener denied. She stumbled before the "rack" signal after completing the lift. Kim sank her repeat - good. Then she missed a huge jump to 463, a W/R try. With a 193 BP and 99 ahead, she clinched victory with a 314 DL. Then she made 352, and failed 374 - a 948 TOT - gold! **123** - Amy Weisberger captured her 6th WPC Women's title, and the USA got their 2nd gold of the day, but not without some anxious moments. At 33, Amy is a youthful looking warrior princess from Worthington, OH. With her ultra wide foot placement she had difficulty satisfying the judges. She dipped just enough to get her final SQ - 386 (2W) to stay alive. Whew! After that she coasted home free. Her 248 & 264 BP's set her up for a W/R try - 276.7. It stalled halfway, and would've erased Vanessa Gibson's (GBR) mark. Weisberger put away 386 & 407 DLs, but couldn't get 435 - TOT - 1058. Lee Steggles, 36, a GBR housewife with a daughter owning a black belt in Judo (1st Dan) was Amy's bridesmaid this year. She concentrated intensely and made a 352 2nd SQ, but got overruled - her TOT - 848, 2nd. All USA women struggled to get a SQ passed. The **132** class was no exception. America's duo was dynamic. Melanie Diamond, 43, the APF Srs. champ, had high hopes to capture her first World title. It was mission impossible because she faced a 5 time W.C. (warm and very humble) Mary Warman Jerumbo! Mary, a 31 year old women's bodybuilder from El Paso, TX, has an awesome SQ weapon. Melanie was tellin' me she was very wary of Mary! Both had trouble getting a SQ by the judges. Melanie finally got her 369 passed on a 3rd. Mary came out with the pent up energy of a mini-nuclear device. She cinched her belt with a metal device, then sailed it off like a Killer Frisbee, just missing the kisser of Stefan Mattens (BEL), the official meet storekeeper, sitting at the table. She apologized for the near mishap and composed herself. It took her 3 tries to get 490 low, when she broke parallel on her 3rd, and stayed alive. Then it was straight to a W/R (534) to beat her own mark of 529. Is this awesome or what? She made the lift - not passed! Both USA ladies made a 231 BP, a 3rd for Diamond. Mary stuck on 242. Melanie pulled 413, then gave 441 a hearty heave-ho. Whoops! Her hips shot up, and she didn't finish the lift - 1014 TOT - 2nd. Mary DL'd a 407 opener and thereby iced down her 6th W.C. title. She went on to complete 424 & 435 likewise - TOT 1157. **148** - Mariann Oliver, 29, RSA, was the youngster here, and at only 143 also the lightest and she finished in the bronze position. The USA double knock-out punch was too much. If Nancy Dangerfield, 42, could make a major improvement in her BP she'd be in top position. She wasn't here, and has got a reason. She faced the Invincible Icon of lady lightweights. Mariah Liggett, 39, from Columbus, OH, already has won an unprecedented 11 WPC World titles. She's the undisputed unbeaten World Champ @ 148. Mariah's subtotal put Nancy in a hole too deep to dig out from, even with her magnificent DL ability. Mariah got her 441 opener down there, but couldn't satisfy the judges on her two 474 tries. The calls weren't for depth, but because she carried the bar too low (I think). Liggett punched up a final 281 BP and built a commanding lead. She finished w/452 DL - 1173 TOT. Nancy got her 407 SQ on the scoreboard after three-peating it, and added a 204 BP. Then Nancy showcased her awesome pulling power. Her 468 start assured 2nd. Then she took a W/R 524.7 for the long pull. With a tremendous output of power, she broke the floor, moving it slowly up to completion. It drained her, and left nothing for a 540 try, which stayed grounded - TOT 1136. For Liggett it was now an even dozen wins. Nancy claimed the World title in '93 @ 165 and has now surpassed her hubby when it comes to DL'ing. Winning has become such a fact of life for Mariah that it's almost taken for granted. She should not rest on her laurels and become too complacent, because Nancy has

***Amy Weisberger** gets ready to bench 264. (Glossbrenner photos)*

***Stephie Van De Weghe** tries 589*

***Coral Blair** pulled off a big upset*

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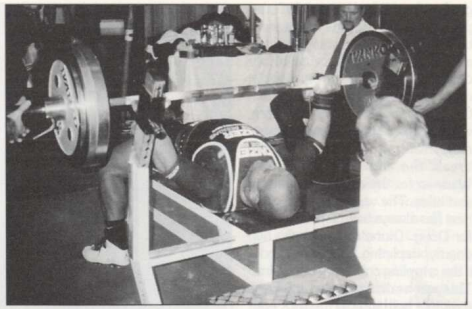
her sights set on the moon. I must say that Mariah is very gracious and humble. She doesn't consider herself that special, but her WPC World records of 518 SQ and 1256 TOT will be difficult, if not impossible, to beat unless it's by herself. **165** - Gabi Weinberger, 37, GER, took the runner-up spot (a foregone conclusion). She faced a 37 year old mistress of Might - USA's Stefanie "the experiment" Van De Weghe. She was primed and pumped - ready to re-write the record book. Rollin' steady, Steffie opened heavy - 540! Scrutinizers saw it a tad shallow. Repeat - w/ a quick hip dip at bottom - broke the ice (nice)! Next came a W/R 589. I thought it looked so nice, but the judges begrudged it - no dice! With this miss the "Swiss Miss" was pissed! She channeled her aggression on the BP. A big 341 opener got 2W. Next up to 369! I thought she'd bitten off a bigger chunk than the could chew. A shame - too much. Then came the clutch. Clad in a full metal jacket, she zapped it! A 3W success this time - candy for Van De! Her 452 2nd DL gave birth to a new W/R 1361 TOT. To supplant that she tried 474. She had it all the way to the top, but suddenly dropped it. I thought she was saving her power, Instead she said - it was the baby powder. Credit her now with four



Angelo Berardinelli & part of his World Championship performance.

(count 'em) World titles! (LATE BREAKING NEWS - at the APF Record Breakers meet in Aurora, IL she went 589 SQ (W/R), came up w/ 600 (1W), BP - 374, DL - 479 - TOT 1444 @ 165 bwt! **181** - Last year Krista Ford, 32 (now in Atlanta, GA) pulled off her 2nd World Title. I had expected no less from her this year. Offsetting her three-peat was bobsledding. A jump from a 418 opener to a 485 SQ was her undoing. It opened the door for Coral Blair, 34, a stocky, braided hair DL specialist from ENG now living in Australia. Adept Coral leapt through the portal! Blair dunked 457 and was ahead by 38. No misses yet, she BP'ed 231. Krista turned the tide with a big 314 push - a P/R. The positions were now reversed - Krista led by 44! Krista pulled them all. Her 485 gave her a 1218 TOT. Looked like Krista had another win. But wait! What's this - Coral came in w/ 474 to start and had 2 tries left. Next - 507 - like a feather. Ford, the lighter of the two, forced Blair to 534 for 1223. Smooth as chocolate pie - she devoured it! Nary a hitch. A stunning upset. Later on I asked Blair if 600 was in her future. Came the reply: I aim to try! USA's Patti Carson, 35, only 169.5, took bronze with a 948 TOT. When she corrects a flew flaws, she'll rattle some cages. **198** - this class also showcased an upset. A former IPF superstar made her debut a big one. Defending WPC Women's W.C., Edith Pongranz, 33, AUT, relinquished her throne to the superiority of Ulrike Herchenhein, 36, GER. I was most impressed with Edith. Being on the wrong side of the political fence isn't really her fault. Super efficient in her technical duties, she treated me quite respectfully and everyone else as far as I could tell. She's a handsome lady, and quite eloquent. She exudes an air of respect and authority, and on the platform was very strong with technical precision. To me, she's reminiscent of Bev Francis - good on all the lifts. It was a good matchup, close until the bar went to the floor. Ulrike is a legend in German P/L. The former 4 times IPF World champ almost made it 5 in 1996. She had the winning tow up there, but it was disallowed. Here she nailed all her SQ's - 463. With a cotton swab in her right nostril to stop a nosebleed, Edith beat it, and hit 485 low and cranked it up for a new European record. Herchenhein regained her lead w/ a 319 BP to Edith's 292. The German led by only 5 going into the final lift. Pongranz, on a 6 lift - no miss run, pulled a 452 3W opener. She got 490 up. It stuck on her thighs and she nudged it for a no lift - TOT 1229 - silver medal this year. Edith did well considering that her meet duties, making weight, and not eating had taken it's toll on her performance. Ulrike's SQ has declined, but she proved she still can pull a big one. (Lifetime bests: 518 341 529 1388). She won gold w/ a 452 opener (1234). Then following a miss, she succeeded w/ 518 - TOT 1300 - the new Champion. Emma James, 29, GBR, was almost overlooked, but made 6-9 for 1113 & 3rd. **HWT.** - Only one lady Super, and she was a big one. Leva Khodjamkoulova, 37, @ 281, made the weigh-in scales cry "nyet"! GBR's defending W.C. Dorothy Shaw didn't come. USA's Jolynn Arvin was back in Michigan (gone fishin'?). Leva gave Russia her only gold medal - steamrolling her way to the title - unopposed: 441 242 441 - 1124. No small potatoes! She's large in size and a startling new surprise!

Children's Group: Between sessions 3 kids went through there paces to entertain the crowd. They appeared and got lots of cheers. We need to see leniency and did. No gifts for kids unless they've been good said Gordon with a twinkle in his eye. It's a special addendum to the WPC rulebook. Let's call it a SANTEE CLAUSE! Kai Weinberger, 10, is the son of Gabi, the silver medalist in the Women's Open @ 165. He weighed 110, a bit roly-poly, and wore his belt way up on his chest (almost). Not a smart practice. Remember kids, this could injure a rib! Kai got credit for a 143 SQ, but got upstaged by 9 year old Rickey Lee Crain (75 lbs!) from the USA and son of you know who! Rickey Lee wore his dad's suit and dunked 148, so, he's closing in on double bwt! Kai won the boy's gold w/ a 66 BP; 159 DL - 369 TOT to Rickey Lee's 55 push and

Matt Zweng working a 744 squat.

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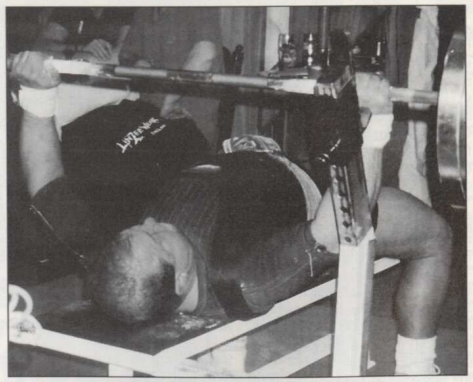
Agayev (AZB) pulling on a 744 .

154 pull (TOT 358). A close call in what must be called a "handicap match". Little Rickey was outweighed by 35 lbs. Samantha Jo Crain, 12, @ 97 bwt., posted some good numbers: 200.6 SQ, 77 B.P and 182 DL - 459.6 TOT. She has the same platform tenacity as dear ole Dad. The only significant difference being that Samantha made no errors - went 9 for 9. She may be starting a new family tradition.

Men's Open - **114** - Mike McDermott, 26, GBR, made weight and because of it had a W.C. gold handed to him. He won the flyweights with light weights for a 705 TOT. Too bad Kim Sommers doesn't have a twin brother. The APF needs to start a recruiting campaign to get the lighter classes replenished. Hey, out there, take note. I'm issuing a wake up call! **123** - Once again, the USA needed a fill-in. Where's Ernie Milian? I'm issuing another call. Where's Buterbaugh? Two British World Champs fought each other to decide this year's winner. Steve Grey, 30, won in '96. Joey Mitchell, 33, won it last year. The outcome was predictable. Mitchell forged his way to the front. He duplicated last year's 1003 aggregate. Joey had no misses in 8 tries! 380 SQ, 176 BP, 446 DL. He tried a 469 DL going for an ER - didn't get it. Grey finished w/749 TOT - a silver. **132** - Making weight is always a major ordeal for the USA's Doug Heath, not to mention he's a worry wart! It isn't as if anyone could surmount a challenge to him. He placed his 7 year winning streak on the line once more. Doug's only bona fide adversary has always been himself - no one else! Doug has a full blown paranoia regarding the judging. This proved once again to be an unfounded concern. He had heightened anxiety this year, uneasy regarding the political upheaval. Compounding matters was the added burden that his father was gravely ill and he'd come only because of his dad's insistence. This one was dedicated to Dad and it would be one for the history books. A win this year would make Doug the winningest male champ in WPC History. It'd break the deadlock w/ Scott Warman for the most gold medals and titles. The weight making process has always been a painful task for Doug. Diuretics have been his enemy, depleting his performance if the crippling cramps nabbed him. This year he didn't use them. A long soak in a hot bath did the trick and he made it - no hassle - right on the money! They weren't allowing anyone to check their weight on the official scale. The bathroom scale in the hall was about as precise as a shot in the dark. Doug, who is clever as a fox, found a way to get the accurate reading he wanted anyway. Everyone rallied around him, gave much encouragement and moral support. Come nitty gritty time his worries had been blanketed by positive suggestions. Lucciano Pelligrino, 31, ITA, accepted the bronze - 1003 TOT. Stephan Moret, 28, FRA, qualified for silver - 1102. Heath, a 39 year old fireman from Columbus, OH, may have the best physique for a 132 in the World. His lifts: 424 SQ - a warmup. Then 479 and a 507 - right on the money. His BP usually a bread & butter lift (first 132 to do 400) was sub par, no doubt from stress. On his last heavy workout he had done 391x2. Here his 336 start was shaky, followed by 358, none too easy, and finally a miss @ 369. No sweat as he was ahead 204 lbs. on subtotal. His 424 DL opener was the winning game shot. His floodgate burst open with tears of joy! He went on to hoist 474 and give 490 a half hearted tug that was not needed. His TOT 1339. Later, he talked w/ his dad, who'd dramatically improved, and was now out of the woods. What a relief and



Coming back** from injury and disappointment - **Paul Urchick (USA)

joy for Doug. Counting other organizations, Doug now has 10 World titles.

148 - Scott Siegel, USA, won last year giving the Americans 7 wins since WPC started in '86. Primich and Fourie had 1 win each for RSA, and GBR's David Mannering was the only lightweight to do it back to back ('92 & '93)! Mannering could have been the only 3 time winner but was a kilo heavy this year. This left the field wide open. USA rep Tim Judge, 39, could have kept in tact the red, white, and blue winning streak, but the new APF 148 champ fell shy, getting silver with some reckless jumps, especially his last DL selection. Actually, Tim had a 71 lb. edge on Umberto Breglia, 32, ITA. Umberto had the best DL of the class. Tim didn't know that, and gambled on 501 after his 2nd 474, but missed. The Italian nudged Tim into the bronze medal by hoisting a big 551 on his 2nd try (1295 to 1289). Taking them both to school was the short, stocky Finn, Sakari Selkainaho, 33, who had a flat top style haircut and a propensity for prodigious predictions. As team coach he was very sure of his guys abilities. Hindsight reveals they didn't live up to his bold expectations! Sakari was able to at least practice what he preached - winning! It took him three tries to get his SQ deep enough (573). Sakari was sorry he didn't make his 358 BP tries, but managed his 341 opener. Another start mishap - he failed his 529 DL, but made it on his 2nd before failing his final 562 - TOT 1444.

165 - Now, with 3 APF Men's Open National titles, Angelo Berardinelli HAD HIS SIGHTS SET on finally winning the BIG ONE. Last year he took a Naprosin (unsettled stomach) and lost to South African (Neville) who won it! It appeared to be smooth sailing this year w/ Captain Primich promoted to Admiral and up a class? You can never be sure of anything as Angelo found out. Luca Seger, 38, secured third - a valiant effort - 1460! Right on his heels but 11 shy at the tape was Wolfgang Haider, 33, (1449). David Mannering, 38, is a British legend in P/L. He claimed 2nd overall, weighing a too light 150.7, and went 7-9 - TOT - 1543! A fine result considering he was giving a lot away to heavier and stronger opponents. Angelo drank Pedialyte (electrolyte replenisher) to reconstitute himself after making weight. After hitting an easy 722 2nd attempt SQ, he went for a biggie, trying 767, an all-time World Best. He bottomed out fine but got stuck. His BP's went well making 418 through 452. He couldn't lock out 463. With a 237 subtotal lead, it looked like it was in the bag. Playing it super smart, he opened @ a tinkertoy wt., 529, just to make sure. He zapped it but lowered it B-4 being signaled to do so with a major cramp hit him. On his second attempt he was cramping terribly

***100 kg. Men's Champions** - (l-r) Hammerton, Depner, and Dunagan.*

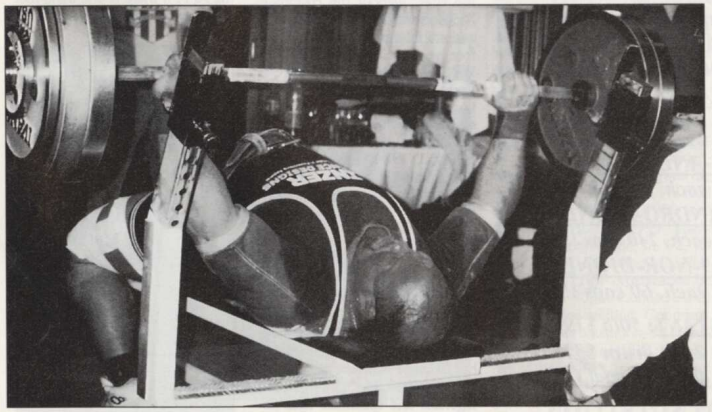
***Paul Gallo** - a fabulous squatter.*

by now - missed again! By now the USA camp was in a panic. Mannering was watching and hoping. Be acclaimed a hero or claim zero! It was all up to him. Forward Advanced (ignore the cramps)! Last chance. Thoughts were racing in his head: You're strong, don't fear it - try -it's that simple (he was stirred by the spirit of Goliath Matt Dimel)! Like a bull (so bold) he pulled (for gold). I'm elated (he made it)! THIS ONE'S FOR LOUIE! Finally Angelo, a World Champ. Who sez good things come easy?

181 - Ten started in a test which saw two possible medalists and one sure winner missing in action. USA man John Wood bowed out and was gone for good! His elimination from the competition was coupled with a much more disturbing factor! He received an emergency call that his mother-in-law had unexpectedly passed on. Wood had to pack up and go home. He did so at the drop of a hat. Such a disastrous event to befall such a great fellow. A front-runner, Jarmo Laine, FIN, also didn't finish. The biggest bombshell of all fell on Neville Primich, RSA. In the previous 11 WPC outings he'd earned a 3rd, 4 2nds, and 6 World titles in 4 different categories. He ground up a 749 SQ for a commanding lead. He opened @ a 485 BP, and had it moving on all 3 tries, but it was a no go. The political situation weighed heavily on his mind (as did it with us all) and may have clouded his judgement. He'll be back. Next year I'll predict PRIMICH WILL FINISH - A delivery)BY HOOK OR BY CROOK) No. 7 FOR THE HISTORY BOOKS! Eric Athias, 28, of France assured the bronze medal after a 661 SQ, then delivered it w/ his 633 DL - 1675 TOT. Enrico Vaccari, 36, the defending champ, won again. He SQ'ed a big 705, BP'd 474 and pulled 617 for 1796. In runner-up spot (same as last year) was Peter Bartlett, 38, GBR. Pete balanced out @ 661 468 606 1736. Vaccari had a close call, needing 3 tries to register his SQ.

198 - USA's Matt Zweng looked impressive winning the APF Srs. w/2000 TOT. He was put to the test here with 13 men from 9 countries, all gunning for him. AUT's 39 year old Franz Schoen had his chances blown when he failed to raise a 633 DL following a 595 success. Had he made it would have leapfrogged 4 men and had 5th. Instead he was 8th. It was a virtual deadlock between Edmond Jozse, ISR, 25; Hannes Foeger, 32, the other Austrian; and Sergio Bianchi, 38, ITA, who weighed the lightest of the 3. His 1532 earned 5th, w/ Foeger and Edmond in order w/ countback same result. Close, huh? Savran, GER, placed 4th w/1576 but miles behind in the medal hunt. Joe Dougherty, 27, the USA backup hit a 722 SQ & 1868 at Srs. to make it here. He no scored w/ 650 SQ and went to the sidelines. Markku Vierikko, 36, a highly touted Finn, ran off seven good ones and lifting a 661 DL. He had an 1818 TOT and the bronze medal locked up. He waited to unleash a big effort to surmount the leaders. Nickie Blackie, 29, vacated the 220's to drop down. The RSA star got silver @ 220 2 years ago. Some called him lucky then because the 2 top guns Kevin Hammerton, GBR, and Hugh Dunagan, USA, couldn't get their SQ's passed and were out. Blackie is crafty, and proved he's no fluke. Here he kept the heat on front runner Zweng all the way. After Nick's 749 SQ and huge (class high) 507 BP, he was a mere 22 behind the American. Zweng, the Michigan Wolverine, fought through a hard 793 SQ, but faltered in the BP. Matt is at a loss to explain what happened to his BP. He'd pumped a powerful 534 in winning the USA Srs. Here he struggled to get 485, then missed his 2 chances to put away 501. Nick picked 628 for his 2nd DL. This brought him up to 1884. Zweng had good coaching, and opened at 600. Blackie's 628 put him in the lead for the first time. Matt lifted 650 cleanly for 1929. When Matt failed his final 666 try, Blackie had his golden opportunity. He tried 672, but missed. This left the door open for Vierikko, the DL'er. He had two shots @ 733 hoping for silver - but they wouldn't go. This left Matt as champion of the world - the highlight of his career!

220 - the USA had 2 men entered. Both lads shine and had designs of dumping the European golden apple cart! The American backup man was Chad Hammond



***Rich Coates** was spectacular, lifting in borrowed gear, and here he benched 573 insomebody else's shirt*

***A Happy Warrior** - Peter Tregloan*

from Ohio. He is powerful looking and is technically good in all the lifts. Chad turned in a solid performance - 1901. He was 33 down from his Srs. performance. Hammond had 733 deep, but couldn't come up. He blasted up a 452 BP opener then misgrooved 485. Instead of taking it over, he took a chance with a jump to 501 and made it splendidly. Had there been medals for the individual lifts Chad would have had the gold disc for his bold risk! He raised a 694 DL - TOT 1901, 4th place. Not bad in his first Worlds! Hugh Dunagan, U.S, won the '94 Worlds w/ the same TOT Chad made here, but @ 90 kg. Hugh came in with a bad wheel. A tight suit coupled with tight joints was the cause of his bursitis. Lots of stretching is on tap for Hugh as a post-meet rehab and re-occurence preventative. Dunagan, 30, from Tulsa, OK, brought his wife Stacy. Her Hairy Bear Hubby is my very good buddy. He lost his groove on 705, but got it anyway, and torqued his bad knee. As a result, he SQ'd 744 tentatively and got 2R on depth. Wanting to stay in contention, he jumped to 760 - nailed it! Hugh proved he finally has learned how to use his shirt properly. He punched up 485 easily. Knees killing him, Hugh could not exert pressure against the floor in his wide sumo stance. He missed 705, then 733 for this reason. Then with a do or die effort, he made it on a final. His 1978 TOT was good enough for bronze, 5 up on his Srs. TOT - 1978! His knee tendon slipped out doing his final lift, requiring the expertise of RSA's chiropractic whiz Brad Berria to put it back in place. Considering his knee was tricky, he pleased me and Rickey! The latest prognosis - Hugh's feeling fine, now it's healing time! It looked the battle

(article continued on page 82)

The WPC Controversy

as reported to PL USA by Herb Glossbrenner

I realize that for 2 months you've all been wondering what I'd write concerning the political transgressions, perpetrators and victims of the debacle which occurred at the 1998 W.P.C. World Powerlifting Championships in Graz, AUT. Well, the moment of truth is at hand. Swallow that dramamine and get ready for takeoff 'cause it's gonna be a rough flight with plenty of turbulence expected.

Before I elaborate on the happenings I feel that is necessary to give an abbreviated crash course on the history of the W.P.C - its origins and internal structure, and how it differs from all other P/L organizations. Then I'll tell you the difference in the A.P.F. and it's interconnection.

It began with discontent with the way lifters were treated ... in Ernie's words: "With a total lack of respect or regard, the IPF became dictatorial and tyrannical in their nitpicky enforcement of ridiculous rules." The IPF seemed lackadaisical in the mailing of World Record certificates. Shaving belts, disallowing T-shirts, checking equipment and the like aggravated many athletes. Frantz felt that the U.S. governing body at the time (USPF) was catering to the whims of the IPF - and had no backbone to stand up for lifters rights. The straw that broke the camel's back was that the IPF would not allow 5 year age brackets. He then formed the AMPF (American Masters Powerlifting federation) and APF (American Powerlifting Federation). Ernie is the founder and President of this organization and remains so to this day. The APF is a non-profit, incorporated group. His movement gained momentum, but was not regarded seriously by the USPF nor the IPF. Frantz's main purpose was to perpetuate camaraderie and good will among the athletes and make a meet an enjoyable experience "for the lifter" without the customary haggling and distractions. An international interest cropped up, therefore he organized and formed the WPC (World Powerlifting Congress), filed under the Business Corporation Act of Illinois. In a signed, sealed affidavit by the Secretary of State, it's existence went into force on July 1, 1984. Unlike the APF it is a business of Ernie's, for profit. He channeled his energies to make it work. As President and OWNER of WPC he is also the majority stockholder, holding 99% of the shares. (His wife, Diane, holds the other 1%). Everyone must understand that WPC is unlike any other P/L organization. Frantz OWNS the WPC, lock, stock and barrel. He is the self-appointed President and has the legal authority to do as he pleases, (detractors, defectors, antagonists and mutineers take notice). If some of Ernie's policies seem autocratic (perhaps some are), he is entitled to do so. Those that don't agree with his mandates and/or policies can leave (and some have). Ernie is receptive to his followers' wishes and needs and will listen to ideas. If it is in the best interests of his organization and if the majority of lifters want it, he'll permit it. In WPC Congress meetings issues are voted upon democratically. Prior to this year, WPC Congress meetings have always been open forums. Issues voted on are final and cannot be changed nor rescinded unless at a WPC World Championship Congress meeting. Ernie's overview of the WPC and what it stands for is an anti-thesis of IPF. Ernie sees it that IPF policies are autocratic without the athlete having any say so. His coalition, being an organization for the lifter, allows the athlete to dictate what he/she wants and gives it to them. This is done in Congress, by majority vote. Ernie goes along with these decisions and abides by them even if he does not agree with them. For example, a few years back when I wrote about the judging in the APF, it made Ernie and a lot of his loyal subjects furious, but it all turned out for the good. I've seen no problems with bad officiating in the APF over the last two years and even the lifters seem content now that bogus lifts are no longer given out like candy treats on Halloween. It just proves the old adage that the needs of all outweigh the wants of a few! Frantz himself and a lot of others have now forgiven me and realize that I am an ally and supporter of the APF. If there is one thing that Ernie Frantz and I agree with 100% it's that SPORT IS FOR THE ATHLETE! and NOBODY ELSE - not the officials, administrators, caretakers, spectators - PERIOD! The first country to join up w/ Ernie's WPC were the South Africans. Their sportsmen for too long had been ostracized by the international community. Athletes were punished for the wrongdoing of their Government. POLITICS and SPORTS do not mix. Banned from sporting competitions RSA P/Lers had no where to go. Ernie put an end to that. He invited a group of South African lifters to compete in his historic APF/AMPF vs RSA International duel team match which took place on Sept. 16, 1984 at the Lincolnway Lodge in Aurora, IL. Prominent names had participated and helped with this event. Official Ed Jubinville was suspended by an enraged IPF! USPF Pres. Conrad Cotter lacked the stones to buck the IPF and stand up for U.S. athletes! Maris Sternberg and Felicia Johnson were not allowed to lift in the IPF Women's Worlds due to their participation in the South African/APF/AMPF match! So, the WPC was born - off and running. A bond with South Africa was now for life. The link and attachment to Ernie and his doing what was right in the face of oppression has never been forgotten! Other countries were invited and jumped on Ernie's WPC bandwagon. The first WPC Worlds was held in Maui, HI, 15-16 NOV, 1986. A cavalcade of P/L stars participated and became inaugural World Champions: Women - Benford, Simmons, Jeffrey, Crisp, Frantz, Liggett, Dodd, Reshel, Sternberg, Meaney. Men - Caldwell, Milian, Carr, Jackson, Inzer, Gay, Duke, Coan, Kritsky, Furnas, Chaillet! Many of them are household names, well known even today in P/L.

Now that you have a concept of the APF/WPC, we can scrutinize the two major players in this power struggle:

ERNIE FRANTZ, 64, born May 19, 1934, is a husband and family man from Aurora, IL. He's been lifting competitively since 1954, at age 20. Frantz started as an overhead lifter. W/L was the only competitive outlet in those days. At 181 lbs. he achieved a 290 press, 220 snatch and 300 clean and jerk. Ernie also participated in bodybuilding contests, winning many of them with his rugged, physique. When P/L came along and offered competition in the strength lifts, Ernie was a natural for it. As a lightheavyweight he achieved a 600 SQ, 425 BP, and 720 DL for a 1745 combined total. Coupled w/ his W/L achievements in the same category his 2265 5 lift (press eliminated) combined total rates him 5th even today on my Lightheavyweight All-Time Superman of the Century list. Ernie became 181 lb. IPF World Champion in 1974, winning that prestigious title in York, PA. I was there, met him, add shook his hand for the first time. Two years later he married his wife Diane who became a multi-World Champ in her own right, setting many World Records. As a tandem husband - wife team they once performed a two person D/L of 1100 lbs. As far as his lifting goes, Ernie got even better with age! Among his lifetime bests are: @ 198 a 777 SQ, 771 DL and 1951 TOT at age 51. Ernie told me that he also did an 800 DL, in a meet which results were never sent to be published. At 220 he recorded an 826 SQ and 2000 TOT officially at over age 50 in 1985. Perhaps the most amazing thing to demonstrate Ernie's maintenance of strength occurred during 1995. At 220 and age 61 he registered a mind boggling 825 SQ, 661 DL and 1802 TOT. It may be a few decades into the next millennium, or never, that a man of his age turns in such a performance. You are looking at not only a P/L leader, but a true legend of strength, Legends may come and go, but Ernie is the most enduring one I know.

Now, let's examine Ernie's chief rival:

CARL SMITH, 41, born October 9, 1957, in Binghamton, NY, USA. At age 21 he emigrated to Graz, AUT, and there became an Austrian citizen in 1978. He was seriously injured from a fall out of a 3rd story window in 1980. He suffered multiple fractures (skull, ribs, hips, elbows) along with brain stem hemorrhage - and twice required heart resuscitation, followed by a long and painful rehab and recovery. He married his wife Karen in 1984. The following 2 years, he coached American football, popular over there as a sport. He embarked on strength training and did his first P/L meet in 1987. He lived in Durban, RSA during 1989; and returned to AUT in 1990. There won the national title. In '92, he won it again. Following a conflict with the AUT/IPF organization he resigned. In '93, he founded (APC) Austrian Powerlifting Congress. Upon Ernie's invitation, AUT became a member of WPC. He promoted the first APC organized meet in AUT in 1994. Then, in 1997, he likewise organized the European Powerlifting Congress (EPC) European P/L Championships in Graz. As a competitor (6 ft. 1-1/4" - 271) he has recorded best lifts of 837 SQ, 485 BP, 749 DL, 2033 TOT. Just this year Smith ruptured a rotator cuff and can't BP anymore. He was awarded the WPC World P/L Championships and it was staged in Graz, AUT, Nov. 4-8, 1998.

Now that you know the background of the two key players in this confrontation, let's see what brought about their disagreements:

During the APF judging controversy two years ago Carl expressed concern regarding bogus lifts and bad officiating within APF. My controversial article seemed to stir things up, and after a period of time that problem appeared to be solved. The APF restored it's credibility and I assured Carl that there was no longer need for concern. Both he and Ernie seemed to be comrades in a common cause: perpetuating the sport of P/L within the WPC in mutual cooperation with both men agreeing that the sport was for the athlete. Carl seemed to be more stubborn about tightening the reins regarding what he believed to be improper use of equipment. As far as the issues go, that appeared to me to be the only disagreement.

Probably the first warning sign of dissension between them occurred at a meet some time back in Las Vegas. Following the competition Smith wanted to hold a meeting to discuss WPC matters. Ernie

(article continued on page 76)

***Closing Ceremonies** at the controversy rocked WPC World Championships in Graz*

***Mister Carl Smith** and his wife*

***The SS Guys - literally** ... or Ernie Frantz's Would Be Escort Service*

***Principals in the Action,** left to right, Edith Pongranz, Carl Smith, and Brian Smith. (all WPC photographs were taken by Herb Glossbrenner)*

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***5-ANDRO-DIOL + ANDRO-DIONE**:*
Each cap = 100mg of each, 240 caps !!!

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IPF World Bench Press

as told to Powerlifting USA by Dr. Larry Miller

I thought I'd do the write up on the IPF Bench Press Worlds during my 10 hour train ride from Amberg, Germany to Paris, France. So if this drags on a bit, you'll understand.

This was not only my first IPF world meet, but my first journey outside of North America. A 5 hour delay in Cincinnati due to 2 non-functioning parts on the airplane, did not make for a great beginning.

The meet was held in Amberg, Germany, a very old, quaint city with cobblestone walkways and stone buildings, filled with American products. The meet was held at Amberg's Congress Center which played host to approximately 400 lifters from some 30 countries.

We only had a field of 4 women on the women's team competing for a medal. Overall, the women were relatively satisfied with their performance. Seven world records were set out of the 10 weight classes.

Svetlana Tesleva from Russia was victorious in the 44 KG (97 lb.) class and set the first world record of the women's competition with a lift of 87.5 KG (192.5 lbs.). The second world record came in the next class, 48 KG (105 lb.) with Irina Krylova of Russia lifting 110 KG. (242 lbs.). She outdistanced her competition by 20 KG. Irina finished 2nd for overall best lifter by lifting well over double bodyweight. The Russians were finally displaced from the gold medal in the 52 KG (114 lb.) class by Sylvie Mingot from France with a world record lift of 108 KG. (239 lbs.). In the 56 KG (123 lb.) class, we had our first U.S. lifter, Darling Jill or Jill Darling (both apropos). The class was won by Germany's Tamara Althaus with a world record lift of 110 KG (242 lbs.). Jill finished fifth with a lift of 90 KG (198). She pushed 100 KG (220 lbs.) about 2/3s of the way before it stalled. Jill has a great deal of potential and should be back next year. The 60 KG (132 lb.) class was quiet with no world record attempts. Ljubova Belova of Belorussia benched 120 KG (264 lbs.) to win the gold. The 67.5 KG (148 lb.) class saw the women's outstanding lifter from host Germany, Gabi Holzmann. Gabi won her class with a world record lift of 145 KG (319 lbs.) The 75 KG (165 lb.) class had a Russian return to the number one spot, with Marina Zhguleva setting a world record with a lift of 137.5 KG (303 lbs.). Sandra Perron from the US finished 5th with a lift of 107.5 KG (236.5 lbs.). Next year, Sandra should be in the medal hunt. Sandra arrived in Germany early but her luggage made it the day before she left. It's a good thing she carried her lifting gear separate. A lesson you don't want to learn the hard way. The 82.5 KG class (181 lbs.) had Hungary's Timea Zavodszky out lift a field of seven with a bench of 150 KG. (330 lbs.). Andrea Sortwell of the U.S. finished fourth with a lift of 107.5 KG. Andrea offered her services as an IPF referee which helped to free up Dr. Mike Hartle to concentrate on coaching. Andrea's unselfish attitude was much appreciated by the US team. The 90 KG (198 lb.) class again saw the Russians on top as Irina Lugovaya benched 142.5 KG. (314 lbs.). The 90+ KG had world record holder, Chen-Yeh Chao from China set a new world record of 177.5 KG. (391 lbs). Debbra Farrell of the U.S. won the silver with a personal best of 137.5 KG. (303 lbs). She was so excited after her lift, that she charged a startled Mike Hartle and gave him a big hug. The women finished seventh overall and then sat by to cheer on the men.

The men's competition started out as did the women's with a world record lift coming from many time world champion Andrzej Stanaszek of Poland. Andrzej set the record on his second attempt with a lift of 168.5 KG. (370 lbs.). Hung Pham of the U.S. finished sixth but only had his second attempt of 132.5 KG (292 lbs.) passed. Hung was only 10 lbs. out of the medal race. The US had no lifter entered in the 56 KG (123 lb.) class. The number 2 overall best lifter, Makoto Ohtsubo from Japan benched an amazing world record 175 KG (385 lbs.). The 60 KG (132 lb.) class had Sweden's Magnus Carlsson outdistance a field of 15 with a lift of 180 KG (396 lbs.). Robert Allen of the U.S. finished in the middle of the pack with a bench of 145 KG. (319 lbs). The U.S. team started to accumulate team points in the 67.5 KG (148 lb.) class with Lance Slaughter taking fourth on bodyweight with a lift of 175 (385 lbs.) Kazahkstan's Alexy Sivokon won the class with a world record lift of 200 KG. (440 lbs.). I entered the 75 KG (165 lb.) class with high expectations, but when I realized that the platform was constructed of wood instead of rubber mats as I had been told, I knew I wouldn't be able to use my patented leg drive. I only managed 200 KG. (440 lbs.) which was good enough for third place. Alexi Vorobiev of Russia did a personal best of 215 KG (473 lbs.) to win the class. The 82.5 KG (181 lb.) class had last year's world champion Leonard McCormick going for the gold again. Leonard had discussed strategy with me for quite some time the day before, stating that you must make your opposition beat you, but he didn't follow his own advice. Instead of going to 227.5 KG, he jumped to 230 KG and although the lift looked good to me, it didn't pass and Japan's Susumu Otanis' world record lift of 225 KG moved Leonard to a second place finish. I'm sure it was a long ride home for Leonard. The 90 KG (198 lb.) class was a nail biter. America's Robert DeCourt had trouble getting the bar down to his chest on his opener and was red-lighted. His second attempt was strong, but his shirt tore slightly around the neck. He went for the gold on his third attempt after we managed a quick shirt change. He came oh - so - close, but couldn't quite finish the lift which moved him down to fourth. Szabolcs Onozo of Hungary won the gold with a world record lift of 242.5 KG. (534 lbs.) The 100 KG (220 lb.) class saw another Hungarian lifter finish first as Gabor Kovacs finished with 250 KG. (550 lbs.). Anthony Succarotte of the U.S. just missed his opener and when he had similar problems with his second attempt, we decided to change his bench shirt. Tony selected the wrong one as the shirt blew at his chest on his final attempt. The 110 KG (242 lb.) class saw Yuri Khuazhev of Russia finish first with a world record lift of 260 KG (573 lbs.). Unfortunately for America's Dave Doan, half of the lifters in his class set personal records, which moved Dave down to 10th place. Dave lifted 235 KG (518 lbs.) and went for the bronze on his third attempt, but came up short. The highlight of the meet came in the 125 KG (275 lb.) class which featured two American lifters, Horace Lane and Misi Inoke, who had tied at the Bench Press Nationals with Horace winning on bodyweight. Now at the Worlds, it was Misi weighing in a half pound lighter than Horace. Horace was solid on his opening attempt of 260 KG (573 lbs.). Misi opened slightly higher at 265 KG (584 lbs.), but missed due to a lack of concentration. That put Horace in the driver's seat. Horace's second attempt was a successful world record lift of 272.5 KG. (600 lbs.). Misi repeated his opener and got it with ease. Misi then went to 275 KG (606 lbs.) on his third attempt for the lead and a new world record which he received. Horace, not to be outdone, went to 277.5 KG (611 lbs.) and achieved his second world record of the meet. Horace finished first with Misi a close second, but the contest wasn't over. Both decided to up the world record on their fourth attempts. Misi went out first but appeared to have run out of gas. Horace went out with 280 KG (617 lbs.) on the bar. The bar came down and up and the lift appeared to be good as 2 whites and 1 red appeared but one of the referees elected to switch and the lift was turned down. Once Misi gets his bench shirt fitted a little better, he should be good for an additional 10 lbs. Horace was also having trouble with his footing as did a number of our team members and he was complaining about not having any leg drive. I can only imagine what Horace would have ended up with had the platform been carpeted. Lifters, coaches and well wishers kept Horace and Misi busy for about 1/2 hour after they finished, taking pictures and complementing them on the most exciting competition they had ever witnessed. I met Horace about 3 years ago at a local meet and up until this past September, that is all he had lifted in. I witnessed his raw talent at Mike Hartle's meet last Spring and hooked him up with World Masters record holder C.J. Batten and now he has a World Record, a gold medal, and he finished third for outstanding lifter (based on the Wilks formula). Not too shabby. James Henderson kept the show going. Unfortunately, James hadn't been able to train as he had hoped but he still managed to dominate the superheavies. He only got his opener of 282.5 KG without a bench shirt. James had the audience on their feet with his on-stage antics of pointing to all the referees and giving high fives to the spotters. The team points following the 275 and Superheavyweight classes propelled the U.S. team into second place with 57 points, 3 behind the first place Russians.

It is difficult to perform to your potential when you travel half way across the world and attempt to adjust to the time change and different types of food. It is also quite expensive. Unfortunately, since Mr. John Inzer now holds the Ernie Frantz lawsuit against the IPF, no IPF meets can be held in the U.S. I know that our lifters as well as lifters from other countries would be ecstatic if Mr. Inzer would settle his difference with the IPF and drop the lawsuit.

I wanted to thank our sponsors. The cash donations allowed for our lifters to get team uniforms at no charge. I donated my Executive Committee reimbursement and Mike Lambert of "Powerlifting USA" as well as Pete Alaniz of "Titan Support Systems" and Rickey Crain of "Crain's Muscle World" made cash donations to the team. Most team members also received free Bench Press shirts from John Inzer of "Inzer Advance Designs" and from Susumu Yoshida who supplied us with Crain bench shirts. Lifters such as Horace Lane, Misi Inoke, Brad Gillingham, Ray Benemerito, Wade Hooper and myself are now using the Crain Bench shirt. Crain Bench shirts can be ordered by contacting the Powerhouse Weight Training Club c/o Midote by Fax 011-814-2336-5081 or E-Mail to Hisako YHE01736@NIFTY.NE.JP.

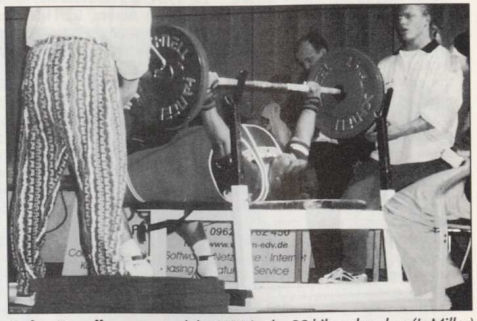
Having mentioned Susumu Yoshida of Japan, I would like to take the time to thank him for his help. After my fiasco with my feet slipping, Susumu had me moisten the soles of my shoes and he told us to have the platform cleaned in order to get rid of the chalk that had accumulated. He also helped me change my bench shirt as the first one was twisted and not fitting correctly. If it weren't for Susumu, I may have bombed. Susumu is the coach of the Japanese team, but he helped Mike Hartle and I get Horace's and Misi's shirts on correctly. Susumu, without a doubt, is one of the most respected and well-liked individuals in the sport today.

A special thanks to our co-coaches, Dr. Mike Hartle and Dr. Larry Maile. Mike worked like a dog in the back, loading bars, lifting off during warmups, helping us get our shirts on and getting us motivated. Larry worked the scorer's table, and made certain that we were at the right place at the right time. Larry had all the numbers figured so that we knew what we had to lift in order to obtain our goals. They had us so focused on what we were doing that I wouldn't recognize the lifters in my class if they were sitting next to me. I personally can't thank them enough for all of their help, and it'll probably cost me a dinner or 2 when I see Mike and Larry at Men's Nationals.

When I go to a National meet, I run into old friends and make new friends. Going to a World Meet as a team is different. There is a togetherness and a bond that develops and I will always look forward to seeing my teammates at future National and World Meets.

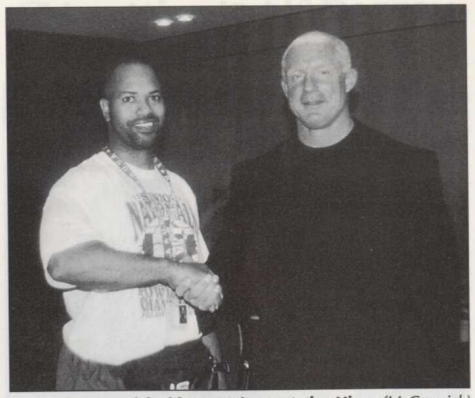
IPF World Bench Press
11-13 Dec 98 - Amberg, Germany

Disabled Women	
88 lbs. class	
Huang TAI	126
Tuckey GB	115
97 lbs.	
Lu TAI	154
105 lbs.	
Oroszova SLO	154
123 lbs.	
Osmanova UKR	198
Bartosova SLO	154
132 lbs.	
Millerman GB	132
165 lbs.	
Jontton GB	
181 lbs.	
Lin TAI	220
181+	
Chesher GB	154
Disabled Men	
105 lbs.	
Petrov RUS	259
Chang TAI	253
Begnyzov TKM	242
Ellwood GB	
114 lbs.	
Chen TAI	314
Sapbiev TKM	264
123	
McAdam GB	159
132	
Parnian NDL	352
Celin SWE	308
Sitruk FRA	303
Wick GER	253
Sinal SLO	220
Ersek NDL	176
148 lbs.	
Nakamoto JPN	264
Leierzopf AUT	264
Day GB	99
165 lbs.	
Ingedal NOR	330
Yang TAI	314
Grimm GER	270
181 lbs.	
Vogel GER	451
Ruitenbeek NDL	358
Mihal SLO	330
Kesaev TKM	
198 lbs.	
Basse GER	429
Gyland NOR	424
Schmitt GER	
220 lbs.	
Veselov RUS	374
Hattingh RSA	352
Roelofs AUT	352
Mosnicka CZE	336
Nemec CZE	330
Gibson GB	319
Oeman SWE	308
Bergbauer GER	253
220 plus	
Buben WR	440
Friedl AUT	418
Arbitman UKR	396
Ootjers NDL	358
Leeth GB	203
Bennett GB	181
Strippel GER	
Women	
97 lbs.	
Tesleva RUS	192
Kitamura JPN	170
Koskinen FIN	165
Friedrich GER	165
Svjantekova SLO	165
Klszczynksa POL	143
Iwasaki JPN	143
Wanko AUT	137
Dalling CAN	132
105 lbs.	
Krylova RUS	242
Puentes FRA	198
Svahn DEN	198
Illedtisch GER	187
Heikkinen FIN	187
Eltsova RUS	181
Salamon HUN	170
Wang AUT	170
Viitasaari FIN	165
Klszczynska POL	165
114 lbs.	
Mingot FRA	238
Podpalnaya RUS	231
Braun AUT	220
Dujardin BEL	220
Kobayashi JPN	203
Hirner GER	198
Sirkiae FIN	192
123	
Althaus gER	242
Lin TAI	242
Geut BLR	231
Pu TAI	226
Darling USA	198
Heikkilae FIN	198
Petroczni HUN	187
Wada JPN	187
Seabright GB	148
132 lbs.	
Belova BLR	264
Cieslak POL	253
Nikander FIN	248
Hahn GER	248
Matejova SLO	248
Chen TAI	248
Sidorova RUS	214
Villwock GER	209
Gibala HUN	209
Komi JPN	192
Krebs AUT	192
Strik NDL	187
Grice AUS	143
Katoh JPN	
148 lbs.	
Holzmann GER	319
Kasbarian FRA	297
Danilevich RUS	281
Hung TAI	259
Coscojuela SPA	242
Bagriy UKR	237
Huang TAI	231
Wernig AUT	226
Stehlikova CZE	214
165 lbs.	
Zhguleva RUS	303
Duhem FRA	259
Jiraskova CZE	248
Chi TAI	242
Perrone USA	237
Shetty IND	187
181 lbs.	
Zavodszky HUN	330
Payusova RUS	308
Hsieh TAI	308
Sortwell USA	237
Przytulska POL	187
Ouellet CAN	115
Lahaye NDL	
198 lbs.	
Lugovaya RUS	314
Kistnmcher GER	292
Schumacher GER	275
Tsai TAI	275
Lin TAI	264
Koponen FIN	259
Antonhwicz POL	192
198 plus	
Chao TAI	391
Ferrell USA	303
Kurbakova RUS	253
Gorecka POL	220
Preikszas GER	
Men/114 lbs.	
Stanaszek POL	371
Yanagida JPN	314
Klein GER	303
Podpalny RUS	303
Rudulis LAT	292
Hung USA	292
Hsieh TAI	275
Patade IND	225
123 lbs.	
Ohtsubo JPN	385
Pavlov RUS	358
Sledz POL	297
Patra IND	292
Marcak SLO	292
Jancsar HUN	286
Kolsovksi SLO	275
Wu TAI	264
Cecon AUT	259
132 lbs.	
Carlsson SWE	396
Mukhamatianov	385
Owsiany POL	374
Kawakami JPN	374
Radzevich LAT	358
Sitruk FRA	341
Celin SWE	319
Allen USA	319
Airlo FIN	314
Tromp NDL	314
Gupta IND	308
D'Allessndro ITA	270
Nurgaliev KAZ	264
Cucuzzella FRA	
Rogers AUS	
148 lbs.	
Sivokon KAZ	440
Bogdanov RUS	402
Sidorov RUS	402
Slaughter USA	385
Rooch GER	385
Siedlecki POL	385
Chernyshov UKR	380
Roehr GER	369
Jaeppilae FIN	352
Oksanen FIN	352
Lettner AUT	336
Hale GB	325
Kuo TAI	308
Boukraa ALG	308
Blakely AUS	286
Gallant CAN	308
Masanori JPN	
165 lbs.	
Vorobiev RUS	473
Wegiera POL	446
Miller USA	440
Fermin SPA	429
Zubriks LAT	418
Tuononen FIN	418
Koenyg HUN	395
Riis DEN	369
Jenik CZE	347
Elangovan IND	286
Bakhshaliyev TKM	
181 lbs.	
Otani JPN	496
McCormick USA	490
Mor RUS	490
Heinonen FIN	485
Gayek GER	485
Yang TAI	473
Compain FRA	451
Wolf CZE	446
Kurki FIN	440
Haase GER	418
Petrischor AUT	413
Sabathy AUT	391
Smith NDL	385
Kleinbergs LAT	380
Singh IND	352
Pierson NZ	319
Takei JPN	
Solimin UKR	
198 lbs.	
Onozo HUN	534
Lekomtzev RUS	523
Linden FIN	518
DeCourt USA	512
Kiralji HUN	490
Theuser CZE	490
Krokkee NDL	473
Dahlstrom SWE	468
Chshetinin KAZ	462
Friedrich GER	462
Hubacek CZE	451
Hoshiba JPN	440
Dimins LAT	440
Singer AUT	418
Madsen DEN	407
Hirner GER	
220 lbs.	
Kovacs HUN	551
Pfeifenroth HUN	529
Mattsson SWE	523
Furmanek POL	518
Wudtke GER	507
Dunaev RUS	496
Panphilov KAZ	496
Lindberg SWE	485
Kostelnik CZE	473
Hirano JPN	473
Koster NDL	429
Slabbert RSA	429
Vacietis LAT	418
Succarotte USA	
Ponomarenko UKR	
242 lbs.	
Khuazhev RUS	573
Kastaneer NDL	562
Meszaros HUN	556
Kruk POL	551
Eriksson SWE	551
Schauer GER	529
Kobr CZE	529
Urbaniak FRA	529
Mainka GER	529
Doan USA	518
Lakatos HUN	501
Nygren SWE	490
Zakharov KAZ	485
Sarik CZE	479
Horn RSA	457
Gulbis LAT	451
Royer CAN	429
Nugteren NDL	
Chen TAI	
Lehto FIN	
Saitoh JPN	
275 lbs.	
Lane USA	611
Inoke USA	606
Faber NDL	573
Balazs HUN	562
Kortesalmi FIN	540
Pawelski POL	529
Sedmik CZE	490
Correia RSA	451
Chasse CAN	374
Frickner GB	352
Kases AUT	
275 plus	
Henderson USA	622
Cadiev RUS	573
Starkjer DEN	567
Szambelan POL	562
Wikberg SWE	551
Haydu HUN	529
Hritz SLO	485
Chao TAI	462
Naude RSA	462
Lambert GB	451
Fukushima JPN	440
Hildebrands LIT	440
Schwanke GER	
Kocsis HUN	
Mikus SLO	



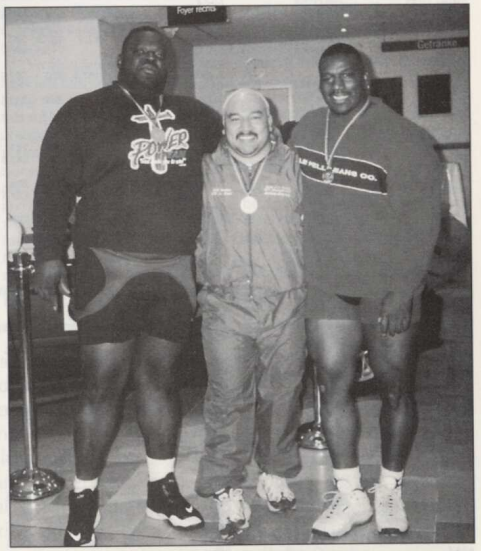
Debra Ferrell represented the USA in the 90 kilos plus class (L. Miller)

TEAM USA at athe IPF World Bench Press Championships: (left to right) front row - Dr. Larry Miller, Robert Allen, Sandra Perron (photo credit),Jill Darling, Hung Pham; 2nd row - Misi Inoke, Dr. Larry Maile, Lance Slaughter; 3rd row - Leonard McCormick, Debra Ferrell; back row - Dr. Mike Hartle, Horace Lane, Dave Doan, Anthony Succarotte, Andrea Sortwell, Bob DeCourt (notpictured was James Henderson)



Leonard McCormick with Meet Director Arthur Hirner (McCormick)

Susumu Yoshida and Dr. LarryMiller (Larry)

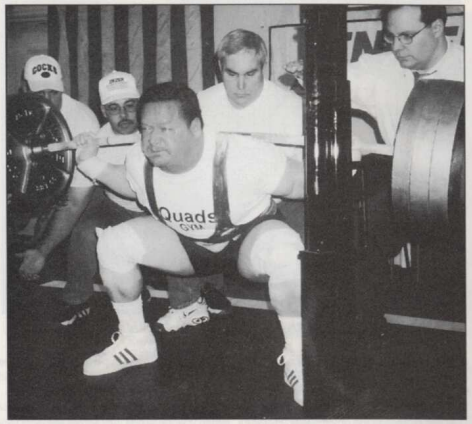


600 Club... (l-r) James Henderson, Misi Inoke, and Horace lane (Inoke)

USPF World Championships

as told to Powerlifting USA by Robert Keller

The 1998 inaugural United States Powerlifting Federation (USPF) World Powerlifting and Bench Press Championships was a complete and triumph success. Originally scheduled for Philadelphia, Pennsylvania, this competition was moved to Las Vegas, Nevada on short notice. However, despite the last minute move, there were no complications or complaints at all with the new location. Furthermore, many past greats of the Iron Game were in attendance, which added to the excitement of the show. For example, attending were; Doug Furnas, Rick Gaugler, and Juanita Trujillo, who are all legitimate multi-national, world champions and record holders. Also, Dr. Sal Arria and Dr. James Wright were getting involved and assisting several lifters competing at these championships. The power media was in attendance as well, with the likes of Tony Cardella and Jason "Deep Squatter" Burnell from GoHeavy.com, Mike Lambert and Herb Glossbrenner of Powerlifting USA Magazine. Other attendees were several prominent officials from various organizations from around the globe. For example, Carl Smith, from the EPC, who, by the way, hosted this year's WPC World Powerlifting & Bench Press Championships in Graz, Austria, Tom McCullough from the APA/WPA, and Nick "The Bully" Busick, from the newly formed National Powerlifting League (NPL). Interestingly enough, Nick, a former professional wrestler in the WWF, is pursuing plans to form a "new and progressive" professional powerlifting league, and was in town to promote his organization, with a few of the major corporate sponsors in Las Vegas. Just to give you the heads up, Nick's professional Mountaineer Championships, that will be held in June of 1999, will be televised on several major television networks nationwide. It goes to show you that unity within the sport of powerlifting can work, regardless as to who wants to hold it back (I will leave these people nameless). Furthermore, despite the ridiculous and sometimes often ludicrous rumors surrounding the USPF during the past year and a half, the organization as a whole, presently, is very healthy, profitable, financially solvent, and is moving in a positive direction towards the next millennium. At one point, I had to pinch myself to determine whether or not I had traveled through a time warp back several decades. This competition reminded me of the good old days of Powerlifting, where you worked through and/or competed in a major competition with absolutely no personality problems, political battles, etc.



***Ed Coan goes DEEP** with 1003 lbs. in the squat (Glossbrenner photo). A video of this and all the other historic lifts of Ed and other lifters at this meet is available from Brackley Enterprises, 22487 Duraznitos Rd., Ramona, CA 92065 (brackleyenterprises.com) for $25 plus $2 CA State Sales Tax for California residents (2 1/2 hours, both days)*

Very refreshing to say the least. (Well, you get the point). Just a lot of very good, "clean" lifting fun. This attainment by the USPF was particularly do the collective and cooperative effort from many people, which will be acknowledged at the conclusion of this article.

As far as the competition venue itself, the contest was held at the Union Plaza Hotel and Casino, in Las Vegas, Nevada, where the room rate was only a scant $20.00 - $30.00 dollars per night. Definitely not a very bad deal at all. Furthermore, the competition venue itself consisted of a 15,000 sq. ft. grand ballroom, with plenty of open meeting and maneuvering space, unlike some of the competitions that I have been to recently, where you were jammed into some rooms the size of a cracker box! Moreover, the equipment was top notch ... with two warm-up platforms, and a 10' x 10' competition platform. Also gold and black Image calibrated kilo weights were used on the platform and in the warm-up room, along with Jan Shendow's "original" version of the Sorinex Electric Squat Stands, owned by yours truly. Instead of Jan's racks being operated by an internal electric screw jack, like mine, his squat stands were moved vertically with an ordinary power drill ... For all you engineers out there, figure that one out? Nevertheless, they were perfect for the job, as well as, quick and safe. The platform team for the competition did an outstanding job and consisted of a combined Bio-Muscle platform crew from Parkersburg, West Virginia, and the RMAC squad out of Roy, Utah. The competition featured absolutely no misloads, and fortunately no injuries.

These superb, comfortable, and perfect conditions led to some great individual lifting performances and numerous new USPF American records. For example, in the Women's Bench press competition, junior 14-15 division, "Jake" Shendow from Utah, set a new USPF American Junior American (14-15) record on her second with a 50kg/110 lb. attempt. She had a close miss at 52.5kg/115 lbs on her third. Jake was followed by Lynelle Brode from Oregon, who had a super 3 for 3 performance, and ended her perfect day with a USPF American record of 97.5kg/214 lbs. In the Master (40-44) Division, Chenger Mehmedbasich ended with a strong third attempt of 55kg/110 lbs, after missing it on her second attempt. The Open division featured three prominent female athletes. Mary Jeffrey, a former IPF World Champion and record holder, lifted well, and made a solid 92.5kg/209 lb opening attempt, but was unable to negotiate any more. With only just a few weeks of training under her belt, Mary demonstrated that she could still throw some weight around, and easily took the female Champion of Champions award. Likewise, in the 67.5 Open class, Linda Shendow, wife of USPF secretary/treasurer Jan Shendow, and herself, a former IPF world record holder, was in fine shape, and also performed well with a strong a solid opening attempt of 87.5kg/198 lbs. To round out the ladies competition, Lori Jeffrey, college student at the University of West Virginia, and daughter of David Jeffrey, USPF President, was back on the platform after several years off, and made super 72.5kg/165 lbs. Lori is a seasoned competitor and is a former USPF multi-national High School, teen and USPF Junior National Champion. She has also performed very well at several IPF Junior World Powerlifting Championships in the past, and would be a tremendous asset to any federation's Women's World Powerlifting team.

Like the women, the Men's bench press competition performances proved just as exciting. For example, in 52kg/114 lb class, disabled division,

(article continued on page 74)

USPF World Championships
19,20 Dec 98 - Las Vegas, NV (kg)

Bench Press				
Women				
Juniors				
56 kg.				
14-15				
J. Shendow	**50**			
90 plus				
18-19				
L. brode	**97.5**			
Master 40-44				
48 kg				
C. Mehmedbasich	**55**			
Open				
52 kg.				
M. Jeffrey	**92.5**			
60 kg				
L. Jeffrey	**72.5**			
67.5 kg				
L. Shendow	**87.5**			
Men				
52 kg. Disabled				
J. McKanna	**100**			
60				
16-17				
S. Sugaho	**87.5**			
67.5 kg				
14-15				
D. Creevy	**75**			
60-64				
L. Blas	**97.5**			
75 kg				
S. Ward	**182.5**			
L. Ramsey	**137.5**			
16-17				
M.Johnson	**110**			
18-19				
W. Padilla	**150**			
Submasters				
S. Ward	**182.5**			
L.Ramsey	**137.5**			
82.5 kg				
14-15				
K. Lee	**85**			
Open				
J.Contreras	**150**			
Submaster				
K .Lee	**180**			
90 kg				
D. Jeffrey	**187.5**			
R. Creevy	**165**			
Men's PL	**SQ**	**BP**	**DL**	**Total**
67.5 kg				
B. Montague	**187.5**	**137.5**	**217.5**	**542.5**
60-64				
L. Blas	**147.5**	**975.**	**195**	**440**
55-59				
45-49				
D. Jeffrey	**187.5**			
55-59				
R. Creevy	**165**			
100 kg				
Disabled				
A. Spencer	**137.5**			
Open Police				
S.Sims	**192.5**			
Sub Police				
J.Henry				
Submaster				
R. Graham	**155**			
A. Spencer	**137.5**			
C. Ballard	**170**			
40-44				
F. Castaneda	**205**			
Disabled				
B. Wieland	**157.5**			
110 kg				
18-19				
A. Carrera	**160**			
20-23				
M.Shepard	**182.5**			
Submaster				
A. Thompson	**230**			
40-44				
P.Johnson	**187.5**			
55-59				
H.Sneider	**182.5**			
Police/Fire				
P. Johnson	**187.5**			
A.. Thompson	**230**			
125 kg				
D. Marr	**217.5**			
T. Ferdinand	**205**			
55-59				
E. Acey	**172.5**			
Police/Fire				
E. Acey	**172.5**			
140 kg				
T. Manno	**265**			
O. Hampton	**192.5**			
40-44				
T.Manno	**265**			
Police/Fire				
B. Rectenwald	**18.5**			
50-55				
O. Hampton	**192.5**			
SHW				
Submaster				
M. Rodberry	**140**			
L.Joanis	**122.5**	**85**	**117.5**	**325**
75 kg				
20-23				
T. Bolwin	**167.5**	**117.5**	**205**	**490**
82.5 kg				
Master				
D. Dumoit	**102 5**	**62.5**	**125**	**290**
90 kg				
M. Stapley				
40-44				
S. Anderson	**300**	**175**	**310**	**785**
50-54				
B. Johnson	**235**	**120**	**232.5**	**587.5**
70-74				
R. Monahan	**80**	**62.5**	**137.5**	**280**
100 kg				
14-15				
T. Golden	**170**	**137.5**	**220**	**527.5**
Open				
R. Purchase	**272.5**	**170**	**300**	**742.5**
C. Ballard				
Submaster				
C. Ballard				
G. Pessell	**267.5**	**187.5**	**290**	**745**
P. Capps	**235**	**172.5**	**235**	**642.5**
40-44				
F. Castaneda	**285**	**200**	**285**	**770**
M. Ugljesa	**227.5**	**150**	**230**	**607.5**
45-49				
M. Gallagher	**217.5**	**60**	**227.5**	**505**
B. Edmund				
50-54				
L. Rapier	**205**	**160**	**182.5**	**592.5**
B. Mackenzie				
110 kg				
E. Coan	**455**	**250**	**402.5**	**1117.5**
J. Dentice	**247.5**	**190**	**275**	**712.5**
Submasters				
R. Norris	**115**	**115**	**272.5**	**502.5**
40-44				
L. Horton	**275**	**182.5**	**340**	**787.5**
J. Dentice	**247.5**	**190**	**275**	**712.5**
55-59				
B. Davis	**192.5**	**150**	**275**	**617.5**
125 kg.				
T. Bruner	**317.5**	**200**	**320**	**837.5**
T. Wiley	**290**	**220**	**250**	**760**
A. LaBare				
Submaster				
T. Bruner	**317.5**	**200**	**320**	**837.5**
T. Wiley	**290**	**220**	**250**	**760**
40-44				
K. Penny	**250**	**192.5**	**295**	**747.5**
55-59				
S. Brown	**227.5**	**177.5**	**250**	**655**
140 kg				
J. Sauter				
SHW				
J. Binkowski	**400**	**250**	**347.5**	**997.5**
A. Buono	**370**	**240**	**272.5**	**882.5**

***Tim Bruner** was told by Herb Glossbrenner that he was the Best Built Man in the Meet. Tim thinks if Eddie had a tan, Herb would think different. Another thing Ed and Tim have in common is they each hold concurrent American records in 3 different weight classes. Tim would like to thank his sponsors Lambs Goodyear and Extream for helping him make the trip to Vegas for the competition. (Glossbrenner)*

Questions of Power

by Derek W. Cornelius of Syntrax Innovations

QUESTION: I've been using some of the new powerful supplements now available such as isopropoxyisoflavone and 5-androstenediol and have made considerable gains in my lifts such as the bench and squat. The problem is that the extra poundage is causing some of my joints to hurt. What can I do to repair/alleviate my joint problems?

ANSWER: Unfortunately, there is no single specific treatment that will cure or even alleviate all joint problems. There can be many causes for joint pain including tendon inflammation, dry joints, calcified joints, and connective tissue damage/inflammation. If you have some simple and minor tendon inflammation, an NSAID such as Ibuprofen might do the trick until your tendons develop and become strong enough to handle the weight. At best, this should only be a temporary treatment as long term use of NSAIDs have been show to worsen joint health. I feel that the absolute best approach to maintain utmost, pain-free joint health is a multi-faceted approach which has, at its backbone, preventative care instead of therapeutic care.

Currently in the U.S., the medical establishments' approach of taking care of your body is strictly therapeutic. Their motto is to leave it alone unless some problem occurs. Only at this point will they recommend a treatment - this usually being only to deal with the symptoms and not the actual problem. What I suggest is to supplement your diet with many different compounds with different modes of action that have been shown in medical studies to not only alleviate joint pain but to actually build up and repair the joints.

Two of the best compounds to take are glucosamine hydrochloride and chondroiten sulfate. These mucopolysaccharides have been studied extensively and have been show to not only alleviate joint pain but to also increase joint health. Both of these compounds help produce substances needed for the formation of healthy connective tissue. In particular, glucosamine is the critical building block of proteoglycans. These proteoglycans are large protein molecules that act like a sponge to hold water - giving connective tissues elasticity and cushioning effects which provide a buffering action to help protect against impacts that could otherwise cause damage. The proteoglycan stimulating effect also increases the amount of protective lubricating substances like synovial fluid which cushions and keeps our joints moving friction and pain free. Finally, chondroiten, unlike glucosamine, has the ability to protect existing cartilage from prematurely breaking down by inhibiting enzymes that normally destroy cartilage. I am a firm believer in taking these two compounds on a daily basis as part of a rigorous program of maintaining good joint health.

Glucosamine and chondroiten are incredibly effective compounds but really only affect the actual joint unit. Although they might help slightly, they are probably not going to be highly efficacious for symptoms of tendon inflammation. (tendonitis). This is probably what happens when someone starts lifting higher weights - a greater stress is placed on the tendons which causes an inflammation. Sometimes lifters experience this on a chronic basis even if they lift light weights. To combat this, an anti-inflammatory compound should be used. Again, an NSAID could be taken, but this is at best ideal in temporary situations. A better approach is to supplement your diet with potent and naturally occurring anti-inflammatories like boswellic acid. This compound is extracted from boswellia serrata, a tree grown in India. In studies, this compound has been shown to be just as effective as the NSAIDs Ketoprofen and Phenylbutazone without the nasty side effects such as gastrointestinal problems and joint deterioration. Boswellic acid is ideal for inflammatory conditions such as tendonitis. It is also ideal for other types of joint inflammation that might not be taken care of with glucosamine and chondroiten.

To summarize, I recommend everyone to take glucosamine and chondroiten (at the absolute minimum glucosamine) on a daily basis and to take a natural anti-inflammatory such as boswellic acid when direct anti-inflammation is needed such as in cases of tendonitis. Again, compounds like Ibuprofen can be used but take these sparingly and only temporarily.

QUESTION: I've been researching the various steroidal nutrients on several of the Internet newsgroups and have seen discussions on possible liver toxicity of these compounds. Is there any reason to suspect that any of the steroidal nutrients, such as 19-norandrostenediol, are harmful or dangerous?

ANSWER: Anything absorbed into the bloodstream from the stomach or intestinal tract immediately goes to the liver for processing. This is true for all steroidal compounds taken orally including the steroidal nutrients such as 19-norandrostenediol and 5-androstenediol. Unfortunately for those people taking these supplements, the liver is extremely efficient at breaking down or altering non 17-alpha alkylated steroids - this includes all of the steroidal nutrients presently sold. In fact, the liver is so efficient that at least 95% of the ingested steroid is rendered useless, leaving only 5% to make it intact into the general blood circulatory system. It is for this reason that very high daily dosages must be taken for the desired effect - anywhere from 250-500 mg per day. Indeed, this is a great amount of steroid for your liver to process daily especially since it normally only handles less than a tenth this amount. This is the crux of why some people are concerned. The question still remains: are these supplements safe and, if so, at what dosages?

To elucidate this dilemma, we must first turn to the research to see if any studies have been done on this subject. Although no high oral dosage studies exist on the compounds 19-norandrostenediol, 19-norandrostenedione, 5-androstenediol, 4-androstenediol, and androstenedione, we are fortunate that the similar compound testosterone has been studied. In fact, a multitude of studies exist on the safety of taking this compound orally in high dosages due to the fact that oral high dose testosterone is sold as an actual pharmaceutical in many countries. The studies show that even long-term use of dosages as high as 600 mg per day have absolutely no liver-toxic effects. DHEA, another steroidal compound similar to testosterone, likewise resulted in no toxicity to the liver in high oral dosages. Because of this research, I have always felt confident that all of the steroidal nutrients currently being sold are safe (being that they are metabolized very similarly to DHEA and testosterone). As a confirmation, I performed a study where I placed several individuals on these supplements at high oral dosages (500 mg/day) and sent them to the lab several weeks later for a liver function test. As expected, all liver values were well within the normal range. With the combination of the above evidence, I feel very confident in recommending these steroidal nutrients as very safe and non-toxic to the liver.

QUESTION: A guy at my gym told me about how great HMB is ... that it's a wonder supplement, a potential anabolic muscle builder, and a compound that's as strong as the anabolic steroid nandrolone decanoate. The problem is that this guy is really small and never seems to make any gains. What's the deal with HMB?

ANSWER: Your "friend" in the gym has obviously been reading old literature from Bill Phillips and EAS in which they tout HMB as nearly the greatest muscle-building compound ever developed. The hype surrounding this compound culminated with the statement that HMB makes a person feel as if he was taking the anabolic steroid Deca Durabolin (nandrolone decanoate). We now know that this is nonsense and the HMB does very little in comparison to any anabolic steroid, including nandrolone decanoate. To be fair, HMB does have some research behind it which shows that it might be effective in promoting a positive nitrogen balance (which, in turn, may accelerate muscle growth). The problem is that many compounds look good or even great on paper - human growth hormone, for example - but produce little or no significant results in the real world. This is exactly what we see with HMB! Indeed, there are some studies showing promise, but in the real world this compound does nearly nothing for muscle growth. Compounding the problem is the fact that large quantities must be taken, which also makes it very expensive. My advice is to stay away from HMB and instead invest your money into one of the highly effective steroidal nutrients or the anabolic silver bullet, Proxylon.

ATTENTION ... the use of some of the compounds mentioned in this article may cause the user to fail the drug test of a lifting federation or other entity. Anyone using such compounds should consider the consequences, medical and otherwise, and consult with the applicable powerlifting federation or other authority before use.

Dr. JUDD

Growing Through Criticism

as told to Powerlifting USA by Judd Biasiotto Ph.D.

I came across a letter that had been written to me 16 years earlier when I first started writing for *Powerlifting USA*. I still fondly remember the sender - an intelligent, well read man - and the letter's directive. Let me give you the *Readers Digest* version of what the letter said:

Dear Judd:

I've been reading your articles in *Powerlifting USA* for the last six months. A task that hasn't been easy for me. Although your articles are informative, they are tedious as hell. If you want to become a good writer you need to loosen up a little. Put a little intrigue and excitement in your composition. Add a little humor now and then. As it is now I can barely get through your articles without falling asleep. You have talent but if you don't spice things up a little you will eventually lose all of your readers.

Sincerely, *L.B. Baker*

In all honesty when I first read the letter I got a little upset ... O.K. I got real upset. It hurt me, but in my heart I knew that the criticism was justified. Hell, at the time I had trouble reading my own articles without falling asleep. So after considerable thought I decide to follow my critic's advice. I changed my writing style drastically. Instead of using a strictly journalistic style of writing, I started using parables, illustrative and amusing stories to present my material. Guess what happened? Within four months, five different magazines asked me to start writing for them. They said that they found my writing style informative, fun and refreshing. In short, Mr. Baker's criticism of my writing not only helped me grow as a writer, but opened up a lot of other opportunities for me.

The point of all this is that criticism can be a positive tool that can help us grow. Unfortunately, most people don't see the positive effects that criticism can have on their life. They generally see it as being destructive and demeaning. As indicated though, criticism when used properly can enrich your life. Here are a few suggestions to help you take the sting out of criticism and make it work for you.

Don't let your ego get in the way of learning something. No one likes to hear that they are doing something wrong or that they made a mistake. Still, the fact remains that we all make mistakes. We all have room for improvement. No one is perfect. Mistakes are a part of the human condition. In fact, being human means that we are allowed to make mistakes. Isn't that great news. The real mistake in life is not learning from our mistakes. Remember, success in life is simply the manipulation of errors. The problem many times is that we don't even realize that we are making a mistake. Criticism many times brings to the surface the mistakes that we are making. In short, criticism can make us more aware of our behavior and how we can improve it.. With that in mind don't try to avoid criticism. Rather encourage people to evaluate your performance and behavior. The more information you have the easier it is to make the right decisions in life. Look at criticism as a learning experience, something that has a positive side, which is growth and development. Don't let your ego keep you from growing.

Listen to everyone, but consider the source. There is something to learn from everyone, but some people can teach you more then others. When someone criticizes you, determine if the criticism is valid. If your paper boy is constantly trying to correct your deadlift form you may want to get a second opinion, unless your paper boy happens to be Lamar Gant. In other words, consider the source of the criticism. If the source is an expert or an intelligent observer, you may be wise to investigate the criticism closely. Be aware however that some people have a tendency to be extremely negative and critical. It is a good idea to consider the critic's motive. Is he or she genuinely interested in helping you or do they have some other agenda. Some times it's the critic who has the problem. Try to gauge the emotional climate in which the criticism is being given. If your critic is emotionally upset or insecure his or her criticism may not be justified.

If you have heard the criticism more than once it may have merit. When you are criticized repeatedly for the same behavior by more then one source you may want to pay attention to the criticism. That is not to say that you should have straightforward acceptance of the criticism. Listen to everything and everyone, but never just accept criticism as the word of God. Analyze the criticism, and if it's valid, take mind, and then learn from it.

Never counter-attack your critics. When some one criticizes you resist the tendency to fight back. Such a response will cultivate nothing but ill feelings. Even when the criticism is totally destructive and uncalled for it is generally best to just ignore it. Many times what you say is as important as what you don't say. If you counterattack your critic with destructive comments there is a good chance that you will destroy communication lines for future corrective criticism and learning. Sometimes it's hard to hold your tongue especially when the criticism is hurtful, but it is usually worth the effort.

Don't over-react to criticism. If someone tells you that your bending forward too much when you squat, respond only to that specific criticism. Don't generalize. Just because you bend forward too much when you squat does not mean that you are a terrible lifter. It simply means you bend too far forward when you squat. Stay with the specific criticism. Many times people make quantum leaps in logic when they are criticized for a simple behavior. When you make a mistake resist saying to yourself "I can't do anything right, I'm a failure."

When you receive corrective criticism try to help your critics help you. Develop open lines of intercommunication. This is not always easy but it can be accomplished with a little effort. Richard Graber, a communications expert, suggests the following steps:

1. Be quiet and listen. Rein in your emotions and try to hear what your critic is actually saying.

2. Ask for more information, if needed. A simple "Can you be more specific?" is a good way to start.

3. Ask for a solution, or for help in finding one. "What specifically would you like me to do" often clears the air.

Don't make excuses for your behavior. When you make a mistake resist the tendency to make excuses for your behavior. Offering excuses will only lead to abbreviation of further discussion and criticism. If the criticism is valid take responsibility for your behavior. Remember there is nothing wrong with making a mistake. What is wrong is not correcting a mistake.

Look at criticism as a tool for growth and development. Accepting criticism and making it work for you has a lot to do with your mind set. See criticism as a tool for improving your abilities and personality. People who learn to accept and respond to criticism in a positive manner tend to be more confident, successful, and happier then people who avoid criticism. Remember that the next time someone gives you some helpful criticism.

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WORKOUT of the Month

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KEN SNELL DEADLIFT

as told to Powerlifting USA by Ken Snell

This deadlift routine is designed to add 30 lbs. to your deadlift and obtain maximum strength at the end of an eight (8) week training cycle based on a 400 lb. deadlift. If a lifter has a heavier or lighter deadlift, multiply the poundage used in the routine by the percentage based upon his/her maximum lift.

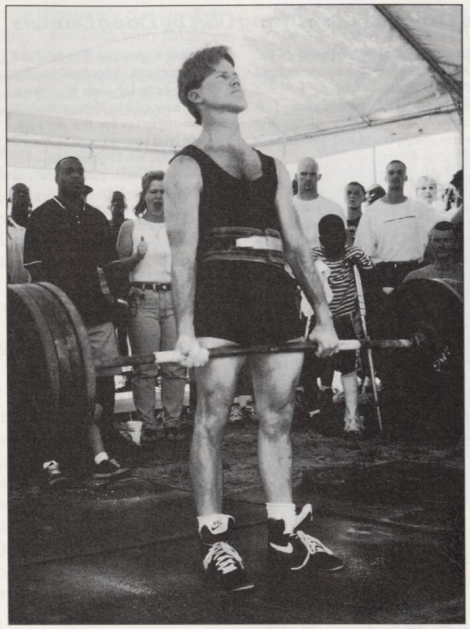
Examples:

300 lb. max - .75 or 75%
400 lb. routine weight
600 lb. max - 1.5 or 150%

At age 40, and after lifting for almost 24 years competitively, I've found that the following routine currently works best for me and other National Champions I have trained.

Your equipment should consist of a pair of deadlift shoes (wrestling shoes), thin socks (baseball sanitary hose), lever belt, gym chalk (for the hands only), baby powder (for the legs only), and a deadlift suit. (Guys... don't forget to wear a jockstrap when you put this suit on. It might raise your voice a few octaves, but it works!) I don't wear wrist wraps and don't recommend knee wraps because they make it that much harder for the lifter to get down in the starting position to properly execute the lift.

I am a conventional deadlifter and I start this 8 week cycle without any supportive gear - no deadlift suit or belt. Without the use of the belt, the lifter tends to develop more intra-abdominal strength. Abdominal strength is vital for executing a strong deadlift. It is something many lifters tend to neglect in their training. I do not use any chalk or baby powder until I'm over 65% of my 1-rep-max, which is currently 475 weighing 123 lbs., (490 in training).



Ken Snell, *40, deadlifting 465 at 123 in the Florida Championships*

Supplementary Exercises:

T-Bar Rows	
2x10 reps	70 lbs.
Front Pull-downs	
2x10 reps	60 lbs.
Seated Rows	
2x10 reps	60 lbs.
Good Mornings	
2x10 reps	100 lbs.
Hyperextensions	
2x10 reps	10 lbs.
Incline Sit-ups	
2x10 reps	10 lbs.
Leg Raises	
2x10 reps	bodywht.

This tends to develop additional grip strength.

Always stretch the lumbar region and the hamstrings before your initial warm-up. During weeks one through six, wear your deadlift shoes only (no belt, no lifting suit) and perform all your deadlifts while standing on a 45 lb. Olympic plate or a raised, thick rubber mat. This will help your initial pull off the floor. Sumo-style lifters should use a raised rubber mat that extends from inside plate to inside plate. Perform all reps with as minimal bounce as possible and pull straight off the floor on Weeks seven and eight, wearing your lever belt and deadlift suit.

Your stance should have your feet placed about 12" apart, toes facing straight ahead or slightly outward. Grasp the bar with an alternating grip with the arms as close as possible to the outside of the thighs. The elbows should be locked throughout the entire lift from start to finish. Do not try to jerk the bar off the floor. This requires unnecessary exertion and may cause an injury. Your head should be looking up at all times and your hips should be lowered to where you back is flat at a 45 degree angle. The bar should be touching the shins.

When you begin the deadlift, start the launch (because that's what it should be... a blastoff like a Titan missile), by trying to push your legs through the floor. Pull the bar straight up the legs, keeping the head up and elbows locked with the back flat and never rounded. When the bar gets just above the knees, push the hips forward and pull the head as far back as possible. This is a natural movement for the lockout position with the body completely standing erect.

Try to gradually increase the weight on the supplementary exercises each week. Weeks five and six should change to 2 sets of 8 reps on all your assistance work using as much weight as possible. Stop all assistance work for Weeks 7 and 8. Let your body rest after performing your heavy deadlift workouts for these last 2 weeks in the training cycle. This should help your body to be better prepared for the contest.

The day of the contest (Week 9), time your warm-ups accordingly. Make sure you have plenty of time to finish your warm-ups and you're not rushed. Always respect the weight and perform each attempt with proper form and technique. Good luck and good lifting!

For additional information or questions you may contact me:

Ken Snell
c/o All American Gym
118 S. Kentucky Ave.
Lakeland, FL 33801
(941) 687-6268

8 Week Deadlift Cycle
(based on a 400 lb. max)

SetsxReps	Weight		
WEEK 1		WEEK 6	
1x10	135	1x10	135
1x6	225	1x6	225
2x8	275	1x1	300
1x6	250	2x4	360
WEEK 2		1x5	315
1x10	135	WEEK 7	
1x6	225	1x10	135
2x8	285	1x6	225
1x6	260	1x1	315
WEEK 3		2x3	380
1x10	135	WEEK 8	
1x6	225	1x10	135
2x8	295	1x6	225
1x6	270	1x1	315
WEEK 4		1x1	385
1x10	135	1x1	415
1x6	225	*Contest*	
2x6	315	WEEK 9	
1x6	290	1x10	135
WEEK 5		1x5	225
1x10	135	1x1	315
1x6	225	1-Opener	370
2x5	340	1-2nd Att.	415
1x6	315	1-3rd Att.	430

STARTIN' OUT

A special section dedicated to the beginning lifter

The "DRESS REHEARSAL"

as told to Powerlifting USA by Doug Daniels

We all know that lifting in a contest is a lot different than lifting in the gym. For one thing, we must perform all 3 lifts in one day. We also have to please the judges. These and many other variables exist that make the actual competition much different than gym lifting. The problem for the most new lifters is to prepare adequately for their initial meets. The best way I know of is to have a "dress rehearsal".

What I mean by a dress rehearsal is to set aside one training day 10-14 days prior to the contest to have a practice meet in the gym with your training partners, who will also be competing. The goal of this session is to, as closely as possible, simulate meet conditions. The experience garnered here is potentially invaluable in actual competition.

First, performing this dress rehearsal 10-14 days prior to the contest is necessary to adequately recover from the practice session. It will still allow about one more week of moderate workouts to brush up for the meet. I also suggest take two days off prior to this session so you can lift reasonably fresh.

As I mentioned earlier, you should try to simulate actual meet conditions as much as possible. This includes taking the same warm-ups you plan to take in the contest and using the same supportive gear. Of course, start with the squat and finish with the deadlift. At most meets, your actual attempts can come about 20-30 minutes apart so I would suggest mimicking this also. This presents the challenge of keeping warm and focused between rounds in competition.

It is important to have someone knowledgeable actually judge your attempts. You can take turns judging while the others are spotting. If you can find an experienced lifter who is not taking part in this rehearsal to act as judge, all the better. Treat a missed attempt just as you would treat one in a contest. Everyone gets only three attempts at each lift. Spotting is critical, as you will all be lifting heavy weights. It will also make you appreciate the spotters more at contests. After finishing the three attempts for each lift, take a break of about 15 to 30 minutes and start warming up for the next lift. You can limit your attempts to two if you think you are in good shape for the meet or to reduce the chance of overtraining of injury.

A friendly competition can actually be run. Compare your results to your best previous training or competition lifts. The one who compares the best to these benchmarks will be the best lifter. That way, even the novice lifters can raise their confidence levels and "win".

It is not critical for you to max out during this practice session. You don't want to risk injury or burnout this close to the meet. Your goal should be to gain a feel of where you stand in terms of overall contest readiness. Don't forget to allow for any weight loss you may still need to make your intended weight class. This can affect your performance at the actual meet. A few lost pounds between the dress rehearsal and the meet itself can impact your lifting measurably, so be sure to take this in account when choosing your contest attempts, especially openers.

For the more experienced lifter, practice sessions may not be as desirable as for newer, less experienced lifters. They should have a better idea of where they are in terms of contest readiness. They also should know what to expect in terms of rules. This is also a good time to become familiar with the rules of the competition you are training for. Try to obtain a current rulebook for the organization whose sanction you will be lifting under, if there is doubt. Go over it at the practice session and execute your lifts under their guidelines.

I think that this "dress rehearsal" can be of value to many lifters. A lot can be learned about your contest preparations before the actual competition itself. Your supportive gear, warm-up procedure, attempt selection, technique, and endurance can all be tested quite thoroughly in one day. Of course, the next day or two you may be quite sore. Take a few days off and then take your last few workouts, only going as high as openers. This will assure you that you are not burned for the actual day of competition. This session is also a good time to take your last deadlift for the cycle. You should allow 10-14 days between your last deadlift and the meet itself. Again, I think this practice session can be valuable to all lifters at various times over their careers, not just novice lifters. A dress rehearsal can also be of value when there is a long period between meets to keep your competitive juices flowing. Remember to simulate actual meet conditions as much as possible. This can also work for one or two lift meets. Don't risk injury or burnout by pushing too hard, a 90-95% effort should give you the feedback you need to perform well at the meet. Give each other feedback too about technique and optimum attempt selection. This would be a good opportunity to use a video camera to tape execution of the your lifts for review later. Powerlifters can gain as much from "dress rehearsals" as actors, so give thought to having one before your next big meet.

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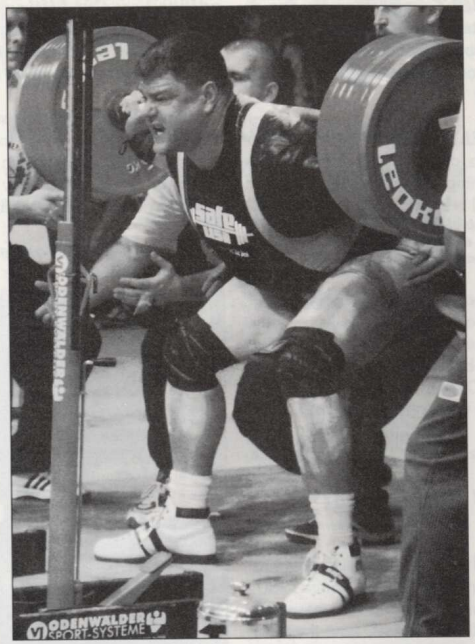
TO RUSSIA WITH LOVE

The Gillingham Clan invades the Former Soviet Union as told to Powerlifting USA by Marty Gallagher

Russians are tough. In 1812 master military strategist Napoleon Bonaparte left France with a 422,000 man army. His expressed intent was to conquer Russia. With his battled tested invasion force (the finest land-based fighting force in Europe) Napoleon set off for what he envisioned as a six-month campaign - tops - another easy conquest. Napoleon underestimated the fierceness of the Russian soldiers, the resiliency of its people and the harshness of the winter. He made it to the outskirts of Moscow before beginning his long retreat. When he finally staggered back into Poland nineteen months later, his decimated army numbered just over 10,000. Hitler repeated Napoleon's mistake 130 years later with the same dire results. It isn't easy to march into Russia and contest the Russians - whether militarily or athletically. In 1998, the Gillingham Army, spearheaded by 320 pound American national powerlifting champion Brad Gillingham, invaded the Ukraine in an athletic sense - and though Brad performed nearly perfectly, he was relegated to fourth place. Brad posted the second best total ever by an American Super in IPF world competition (2197) since the implementation of drug testing in 1982. He lifted well enough to have won most IPF world championships, but this year a 2200 pound total was only good for fourth place. Powerlifting amongst Eastern European superheavyweight lifters has taken a dramatic turn upwards this past year.

Unlike Hitler or Napoleon, Gillingham actually appreciated his Russian experience. "This trip was an eye-opening experience. I had never been behind the old Iron Curtain and things were very bleak. It made me tremendously appreciative of my lifestyle back in the USA. I live like a king compared to the average Russian. We take so much for granted: it is a sobering experience to see the hard reality of Ukrainian life. It is dark and depressing." Gillingham felt the Ukrainian people fell into two broad categories: "The Russian people seemed divided into two distinct camps: those who embraced America and things and ideas American and those who reject America and Americans." The Gillingham entourage, nine strong, ran into a lot of both types on this extended athletic odyssey.



Brad lost a little momentum in the squats. (Hiro Isagawa photos)

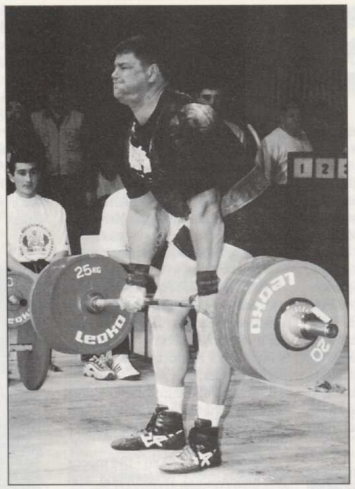
On the Way to Mickey D's.... in the host city of Cherkasy, Ukraine

Team Gillingham consisted of Brad, his Dad, an Uncle and Aunt, a cousin; Brad's training partner Darwin Patzlaff and his wife, Brad's mom and stepfather. It was a veritable army of Minnesota folks: hale, hearty and robust ambassadors of the free world ready to lend support to Brad at every turn. Invasions often stall and suffer during the travel phase and this adventure was no exception. The State Department had issued a traveler's advisory for Americans in the Ukraine. It seems the wild-west mentality has been revived in this particular neck of the woods and hostage taking, for fun and profit, is a very popular recreational hobby among the local gangsters. Brad recounts the stress and strain on this particular trip. "It took thirty two hours from the time I walked out my hunt door until I set foot in my hotel room in the Ukraine. It was a nerve wracking proposition from start to finish" Things got off on the wrong foot and spiraled down from there. A certain initial tension was established that never quite subsided. The trip commenced with an ominous natural occurrence.

"We experienced weather, the likes of which we in Minnesota had never before seen. This was on the day before I was scheduled to leave. It started with eighteen inches of snowfall and was doubly bad on account of the winds." Not that eighteen inches of snow would stop any self-respecting Minnesotan; they typically yawn at this amount of accumulation. "This storm had circular winds that blew at ninety miles per hour. They called it an inland hurricane." Visibility was zero and one hundred and fifty miles lay between Brad and the airport. "We drove our 4x4's for four hours then suddenly, when we reached the airport, we found ourselves in the eye of this inland hurricane. Calm as could be - very weird." With visions of wind shear dancing in their heads during takeoff, the crew assembled and the long march began. They flew first to Chicago. After a two hour layover it was on to Frankfort and another two hour layover. They finally flew to Kiev, deep in the heart of the Ukraine. This jet-lagged, road weary entourage were then subjected to another five-hour delay: they sat around the Kiev airport as the bus driver waited for the Norwegian powerlifting squad to arrive. "Painful" was how Brad recounted this ridiculous five-hour wait at the end of a long trip. It was snowing hard in Kiev when, finally, the Norwegians appeared and it was onto the hotel.

But wait! Upon arrival at the hotel the meet promoters immediately herded all incoming athletes, coaches, men, women, children and officials into a large, falling down, dimly lit, warehouse adjacent to the hotel. They were channeled like sheep into a Department of Motor Vehicle-style, *you will pay all your bills up front, right now*, Ukrainian greeting. This excruciating exercise took three hours. They would shuffle forward like cattle, stand, wait, shuffle forward again - eventually arriving at a rickety table where sat a slow moving bureaucrat obviously being paid by the hour. He would demand ID and then order you to pay all your bills in advance - Right Now, Comrade! No ifs, ands or buts ... Welcome to the Ukraine y'all! That the police state mentality still pervades life in the former USSR should come as no real shock. Besides, Russians think nothing of standing for hours for every conceivable commodity and cannot understand our impatience at this wait-in-line fact of (their) life. Once through this last humiliating red-tape hurdle, things improved rapidly - at least for the Americans

"Our hotel was very posh by Ukrainian standards and acceptable by our standards: particularly after you saw where they put the squads from the other countries. Man, some of their hotels were like flop houses." One hotel was twenty miles away from the meet site, with no phone, a bus that ran every three hours (maybe), and the electricity was shut off at 9 PM to save money. The Americans, Germans and Canadians had a lot of disposable greenbacks and marks, so they stayed in the Ukrainian version of the Waldorf Astoria. The hotel staff broke down along class lines with the underlings quite subservient and friendly while their overlords were nasty white men who sneered at everyone. Brad continues his travel log: "People on the streets were quite well dressed and our guide explained to us that Ukrainians might typically only own one set of clothes. Consequently, since these people treat a shirt purchase like we approach buying an automobile, folks were quite well dressed." The hotel food was sub-standard but inexpensive. Brad recalled the available food: "They had cabbage, tomatoes, you could get an omelet and at dinner they would feature goulash, a real mystery meal. I was glad I packed a bunch of food. I held my bodyweight well as a result of my food stash."



Brad ... ended up in with a class of great deadlifters

An army marches on its stomach and the same applies to superheavyweight powerlifters. Gillingham wisely packed a huge travel bag with the following: bottled water, twenty bags of ramen noodles, fruit, eight jumbo tins of tuna, cheese and crackers, six containers of Sport Pharma Pro Max whey protein powder, 48 Sport Pharma nutritional bars and some smoked oysters for a special gourmet treat. This grub could stock the local Ukraine Mart for a month and lasted Gillingham five days. Smart move by a now seasoned international veteran. Brad wants to thank Alonzo Clark and all the folks at Sport Pharma for their generous sponsorship. "The Sport Pharma products are great and their support has been appreciated. I have improved as a lifter as a result of my relationship with Sport Pharma." High praise indeed from America's premier superheavyweight powerlifter. "After all the time changes, we ended up in our rooms on Thursday night Ukrainian time. I competed on Sunday. We had team pictures on Friday and did some sightseeing. Oddly, the restaurant that was the local hot spot was a McDonalds. Over there, McD's is considered fine dining." Brad took in some lifting on Saturday to get a sense of the judging ("Brutally strict!") and turned in early.

"The lifting venue was adequate and the crowd was great. It was pretty much a packed house throughout and the Ukrainians were very vocal and receptive to powerlifting." Gillingham watched a good percentage of the contest from the audience. "The judging was tough, but I knew what to expect and was ready. The weigh-in and equipment check was the usual zoo." Eastern European athletes don't wear deodorant, or purposefully leave it off on competition day - no one is exactly sure. The stench in the weigh-in room can become overpowering. "It's a little disorienting. Everyone sits eyeballing each other while waiting to be called to weigh-in individually. There is some visual intimidation going on, as you well might imagine." It was time to rock n' roll. "In the IPF there are only two hours from weigh-in until the lifting starts. And once the lifting starts you better be ready because it goes fast - real fast." This year was no exception. Brad and his backstage warm-up crew (led by his father) seized a set of squat racks. "A fist fight broke out between some other athletes fighting over racks. Everyone gets frantic trying to get in their last warm-ups." Backstage is nerve wracking and tense but overall things came together fairly smoothly for Brad. Gillingham's crew delivered him onto the platform on time, wrapped, rested and ready.

His opener with 783 was smooth and powerful. His second with 799 was equally as easy. His third attempt was a carbon copy of the first two attempts - but wait! Red lights appeared! "My third was a real shocker: I came up with it easy and it was IPF deep. I freaked a little and my Dad got really agitated at the officials - who happened to be a Russian, a Ukrainian and a Hungarian. You have to stick up for yourself at the international level of the IPF: otherwise you get run over." The protest was to no avail, and five men squatted more the Gillingham: the eventual winner Meszaros blasted up 881. Naleikin hit 903, Gurianov popped up 898, Savicas and Ukraintsev made 815. In the bench press, Gillingham made up a lot of ground when he took the bench press gold medal with an awesome 584. "I could have benched 600, but had to repeat my 584 second attempt." Brad and his clan were in a bad mood. At this juncture, they were perturbed and dour. "I felt I was fifty pounds back of where I should have been at the subtotal."

Brad has a hell of a deadlift, but his spectacular 810 deadlift was only the fifth highest deadlift of the class. Even the 8th place finisher, Evgeny Popov, pulled 793! All in all, it was the greatest field of superheavy deadlifters ever assembled on an IPF world championship platform. The top deadlifts ranked as follows: 881, 815, 815, 815, 810 (Brad) and 793. Talk about fast company! The Hungarian, Meszaros, had been suspended after winning the 1996 European championships. He totaled 2166 and this year he totaled 2270. Quite a nice improvement don't you think? Interestingly, the second place Russian, Gurianov was also coming off a 1997 suspension for steroids after showing up 'hot' at the Junior World Championships. He made similar improvement, going from 2188 at 275 to 2265 weighing 297. Another fabulous advance I'm sure you would agree. Victor Naleikin, the defending champ, made significant improvement over last year's winning effort where he barely squatted 881. This year he made a relatively easy 903 and had a nice 2232 total. Ukraintsev, in 5th, was breathing down Gillingham's neck. It must be something in the Eastern European water. Ironically, none of the top placers were drug tested. It seems unbelievable that men coming off drug suspensions posting huge increases were not drug-tested: it would be a standard operating procedure, one would think. Gillingham had a few thoughts on the drug angle:

"It blows my mind that two men coming off drug suspensions - one reappearing in just over a year's time after being caught - the other deadlifting 881 at the meet - are not tested." We understand Brad's consternation. It defies logic and common sense. It might be said that targeting specific individuals - drug offenders - is capricious, arbitrary and unfair. On the other hand, the IPF never had a problem testing drug offender Ed Coan in consecutive Worlds. Luck of the draw? Perhaps. What is the IPF policy on drug testing individuals returning from drug suspensions? Targeted or protected? So how did Gillingham feel about the competition, setting aside the drug suspension issue? "I got a few complaints - I feel my third squat should have been passed, along with my second bench. Had I gotten 810 and 600, I feel the psychological momentum would have enabled me to pull between 832 to 840. I had pulled 840 in training. This would have yielded me 2250 which would have been much more reflective of my strength and capacities." It also would have pushed him into 3rd. Would across-the-board drug testing have changed the final placing? We'll never know.

To perform well after a long hard trip is difficult: ask Napoleon. "I went, I saw, I did not conquer. I would have preferred a different outcome but the experience was one I'll remember for the rest of my life." Lest you garner the wrong impression, rest assured that Brad Gillingham is not the slightest bit discouraged about his quest for an IPF world title: "I am going to win the IPF world title regardless the obstacles. I need to get bigger and stronger in the coming year." If Gillingham can gain the same percentage of quality bodyweight this coming year as he did this past year, he will be capable of 840, 600, 860, 2300 total. If he makes that kind of improvement, 1999 might be the year Brad gets to put an IPF world championship gold medal into the family trophy case next to Dad's two Super Bowl world championship rings.

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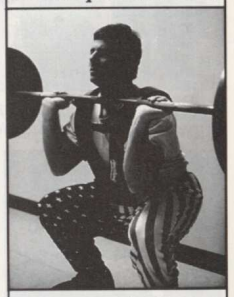

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POW!ER SCENE

Wrestlemania meets Powerlifting! Big Jamie Harris, 350 lbs. and a former wrestler, and APA President Scott Taylor are going to settle their differences in the ring. After a lot of squabbling and trash talking on goheavy.com, the two heavyweights have set a date of April 9th in Lewiston, Maine (site of one of the Clay - Liston fights).

If Jamie wins, he gets the APA. If Scott prevails, he gets the Monster Factory supplement business that Jamie currently runs. As for what rules apply, who knows. Maybe they should go on Jerry Springer and do their battling right on TV.

Pennsylvania's Mike Blake is focusing more on the camaraderie side of powerlifting, and he set us this pic of himself and his lifting buddies at their auxiliary training site, Saltsburg Fitness, as they train for their next meet. (A powerlifting meet, not a wrestling meet).

New York's Ellen Stein traveled far for her last meet, all the way to Iceland, where she guest lifted and hit 331, 181, and 358. Ellen caught up with World's Strongest Man Titleholder Magnus ver Magnusson, and showed off the secret of her strength -- Power Bars!

Back in the USA, at Gold's Gym in Venice, Mississippi Bench Press champion Carolyn Bryant was out for a visit. In addition to her powerlifting, she's a sportswriter for the Jackson Clarion-Ledger, and the 1998 Ms. Mississippi NPC Bodybuilding Champion. Carolyn says she prefers powerlifting because it's not as subjective.

Also at Gold's Gym - the mecca for bodybuilding, powerlifting, and now fitness competitors - was Utah's Melissa Anderson. The 20 year old personal trainer is an aspiring fitness competitor, and uses weight training to help her get, and stay, in great shape. In the gym, Melissa's benched 170, squatted 250, and deadlifted 225.

Last month I profiled the recently established, and strongly growing, Los Angeles Lifting Club in Burbank. Well, they've scheduled their first meet, and it's April 17th. For info, call Dave, Joe, or Nance at 818-846-5438.

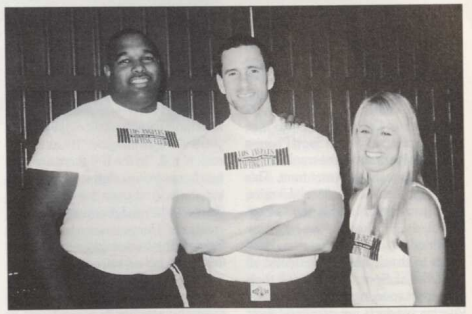
And, finally, here's Vicky Hembree as she benched a PR, and AAU World's record, 280 lbs. weighing 198. How about 300 in '99? We'll see. And we'll see you on video. Stay Strong.

NED LOW

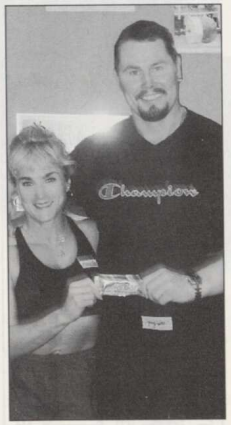
Jamie Harris *psyching up for a mammoth 770 lb. bench press attempt at the '96 IPA Nationals.*

Training Buddies at Saltsburg Fitness *are: (left to right) gym owner Dennis Urban, Mick McFarland, Joe Alessandro, and Mr. Mike Blake.*

Melissa Anderson *at Golds Gym*

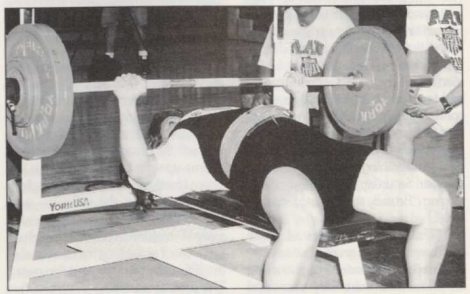


Los Angeles Lifting Club's *Dave Fitzgerald, Joe Avigliano, and Nance Avigliano. (all these photograph s provided courtesy of Ned Low)*



Ellen Stein *& 4 time World's Strongest Man* ***Magnus Ver Magnuson*** *attempting to share a* ***P ower Bar***

CAROLYN Bryant *at Gold's Gym*



Vicky Hembree *benching 280 lbs. at the AAU World Bench Meet.*

WEAPON THREE - SPECIFICITY (choosing the correct weapon)

as told to Powerlifting USA by Rick Brewer

A .577 Nitro Express is one of the most powerful sporting rifles in existence. It fires a 750 grain hardened bullet (a 30-06 deer rifle typically fires a 180 grain bullet). The recoil can only be described as shockingly painful. I have a book on "elephant guns" which describes the .577 NE as needlessly overpowerful, and warns against overpenetration - in other words the bullet might pass through multiple elephants (killing more than desired). It is a bit much for any creature currently living on Earth. It would be great for a T-Rex, but there are none left where I hunt. I love my .577 NE, but I wouldn't take it birdhunting. Not because it would be overkill, but because it is the wrong weapon for a moving target. Most people need a shotgun to hit a moving target (I know I do). Different weapons are good for different things. Specificity. Stay with me on this.

Years ago, when I was a young and stupid 181 pound lifter, most of my deadlift training was stifflegged off blocks. It was more difficult than standard deadlifts, so it had to be better - right? Wrong (for me). I could pull 405 for 5 reps - stiff-legged off a 4" block- BUT - I couldn't do much more than that conventionally. I was always disappointed on meet day, because my deadlifts would stall at the top. (YES, I was a slow learner). Stiff-legged deadlifts off blocks are a great exercise, but my deadlift sticking point is at the top. I can pull much more off the floor than I can finish; so the stiff-legs are an inappropriate weapon for me. Specificity.

Yes, there are many tools to improve the top part of the deadlift, and I am interested in all of them. It seemed that pulling in the rack (from the knees) was unrealistically easy because most lifters assume a much better stance to start their rack work than they actually achieve during the top of their deadlift. Then I realized - that was the benefit. Rack work doesn't just strengthen your back, it trains you to achieve better form. Steve Goggins pulls over 1000 pounds in the rack from the knees and he promises me: "It works!" Specific tools for specific weaknesses.

I know a lifter who does very heavy leg-presses before his heavy squat sets. His working weights on the squat are low, due to fatigue. To see if this is a good idea, take it to the extreme: what if you did only heavy leg-presses in preparation for squatting? Yes, it could strengthen your hips and that might be good. No, your hams and quads would not atrophy. In fact, the only real thing to suffer would be your squats. It might be okay for the off-season, but incomplete preparation for actual squats. Not just because it is not a comprehensive program. Need proof. Bodybuilders who leg press 1500 pounds are a dime a dozen - yet most would be hard-pressed to legally squat 1/2 that weight. One word: specificity. Their problem is that they don't ever train power-style squats. Bodybuilder Tom Platz (who may have had the greatest quads/hams of all time) couldn't make the transition - even under the expert tutelage of Fred Hatfield. Legal squats build big legal squats

Leg presses have their place, but the most *comprehensively* compound movement should be done first. In this case, squats. Then, if you have energy left, do your assistance work and by all means *work on your weakness*. Choose a training weapon that applies to your weakness.

Here at House of Pain we get many letters from a certain gentleman who is fascinated with the pec deck. He is very polite, and very fixated on the poundage he uses on the pec deck. When I tried to steer him into variety, he grew fond of dumbbell flies. He writes to ask: how much we can do on the pec deck, how much world champion lifters can do; how much pro football players can do, etc. He loves to compare himself to all of these people. I have explained that no one trains the pec deck first. I have explained that no one trains it competitively. I have explained that, in fact, I don't know anyone else who is even very interested in the pec deck. Still the letters come detailing his progress and exploits. His feats of strength are very interesting, but there are no competitions showcasing these abilities. What is the point? Here's a thought: why not channel these competitive urges and gargantuan efforts into the bench press? (There is no shortage of Bench Press Competitions). BUT, he would have to *change his training*. He would need a new weapon!

Do you have the best weapons for your weaknesses? Think about it. Do you know what weapons are needed for your sticking point? Or are you training to bring the sharpest sword to the gunfight? Consider another example: Many powerlifters pride themselves on their "raw" bench press strength - and may even brag that they don't put on a bench-shirt until one week prior to meet day. This is a great way to train for a "raw'- meet - or if your name is James "Hollywood" Henderson. But, if you lift in a competition where shirts are allowed, what good will it do to have the highest raw Bench Press'? (Aside from bragging). If bench-shirts change your groove (they often do), and if they change your *apparent strength curve* (they always do), then a lifter should get used to them throughout his peaking cycle. Not on every work set, but on at least one heavy set per heavy day. Don't want to wear out your competition shirt? Get a looser one to train in (remember John and Ernie, send the checks to me for this sales pitch).

Question: what is an *apparent strength curve?* As you know, the bench-shirt simulates greater chest strength than would exist raw - it produces extra drive in the bottom of the bench press. (It increases *apparent* chest/shoulder strength). Lifters who train almost exclusively raw will blast the weight off their chest, only to stall when the shirt stops helping. Yes, the momentum will carry them for a little extra weight, but they won't get all the shirt offers. Other supportive gear works similarly, except the improvement in leverage angles in the top of the squat are enough to offer benefits to all lifters (even those who train raw). This is why lifters get extra weight with knee wraps and squat suits immediately, but many lifters get very little or no help from a bench shirt on their first try.

In other words, training predominantly raw for a full-gear powerlifting meet is like taking the sharpest sword to a gunfight. Rewind. Training predominantly raw for a full-gear meet is like taking the sharpest sword to a gunfight. Does this mean that competition style full-gear lifts are always the best training style? No. In fact, by themselves, they will never allow you to achieve 100% of your potential. Is there a way to train the correct part of your strength curve without wearing gear year-round? Of course! Dr. Ken has some good ways, and so does Louis Simmons (long live the chain). Chris Confessore has good rack work ideas for the bench, and the best lifter in your area has good ideas on specialty work also.

A quick opinion on chains, which I love. Chains are great for progressively changing your strength curve. No, not for speed - but to *change your strength curve* to better complement your equipment. Think about it as you get closer to completion of a lift, your supportive gear does less and less. If this isn't a problem for your squats, think about your deadlift and bench. Chains are a great weapon for this specific portion of the lift. If speed can produce momentum to overcome your sticking point (weakness), why add strength? *Why not do both?* It is OK to shoot the same enemy with two different weapons, and it is OK to use two weapons on the same weakness.

Yes, there are many writers who know more about strength training than I do. Yes, there are many, many lifters who are stronger than me. But, I know weakness! I know weakness when I see it in myself, and when I see it on other lifters. (Even lifters who are much stronger.) Only by using the appropriate training tools can you overcome your sticking point (weakness). Even Genghis Khan knew this.

Next month: What did Genghis Khan know about the application of force?

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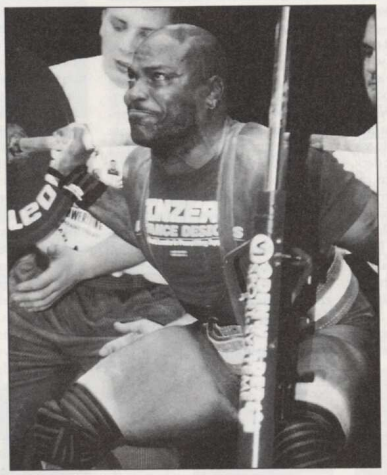
INTERVIEW

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

ANTHONY HARRIS

as interviewed for PL USA by Fred Rice

Anthony Harris has been a national contender for several years, and has continued to make steady progress in his lifting. He has become not only a national champion, but one of the top 220 lb. lifters in the world, as he has proved at the IPF Men's World Championships. In the Ukraine in November, under difficult conditions and the strictest judging in the powerlifting world, he got a personal record squat and total, and broke the USA Powerlifting total record with 2012 lbs. in the three lifts.



Anthony Harris *squatting at the IPF Worlds (Isagawa)*

PROFILE - SUBJECT: Anthony Harris. AGE: 34. MARITAL STATUS: Single. HOMETOWN: Kaneohe, Hawaii for the last ten years, since being stationed there by the military. JOB: Banquet porter for large hotel on the ocean. INTERESTS: In addition to lifting, racquetball and basketball. HEIGHT: 5 feet 8 inches. WEIGHT CLASS: 220, since 1996. TRAINING WEIGHT: 225-232. EQUIPMENT USED: For squat - Inzer Championship suit; for bench - Inzer shirt; for deadlift - Marathon suit

FR: FIRST, TELL US SOMETHING ABOUT YOUR TRIP TO THE UKRAINE - THE TRIP OVER, THE ACCOMMODATIONS AND FOOD, THE COMPETITION ITSELF, AND THE CROWD.

AH: *I had to deal with a twelve hour time change in going from Hawaii to the Ukraine. But at least I didn't have to bother changing my watch! I traveled with Tony Leiato and Nolan Crab. We left Hawaii at about 11:30 p.m. Sunday night, almost a week before my lifting time in the Ukraine. The union for which Tony and I work paid our first class air fare, which was great. I was exhausted when we arrived, but after the first night's sleep there I was pretty well adjusted to Ukraine time. The accommodations were a little rough, but it wasn't too bad. The bed wasn't much wider than my shoulders, so turning over was a little tough. Outside, it was below zero with a lot of wind most of the time. The room was a little cool, but we did have feather down blankets. The most difficult thing to deal with was the fact that I started getting sick the night before the meet. I had a major chest and throat irritation. But Dr. Herrick was a big help. He gave me some medication, zinc lozenges, and vitamin C, and told me to drink a lot of water. By the way, we took several cases of water with us, which was a big help. I woke up frequently during the night, but I did what he said, and I was doing better by the morning. My warm ups for the squat went terrible. I missed my last two attempts. I fell forward on the one, and on the other one the weights came off the bar. I decided at that point just to go to the platform before I killed myself trying to warm up. But somehow my squats took off, and I did 793 lb., which was a personal best. The contest was run great. It was well put together, and everything was timely. Since I had lifted in the IPF before, I was prepared for how quickly things moved, and I actually like the way they run the meets. I adjusted my training to where I trained quickly, so that I would be prepared for this. Even though I warned Tony, and he trained with me, he was still surprised at how fast the meet actually went. There was a big crowd there, probably at least 1500 people most of the time. All the kids would come in as soon as school was out. The crowd didn't cheer too much for the Americans, but you can understand that - they were cheering for their own country. The lifters from the other countries were real nice guys, and their level of competition just gave me incentive to do that much better.*

FR: HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?

AH: *I started lifting when I was in high school. When I entered high school, I was only about 130 lbs., and I only weighed 165 when I got out. I started playing football, and I was pretty quick on my feet, but I wasn't as strong as the big guys, so I decided that I wanted to lift weights. When I first went into the gym the older, bigger guys reluctantly told me that I could lift with them, but for the first two weeks all they would let me do was load the weights for them! They finally told me that they had done this just to make sure that I was sincere about really wanting to train. At that time my best bench was 165 lbs., and I couldn't squat or deadlift worth crap. By the time I left high school I could bench 350, squat 500, and deadlift 450. This was without any equipment.*

FR: HOW LONG HAVE YOU BEEN COMPETING?

AH: *I never competed until I got to Hawaii with the military, although I had done some good foundation training. My first meet was a bench and deadlift meet about eight years ago. Gary Ferstler beat me, and that meet was a real eye opener. I went back to the gym and told the guys that they needed to train me, and train me right, because I had to improve.*

FR: WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?

AH: *I am lifetime drug free, and have competed in the ADFPA (USA Powerlifting) Lifetime Nationals, but I believe it's a personal choice as to whether someone uses drugs or not. People who use drugs shouldn't compete in drug free contests. But those of us who are drug free should not automatically conclude that someone whose numbers are moving, or whose total is greater than ours, is using drugs. There are a lot of people who train smart, who put in the time in the gym to get where they are, who make the gains without taking the short cut of drugs.*

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?

AH: *Right now I use the Sport Pharma ATP, creatine, and a protein supplement. I only use these for six to eight weeks before a contest. The rest of the time I don't supplement at all, other than taking a daily vitamin. As far as my diet, I eat anything and everything. I'm a big junk food eater, although I do eat a lot of chicken and fish.*

FR: WHAT ARE YOUR BEST LIFTS?

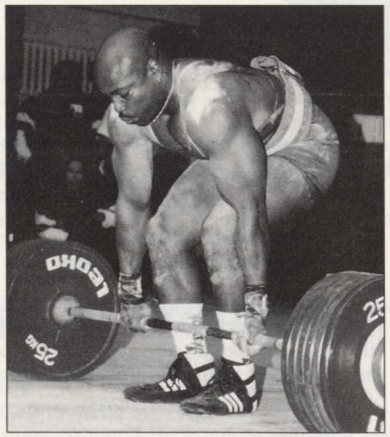
AH: *793 squat, 468 bench, and 766 deadlift. My best total was 2012 at the IPF Worlds.*

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?

AH: *My immediate goal is to total over 2100 at 220. Hopefully, I can squat 815, bench 485, and deadlift 800. Another goal is to grace the cover of* Powerlifting USA *some day.*

FR: WHAT IS YOUR TRAINING PROGRAM?

AH: *On Monday I do heavy bench. I start by doing a number of light sets for the chest on machines before I do any actual benching. In addition to bench presses, I will work triceps, shoulders, and abs (I work abs every day). On Tuesday I deadlift, but I again start with light sets on machines. I will do leg curls and leg extensions to get blood into my legs. Then I will stretch before I actually deadlift. I train the deadlift in the rack, using the sumo style, although I go conventional in meets. There are three reasons I train sumo. First, sumo deadlifting actually helps my squatting, because it forces me to use my legs and my hips in performing the lift. Second, sumo deadlifting saves my back from becoming overtrained. Third, I switch from sumo in meets because I can deadlift a lot more conventional than sumo. I build my back through lower back assistance work, with heavy good mornings (up to 350 lbs.) and hyperextensions (110 lbs.). I only do conventional training for my last couple of sessions before a meet. This is enough to get back into my pulling groove. The reason that I train the deadlift in the rack, two to three inches off the floor, is that the lockout is the hardest part of the lift for me. I also do heavy shrugs after my back work. I shrug with as much as I deadlift. On Thursday I work my shoulders. After warming up I do seated military presses behind the neck. I also do side laterals, close grip benches and triceps. Friday is my squat day. Again I start with leg curls and extensions. In my off season I do box squats two to three inches below parallel, doing ten sets of triples. About six weeks before a contest I start doing regular squats. I'll do five to six sets of fives for two weeks, triples for two weeks, and doubles for two weeks. I don't do singles at all in training.*



Deadlifting Halfway Around the World *(Hiro Isagawa)*

FR: SINCE YOU TRAIN BETWEEN 225 AND 232 LB., WHEN DO YOU START BRINGING YOUR WEIGHT DOWN FOR A MEET?

AH: *About five to six weeks out I actually start to work on getting my weight down. I try to take off about two lbs. per week. Since I live in Hawaii, and there is usually a big time change involved for me, I try to get to the meet site three or four days ahead of time. I want to be no more than 225 when I arrive. From that point on I just concentrate on dropping water in order to make weight.*

FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?

AH: *I think it's great that USA Powerlifting is the IPF representative for the United States. I do wish, however, that there would be a national championship of all the organizations, and the winners would be the U.S. representatives at the worlds. As far as unification, I don't see it happening in the near future, although it would be a good thing if it did.*

FR: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?

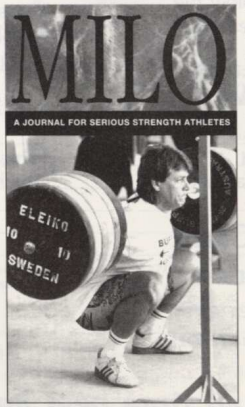
AH: *I would like to thank you and Mike Lambert for this interview. I would also like to thank my training partners Tony Leiato, Nolan Crab, and Wannette Gaylord for their help and support.*

No!-No!-No!

Melbourne, Australia (November 1993).

91-kg Ivan Chakarov banged out a triple with 270 kg in the squat—impressive enough in itself, but even more so when you consider that it was a high-bar, close-stance, rock-bottom effort; and because he did it with no belt, no wraps, no spotters, we coined the phrase "no-no-no" to describe the style. The strength world would never be the same again, because now everyone knew what real squatting was all about. Chakarov went on to win the World Weightlifting Championships a couple of days later, securing his spot as a *MILO* guy.

MILO goes around the world to cover strength sports: weightlifting Highland Games, arm wrestling, strongman, powerlifting—just about everything that has to do with strength. We've become recognized around the globe as the premier journal for serious strength athletes, and are proud that our readership includes some of the biggest names in the world of strength—Olympic champions, world champions, world record holders. But we're also the journal of first choice for every unsung hero who struggles for new PRs in his backyard, garage or basement.



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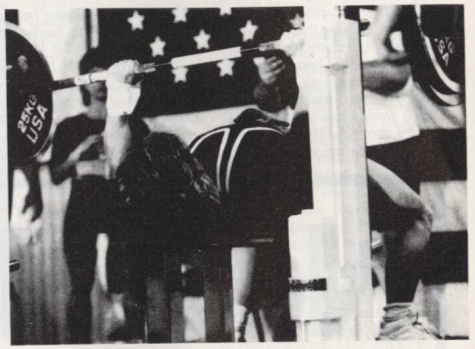

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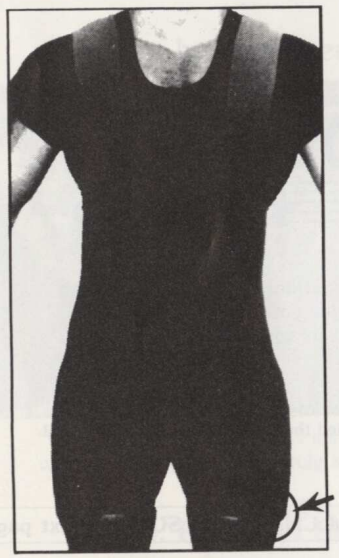

Z-Lock (anti-slip mechanism)

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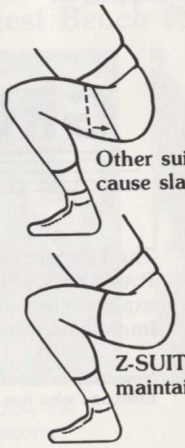

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TRAINING

The Regulation of Training

as told to Powerlifting USA by Louie Simmons

One must consider how many lifts to do in one particular workout and calculate what percent is best used for explosive and accelerating strength. It is also important to establish the number of lifts for the development of your absolute strength. This is a major factor if you want to reach your top potential.

Also keep in mind all components of training: physical, technical, and psychological. If training is regulated correctly, then all of the above can be accomplished while increasing hypertrophy and building GPP (general physical preparedness). This can be done at one time, without the use of periodization, where one breaks up the training into different phases every 3 or 4 weeks.

By closely following the rep/set recommendations of A. S. Prilepin, here at Westside, we have had 18 lifters bench 550 or better. This method is commonly known as the dynamic method.

We use 60% of a no-shirt best bench for 8-10 sets of 3 reps. This is how speed strength is best developed. Siff and Verkhoshansky used a force plate machine to determine the maximum effort a highly skilled weight lifter could display. This lifter generated 264 pounds of force on a 154 pound bar; 154 is 58% of 264. This demonstrates the optimal relationship between force and velocity, where speed strength is best developed.

For the bench, we do roughly 120 lifts at 60% of a no-shirt max in a 1 month time period (10 sets of 3 reps equals 30 lifts per workout times 4 workouts) for the development of starting and accelerating strength. By using a weight that is 60% of a 1 rep max, a 600 pound bencher can train along with a 400 pound bencher without one overloading or one underloading. How? The 600 pound bencher would use 360 for his sets, and the 400 pound bencher would use 240 for his sets. The workload is regulated to one's strength limits. If the 400 pound bencher uses more than 240, his bar speed is compromised, thus destroying the optimal relationship between force and velocity.

***Rob Fusner** made an 871 squat at 275 at the IPA Nationals (L. Arnold)*

You may ask, how does a 400 pound bencher eventually bench 600? The answer lies in the improvement in and development of special exercises. When the 400 pound bencher has brought up his extensions, delt raises, and back and lat work to that of a 600 pound bencher, he has grown to be a 600 pound bencher as well.

The bench press itself is not used for muscle hypertrophy (growth). The special exercises serve two critical purposes: the development of strength in individual muscle groups and an increase in muscular size, which helps increase leverage in the bench and squat.

Prilepin's recommendations for weights above 90% (done on the max effort day) are 4-10 lifts. Here we are referring to classical lifts or major bar exercises such as good mornings, box or rack pulls, and of course, a variety of squats.

Like Medvedyev and other sports scientists, we have discovered that too many weights above 90% will cause a deterioration in coordination, causing a deterioration in form. When training with weights that are over 90% of your current 1 rep max for 4-5 weeks, negative effects occur to the CNS (central nervous system) and your progress will decrease. Yet, one must train with very heavy weights to make gains in absolute strength. So what's the answer? Train a bar exercise for only 2 weeks and switch. For example, do bent-over good mornings for 2 weeks, Safety Power Squat bar for 2 weeks, rack pulls for 2 weeks, and front squats for 2 weeks. These are just a few exercises to choose from. Always max out on this day for 1 rep in squatting exercises or pulls, such as rack pulls, high pulls, pulls off a box, snatch, or clean. Do a 3-rep max in good mornings. The max effort day occurs 3 days after the dynamic day.

We have adjusted the number of 90% and above lifts in one workout to 3-5 lifts. The reasoning behind this is that the special exercises for powerlifting are much heavier compared to the Olympic lifts that Prilepin's data were based on. To become very strong, a lot of lifts must be performed in limited-movement exercises, such as board press for bench pressing, rack pulls for the deadlift, and above-parallel box squatting for the squat. We have discovered it is best to do a single in most cases instead of a triple. Why? A 500 pound single equals 500 pounds of work; a 500 triple is 1500 pounds of work, which is much too demanding on the CNS. However, three reps will produce muscle tension. It is advised that the more massive lifters do 3's instead of 1's to achieve adequate muscle tension: extra body mass can reduce the range of motion in many lifters.

We will usually do a 90% weight as a last warmup and then hopefully a record over 100%, possibly two or three PR's. We invariably go until we miss a weight. This is the best way to achieve a true max effort.

Let's look at the ratio of the dynamic day to the max effort day. Dynamic day: 120 lifts per month. Max effort day: 12-20 lifts per month. This is how we are able to train heavy throughout the year: by rotating exercises on max effort day.

Remember, do one type of training per workout day: speed bench, Sunday; speed squat, Friday; max effort for bench, Wednesday; max effort for squat and deadlift, Monday (the exercises for the squat and deadlift are the same). You cannot and should never do two types of strength training in one workout. Your brain will not know what to do when asked to do two completely different tasks in one training session.

This can be best illustrated by watching a pro-boxing match. In the early rounds, up to six, is when most knockouts occur. This is where explosive strength is demonstrated. Endurance plays little role in the early rounds. But after six rounds, the explosive strength diminishes, strength endurance is dominant, and fewer knockouts occur. Not only is it best to do only one type of special strength training per session but while doing the dynamic method using only one weight (after a warmup), your CNS can accommodate the task it is asked to perform.

J.M. Blakley had never done speed work. J.M. did a PR of 675 in 1995, but stalled for 3 years. He is very strong, but his bar speed and reversal time were slow. By doing speed work with 315 for a short time, he made 683 on October 11, 1998, plus hit 683 again at the WPC Worlds. Then in late November he made an all-time best of 690 in a meet in New York. Remember, it is one thing to be strong and quite another to display it.

Speaking of benching, George Halbert did a 657 world record at 220 in March of 1998 at the Arnold Classic, and at 235 bodyweight he made a world record 688 on October 11, 1998, in Kieran Kidder's Blast on the Beach. George never put a bench shirt on in between meets. For the 688 he used 340 for 4 triples and 380 for 4 triples. George is perhaps the most explosive bencher I have ever seen, and the strength coaches from the Packers and the Patriots agree. George's problem was the lock-out. So he utilized the floor press with 200 pounds of chain looped over the bar plus weight. So far, his best is 445 plus 200 pounds of chain, which is 645 at the top. Using four boards with bands, George's best is 475 for 3 sets of 3 reps with 150 pounds of tension from the bands, which is 625 at the top. He also did 3 sets of 3 reps with 355 on the bar plus 300 pounds of tension with bands, which is 655 at the top. Please remember, George is a pressing machine, which allows him to do 9 reps with weights of over 90%. However, most of our lifters follow the recommended 3-5 lifts over 90%.

The same holds true in the squat. This breaks down to 8-10 sets of 2 reps on speed day, which equals 64-80 lifts per month. Note that this is with bands or chains on the bar. Squat day for speed is Friday. On max effort day for the squat and deadlift (Monday), again 3-5 lifts above 90% are advised. That is, take a weight that is 90% of your 1 rep max in that lift and do 2-4 more attempts to break your PR.

To summarize, change the core exercise on max effort day every 2 weeks. Use 3-5 special exercises to complement your core exercise. Train speed bench press at 60% of your max bench without a shirt. Train speed squat in waves of 50-60%, jumping 2.5% each week, then start over with 50%. By using this system, we have had 18 men bench over 550 and 22 squat 800 or more. Lifters across the United States and all over the world are making progress with this system. I would like to thank everyone for their feedback and loyalty to Westside and to powerlifting itself.

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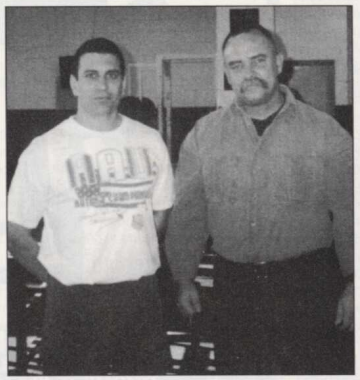
INTERVIEW

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

Spero Tshontikidis & Michael Wright

as interviewed for PLUSA by Pat Cuntrera



Left - **Spero** Tshontikidis, Right - **Michael** Wright

PC: Can you give the readers some background information on yourself

MW: *I live in Annapolis, Maryland with my wife and two sons. I am currently a Battalion Chief in the Prince Georges County Fire Department and Head Men's Powerlifting Coach at the United States Naval Academy. Growing up in a single parent home, I was fortunate to have been introduced to my mentor, Paul Anderson. I know that it is his influence that has lead me to my current affiliation with collegiate powerlifting.*

ST: *My family (wife Caryn, daughter Emma, and sons Yanni and Sava) and I recently moved back home to Maryland's Eastern Shore. I am a Special Education teacher at Kent Island High School, coach the women's powerlifting team at the high school, and I coach the women's powerlifting team at the United States Naval Academy. After spending ten years away from home, it's good to be close to family and friends, and exciting to be coaching with Michael again.*

PC: How did you get your start in powerlifting?

MW: *I was introduced to powerlifting during my years of service in the United States Navy and the United States Marine Corps. When I left the service, I started a powerlifting program at a local church (Saint Paul's Ironworkers) fashioned around Paul Anderson's model of developing young men and women mentally, spiritually, and physically. Coaching these troubled teens had an enormous impact on my life, and I knew that I was doing God's will. It was at this time that I first met Spero when he had started coaching at The Bullis School in Potomac, Maryland.*

ST: *I had been a competitive bodybuilder in my teens, but turned to powerlifting after meeting and training with Rob Wagner and Mike Estrada during college. My first coaching experience was at Pocomoke High School with Bill Cafiero where I coached future teenage world champion Quince Williams. Quince and I moved to Bullis in 1985, where I met Mike. Once at Bullis, I worked with Mike, Brian Washington, John Mogavero, Steve Kuntz, Larry Berg, Kirk Karwoski, William and Margaret Orsinger (the list goes on and on) and began coaching powerlifting full-time.*

PC: What do you consider to be your greatest accomplishment in the sport?

MW: *My greatest accomplishment in powerlifting is knowing that my role as a mentor and coach is where God wants me to be.*

ST: *As a competitor my greatest moment was winning the 1994 All Natural Mr. Florida and setting an IPA/WPA world record deadlift on the same day. Scott Taylor was running both contests, and he encouraged me to train for both, helping me a great deal. I was coaching the "Cobra Power Team" at New Challenge School - an alternative school in Port Charlotte, Florida - at the time, and Scott was extremely supportive of the school and the team. In addition, John Inzer donated lifting suits and bench shirts to the team because the majority of our lifter's (and their families) could not afford to purchase them. Thanks to Scott and John, the Cobras won several national titles, and many of our lifters were able to successfully graduate from high school. I'm sorry for getting off track with my answer, but I wanted to thank Scott and John for all they did!*

As a coach, it's very difficult to say. Winning the world championships at Bullis, the national titles at New Challenge, the AAUPC National Junior Olympic win at Hargrave Military Academy, or the fact that I'm currently coaching two nationally competitive teams with over 30 lifters? Truly, the Lord has blessed me. I've met so many great people and had so many experiences that it's really difficult to classify one moment as "the greatest." One thing's for sure, though, training a young athlete like AAUPC National Junior Olympic Champion Carrie Hale, witnessing her growth firsthand, and seeing her joy on the platform is much more rewarding than anything I could accomplish as a competitor!

PC: How did you become involved with the AAUPC?

MW: *As a young competitor (many, many years ago according to Spero), the AAU was all there was. When powerlifting was adopted by the AAU, my affiliation with the Naval Academy brought me back when Spero hosted the Tri-Services meet at Annapolis last October.*

ST: *My first mentors in powerlifting were Brother Bennett and Al Siegel, back in the early ADFPA days. When Al and Joe Pyra became involved with the AAUPC, I contacted them and asked if I could work with them again. Since that time, it's been a very exciting progression to where we are now with the newly developed National High School / Youth Development Committee that I am chairing with Rich Meyers.*

PC: Why did you choose to donate your time to the AAUPC?

MW: *I believe that the AAUPC espouses the most positive value system for young athletes. The AAUPC is dedicated to serving the teenage athlete, and Spero's committee is a testimony to their commitment.*

ST: *Michael and I have always professed that the teenage athlete is the foundation and future of Powerlifting. Being on the AAUPC National Executive Board and chairing the National High School / Youth Development Committee, I am currently experiencing the support and enthusiasm that Joe (Joe Pyra, former AAUPC National Chairperson) has for teenage athletes. At the Junior Olympics this past July when Rich and I started the groundwork for our goals and objectives, Joe said to us, "You guys are chairing the most important committee in the entire organization." And that says it all!*

PC: Could you tell the readers a little about high school powerlifting?

ST: *High school powerlifting is so wide open, and has so much potential for growth that it's scary. My former program at Hargrave Military Academy in Chatham, Virginia started with eleven lifters training in a 39 x 30' area caged in with chain link fence and grew to a fully equipped, 3000 square foot weight room with over 40 men and women. My good friend Clay Draud has taken my place, and I know the program will grow even more under his direction. Paul Bossi and Ben Zak in North Carolina have awesome programs, and Henry McGee in Ohio is showing up with more lifters every time I see him at a contest.*

The sport is growing, and the AAUPC is determined to meet the needs of today's teenage strength athletes. Very soon, Rich and I will be publishing our first of several articles concerned with our new committee. If you're a teenage athlete or a coach, be sure to read it. I think you'll see what I mean!

PC: Could you tell the readers a little about collegiate powerlifting?

MW: *Anybody involved in collegiate powerlifting knows that it is dominated by Dr. Billy Jack Talton at Louisiana Tech. As a collegiate coach, your goal must be to "go after Billy Jack" if you ever expect to be competitive. Jan Todd's program at Texas is very strong, too. The three Academy's (Army, Navy, and Air Force) and Evansville are the other well-established collegiate programs today.*

PC: Is there any advice you would like to give the lifter entering his or her first competition?

MW and ST: *Open light, with a weight you can complete without a struggle for 3-5 reps. Remember, it is your first meet, not the Super Bowl. Your goal should be to learn and enjoy, not to set world records!*

Bring an experienced lifter who is not competing to help settle your nerves and offer advice. We often make mistakes when we're inexperienced, and an objective "outsider" can be extremely helpful.

Take the time between your flight to meet people. Don't be afraid to introduce yourself to people from your area. If you stay involved in the sport, you will establish very strong friendships.

Once you have your first meet under your belt, contact your State Chairman and become involved. Do what you can to give back to the sport!

PC: If you could change one thing about the sport of powerlifting, to improve competitions, what would it be?

MW: *I don't know how to, but I would love to see more consistent judging throughout the sport and a "fool-proof" method of drug detection which is quick, simple, and inexpensive so all lifters can be tested at every meet.*

ST: *More lifters need to become more involved as judges, meet directors, and/or coaches. More involved people will result in more ideas which will result in positive change.*

PC: What are some of your interests outside of the sport?

MW & ST: *The Church, our faith, our families, and our lifters - period. There really isn't time for much else.*

PC: What is your ultimate goal in this sport?

MW: *As a coach, my ultimate goal in powerlifting is to have a team that is dominant like Louisiana Tech is now. It is equally important to witness the midshipmen that I coach sharing their knowledge and experience with younger lifters in the fleet. In this way I "see" my coaching turning them into coaches of young people in all areas of life.*

ST: *To continue seeing my ministry grow, to play a part in the growth of teenage powerlifting becoming a recognized varsity sport at the high school level, and to see middle school and elementary school kids discover powerlifting through the National High School / Youth Development Committee.*

PC: Would you like to make any final comments?

MW: *I'm really enthusiastic about the re-connection with Spero. He's so full of energy and excitement that at times it concerns me because I know it will force me to work harder. But I also know that it will be a positive change - both for me and the team at Navy.*

I would also like to extend a personal congratulation to a great powerlifter - Steve "Doc" Murdock - on his new position as Head Strength Coach for the Navy Football Program.

Finally, I would like to thank Major Charles Locke for his three years of service as the Officer Representative for the Navy Powerlifting Team, and welcome Captain J.W. Simpson to our team.

ST: *I would like to encourage coaches and teenage lifters to give me input with regards to the AAUPC National High School / Youth Development Committee. Furthermore, any coach interested in becoming an AAUPC State Youth Representative should contact me as soon as possible at 410-643-9520.*

Special thanks to Joe Pyra and Al Siegel for their years of mentoring, to Rudy Garcia and Clay Draud for their support of the "Guns From God Power Team" at Hargrave Military Academy; and to James Bennett, Joanna Tolson, and Sharon Hanson for their encouragement on the development of my new women's powerlifting program at Kent Island High School.

Congratulations to Clay Draud and the girls at Hargrave Military Academy on their success at the 1998 AAUPC Deadlift Nationals - I love you!

Thanks also go out to Mike Lambert, Powerlifting USA Magazine and Pat Cuntrera for giving Michael and myself this interview. Finally, thanks to Michael for affording me the opportunity to become a part of Navy Powerlifting, and to Ben Bownas, Amanda Kammier, Harry Jackson and the rest of the Navy lifters who have made me feel so welcome. God Bless!

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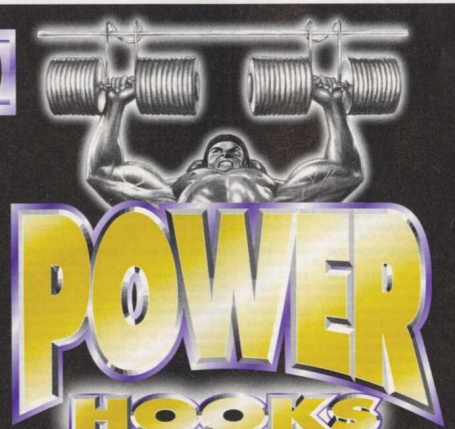

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IPA SENIOR NATIONALS
30 Oct - 1 Nov 98 - Annapolis, MD

SPECIAL OLYMPICS DIVISION

Lifter	SQ	BP	DL	Total
181 lbs.				
Candace Hall	125*	105	140*	370*
SHW				
Faith Dennis	200	130	255*	585*
Teen Division - Full Power				
114				
Jason Ray	85*	95	130	310*
Men's Open - Full Power				
148				
Chris Coyle	190*	145*	240	575
David Hatfield	135	95	250	480
198				
Adam Mack	325	220	385*	930
220				
Jeff Wood	300	195	400	895
242				
Brian Pittman	345	300	385	1030
275				
Byron Taylor	365*	235	325	925
Special Olympics				
Men's Master Division - Full Power				
275				
Chris Jackson	375	220	425	1020
Special OLYMPICS				
Women's Division - Bench Only				
148				
Dawn Handy		130*		
Terri Morris		75		
Girl's Teen				
198				
Kelly Purnell		155*		
Boy's Teen				
132				
Dominic Page		180*		
Men's Open Division Squat/Bench Only				
308 lbs.				
John Gregory	305*	280*		
4th attempts	350*	320*		
WOMEN'S DIVISION - FULL POWER				
Amateur Open				
114				
Tanya Larson	240	136*	290	666*
132				
Glendoria Burris	285	135	305	725
Amateur Girl's Teen Division				
SHW				
(14 - 15)				
S. Pole-Summers	375*	230*	345*	950*
SHW				
(18- 19)				
Kim Ferebee	425*	200*	410*	1035*
Amateur Women's Submasters				
132				
Glendora Burris	285*	135	305*	725*
Amateur Women's Masters				
123				
Demeter Piccotti	260*	135*	290*	685*
132				
Janice Sturniolo	120	120	230	470
148				
D. Mikoloski	105*	90*	215*	410*
Women's Pro Open				
132				
Jodi Teter	410	250	390	1050
Traci Arnold-Tate	370	240	320	930
Pro Teen				
SHW				
S. Pole-Summers	375	230	345	950
Pro Junior165 *lb*m				
Julie Scanlon	405*	280*	405*	1090*
Pro Master				
148				
(60 - 64)				
Jeanne Burchett	265*	140*	305*	710*
Elite Amateur				
SHW				
(14 - 15)				
S.Pole-Summes	375*	230*	345*	950*
BOYS TEEN FULL POWER				
132 (16-17)				
Winfield Clark	320	185	350	855
148 (18-19)				
Ryan Martucci	440	250	420	*I*I*io
242 (16 - 17)				
Josh Pierce	410	260	535*	1205
AMA TEUR MEN				
Men's Open Division				
132				
John Cooke	385	270	475*	1130*
148				
Bill Jones	550	320	470	1340
165				
William Powell	410	265	450	1125
181				
Samuel Cuevas	580	405	510	1495
Marty Martin	340	260	405	1005
198				
Dan Fields	600	385	485	1470
Tom Reumont	530	365	550	1445
Matt Oberholzer	410	290	450	1150
220				
Bernie Arrington	670	440	580	1690
Andy Pierson	540	360	550	1450
Dave Bartal	590	225	630	1445
David Scott	525	335	550	1410
Todd Stocks	300	215	310	825
242 Ibn				
RobertConnelly	650	325	570	1545
275				
Dan Zenisek	660	365	640	1665
Kerry Miller	500	3 1 5	510	1325
308				
Raymond Joyner	810	415	675*	1900
Matt Morgan	700	460	660	1820
Robert Hotchkiss	700	405	560	1665
SHW				
Mitchell Curry	770* (4th 800*)	460	540	1770
Amateur Men's Junior Division				
198 lbs				
Matt Oberholzer	410	290	450	1150
220				
Wm. Tomko III	635	425	540	1600
Jeff Turner	620	350	540	1510
242				
Beau King	680 (4th 700*)	440	625*	1745
275				
Mike Frinzl	600*	320	625*	1545*
Amateur Men's Submasters				
181				
Jim Roth	420	330	460	1210
D. Scarborough	420	310	475	1205
198				
Dan Fields	600	385	485	1470
Tom Reumont	530	365	550	1445
Robert Munn, Jr	490	340	575	1405
220				
Bernie Arrington	670*	440*	580	1690*
Bill Jones	530	370	520	1420
Bert Collins	475	295	525	1295
242				
John Brubaker	555	405	600	1560
275				
Glenn Evans	660	275	585	1520
A. Goodman	550	355	575	1480
Amateur Men's Master Division				
132 (50-54)				
Tom Doi	370*	160	380*	910*
148 (40-44)				
Gregory Campbell	410*	230*	405	1045
165 (55-59)				
Henry Dudley	285*	165	330*	780
181(40-44)				
Michael Russo	475	340	5 10	1325
Rusell Rolle	535	260	500	1295
181(50-59)				
John Klein	315	195	365	875
198 (55-59)				
Thomas Cottrell	350*	360*	405*	1115*
Doc Junkins	315	230	405*	950
220 (40-44)				
Richard Moody	650	380	550	1580
(55-59)				
Robert Rood	510	370	550	1430
242 (40-44)				
Daniel Duesberry	560	310	610*	1480
Raleigh Field	505	355	135	995
(45-49)				
Phillip Patton	630*	360	560*	1550*
275(40-44)				
Jay Bechtel	585	375	580*	1540*
(45-49)				
Billy Morgan	375	335	500	1210
Elite Amateur Men's Open Division				
198				
Chris Focht	600*	365*	610*	1575*
POLICE DIVISION				
165				
William Powell	410*	265*	450*	1125*
198				
Robert Munn, Jr	490	340	575*	1405*
220				
AJ. Henderson	685*	375	595	1655
242				
Mark Dimiduk	770	380	620	1770
Bob Calhoun	660	450	590	1700
Raleigh Field	505	355	135	995
275				
Ted Forbes	760	425	660*	1845
A. Goodman	550	355	575	1480
Billy Morgan	375	335	500	1210
308				
Mark Manno	780*	500	750*	2030*
SHW				
Terry Tsourotis	675*	460	585	1720
4th			600*	
MEN'S PROFESSIONAL DIVISIONS				
165				
TomLavelle	705	435	500	1640
181				
Chris Morris	465	415	505	1385
198				
Carlo Finotti	620	470	650	1740
Galen Scott	580	440	600	1620
220				
M. Fessenden	850	450	670	1970
Mike Hill	725	490	640	1855
Jeff Gould	660	530	665	1855
David Snodgrass	665	420	755*	1840
BradHartung	745	380	585	1710
Ed Belohlavek	675	385	550	1610
242				
Nick LaVitola	870	530	800	2200
Louie Simmons	805	540	705	2050
Gabe Reitter	800	535	665	2000
275				
Rob Fusner	875	620	720	2215
Steve Wilson	765	530	795	2090
Alex Klest	800	535	755	2090
John Stafford	800	520	750	2070
Todd Brock	820	530	700	2050
Ted Forbes	760	425	660	1845
Patrick Toms	700	405	685	1790
308 lb*&				
David Tate	900	550	730	2180
Marvin Teter	830	575	700	2105
Mark Swatling	760	550	750	2060
Mark Manno	780	500	750	2030
Bob Youngs	810	500	700	2010
Brent Lever	750	480	700	1930
SHW				
Dan Kovacs	920	660	810*	2390
Michael Ruggeria	850	545	790	2185
Robert Yitts	860	585	715	2160
Pro Men's Junior Division				
181				
Chris Morris	465*	415*	505* (4th 520*)	1385*
SH W				
John Schrenkel	700 (4th 800*)	435*	680* (4th 700*)	1815
Pro Men's Submaster Division				
198				
Galen Scott	580	440	600	1620
220				
David Snodgrass	665	420	755*	1840
242				
Nick LaVitola	870*	530*	800*	2200*
Ken Troublelfield	605	365	575	1545
275				
Alex Klest	800	535	755*	2090
SHW				
J.R.Hunt	880	665*	755	2300*
Pro Men's Master Division				
165 (55-59)				
Russel Dodson	310*	130*	380*	820*
181 (50-54)				
John Varrone	580*	260	580*	1420*
198 (55-59)				
Doc Junkins	315*	230	405*	950*
220 (45-49)				
A.J.Henderson	685	375	595*	1655
242 (40-44)				
Mark Dimiduk	770	380	620	1770
Bob Calhoun	660	450	590	1700
(60-64)				
Floyd Powe	450*	285*	505*	1240*
275 (40-44)				
Steve Wilson	765	530	795	2090*
(45-49)				
John Florio	850*	460*	660	1970*
SHW (50-54)				
Mike Taylor	520*	300*	500*	1320*
Amateur Men's Bench Only Division				
165 Ibn				
Tim Briggs		385		
181				
LawrencePiazzi		385		
198				
Bill Crisanti		350		
220				
Tony Hayward		310		
Elite Amateur Bench Only				
220				
Terry Kelley		550*		
242				
Carl Summers		335*		
Pro Men Open Bench				
198				
Bill Vance		475		
220				
Chad Lord		440		
242				
Rob Capozzolo		560		
275				
Gary Nimmo		540*		
Pro Men's Master Bench				
308				
(60-64)				
Larry DeAngelis		470*		
Police Bench Only				
220				
Terry Kelley		550*		

(* IPA World/National Record)

(Story by Jim Stewart) On the weekend of October 30, 31, and November 1 sounds familiar to the residents of Annapolis Maryland, like anchor chains and boat whistles were mixed with the sounds of Power. Steel plates clanged, heavy bars creaked, power racks banged, and the cry of supreme athletic effort boomed. For three days the strongest athletes in the nation converged on the Holiday Inn Annapolis to compete in the 1998 IPA Senior National Powerlifting Championships.

The competition was held in the plush hotel's huge, 5,000 square foot ballroom. To compliment the ample seating, lifting action was projected onto two large screens with equipment provided by Total Audio-Visual Systems, a local company. The sound system and music was provided by longtime friend Robert Curry. Squats were conducted on a single platform with the successive lifts on separate platforms.

Friday, October 30 - Special Olympians Womens - Teens - Open Mens: 114-148 lbs.

A little after 9:00am the first day of competition for the International Powerlifting Federation's (IPA) 1998 Senior National Powerlifting Championships got under way. Starting the day's lifting were the Special Olympians. If you have never seen Special Olympians compete, you've really missed something. These athletes lift with all the drama and intensity of their world-class counterparts, and more, bringing a new meaning to the word "heart." New IPA records were set by a number of the Special Olympians. In the Women's Full Power Division, Candice Hall set new 181 lb. records with her 125 lb. squat, 140 lb. deadlift, and 370 lb. total. SHW lifter Faith Dennis posted a new deadlift record with a 255 lb. lift, and a new total record of 585.

Numerous records fell in the Special Olympian Men's Full Power Division. First was Jason Ray, whose 85 lb. squat and 310 lb. total rewrote the 114 lb. books. Chris Coyle broke the 148 lb. records with his 190 lb. squat and 145 lb. bench press. Adam Mack set a new deadlift record for the 198 lb. class with a strong 385 lb. pull. It seems no Special Olympics meet would be the same without a rousing performance by Byron Taylor, a young lifter whose enthusiasm is highly contagious. Byron "the Block", a compact 275er, treated the crowd to a 365 lb. record squat, a 235 lb. bench press and a 325 lb. deadlift. Other notable competitors are 242 lb. Brian Pitman, who achieved an impressive 1030 lb. total (345, 300, 385). Chris Jackson was the only Special Olympian in the Masters Division. Lifting in the 275 lb. class, Chris posted a great 1020 lb. total (375, 220, 425).

The Squat/Bench Division's only contestant was John Gregory who broke the 308 lb. world records with a 305 lb. squat and 280 lb. bench. John then took fourth attempts, breaking his own records with 350 lbs. and 320 lbs.

The Special Olympians who compete in the bench press only embody the true spirit of determination. These athletes approach the bench in their wheel chairs, and must be strapped to the bench with an extra-long lifting belt. Usually, these athletes any refuse assistance moving from the wheel chair to the bench, preferring to mount the bench under their own power. The Women's Full Bench Division saw a record 130 lb. bench from Dawn Handy, while Kelly Purnell broke the Girl's Teen 198 lb. record. The Boy's Teen 132 lb. class saw a record 180 lb. bench by Dominic Page, which completed lifting in the Special Olympics Division.

The Women's Full Power Division was up next, posting some records of their own. In the Amateur Open, 114 lbs. Tanya Larson blasted up a 136 lb. bench and also broke the total record with 666 lbs.

The Amateur Girl's Teen saw impressive lifts from Shannon Pole-Summers in the 14-15 year Division. At SHW, Shannon broke all the records for her weight class and age with a 375 lb. squat, 230 lb. bench, and 345 lb. deadlift for a 950 lb. total. Right behind Shannon was Kimberly Ferebee in the 18-19 year Division. Also weighing in at SHW, Kimberly's final lifts were all record breakers with a big 425 lb. squat, 200 lb. bench, and 410 lb. deadlift, for a record 1035 lb. total.

Not to be outdone, the Amateur Womens Masters Division saw some great lifting in the lighter weight classes. In the 123 lbs. class, Demeter Piccotti posted record breaking lifts with a 260 lb. squat, 135 lb. bench, 290 lb. deadlift, and 685 lb. total. Right on her heels was Dorothy Mikoloski in the 148 lbs. class. Dorothy's lifts set the all the records with a 105 lb. squat, 90 lb. bench, 215 lb. deadlift, and 410 lb. total.

In the Women's Professional Open Division, the 132 lb. class was impressive. Jodi Teter made an incredible 410 lb. squat, 250 lb. bench, and 390 lb. deadlift for a 1050 lb. total, taking 1st place with room to spare. Traci Arnold-Tate was close behind with a 370 lb. squat 240 lb. bench, 320 lb. deadlift, for a 930 lb. total. It's hard to believe these fine lifts weren't world record breakers.

Julie Scanlon, 165 lbs. lifter in the Womens Pro Junior Division posted record lifts with a 405 lb. squat, 280 lb. bench, 405 lb. deadlift, and 1090 lb. total.

With the women finished for the day, the Boy's Teen Division was up next. Ryan Martucci, an 18-19 year-old lifted in the 148 lb. class. Ryan's impressive 440 lb. squat, 250 lb. bench, 420 lb. deadlift, and 1110 lb. total weren't enough to break any records, but allowed him to walk away with first place. Josh Pierce, in the 16-17 year Division, 242 lbs. class, broke the deadlift record with a 535 lb. pull. Josh also managed a 410 lb. squat and 260 lb. bench.

The day finished with the Men's Open Division, lightweights. John Cooke in the 132 lbs. Class, made an awesome record-breaking 475 lb. deadlift, and totaled a record 1130 lbs. John is one of the best deadlifters in the country. John's other lifts were a 385 lb. squat and 270 lb. bench. While he didn't break any records, Bill Jones of the 148 lbs. class posted an impressive 550 lb. squat, 320 lb. bench, 470 lb. deadlift, and 1340 lb. total. Tom Doi in the Amateur Men's Master Division, 132 lbs. class, saw some tremendous improvements in his lifting this cycle. He took the squat, deadlift, and total records with 370, 160, 380, 910. Congrats, Tom!

Saturday, October 31 - Open Men: 165, 181, 198, and 220 lbs.

The Men's Open Division competition continued on Saturday. Though it was October 31, there was not a hint of Halloween in the hall as the lifters mounted the platform with power and enthusiasm that promised to make the previous days' lifting pale in comparison.

In the 181 lbs. class of the Men's Amateur Division, Samuel Cuevas walked away with 1st place by totaling 1495 lbs. via a 580 lb. squat, 405 lb. bench, 510 lb. deadlift. Dan Fields won the day in the 198 lb. class with a 600 lb. squat, 385 lb. bench, 485 lb. deadlift for a 1470 total. Dan's lifts also won for him the 198 lb. Amateur Submaster's Division. Tom Reumont was just behind him with a 1445 lb. total via a 530 lb. squat, 365 lb. bench and 550 lb. deadlift. In the 220 lb. class, Bernie Arrington won with a 670 lb. squat 440 lb. bench, 580 lb. deadlift, and 1690 lb. total. Bernie's fine lifts also broke the squat, bench and total records in the Men's Amateur Submaster Division. In the Men's Amateur Masters Division, Thomas Cottrell, 198 lb. class, in the 55-59 year division won with all records; a 350 lb. squat, 360 lb. bench, 405 lb. deadlift, for a fine 1115 lb. total. Doc Junkins tied Tom Cottrell's deadlift record with a 405 lb. pull.

It's always a pleasure to see the lifters in the Police Division compete. William Powell, who also competed in the Open Division in the 165 lb. class, took first in his class in the Police Division and broke some records while he was at it with a 410 lb. squat 265 lb. bench, 450 lb. deadlift, and 1125 lb. total. William's partner on the street and in the gym, Robert Munn, Jr., lifted in the 198 lb. class. Rob finished first with a record 1405 lb. total by pumping out a 490 lb. squat 340 lb. bench, and 575 lb. record deadlift. Impressive was A.J. Henderson, in the 220 lbs. Class. His 685 lb. squat broke the existing record. A.J. Also made a fine 375 lb. bench, and 595 lb. deadlift, for a great 1655 lb. total.

The numbers got heavier as the Men's Professional Division hit the platform. Tom Lavelle in the 165 lbs. weight class had a great day with a 705 lb. squat, 435 bench, 500 lb. deadlift, and 1640 lb. total. Carlo Finotti walked away with first in the 198 lbs. class with a 620 lb. squat 470 lb. bench, 650 lb. deadlift for a 1740 total. Mike Fessenden dominated the hotly contested 220 lb. class with, a 850 lb. squat, 450 lb. bench, 670 lb. deadlift, for a 1970 lb. total. The battle for second and third place was a tie, broken by bodyweight. Mike Hill, weighing in at 217 lbs. edged by Jeffrey Gould with a 725 squat, 490 lb. bench, 640 lb. deadlift, for a 1855 lb. total. Jeff's lifts at 220 lbs. were 660, 530, and 665. David Snodgrass was a close 4th with a 665 lb. squat, 420 lb. bench, and a record breaking 755 lb. deadlift for an 1840 lb. total.

Sunday, November 1 - Open Men: 242, 275, 308 lbs., SHW

This day which promised the biggest lifts of the competition started hot and heavy with the squats, which were finished before noon. In the Men's Amateur Junior Division, Beau King of the 242 lb. class, delivered a 680 lb. squat breaking the record with 700 lbs. on a 4th attempt followed by a 440 lb. bench, a record 625 lb. deadlift for a record 1765 lb. total. Mike Frinzl in the 275 lb. class, lifted a record 600 lb. squat, then a 320 lb. bench, and another record breaker with a 625 lb. deadlift, for a new record total of 1545 lbs. John Brubaker won the 242 lb. class with a 1560 lb. total from a 555 lb. squat, 405 lb. bench, and 600 lb. deadlift. Glenn Evans walked away with the 275 lb. class by lifting 660 lbs., 275 lbs., and 585 lbs. for a 1520 lb. total.

Phillip Patton in the Amateur Men's Master Division, 242 lbs. class, 45-49 year Division, set a new record with a 630 lb. squat, 360 lb. bench, 560 lb. deadlift, for a record 1550 lb. total.

The Police Division saw more great lifting and a tough battle in the 242 pound weight class. Veteran lifter Mark Dimiduk (770, 380, 620, 1770) won first place in a close contest with Bob Calhoun (660, 450, 590, 1700), who had planned to compete at 220 lbs. Bob weighed in at 226 lbs. and had to move up to the 242s. Mark Manno, walked away with first place and some records in the 308 lbs. Class. Manno's record 780 lb. squat and 750 lb. deadlift, with a 500 lb. bench gave him a record 2030 lb. total. Terry Tsouroutis, in the SHW class, broke the squat record with 675 lbs., benched 460 lbs., and pulled 585 lbs. Terry came back to break the deadlift record with a 600 lb. 4th attempt, which gave him the new total record at 1735 lbs.

The weights got really heavy as the Men's Professional Division started. Particularly impressive was Nick LaVitola in the 242 lb. class. He handled an 870 lb. squat, 530 lb. bench, and 800 lb. deadlift with relative ease, finishing with a 2200 lb. total. Competition in the 275 lbs. class was highly competitive as Robert Fusner, won with his 875 lb. squat, 620 lb. bench, and 720 lb. deadlift, for a 2215 lb. total. There was an unusual tie for 2nd and 3rd place which was broken by bodyweight. Big Steve Wilson, a legendary competitor, hit the platform weighing 271 lbs. taking 2nd place with 765, 530, 795 for a 2090 total. Alex Klest, at 275 lbs. lifted 800, 535, 755, also totaling 2090 lbs. In the 308 lbs. class, David Tate won with a fine 2180 lb. total via a 900 lb. squat, 550 lb. bench, and 730 lb. deadlift. Marvin Teter was right behind with an 830 lb. squat, 575 lb. bench, 700 lb. deadlift, and 2105 lb. total.

John Florio returned to the platform and gave a memorable performance. Competing in the 275 lb. class, 45-49 year Division, John handled a world record 850 lb. squat, blasted up 460 lbs. for a world record bench press, and finished with a solid 660 lb. deadlift for a world record 1970 lb. total.

THE biggest and best lifts appeared in a contest between J.R. Hunt and Dan Kovacs. Though they weren't in the same division, Dan in the Open Professional and J.R. in the Professional Submaster Division, there was a friendly rivalry as these men took the heaviest lifts on the platform. J.R. Hunt opened in the squat with 880 lbs, followed by Dan Kovac's opener of 920 lbs., which was turned down by the judges. Kovacs took 920 lbs. for a second attempt and was successful. The bar was loaded to 1,000 lbs. for J.R. Hunt. The air buzzed with excitement as the bar was loaded to a half ton. J.R. took the weight, began a shaking descent, then barely got out of the hole before the spotters had to take the weight. Kovacs called for 970 lbs. as his final attempt. Dan took the bar, squatted the weight, but the lift was turned down by the judges. J.R. again called for 1,000 lbs. for his final squat attempt. J.R. got set under the bar, stood with the weight and looked very crisp as he hit depth. J.R.'s speed out of the bottom position was great, but he just ran out of gas 1/4 of the way up.

The benches were equally exciting as J.R. opened with 590 lbs., which shot up from his chest like a rocket. I have never seen this much weight handled so easily! Dan opened with an impressive 660 lbs., which he handled well. J.R. called for a 640 lb. second attempt, which came up nearly as fast as his opener. Kovacs called for 680 lbs. but was not able to get it more than 1/4 way up. J.R.'s final bench attempt was 665, which he locked out with relative ease. Dan decided to repeat 680 for his final bench, but was not successful.

The battle of the Titans continued as the bar hit the platform for the deadlifts. J.R. Hunt smoked his opening attempt of 650 lbs., while Dan Kovacs pulled an impressive 810 lb. record-breaking opener! J.R. pulled 710 lbs. for three white lights while Kovacs attempted to break his own record with an unsuccessful 840 lbs. pull. J.R.'s 3rd attempt was 755 lbs. which he pulled with a supreme effort. Dan Kovacs attempted 840 lbs. again but was unable to complete the lift. Dan Kovacs took first with an amazing 2390 lbs. total, while J.R. Hunt's incredible 2300 lb. total set a new record.

Best lifter awards went to Tanya Larson, Amateur Women's; Jodi Teter, Pro Women's; Ryan Martucci, Teen Division; Tom Lavelle, Pro Men's Lightweight; Ray Joyner, Amateur Men's Heavyweight; Nick LaVitola, Pro Men's Heavyweight; Robert Rood, Amateur Men's Master, Floyd Powe, Pro Men's Master, Terry Brad Kelley, Amateur Bench Press; Rob Capozzolo, Pro Bench Press. First Place Team was Outlaw's Barbell Club. Second place team went to God's Squad.

Thanks to Mark and Ellen Chaillet for another fine National Competition. It's more work than most people realize to organize and stage a National meet, especially one like the IPA Nationals which ran so smoothly. Thanks also to the platform crews, who worked hard all day, every day; all of the IPA's fine judges who so kindly judged, to the brains of the operation, the announcers and scorekeepers, to Bud Welsh and Jim Flynn for their tireless care of the welcome table.

Thanks to all of our sponsors: York Barbell Company, Total Audio Visual Systems, Sport Supplements South, Auto Row Auto Parts, Brotherhood of Painters and Allied Trades DC #51, and Marlboro Spine & Sports Rehab. Thank you all. Without all of you this fine event would never take place.

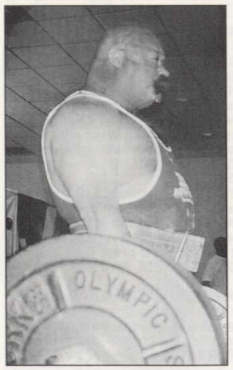
A special congratulations all the competitors who took the time and made the effort to come out for the meet. Whether you came in first or not, remember that no other athletes do what you do: lift heavier weight every week, every workout. Good luck and keep lifting!

550 @ 220! - Terry Brad Kelley

Nick LaVitola - 870 530 800 2200!

Kim Ferebee went 1035 at 18!

Spec. Olympian - DavidHatfield



Guru Louie Simmons went 2050

Best Teenage Lifter *Ryan Martucci*

Jodi Teter was Best Pro Woman Lifter and made a 250 bench at 132. (All photos by Ray Machoian)

J.R. Hunt had a record 665 Bench

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 Maruo: I am interested in taking a new product called Symbiotropin. It supposedly is a natural way to elevate IGF-1 levels in the body.

However, I also just finished reading a study done by two Harvard University researchers that implicated raised IGF-1 levels in the male body as the leading cause of enlargement of the prostate as well as prostate cancer. Is there a drug that you can take to block the effects of IGF-1 on the prostate? Thanks for any info, **Vincent.**

Dear Vincent: *Symbiotropin can lead to elevations in both GH and IGF-1. It is not a specific IGF-1 stimulator and there is no way that I know of to block the effects of IGF-1 on the prostate while still allowing for an anabolic effect on muscle.*

However, while your concerns about IGF-1 and prostate hypertrophy and cancer are well taken, I don't think that you'll run into any problems using Symbiotropin (Pro HGH). The use of GH/IGF-1 stimulators, especially the natural ones, leads to limited increases in GH and IGF-1 levels, with these increases usually being within what is considered a normal healthy range. The stimulation of GH, unlike the exogenous use, allows the body to exert its regulatory processes to keep GH and IGF-1 within a normal range - perhaps elevated above the individuals usual level, but still within an acceptable range.

Of course, more research needs to be done to determine the relative risk factors with even moderate increases in the endogenous IGF-1 levels in various age groups. However, taking everything into consideration, I don't believe that the short term use of natural GH releasing compounds will have any significant adverse health affects on health, or on prostate cancer incidence later in life. I do believe that optimizing an individuals nutritional status and hormonal status, including testosterone, GH and IGF-1, are important for both short term gains in lean body mass and loss of body fat, and long term health and longevity.

I hope that this answers your question and provides you with some useful information. ***Mauro Di Pasquale, M.D.***

Dear Mauro: I'd appreciate it if you could share your knowledge and opinion on something with me. I'm 20 yrs old, 5'8" tall, and I work out three times a week. I'm curious to know whether it's at all possible to increase my height at all through training, stretching, supplementation or any other means. It is my hypothesis that just as when you go out in the sun your body tans for future protection, and just as when you lift a weight that's too heavy your muscles grow so that it can be lifted in the future, I figure that if I were to embark on a regular serious stretching program after time my body would adapt by growing and becoming more flexible.

By now somebody of your knowledge and stature is probably either wetting himself with laughter on the floor, or thinking, yeah, this guy's got a point. So if you're still reading let me share a couple of things that I've heard with you: the first is that Tom Cruise wanted to increase his height as well so that he would not be so dwarfed by his wife Nicole Kidman, and through a certain exercise program he was able to do so. The second is that in baseball it is not unusual for a pitcher to have his pitching arm 2 or 3 inches longer than his other arm, implying that through repetitive exercise linear bone growth is possible. Now I don't know how true these are, but I'd appreciate your opinion on them.

Other measures that I've thought might be of some contributing benefits are as follows: Weighted stretching/general stretching; Supplementation with large amounts of L-arginine, L-Ornithine and Magnesium, as well as adequate amount of vitamins, minerals antioxidants and protein; A solid 8+ hours sleep in a large bed using a spine alignment pillow; And finally the most dubious is trying to trick my mind my either shifting my centre of gravity through ankle weights, or by constantly wearing shoes that raise my height an inch or so for a weekend then walking around bare footed for the next week in the theory that my body will try to naturally adjust back to it's previous height level.

Now, I guess, in fact I'm sure, that most of the above will do little to increase my height but the combination might do something. So there you have it. What I'd like you to tell me is whether or not I'm completely wasting my time because what I'm trying to do is physically impossible, or that I am on to something and if so can you please give me any tips or advice. **Phillip.**

Dear Phillip: *I'm going to keep this short and sweet. The answer, at least from looking at the problem for the past thirty years and seeing the results of a number of people who have tried various exercises and gimmicks, is no.*

I'm not sure about baseball pitchers ,but if there is any increase in arm length it may have been through the growing years or perhaps just due to a laxness in the joints and ligaments. Sorry I can't be of any more help. ***Mauro Di Pasquale, M.D.***

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New Product

POWER HOOKS *have, until recently, been sold only in Hawaii. According to distributor Leo A. Falasco Jr. of Country Power, 85-979 Farrington Highway, Waianae, HI 96792 (808-696-1979) ... " ... everyone who has used them has increased their strength in record time. I'm sorry if I sound like a commercial, but I know how well they work. In my last meet, I finally broke the 500 lb. mark in the bench press due to the use of the Power Hooks. They gave me the confidence I needed to train with heavy dumbbells." Check out their ad elsewhere in this issue.*

With the forward march of science, *PL USA* readers have come to expect "cutting edge" news and advanced views on the supplements that may enhance training and recovery. *PL USA* has always filled the void created by bodybuilding magazines and the advent of the "fitness" type magazines that now glut the newsstands. As one who believes that any athlete should first train hard to stimulate gains and then look to real food to provide the necessary macro and micronutrients for growth and repair, I'm not a big supporter of supplement use. Yes, some supplements have legitimate uses in the nutritional profile of any athlete and legitimate science has supported this view, however, most supplement manufacturers and distributors, who are absolutely necessary for the continuation and survival of this or any other magazine through their advertising revenue, prey upon the insecurities of the athlete. This allows then to hawk questionable supplements that are backed only by bogus research claims, claims taken out of context which make the supplement appear to be more effective than it really is, and/or claims derived only if one does manipulation of the research data that is beyond the scope of accepted scientific standards. In fact, all of the above often pass for "standard" in this day and age of the billion dollar per year supplement industry. I'll guarantee that Carlton Fredericks never envisioned the deluge of so called designer supplements when he was pushing wheat germ oil!

Let me give you some good advice, advice that can be immediately utilized by any *PL USA* trainee.

1. EAT ICE CREAM: forget the frozen yogurts, tofuttis, soya ice milk and all of the other pretenders to the throne. There are very few foods that offer the bone building calcium, muscle building protein, energy driving carbohydrates, and comforting fats all in one easy to serve, easy to east food. For the lacto-ovo vegetarians that populate the lifting world, the protein content of the ice cream can easily be enhanced by the use of flavors that contain nuts, almonds, pecans, walnuts, or pistachios. Understand that the world commerce dictates that cheaper almonds be used in place of the other higher priced nuts, but you can always add your own. Need more carbs or vitamins? Slice your own fruit into the ice cream. In a long ago *PL USA* article I noted that the higher fat brands

More From Ken Leistner

packed a greater "bang for the buck" value; more energy yielding calories and the great taste of fat. That still holds true so don't opt for the cheaper brands. However, don't neglect the local brands in favor of the better known premium ice creams. In fact, the number one ice cream in the nation, bar none, is manufactured in Cincinnati and sold only there, from a few outlet shops. Graeter's Ice Cream, a family concern that has been dishing it out since 1870 and which received "honors" mention in David Hoffman's gastronomical tome *The Joy Of Pigging Out*, provides great "chip" flavors made with homemade chocolate, dropped into the ice cream mixture. The warm chocolate immersed in cold ice cream mix gives a great variety in size, shape, and texture to the chips, making this a not to be missed before meets treat for those seeking to keep their spirits up while dealing with the anxiety of competition. As an after meet celebratory experience, it also has great value.

2. EAT RAW MEET: I grew up eating raw beef in our house. It was just one of those things that happened and I developed a taste for it. Let's face facts; no athlete has any business eating fast food, especially high fat, not the best quality, fast food burgers, even though most do. Okay, that's the fact and you should not eat those rare. You should not even eat those at all! However, the public fear of eating rare burgers is related to poor quality meat. My suggestion, if you live in a rural area, is to go directly to the slaughterhouse and get your meat right off the hoof so to speak. That's right, just walk up to the office supervisor and ask for a few pounds of freshly killed cow. Get the leaner cuts. You may have to buy a side of beef or one of those huge pieces that has numerous ribs sticking out of it, one needing to be walked home in a wheelbarrow, but so what? Scrape any mold or dirt from the meat, wash it if you wish, garnish with your favorite herbs and spices, and dine! Protein unadulterated by agri-business processors, fat in its most natural

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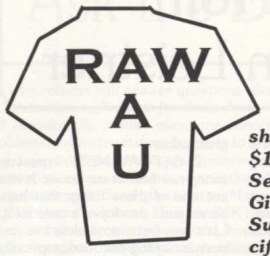

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form, and lots of living creatures that can help to digest anything else you might have in your intestinal tract. Raw meat will also change your self image. If you can sit in front of a pound or two of raw beef, blood and cellular fluids leaking onto the plate and eat it with gusto, you know you're getting tougher. Most people, athletes included, wouldn't dream of doing this so where does this put you? Obviously, among the emotional elite. How tough can a 600 pound deadlift be or two sets of fifteen in the squat with a minutes rest between sets when you're sucking down beef ribs that haven't even been cooked?

3. GET A TATTOO OF YOUR PROJECTED GOALS IN A CONSPICUOUS PLACE ON YOUR BODY: while tattoos are extremely personal manifestations of one's view of the world and self, put yourself on the line. You can look at your tattoo and be reminded that you sat for hours, enduring the minor discomfort of the tattoo needle, thus, like eating raw meat, you can endure almost anything brought to you by your training. If your projections are put for the where anyone and everyone can see them, you will have to put up or shut up. Anyone who goes into the gym with "650 OR Death" on their left forearm, is going to get asked a few questions and they had better have the answers to avoid any embarrassment. The world will know that you are on the way to a massive squat or deadlift and nothing will stop you. You will look at it daily, either directly or in the mirror and know you will do it, for after all, how goofy you will seem if you top out at 400? The bent barbell is always good, reminding others that you won't bother with pantywaist numbers. The design does not have to be intricate although you might want a decently skilled artist to work on you. You don't want the design to be so ornate that the meaning is lost. After all, a replica of the yearbook photo of your high school tennis coach is not only going to make many people wonder, but negate the emotional impact of the statement you want to make regarding your lifting. If you reach your goal, have one of those Ghostbuster type signs put over the achieved goal and put the next one right next to it. This will also indicate that you are a person of conviction and can't be stopped.

Okay, was that fun? Consider this POWERLIFTING MYTHS, Part Three. The first part of this article is true. Too many athletes, lifters included, forget that you need to eat sensibly and well in order to reach your physical goals. Some select supplements, like anti-oxidants or some of the things your diet does not provide regularly due to eating patterns or personal likes and dislikes, can and will help. However, most supplement "research" is no more than marketing propaganda designed to separate you from your money.

Ice cream? I touch on this every time I write one of these articles. I love ice cream. When I drove tractor trailers for Nautilus a few decades ago, I refused to eat the swill served at truck stops (there's a myth for you, that the truckers eat where the good food is!) and lived on fruit and ice cream for months at a time. Because I managed to maintain a hard training schedule despite being out in the truck for sometimes weeks at a time, I was strong and hard as stone during that time. Ice cream, of course, is high in fat and relatively low in protein for its caloric contribution to the diet, but like any other food, if you're careful about the remainder of the diet, you can make a place for it, in prudent amounts. And yes, Graeter's Ice Cream in Cincinnati is absolutely and positively the best. Go with the Black Raspberry Chip for a semi-sexual experience. For the decadent and wealthy among you, they mail order: 1-800-721-3323.

Raw meat? I ate it growing up and still do although I would NEVER RECOMMEND IT TO ANYONE ELSE. Of course, I don't eat fast food of any kind and I only get my meat from a reputable butcher, but there is plenty of evidence indicating that *E Coli* bacteria is found in raw beef and it can kill you. A word to the wise: FOLLOW ALL USDA AND GOVERNMENT GUIDELINES FOR HANDLING AND PREPARING MEAT AND OTHER FOODSTUFFS which means do not eat raw meat! Forget raw chicken. The salmonella alone will lay you out, just handling it and forgetting to wash before eating cooked chicken! Lean beef can be a part of every lifter's diet, if they have no physiological or philosophical objection to eating it. Beef provides protein, iron, and other vital nutrients and does not have to provide a lot of fat to the diet. Choose lean cuts and remember that steak and other "whole cuts" carry far less incidence of bacterial contamination than anything that has been ground, chopped, or otherwise "burgered".

Well, I do have a lot of tattoos, but none related to lifting. If you like them, get them, if not or if religious convention denies their application, forget it. In either case, I have never seen anyone place lifting projections into a tattoo although I've seen a couple of lifters boast of their accomplishments with a barbell, yes, usually bent, and the number inscribed over or under it. I guess this is supposed to stimulate a barrage of questions like, "Hey man, did you do 400 in the bench?" or something similar. I think it's best to let your lifting talk for itself and carry the self-satisfaction of having made or tried any specific lift internally rather than toss it in the face of an onlooker. However, tattoos can be expressive and artistic. More myths? Definitely in 1999.

Dr. Ken Leistner

PRESS RELEASE - AAU Schedule Changes - "The AAUPC (powerlifting committee) has made a change in the 1999 National meet schedule as follows: The Armed Forces, Police and Fire, and the Men and Women Senior Nationals will be held on April 10, 1999 with the Sub-masters and Masters Nationals being held on the next day, April 11, 1999. Those are all for the ASSISTED (with supportive gear) division. Allan Siegel is the meet director for this meet which will be held at the Fieldhouse at Disney's Wide World of Sports Complex in Florida. The same meets will be held as part of a combined RAW Nationals in July with Steve Caldwell being the meet director in New Jersey. The World Invitational, originally scheduled for Florida in April has been cancelled for 1999, but the AAU will host the 2nd AAU World Powerlifting Championships, including all of the above divisions as well as the Teenage and Juniors sometimes later in 1999. The date for the World Meet is tentatively set for mid October... DETAILS WILL BE MADE AVAILABLE AS SOON AS POSSIBLE. The AAUPC is sorry for any inconvenience this schedule change may have caused any lifters, but feels that this is the only way that the AAU powerlifting program can be successful. Specific questions regarding the AAUPC's schedule should be directed to Martin Drake, the Meet Director Committee Chairman or Harry Halverstadt, the overall Chairman for AAU Powerlifting." (release provided by Al Siegel, 814-768-9400)

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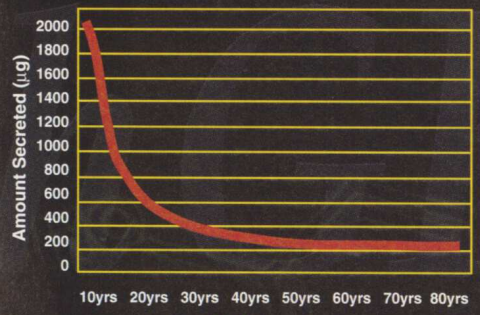

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1 Horm Metab Res 1997 Apr;29(4):184-9
2 Clin Pharmacol Ther 1998 Aug;64(2):183-91
3 J Clin Endocrinol Metab 1998 Jul;83(7):2576-9
4 Dr. R. Klatz, Grow Young with HGH, HarperPerennial, 1997

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AAU State Bench Press
14 Nov 98 - Henderson, NC

OVERALL
114
Boyd Honeycutt 235m
123
Roger Davis 165
Brant Beach 155
Mikey Wilaby 150
Adam Taylor 100
132
Eric Braswell 135
Stoney Johnson 90
148
Ben Zak 275
Aaron Gregory 230
Sammy Miller 195
165
Danny Mangum 415m
Tony Hedrick 385
George Dale 345
Jasper Evans 315
Thomas Grant 305
Chaz Sithes 295
Kirby Cooper 295
Chris Hawk 170
Kevin Johnson 165
Jake Banks 160
181
Daryl Ashe 385m
Tim Strickland 380
Tariq Mix 320
Cart Magnum300
Larry Jobe 275
Jamar Williams 270
Lyle Hogan 260
Timothy Cote 250
Brad Pope 170
Sokoman Davis 75
198
Will Lynch 450m
Brian Hansen 430
Lewis Broadie 405
Lloyd Henson 400
Lamar Thompson 355
Lars Paul 330
Bobby Jones 330
James Cole 245
220
Ken Wurley 500
Jremie Winters 450
Daniel Smith III 430
Clarence Sneed 385
Wade West 380
Byron Samuels 330
Angus Wang 300
242
Rufus Terry 490
Blair Rockwell 485
John Moran 480
Brian Sullivan 460
Albert Proctor 450
Rick Magnum 400
E. Hollingsworth 370
Wayne Alsup 340
Neil Burg 275
275
Robbie Tinnen 540
W. Hawkins III 480
Gerald Briggs 435
319
Micheal Neal 585m
Mike Hicks 530
Ed Brooks 505
Bruce Hall 455
Arlander Cherry 450
David McCotter 360
Walter Ferguson 350
SHW
Keith Payne 350
Don Kennedy 315
Women
132 (20-23 RAW)
Jennifer Cooper 130*
148 (Novice RAW)
M.e Cameron 135
Ginger Williford 120
148 (Open assisted)
Veronica Paylor 135
165 (Open assisted)
Gloria Knight 250*
181 (Open assisted)
Tasha Peace 210*
Teen Challenge
123
(10-11)
Adam Taylor 100
(16-17)
Roger Davis 165*
Brant Beach 155
Mikey Wilaby 150
132
(14-15)
Stony Johnson 90
(16-17)
Eric Braswell 135
148
(16-17)
Sammy Miller 195
(18-19)
Aaron Gregory 230
165
(14-15)
Chris Hawkins 170
Kevin Johnson 165
16-17
Jake Banks 160
(18-19)
Chaz Sithes 295*
181
(12-13)
Solomon Davis 75
(14-15)
Brad Pope 170
(16-17)
Tariq Mix 320*
(18-19)
Jamar Williams 270
Timothy Cote 250
198
(18-19)
Lamar Thompson 355
RAW
NOVICE
198
Lars Paul 330
242
Neil Berg 275
P/FIRE
198
Lars Paul 330
319
Bruce Hall 455
OPEN
114
Boyd Honeycutt 235*
148
Ben Zak 275
165
George Dale 345*
Chaz-Sithes 295
220
JeremieWinters 450*
Clarence Sneed 385
Angus Wang 300
242
Brian Sullivan 460
319
David McCotter 360
35-39
114
Boyd Honeycutt 235*
165
Thomas Grant 305
242 Out Of State
Albert Proctor 450
Ricky Magnum 400
40-44
181
Larry Jobe 275*
Lyle Hogan 260
242
Brian Sullivan 460
ASSISTED
NOVICE
165
Jasper Evans 315
242
Wayne Alsup 340
P/FIRE
242
Blair Rockwell 485
Wayne Alsup 340
275
W. Hawkins III 480
319
Ed Brooks 505
20-23
165
Danny Magnum 415*
Jasper Evans 315
OPEN
165
Danny Magnum 415*
Tony Hedrick 385
181
Daryl Ashe 385
Tim Strickland 380
198
Will Lynch 450*
Brian Hansen 430
Lewis Broadie 405
Lloyd Henson 400
220
Ken Wurley 500
242
Blair Rockwell 485
John Morgan 480
275
Robbie Tinnin 540*
319
Micheal Neal 585*
Mike Hicks 530
Arlander Cherry 450
SHW
Don Kennedy 315
35-39
165
Kirby Cooper 295
181
Carl Magnum 300*
198
Bobby Jones 330
220
Byron Samuels 330*
242
Blair Rockwell 485*
Ea. Hollingsworth 370
275 Out of state
Gerald Briggs 435
319
Ed Brooks 505*
SHW
Keith Pavne 350
40-44
242
Rufus Terry 490*
275
W. Hawkins III 480*
319
Walter Freguson 350
45-49
198
Lewis Broadie 405*
James Cole 245
220
Wade West 380
55-59 Out of state
Daniel Smith III 430

Top 6 Women (Malone): Gloria Knight McNeil, Tasha Peace, Jennifer Cooper, Michelle Cameron, Veronica Paylor, Ginger Williford. m - meet record. * Breaks existing state record. Total lifters: 72 (38 RAW/34 Assisted) With 72 lifters the 1998 AAU state bench meet truly earned the title of state meet. As always we offered a multitude of divisions in both RAW and assisted, which is only fair to accommodate the variety of lifters we have. Of course we always like to keep a meet exciting, so we offered gold, silver, and bronze medals to the top three finishers in EACH weight class. Raw lifters 181 and below received 10 pounds, and lifters 198 and up received 15 pounds added to their final benches when calculating the medals. For the women, since there are always a lot fewer, we used the Malone formula. The top two women received golds, the next two silver, and the final two bronze medals. Before I go any further I have to thank my helpers, as they made the meet a success. William Hawkins was my partner in this project, and he did everything from making posters, recruiting lifters, ordering trophies, and found us a terrific facility. Mike Rotolo is a high school teacher and basketball coach who gave us full access to the gym, helped us set up, and break down our meet, and basically I couldn't thank him enough. Of course I have to thank my judges Jennifer Cooper, Roger Ernst, and David McCotter. I also want to thank my expeditors and spotters - Jake Banks, Lewis Broadie, Ed Brooks, Ben White, and there are a few others whose names I don't remember. Well, on to the meet. At 114, Boyd Honeycutt started his comeback tour by taking for state, one meet record, and the gold. Boyd has been ranked as high as #3 in *PL USA*, so watch out all you 114s. At 123 we had a close race. 1997 silver medalist Mikey Wilaby would add thirty pounds to his bench, but find himself with the bronze. Brant Beach would bench 155 for a temporary lead, but Roger Davis would answer with a teen state record of 165 for the gold. At 132, Eric Braswell came to the meet promising me a 135. He benched it, and it was good for gold. Taking the bronze was Stoney Johnson. At 148 teen lifter Sammy Miller benched 195 for bronze, Aaron Gregory hit 230 for silver, and Ben Zak benched 275 for the gold. With 10 lifters at 165, it quickly became apparent that just medaling would be tough. Just missing the medals was junior lifter Jasper Evans. George Dale would take only two attempts, but his RAW 345 state record would earn him the bronze. Tony Hedrick would make a great try at 415, but coming up short would leave him with the silver. Danny Magnum would also try, and lock out 415 for the gold. As the lighter lifter Danny would have won even if Tony had locked out the weight. Wow, what a class. The 181 class would be equally As tight with 10 lifters as well. Tariq Mix would use a very strong teen record 320 bench to emerge from the pack to take bronze. The hunt for gold was once again exciting. Daryl Ashe would bench 370 on his second to lead the pack but Tim Strickland would answer with a 380 third attempt. As the lighter lifter Daryl could have gone for the time, but instead benched a solid 385 for gold. 1997 198 state champ Lewis Broadie had a strong chance of winning if he had made the 181 class he was shooting for. Instead Lewis found himself fighting a tough pack to stay in the medals. Lewis would end with a 405, and Lloyd Henderson would try to bench 415 to move into third. He came up a little short. Brian Hansen would get a little out of the groove on his first attempt, but two solid lifts would secure second place. In most meets 430 would assure you of first. Taking the gold was the solid lifting of Will "Chill" Lynch. Flying all the way from California for some good lifting, Daniel Smith III would make his mark with a RAW 430 for bronze. Jeremie Winters would miss weight for the 198 class, but his raw 450 state record was still enough to earn silver. Taking gold was a tremendously strong Ken Wurlery who would bench an easy 500, and end with a good try at 540. The 242 class offered the closest, for the second straight year, class of the day. Taking fifth from Virginia was Albert Proctor who would bench 450, but with his RAW bonus that left him only fifteen pounds short of the medals. Taking fourth was American Masters record holder Brian Sullivan, who ended with a 460 bench. With the RAW bonus he was only five pounds short of placing in the medals. Lifting a solid three for three and ending with a 480 would earn John Morgan the bronze. Blair Rockwell would miss his 485 opener, get it on his second attempt, but miss 500 on his third. His 485 would leave him in second, one spot higher than last year. Master lifter Rufus Terry would lift 460, 475, and close with 490 to remind us that master lifters are a strong force to be reckoned with. In the 275 class Gerald Briggs would come in from Virginia to bench 430 to take the bronze. Coach/Meet director William Hawkins III would scare the heck out of his teammates missing his first two attempts at 480 before locking it out for the silver. Taking the gold, as he always seems to, was the unstoppable Robbie Tinnin. To medal in the 319 class you had to be a member of the "500" club. Ed Brooks would bench 505 to take the bronze, while Mike Hicks would answer with a 530 for silver. The man to watch was Michael Neal who rocketed a 585 attempt, and made a valiant attempt to be the first NC AAU lifter to break 600. The heavyweight class saw new lifter Don Kennedy take silver to Keith Payne. For the women we awarded two bronze medals which were earned by new lifters Veronica Paylor and Ginger Williford. The silvers went to Michelle Cameroan and Jennifer Cooper. These two ladies are also very new to the sport. Taking the golds were two tremendous athletes with Tasha Peace benching 210 at 181, and Glori Knight-McNeil benching a whopping 250 at 165. Jennifer, Tash and Gloria would all post new state records. We had four teams in the team competition, which made it very exciting. New team, Team Unity, would score 43 points for a third place finish. Team Unity has a lot of talent, and they could quickly become the team to watch out for. For second was a rematch of last years top finishers Beach Boys Barbell and Hall of Fitness. The final score would have Beach Boys winning 56 - 51. To be fair Hall of Fitness is tremendously talented, and the only thing that holds them back from dominating the team competition is their lack of lightweights ... they don't have any lifters below 165. With a few changes, they will simply be unstoppable. In first place was Beach Boys Barbell Club with their fifth team title of the year!!! Winning the teen challenge competition was 'William Hawkins Youth Ministry'. William paid the entries for all his teen lifters. Also paying for teen lifters was Gloria Knight-McNeil and her Women of Power Club, and Beach Boys Barbell. I love seeing people giving back to the sport. In closing I'd like to add that this will be our last AAU meet, and thank all the lifters that have supported us over the last two years. (Thanks to Ben Zak for providing this meet report and results)

APF and WPC... "The APF and WPC were both founded by Ernie Frantz. The APF was founded as a not-for-profit operation in 1982. Ernie was joined in those early days by people like Seno, Reshel, Sternberg, Bayliss, Rouse, and others. They and other powerlifters formed a nucleus of what became the APF. Through the years, some have drifted away to other interests, while some have stayed and are still promoting the APF.

The WPC was founded in 1984, but is a sole proprietorship, a business expected to make a profit. England, Australia, South Africa, Belgium, and Italy were the early members. The "profit margin" on both organizations is small. Most of the moneys are used to maintain both National and World headquarters offices, aid Meet Directors, and provide occasional travel expenses.

Since both organizations are wholly owned by Ernie Frantz, there is no possibility of any "stockholders uprising" to seize control or oust the President/Owner. Thus, the recent moves by Mr. Smith in Austria do not bear on the real corporate structure of the WPC. Even if Smith were to obtain support from every WPC nation's President (a highly unlikely scenario), he cannot "take over" the WPC. He and his fellow travelers can leave the WPC and form a new organization with some other name, but that is all. However, since they're not in the U.S., they probably cannot be forced to follow U.S. legal rules, unless Ernie would want to undertake the expense to prosecute them in Europe (a highly unlikely scenario, also). Thus, the possibility exists they might try to call themselves "WPC". However, a letter from Ernie, published in *POWERLIFTING USA*, would probably squelch this." *Eugene McCulloch*

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AAPF/APF Florida State
30 May 98 - Daytona Beach, FL

Women	SQ	BP	DL	Total
114				
S. Reese BL	210	165	255	630
Master/Tested				
T. Hill 226	450	305	540	1295
B. Stewart 159	315	250	340	905
P. Ehalosky 241	450	285	440	1175
Master/ Open				
K. Bivins 370	810	460	600	1820
Teen				
MacDonald 179	260	205	320	765
Open				
181				
V. Diaz BL	615	305	510	1430
P. Mello	425	355	395	1175
198				
D. Blue	550	340	550	1440
J. Norman	530	275	530	1335
J. Thrift	445	360	430	1235
220				
R. Darosh	475	330	370	1185
S. Gissing	640	365		
242				
K. Pantin	575	425	525	1525
J. Klasko	525	370	525	1360
275				
R. Boyton	450	405	500	1335
308				
K. Southwood	630	455	605	1690

Atlantic Coast Push/Pull
6 Sep 98 - Daytona Beach, FL

Bench Press			
Women		B. Thompson 293	496
S. Zittle	104	R. Kelly 167	369
Teen		G. Wright 165	358
C. Register	380	B. Bradford 278	446
Junior		H. Davis 314	457
R. Kelly	369	K. Conaway 196	380
Mens Master		T. Cochran 185	275
B. Bradford 278	446	Deadlift	
K. Conaway 196	380	Men's Open	
F. McBride 227	325	G. Wright 165 BL	600
T. Cochran 185	275	D. Carlow 252	617
Men Open		M. Thompson 204	540
A. Vellake 219 BL	473	T. Giacobbe 177	440
		T. Cochran 185	440

2nd APF Florida Push/Full
In Memory of Lawrence Monberg
19 Jul 98 - Daytona Beach, FL

Bench Press			
Women		308	
C. Borrero 130 BL	125	F. Borrego	523
Teen/formula		B. Thompson	496
M. Green 115	259	K. Southwood	479
Christopher 255	485	Deadlift	
Mens master/formula		Teen/formula	
R. Barnes 173	286	S. Christopher	501
F. McBride 232	325	Junior/formula	
R. morris 252	325	C. Lew 208	523
Junior		J. Saldino 212	457
J. Saldino	358	Master	
Mens Open		R. Morris 252	457
165		Mens Open	
L. Volente	248	181	
181		T. Giacobe	462
T. Giacobbe	352	198	
198		T. Cochran	429
T. Cochran	270	275	
220		D. Carlow BL	633
A. Vellake	468	308	
		K. Southwood	611

I would like to thank all the lifters that competed in my contests this year. Whether it be at the national and world level, or just as important, the state and regional level too. I was very happy with the quality of the lifting I had in all my contests as well. The masters, submaster, junior, and teenage nationals was a great contest with top notch lifting in all the divisions from lifters all across the country totaling 120 in the contest. Many of the lifters had flawless performances, Dick Zenzen, Kotcha Doonkeen, John Stafford, and Dick Austin to name a few. I would like to wish everybody who qualified for the WPC Worlds in Austria the best. The AWPC Worlds was a fantastic meet as well, held in Las Vegas, NV (the city that never sleeps). This was the first world championships for the new drug tested side of the APF, that being the AAPF/AWPC. The federation is growing very rapidly due to this expansion. For our first worlds we had a total of four countries - Canada, Italy, Azerbaijan, and the good ole USA. Herb Glossbrenner did a big write up about this contest so I won't say another word, except if you are a drug free lifter and are up in the air about what federation to lift in, give the new AAPF a try. The testing is always urinalysis, all legal supplements can be taken, and if you're caught taking steroids, your name won't be disclosed, but you will be asked to compete in the open division from that point on, so give it a chance. I also had some great state meets and regional meets. What they lacked in size they made up for in top notch lifting. Lifters like Tony Vellake from Deland, Florida. He lifted fantastic in all the bench meets he did. He did a PR of 523 in the company of the world's greatest bench pressers at the Bench Bash for Cash - way to go Tony! Gregory Wright from Ft. Lauderdale deadlifted 600 at 165 drug free like a toy. That should rank him very high in the rankings for his class. Great job, Greg! I would like to thank Francis McBride, Bill Thompson, Dan Carlow, Tony Giacobe, Tim Cochran, Freddy Borreo, and Keith Southwood and Randy Boyton from Team Jax, and everybody else who lifted in my meets who have supported me and the APF here in Florida. Most people in the lifting world view Florida as a bodybuilding state more than a powerlifting state. That consensus is probably true, but I'm here to tell you that there are many good lifters in Florida. There are more benchers than powerlifters, but that is because there are very few gyms in the state that are set up so a powerlifter can train hassle free for a three lift contest. The hassle comes from gym owners who don't want powerlifters in their gyms at all, because they feel that people who train with heavy weights intimidate the fitness oriented person, which is true to some degree because there are so many people in today's society that lack confidence in themselves, and the sight of someone pushing themselves to the limit in the form of lifting heavy weights is scary, because they can't in a million years imagine him/herself achieving such a rigorous feat. So, if the sight of a person lifting heavy weights ruins a mentally weak person's whole day, is it fair to chastise the powerlifter? Certainly not! That is why when I open up my new Huge Iron Training Center there will be an area that will be designated for the everyday fitness person and a designated area for people who want to lift heavy weights. The atmosphere will be comfortable for anyone no matter what their level is. Also there will be state of the art selectorized machines, cardio equipment, and top notch powerlifting equipment as well (Monolifts, Pasanella Bar, Crain Deadlift bars, etc.) So I invite anyone in Florida or anywhere else for that matter who is interested in learning about powerlifting to come on down or up if you live south of Daytona Beach, and I will do my best to help them become better lifters. I will continue to run all these state and regional contests every year making them annual APF events here in the Sunshine State (thanks to Kieran Kidder for providing these contest results)

APF Bench Bash for Cash
26 Jul 98 - Keene, NH

Lifter	wt.	BP	$
D. Waterman	184	578	$3500
P. Gurino	242	633	$1000
R. Desmond	265	639	$750
N. Cuomo	220	600	$500
J.M. Blakley	283	639	$250
S. Cormier	193	518	
J. Flynn	270	551	
D. Lee	239	507	
J. Sprenza	163	341	
D. Kipp (guest)			

APF Bench Bash for Cash 2
11 Oct 98 - Daytona Beach, FL

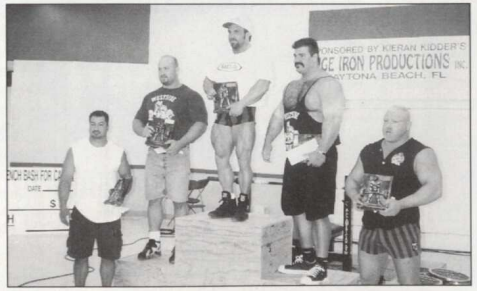
Lifter	wt.	BP	$
D. Waterman	187	617	$3500
G. Halbert	235	688	$1000
J.M. Blakley	288	683	$750
P. Gurino	253	661	$500
W. Rivera	177	485	$250
B. Moore	317	606	
R. Lawrence	197	512	
A. Vellake	219	523	
L. Lavarro	288	545	
J. Canlas	147	352	
A. Clark	342		
N. Tate	282		
K. Patterson	266		
J. Taylor guest			
R. Muny guest			
D. Kipp guest			

Both APF Bench Bash for Cash meets were very exciting to say the least. The concept of winning cash prizes compared to your run of the mill take home a trophy meet created a whole new animal. I wanted the lifters to be able to win a respectable amount of money, instead of just a few hundred dollars per weight class that wouldn't even pay for their trip, so that's why I decided it would be better to give the top five by Reshel Formula the money in these increments: 1st $3500, 2nd $1000, 3rd $750, 4th $500 5th $250. Having the meet by formula added the element of having to be a top notch bench presser to even have a shot at winning some money. That's exactly what I wanted and that's exactly what I got. The best benchers on the face of the earth called me, for instance, Dave Waterman, Anthony Clark, J.M. Blakley, and Ken Patterson and said send me an entry for that Bench Bash for Cash you're having.

Dave Waterman *with a 617 lb. world record (Kidder)*

The first contest was held in my hometown, Keene, NH, at the beautiful Colonial Theater. It was built in the late 1800s and has been recently restored to its original state. The stage was set for a top quality bench meet. Big J.M. Blakley of Columbus, OH who is built like an Iron God took fifth hitting a 639 on his opener, and stalled on his second with 688. I think he could have come back and got 688, but J.M. opted to go up to 694 on his 3rd attempt for the win because he's got guts! Unfortunately, he missed it. In fourth place was Neil Cuomo of New York hitting a big 600 on his opening attempt. The weight flew off his chest. He only weighed 220, but missed his second and third attempts at 622 just barely. In the number 3 spot was Ryan Desmond of Fitchburg, MA. I was very impressed with this man. He had a very long, lean build for a top notch bench presser. He destroyed all three of his attempts - 600, 622, & 639 easy! He had to push the bar a long way to reach the top. His lock out was 2-3 inches above the pins. He was 6'3", hard & lean at 265 with a build similar to Ed Coan's, but obviously taller and I hear he can squat and pull over 800 as well. Great job, Ryan! The runner-up Phil Gurino from Queensbury, New York lifted very strong. He ended up with a 633 on his third attempt after missing his opening attempt of 573. Phil exhibited great mental toughness, as we all know how hard it can be to bounce back after the devastation of missing an opening attempt. Our top dog of the day was the Little Big Man from Utica, New York, Dave Waterman. He only weighed in at 184 lbs. He had just done a mind boggling 612 bench at the Arnold Classic a few months prior. At 186 lbs., he came to Keene, NH that day to lift huge iron and up his own record. Never have I seen a man so muscular at such a light bodyweight. He has an easy 18" arm or better and looks like he could get up off the bench and hop up on a bodnbuilding stage and clean house. He opened up with 578, hit the bar a little high and failed to come up with it. He got up and said "No problem, I know what I did wrong", took it on his second attempt and blew it up like popcorn weight. He called for a huge 617 to break his own record on his third attempt! He approached the bar confident and sure of himself, gave it a good ride, but couldn't push it through. Even though he didn't break his record, guess what? He still ended up with the 1st place cash prize of $3500 dollars, because 578 at 184 lbs is still hard as hell to beat by formula. Awesome lifting, Dave!

The second contest was held at the future site of Huge Iron Training center. Huge Iron Training Center is a part of Huge Iron Productions, which is the name I run my contests under. It is located in Daytona Beach, FL, right on the Worlds Most Famous Beach. I am in the process of renovating a 10,000 sq. ft. building into a fully functional fitness center and powerlifting facility. This contest could very well be the greatest assembly of bench pressers in history. Lifters from the first contest came, like Dave Waterman, J.M. Blakley, and Phil Gurino. There were new faces as well. Once the word got out from the first contest, if you placed in the top five you can win an envelope of cash on the spot, it turned some more muscleheads heads. Anthony Clark, Ken Patterson, George Halbert, Nick Tate, and Beau Moore showed up as well. Cream of the Crop is the only phrase that came to my mind. In 5th place was Wilfred Rivera weighing in at 177. He was from Ft. Myers, FL and was very strong. He did a very impressive 485. He was a little overshadowed in the company of Dave Waterman, but anyway you look at it, a tremendous lift at 177 lbs. Way to go Wilfred! 4th went to Phil Gurino of Queesbury, NY, who just squeaked out his 3rd attempt to stay in the meet with a 661. Way to hang tough, Phil! 3rd place went to the guy with big guns from Columbus, OH, J.M. Blakley. He blasted 655 on his 1st and did the same with 683 on his 2nd attempt as well. He gave a valiant effort with 699 on his 3rd try, but to no avail. You'll get it next time J.M. our 2nd place lifter was Geroge Halbert, another Columbus, OH lifter and product of Westside Barbell. George struggled with a 629 1st attempt and a 672 2nd attempt becuase he had trouble getting the weight down to his chest (he wasn't the only lifter with this problem). He was able to get 683 down and back up, fortunately, to secure the number two spot on his final attempt. Sadly, Anthony Clark, Ken Patterson, and Nick Tate bombed. They fell victim as well to the shirt not allowing them to get the weight down to their chest. It is hard to fathom not being able to get 6-700 lbs. plus down to your chest. That leaves Dave (The Rock) Waterman from Utica, NY in the number one slot for the second time this year, taking home the $3500 dollar purse again! Not only did he win the money, he broke his own 198 lb. world record. He performed masterfully, smoking all three of his attempts: 573, 600, and his new world record at 617, weighing only 187 lbs., beating his old record of 612. He also took a 4th attempt with 622 but missed it. It is truly astonishing how strong Dave Waterman really is. Believe me, whe I tell you 617 was basically a toy. It went very smoothly and powerful, and is the best bench press I have ever seen. The best part is, he only wears a regular polyester bench shirt. Dave Waterman truly deserves the title of Strongest Bench Presser pound for pound in the world. He is something else! I would like to thank all judges, spotters, and loaders that helped me with these contests, and thank all the other lifters who competed in the contests. Also, I wish I could say something about everybody, but it would use up the whole magazine. I plan on running more meets of this nature, for money, in the future, both for bench pressers, powerlifters, and both men and women. Keep an eye out in *POWERLIFTING USA*. (Thanks to Meet Director Kieran Kidder for providing the results, report, and photographs of his recent contests).



Bench for Cash II Winners *(left to right) Wilfred Rivera, George Halbert, Dave Waterman, J.M. Blakley, Phil Gurino (courtesy Kidder)*

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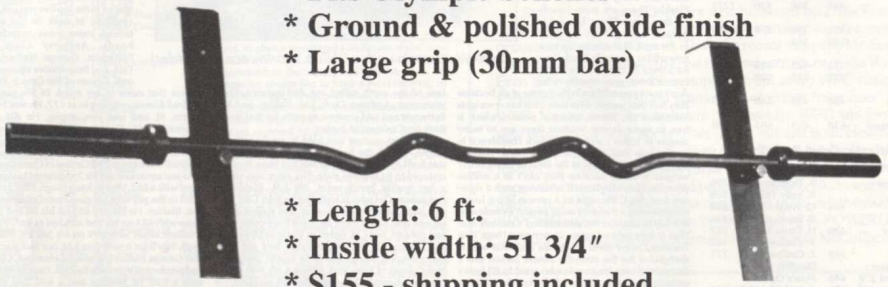

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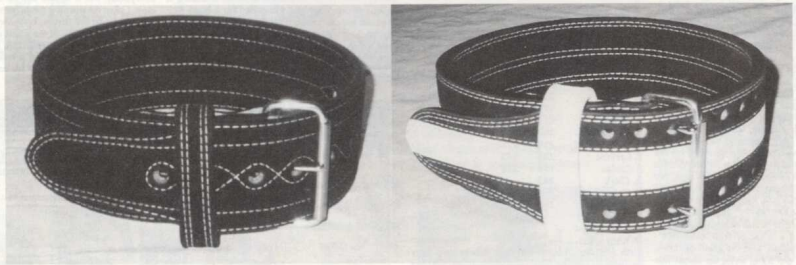

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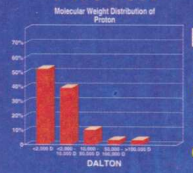


Fig.1

Its easy to see the molecular profile of PROTON™ is designed to match the Ideal Protein Hydrolysate profile used in the Poullain Study.[1]

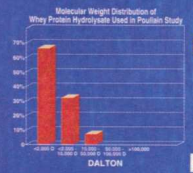
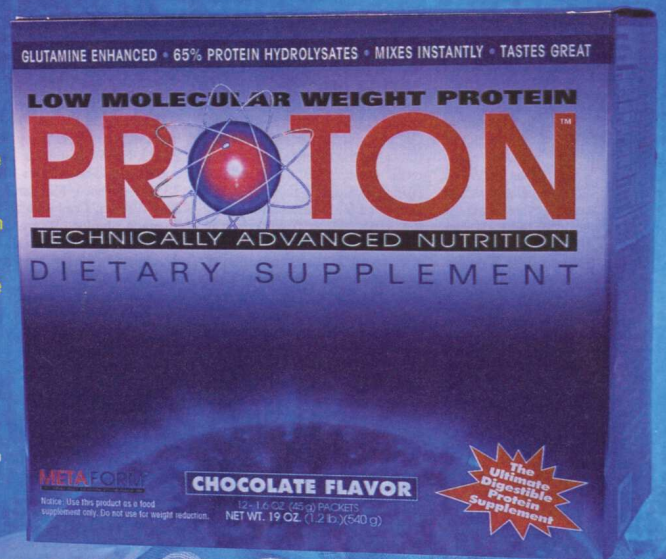


Fig.2

[1] "Effects of whey proteins, their Oligopeptide Hydrolysates and free amino acid mixtures on growth and nitrogen retention in fed and starved rats," published in the Journal of Parenteral and Enteral Nutrition,1989; Vol. 13, No. 4, pages 382-386)."



You already know that all proteins are not created equal. This simple fact was revealed in the landmark study which was published in the JOURNAL OF PARENTERAL AND ENTERAL NUTRITION by Marie-Gwenaelle Poullain, PhD. The study showed that HD Hydrolysates (high-degree Hydrolysates) promotes significantly higher nitrogen retention than both whole proteins and free amino acids[1]. Pretty amazing stuff. That's why so many companies are making product claims based on information from the Poullain study in their advertising. Sometimes you can't believe everything you read, that's why we sent the top selling protein supplements, including Proton™, to an independent lab to determine how much hydrolyzed protein they contained. We were amazed at the results. Check out the graphs on the below and you'll be amazed too. The studies show that Proton™ has the highest level of Protein Hydrolysate of the three commercial products tested.

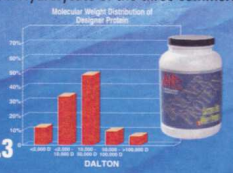


Fig.3

fact... The molecular weight profile of Designer Protein® closely resembles the molecular weight profile of intact (non-hydrolyzed) whole protein *(see figure 5)*. Next Nutrition, Inc. references the Poullain study in their advertising for Designer Protein®. The analytical data (from an independent laboratory) revealed that the protein used in the Designer Protein® product is not the same as the whey protein hydrolysate used in the Poullain study.(fig.2)

they said... Next Nutrition, Inc. (manufacturer of Designer Protein®) references the Poullain study and states, "No other protein in America contains Designer Protein's WPH®-Whey Peptides, which clinical research shows give muscles more nitrogen than regular whey or free form amino acids."

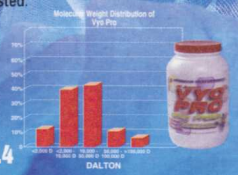


Fig.4

fact... VyoPro® had significantly less hydrolyzed protein than the Poullain hydrolysate and less hydrolyzed protein than Proton™. The analytical data revealed that the protein used in VyoPro® is not the same as the whey protein hydrolysate used in the Poullain study *(see figure 2)*.

they said... AST Research, Inc. (manufacturer of VyoPro®) references the Poullain study in their advertising and states, "The study set out to compare the effects of pure whey protein, whey protein oligopeptides (the same kind used in VyoPro® Whey Protein)."

Fig.5

It's easy to see the similarities between the profiles of Designer Protein®, Vyo Pro® and the Less Effective Whole Protein shown above(fig.3).

The bottom line is this...

To get the results based on clinical research, you need to use a product that most resembles the profile of the Ideal Protein Hydrolysate *(figure 2)*.

When you look at the Fig.2 graph and compare it to Designer Protein® (fig.3) and Vyo Pro® (fig.4) it's obvious that they are not what they claim to be.

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NPU/WNPF Message -

The NPU would like to start off by letting all powerlifters know that one of our former members, Gene Mobley, from Queens, New York passed away recently. Gene was one of the top WNPF lifters for a long time, and he still holds several records in the old WNPF. He was a top lifter in the USAPL and AAU organizations as well. Gene will certainly be missed by the WNPF and especially the members of the BQE Power Team in Long Island City, N.Y. The NPU would also like to announce that we have increased our minimum drug free period to five years from three years, so lifters must be clean for five years or more. The photographs of Ben White and Paul Bates from the 1998 WNPF World Championships were taken by Tim Ebersole of Pennsylvania. Tim is a great photographer as you can see. If anyone needs a photographer please contact the NPU and we will forward your information to Tim. The following corrections should be mentioned: Ronna Kassell should have received credit for a 242.5 lb. deadlift; Will Mowrey should be credited for a 485 lb. bench press and Paul Bernardi's lift wasn't mentioned at all. Paul should receive credit for a 441 lb. bench press at the 1998 WNPF World Championships. The WDFPF Fun-American Games meet location has been moved to the Georgia World Congress Center, 285 International Blvd., Downtown Atlanta, Ga. The host hotel for rooms is the Holiday Inn, 101 International Blvd., room rate - $69.00 per night. The meet was moved due to a convention on the same weekend, and the hotel sent us a letter notifying us that they could not accommodate us on March 13 & 14. If you received an application for this championship, please be advised that the venue has changed, but all the other information is the same. One last note on the Pan-Ams. WDFPF rules states there are not early weigh-ins, lifters will weigh in on the day of lifting. All national meets are set for the 1999 season, the Police/fire/military Nationals will be held in Bordentown, New Jersey on May 22-23, Senior Nationals (Assisted and Raw) will be held on June 12-13 in Baltimore, Maryland at the Best Western Conference Center. Teenage, Junior, Submaster and Master Nationals will be held in Youngstown, Oh. on June 25-26 & 27, meet director is Ron Deamicis, and you can contact him at (330) 792-6670. Ron has several meets lined up in Niagara Falls, N.Y., Youngstown, Oh., Detroit, Mi, and Pittsburgh, Pa. Please hit one of these meets if you live in these areas to qualify for the Nationals. We are looking for meet directors to host NPU meets all over the USA, especially on the West Coast, the Midwest and in the mid-south areas. If you are interested in sanctioning an NPU meet, please call 770-996-3418 between 1 p.m. and 5 p.m. For more information write to NPU, P.O. Box 142347, Fayetteville, Ga. 30214. For all bench press and deadlift specialists, the meet you would want to hit to qualify for the 1999 WDFPF World Bench Press and Deadlift Championships is the NPU Bench & Deadlift Nationals, to be held on July 10-11, 1999 in Atlanta, Ga. First place winners in the Teenage, Junior, Open, Master and Police divisions will represent Team USA in England or Belgium. All full meet lifters must compete at one of the Nationals and place first to qualify for the 1999 WDFPF World Powerlifting Championships in Nebraska. To find an NPU meet near you look in the coming events section of *Powerlifting USA*. If you want to have FUN, lift in a non political organization and have a chance to compete on the state level, national level and on the WDFPF world level, give the NPU a try. You can't go wrong.

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Women					
148					
C. Simpson	90				
Masters					
148					
40+					
J. Loftus	355				
50+					
M. Wider	190				
181					
40+					
D. Gaye	315				
50+					
J. Smoker	280				
220					
40+					
D. Goble	400				
T. Horvath	280				
45+					
S. Cohle	295				
R. Jones	280				
55+					
J. Tafelski	225				
242					
40+					
T. Werblo	315				
275					
50+					
S. Skavery	360				
60+					
J. Marsala	210				
Open Master					
181					
50+					
D. Martin	205				
Teen					
148					
J. Simpson	200				
165					
J. Ball Jr.	205				
275					
J. Quiroz	380				

Novice
220
T. Horvath 280
275
J. Marsala 210
Natural
148
J. Loftus 355
J. Ball Sr. 265
165
R. Salvagni 445
S. Lumpe 305
198
N. Salvagni 350
220
B. Yoder 430
242
G. Lealiifano 460
M. Fry 340
275
D. Pinagel 500
R. Reed 450
308
T. Hasselbach 505
S. Tucker 450
Open Women
181
L. Boshoven 300
Open Men
165
S. Lumpe 305
198
M. Mangum 440
J. Relinski 370
220
R. Williamson 420
T. Purdy 385
K. Schrock 380
275
D. Pinagel 500
308
T. Hasselbach 505

Best Lifter: Rich Salvagni - $200. Runner-up: Dick Pinagel - $100. Team Steve's Gym. * meet record. ** meet record and Central BP League record. Special thanks to: Carol Smoker, Mike Wider, Al (among the living) Reed, Dan Martin, Joey Simpson Sr., Brendon Yoder, Jon G. Smoker, Jenny Albert, George Kim and the dynamic duo of spotting - Christopher Wright and Ross Kaleolani, who did a great job and looked great too! Everyone left this meet in awe of the jaw-dropping performance by Goshen, IN superstar, Rich Salvagni who hit a monster 445 at 165! And with it he got all the marbles; a meet record, a Central BP League record, best lifter and $200 and a lift that could put him in the top 5 in the country - And then there is the intangible: a lift of that magnitude puts him in a class with the greatest lifters who have participated in CBPL meets like Tom Skiver, John Wood, Doug Heath and J.M. Blakley. And like all those guys he's a gentleman all the way and a credit to his sport and I was proud to be the promoter of the meet in which he hit this momentous lift. Runner-up for best lifter was Dick Pinagel who made a 500 at 266 bdwt. Close behind him was former Teen Natl. record holder, Matt Magnum, who made 440 at 198 in his first meet after the Worlds in Vienna, and Jim Loftus who came into the meet in great shape and hit a meet record at 148 of 355. This meet has always been a magnet for good 220's and this year was no exception. 3 guys got into the open div. to avoid Brendon Yoder and he didn't disappoint, making a big 430. Rob Williamson could have given him a run for the money however as he had a career day. I've never seen him look stronger going all the way back to '91 and he made a good 420. Right behind him in a very close battle was Tim Purdy with 385 and Kevin Schrock with 380. Every time I see George Lealiifano I think of Queequeg in Moby Dick because he's a Native of Samoa and he has some very exotic tattoos, and he hit a whale of a bench in the 242's of 460. And then in the 308's Tim Hasselbach hit the highest lift of the meet and a pr of 505. Rounding out an excellent day of lifting, Lynne Boshoven hit her 1st 300 at 181, with her patented ultra-slow descent, which will put her very close to the top of the rankings for women. The Goshen Power Alliance won the league championship for the year and this is the 5th different team since the inception of the CBPL. So it will be interesting to see if they can be the first team to repeat next year. (thanks to Jon Smoker for report)

USAPL Hawaii State
21,22 Nov 98 - Honolulu, HI

Teenage Women	SQ	BP	DL	Total
123				
K. Loughran	92.5	45	130	267.5
148				
E. Sagucio	80	57.5	112.5	250
E. Ell	95	50	127.5	27 2 .
5				
H. Holt	70	40	100	2 1 0
J. Bautista	75	32.5	97.5	205

Best Squat,Teenage Women - Kawai Loughran, Best Bench Press Teenage Women - Emery Sagucio, Best Deadlift Teenage Women Kawai Loughran, Best Lifter Teenage Women - Kawai Loughran.

Open Women				
132				
M. Browning	92.5	50	110	252.5
L. Anzai	72.5	55	107.5	235
M. Lopez	65	40	117.5	222.5
148				
J. Nathansen	115	55	150	320
L. Villegas	105	50	115	270
165				
C. Kabalis	117.5	60	140	317.5
181				
W. Gaylord	102.5	60	132.5	295

Best Squat Open Women - Joel Nathansen, Best Bench Press Open Women - Latasia Anzai, Best Deadlift Open Women - Joel Nathansen, Best Lifter Open Women - Joel Nathansen. Champion of Champions -Women - Joel Nathansen.

Military Men				
148				
S. Whitehead	175	105	190	470
1 6 5				
M. McMillan	237.5	142.5	255	635
M. Baker	182.5	122.5	182.5	487.5
198				
W. Clarke	172.5	147.5	227.5	547.5
N. Criteser	182.5	137.5	192.5	512.5
S. Anderson	150	147.5	182.5	490
2 20				
A. Acome	250	170	242.5	662.5
J. Beaudion	172.5	147.5	160	480
C.Draper	220			
275				
J. Owens	205	190	222.5	617.5

Best Squat Military Men - Mickey McMillan, Best Bench Press Military Men - Jon Owens, Best Deadlift Military Men - Mickey McMillan, Best Lifter Military Men - Mickey McMillan.

Teenage Men				
123				
S. Silva	157.5	100	167.5	425
C. Garo	95	75	147.5	317.5
14 8				
B. Nakahara	137.5	120	170	427.5
M. Balubar	150	92.5	190	432.5
165				
C. Kawamura	197.5	127.5	182.5	507.5
M. Mamizuka	137.5	120	155	412.5
B. Uyeno	85	85	145	315
198				
A. Miyasato	172.5	152.5	227.5	552.5
242				
H. Beales	160	160	182.5	502.5

Best Squat Teenage Men - Curtis Kawamura, Best Bench Press Teenage Man - Harold Seales, Best Deadlift Teenage Men - Marnie Balubar, Best Lifter Teenage Men - Alika Miyasato.

Masters Men				
132				
C. Tantog	150	105	172.5	437.5
148				
C. Higa	25	152.5	65	242.5
165				
B. Chong	70	70	255	395
181				
S. Kabalis	207.5	150	227.5	585
C. McDonald	170	130	200	500
SHW				
L. Falasco	245	212.5	205	662.5

Best Squat Masters Men - Carlos Tantog, Best Bench Press Masters Men - Carlos Tantog, Best Deadlift Masters Men - Carlos Tantog, Best Lifter Masters Men Carlos Tantog.

Open Men				
132				
A. Kong	190	122.5	202.5	515
148				
N. Corpuz	227.5	167.5	227.5	622.5
S. Lau	217.5			
165				
Q. Guzman	292.5	157.5	237.5	687.5
L. Lucero	220	165	202.5	587.5
J. Yoshimura	25			
181				
E. Funakoshi	272.5	200	210	682.5
C. Couvillion	200	110	257.5	567.5
198				
D. Duarte	227.5	110	215	552.5
220				
R. Daniel	237.5	157.5	235	630
242				
S. Mullen	272.5	160	265	697.5
275				
B. Vierra	282.5	182.5	240	705
SHW				
J. Waikiki	307.5	205	275	787.5

Best Squat Open Men Quincy Guzman, Best Bench Press Open Men Eric Funakoshi, Best Deadlift Open Men - Christopher Couvillion, Best Lifter Open Men - Quincy Guzman, Champion of Champions Men Carlos Tantog.

Novice Men				
148				
D. Edralin	200	132.5	210	542.5
B. Ishikawa	160	127.5	150	437.5
165				
A. Iramina	182.5	167.5	227.5	577.5
N. Acoba	142.5	165	190	497.5
C. Dela Cruz	172.5	95	180	447.5
E. Lima	165	125	157.5	447.5
181				
D. Switzer	142.5	95	182.5	420
198				
A. Ku	227.5	172.5	245	645
C.Luiz	160	115	220	495
220				
H. Hefferman	250	197.5	242.5	690
J. Henderson	222.5	150	250	632.5
K. Galdones	215	150	235	600
J. Ogata	217.5	147.5	210	575
M. Valencia	200	142.5	227.5	570
242				
P. Han	237.5	197.5	262.5	697.5
S. Ahlo	227.5	205	240	672.5
SHW				
M. Aho	305	210	250	765

Best Squat Novice Men Malcolm Ahlo, Best Bench Press Novice Men Shane Ahlo, Best Deadlift Novice Men - Aaron Iramina, Best Lifter Novice Men - Malcolm Ahlo (Thanks to USAPL for providing *Powerlifting USA* with thes contest results)

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45th annual Iron Man
12 Dec 98 - Fresno, CA

Bench Press				
16-17				
132				
E. Alvarado	193			
165				
C. Derrick	215			
181				
M. Candido	330			
198				
T. Orwoll	303			
20-23				
181				
R. McDonald	226			
Open				
114				
D. Jennison	298			
165				
R. Lopez	242			
S. Moore				
181				
G. Holland	336			
198				
E. Holland	341			
S. McDowell	341			
242				
M. Lutz	380			
D. Shay	375			
114	SQ	BP	DL	Total
13-15				
Dhah	77	61	110	248
Open Division				
165				
C. Pearson	452	364	634	1450

3 3- 39				
165				
B. Fulmer	242			
R. Lopez	242			
242				
T. Schade	424			
W. Coffman	380			
D. Shay	375			
SHW				
D. Egan	518			
40 -44				
19 8				
D. Thomas	336			
220				
R. Arredendo	325			
242				
M. Lutz	380			
4 5 -49				
P. Ruggerello				
275				
D. Brown	364			
308				
D. Gonzales	303			
50 - 54				
242				
B. Packer	259			
BP	DL	Total		
95	180	447.5		
125	157.5	447.5		
95	182.5	420		
197.5	242.5	690		
150	250	632.5		
150	235	600		
147.5	210	575		
142.5	227.5	570		
197.5	262.5	697.5		
205	240	672.5		
210	250	765		

V. Tanabe	485	254	501	1240
198				
K. Kanemoto	601	430	551	1582
S. McDowell	540	375	535	1450
220				
C. Slay	430	275	435	1140
242				
T. Hardridge	805	524	755	2073
M. Blanchard	540	364	573	1477
D. Shay	557	375	501	1433
275				
A. Suarez	573	430	463	1466
V. Brenner	457	364	540	1361
3 3-39				
165				
R. Lopez	220	242	330	794
198				
K. Kanemoto	601	430	551	1582
T. Dempsey				
242				
D. Shay	557	375	501	1433
275				
J. Weeks	601	325	579	1505
40-44				
220				
M. Straley	485	303	457	1245
R. Arredendo	479	325	430	1229
275				
T. Stewart	601	341	601	1543
45-49				
242				
J. Gantt	463	314	501	1278
275				
D. Brown	584	364	485	1433
308				
G. Brink	683	347	711	1741

50 - 54				
165				
S. Dhah	226	193	308	727
198				
S. Velliquette	380	303	364	1047
242				
B. Packer	441	259	220	920
Womens Open				
123				
C. Bullara	198	105	242	546
M. Murrita	148			
132				
W. Jamison	171	165	220	556
148				
K. Pfeiffer	281	132	281	694
SHW				
K. Freberg	463	220	414	1107
K. Freberg	198			
3 3- 39				
148				
K. Pfeiffer	281	132	281	694
50-54				
165				
L. Kamplain	127	99	193	419

Best Bench Presser - Doby Jennison. Best Woman Powerlifter - Karen Freberg. Best Male Powerlifter - Tony Hardridge.Mr. Iron Man - Christorpher Pearson. Miss Iron Woman - Kim Pfeiffer. (thanks to Jay McVeagh for providing these meet results)

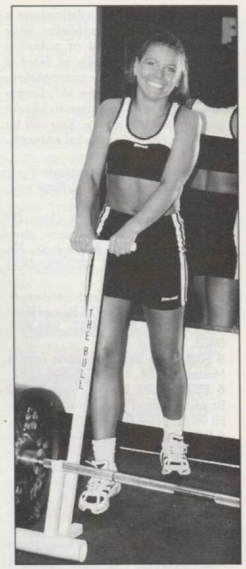
HOUSE of PAIN is OK! ... WABDL Worlds Meet Director Gus Rethwisch was very impressed that Rick Brewer of House of Pain would drive all the way out from Texas to display his wares at the World Meet, which was held in Portland, Oregon. Now a long term sponsor of the upcoming WABDL meets, Rick's"House of Pain" clothing and accessory line was very popular, and as Gus said it was a case of "Great stuff and a great guy!"

Barrett's Bench Blast Off
1 Aug 98 - Massachusetts?

Open Men			
132			
W. Gregg	200		
148			
H. Clem	315		
A. Colella	31 5		
165			
Speranza	365		
Poirier	350		
B. Malo	230		
181			
M. Ruiz	420		
R. J. Pursell	390		
K.Michaud	365		
C. Brien	340		
N.Brooks	235		
198			
S. Cormier	530		
B. Cortney	500		
E.Clements	370		
T. Crawford	365		
T.Nimmo	340		
220			
K. Curcio	420		
E. Franco	420		
242			
D. Lee	520		
D. Bettinger	515		
275			
R. Desmond BL	630		
J. Flynn	590		
308			
K. Gleason	525		
Open Women			

132			
P. Greaney	170		
K. Barrett	65		
Novice Men			
B. Grasso 179	400		
K. Michaud 179	365		
P.Nikas 202	390		
N.Picano 197	380		
E. Clements 198	370		
T. Crawford 198	365		
A. Ramirez 188	350		
B. Bingham 216	375		
C. Stoey 215	360		
A. O'Connor 185	335		
T. Naimo 198	340		
F. Pappalardo 181	300		
B. Malo 163	230		
Submasters 33-39			
J. Flynn 268	590		
R. Pursell 180	390		
H. Clem 147	315		
C. Brien 168	340		
J. O'Connor 185	335		
T. Nimmo 198	340		
B. Grock 250	345		
Master Men			
A. Colella 148	315		
D. Lee 239	520		
A. Wright 161	265		
B. Bingham 216	375		
B. Malo 163	230		
Junior Men 20-23			
E. Franco 215	420		
B. Crescenzo 219	400		
J. Silva 216	390		
F. Pappalardo 181	300		
N. Brooks 171	235		

Meet Directors: John Flynn and David Lee. Announcer - Louie LaPoint. Scorers Table - Heidi LaFountain. Head Judge - Joe Romano. Side Judges Bill Durant and Jim Supry. Highlights of the meet were Harold Clem's 315 at 148. Angelo "Cookie" Colella at 53 won the Masters and got 2nd at 148 open with a very impressive 315 - nice going Angelo. John Speranza's 365 for 1st at 165 and Shane Poirier's 350 for 2nd at 165 was some nice benching. At 181 Mickey Ruiz got 420 on his 3rd after missing it on his 2nd attempt. The 198s had two super benchers, Steve Cormier won with an easy 530 and Bill Cortney got second with his opener of 500. The 220 class was won by Ken Curcio with a powerful 475 and near miss with 490. At 242 Dave Lee narrowly beat Dave Bettinger by 5 lbs,, Dave Lee doirg 520 to Dave Bettinger's 515. At 275, Ryan Desmond destroyed 630 and just missed 650 and he only weighed 260 - nice going Ryan. 2nd place at 275 was big John Flynn, getting 590 on his 3rd attempt after missing his 2nd attempt with the same weight, at a light 308, actual weight 277. Ken Gleason, better known as the "Jack Man", pumped up 525, just missing 550. In Open Women, 1st place was Pam Greaney at 132, as she benched a strong 170 and Kathleen Barrett managed a 65 and just missed 80 in her first contest - nice lifting ladies. Big Eric Franco won the Jr. division with a strong 420 at 215 bodyweight. Bill Grasso did a fine 400 at 179 to win the Novice mens class. This meet was held outside with the help of too many people to mention. There were hundreds of spectators, who were very enthusiastic, which always makes a meet better. I would like to thank Dave Lee and John Flynn for promoting this contest and for always helping out at mine. The team champions were Barrett's Bull Pen. Till next time. (Thanks to Louie LaPoint for these results).



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WWW.deadlifthelpermcm.com

Gold's Gym BP/DL
7 Nov 98 - Sheffield, AL

Women	BP	DL	Total
119 Teenage			
S. Gann	105		
138 open			
*X. Gray	115	240	355
Men			
154 open			
S. Jackson	290	405	
A. Pullen	275	410	695
170 Teen			
K. Moody	250	375	625
D. Gann	195		
C. Raney		405	
18 7			
Teen			
C. Knight	230	370	600
Open			
T. Gray	350	455	805
205 Open			
P. Tracy	285	580	865
N. Gibbons	360		
227 Open			
G. Barber	440		
J. Barnes	405		

(our thanks to Gold's Gym for providing these contest results to Powerlifting USA Magazine at Post Office Box 467, Camarillo, California 93011)

Coming Events

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

***6 FEB,** APF/AAPF Sebago Lake Push/Pull, Beau Boyle, Box 972, Raymond, ME 04071, 207-655-6661*

***6 FEB,** Coastal Georgia Open BP (open, masters, women, teen) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575 (nights & weekends)*

6 FEB, WABDL Roland Sanders Jr. BP/DL, Bob Garza, 9234 Beaver Bend Ct., Houston, TX 77037, 281-820-5923.

6 FEB, AAU New York State Teen & Masters BP/DL, Lyle, 315-548-3582

6 FEB, AAPF Hawaii State Record Breakers, Greg Payne, Box 232, Hilo, HI 96721, 808-935-3625

6 FEB, NPU Natural USA Meet (Baltimore, MD) NPU/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

6 FEB, March Madness BP/DL Classic (Mattoon, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

6 FEB, USAPL Badger Open, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402.

6 FEB, Big Bench Press Shootout (non-sanction, men, women, Jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (deadline 1/23/99)

6 FEB, USAPL Sportsfest '99, Cheryl Auld, 10409 Glascow Dr., Yukon, OK 73099, 800-476-0036 or usaplokla@aol.com

6 FEB, AAU Currituck Classic BP, Ben Zak, Box 978, Grandy, NC 27939, 919-453-6116.

6 FEB, MDSA Minnesota State/Open, Darwin Jacobson, Box 1031, Willmar, MN 56201.

6,7 FEB, APF Texas State, Radar Capehart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575.

6,7 FEB, USAPL Budweiser New England States (men & women open, submaster, master, collegiate) H. Waldron, 8 Harrison Ave., Taunton, MA 02780, 508-822-2777 8-10pm or 823-6164 ext. 680.

6,7 FEB, USAPL American Open (men only), B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692.

7 FEB, Body Sculpture Open Bench Press, Chris Barber, 160 S. New York Rd., Absecon, NJ 08201, 609-748-0400

7 FEB, Oswego State University BP, Frank Paino, Laker Hall, Johnson Rd., Oswego, NY 13126, 315-341-2405

7 FEB, APA East Coast Championships (Glen Burnie, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@ewol.com.

***13 FEB,** Bench at the Beach, Dayton Beach Conference Center, 2700 N. Atlantic Ave., Daytona Beach, FL 32118 or Cliff 904-788-0100/274-5004*

***13 FEB,** WABDL Miller Genuine Draft Oregon State BP/DL (Apollo Fitness Center - Salem, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*

13 FEB, USAPL Twin Falls Classic (men, women, teen, master) Twin Falls Fitness Center, 1881 Pole Line Rd. E., Twin Falls, ID 83301, 208-734-7447 or Mitch Thornton 208-737-2929

13 FEB, USPF UB Open (trophies & cash prizes) Diana Sasso, 836-8554 or Dennis/U of B, Suite 350, Student Union, Amherst, NY 14260, 716-615-2950

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contact: TERENCE DANGERFIELD, 224 N. 4th St., St. Charles, IL 60174, 603-377-7527

13 FEB, USAPL Winter No Bench Shirt Allowed Open BP, PG Plaza Community Ctr., Hyattsville, MD, Eugene Julien, 301-864-1611/1612

13 FEB, Midwest Supernatural BP/DL, Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

13 FEB, 11th AAUPC East Coast Classic Assisted and Raw, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695.

13 FEB, USAPL Southeastern U.S. (open, women, jr., submaster, master - nlt 15 Jan entry deadline) Mike Requa, Box 126, Moncks Corner, SC 29461, 843-761-7642

13 FEB, 9th Winter Bench Press Classic (open, drug tested, women, men, teen, masters, novice) Smoker's Iron Works, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683.

***20 FEB,** WABPD Naval Station Everett BP/DL, Diana Booth, MWR, 2000 W. Marine View Dr., Bldg. 2000, Everett, WA 98207*

***20 FEB,** NPU Southeast Region Police/Fire/Military Open (Northport, AL) Pedro Hollingsworth, c/o 2501 Phoenix Dr., Tuscaloosa, AL 35405, 205-333-9952*

20 FEB, USAPL Bill Beckwith Memorial BP/DL, Rich Van Eck, 45451 Peninsula Dr., Grand Junction, MI 49056, 616-521-4031

20 FEB, USA "Raw" Bench Press Federation Winter Nationals, Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

20 FEB, CPC Western Canadians, Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067

20 FEB, USAPL Minnesota State Jr./Master & Novice Open (Hermantown H.S.) Bill Omundson, 4063 Ugstad Rd., Hermantown, MN 55811, 218-729-9532

20 FEB, Body Factory Challenge BP/DL, Body Factory, 520 Applegate Ave., Pen Argyl, PA 18072, 610-863-1090.

20 FEB, 3rd WIU Open BP/DL, Tim Piper, WIU, Brophy Hall 221C, Macomb, IL 61455, 309-298-1781.

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

20 FEB, 2nd U.S.A. Judgement Day BP/DL, Todd Mountain, 499 Spruce St., Suite 13, St. Mary's, PA 15857, 814-834-9222

20,21 FEB, AAU Virginia State (men/women, raw/assisted, all age groups - Kent Island, HS) Spero Tshontikidis, 315 Irene Way, Stevensville, MD 21666, 410-643-9520.

20,21 FEB, AAU Maryland State (men/women, raw/assisted, all age groups - Kent Island H.S.) Spero Tshontikidis, 315 Irene Way, Stevensville, MD 21666, 410-643-9520

21 FEB, APEX Gym BP/DL Classic (Rockford, IL) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

25-28 FEB, NASA Natural Nationals (OKC, OK) NASA, Box 735, Noble, OK 73068.

26 FEB, USAPL 2nd Bill Beckwith Memorial BP and/or DL (Wayland, MI - men & Women: open, teen, jr., master, police & firefighter) Rich Van Eck, 45451 Peninsula Dr., Grand Junction, MI 49056, 616-521-4031.

26-28 FEB 99, (expanded dates) USAPL Women's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672.

***27 FEB,** IPA New York Bench Press Wars, Powerhouse Gym, 1462 Altamont Ave., Schenectady, NY 12303, 518-355-0023*

***27 FEB,** Walker's Gym Bench Classic (open, teen, master, women, raw/equipment) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918 9am-9pm*

27 FEB, Southern Illinois BP/DL (Effingham, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

27 FEB, USPF Florida State, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063.

27 FEB, 3rd APF Michigan Sr. State (open, women, teen, jr., submaster, master) Dan Defelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm only

***27,28 FEB,** USAPL Pennsylvania State, Steven Volt, 2415 S. Swanson St., Philadelphia, PA 19148, 609-266-8879*

***27,28 FEB,** (new date & contact) IPA/APF Westside Invitational, Dave Hopkins, World Gym, 6474 Lorain Blvd., Elyria, OH 44035, 440-324-1313*

27,28 FEB, NASA Ohio High School (boys/girls PL/BP, grades 9-10, 11-12) and **National High School Team Champions (boys/girls 9, 10, 11, 12. Team Div.'s: I-III, and IV-VI and overall) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 937-568-9116.**

28 FEB, USAPL Power Gym Top Gun BP (all wt. classes/div.'s - Kingston, PA) Joe Moceyunas, 205 W. Grove St., Taylor, PA 18517, 717-562-3642 or Bob Granko, 717-342-0668.

5-7 MAR, CPU Masters/Jrs/Women's & Nationals & National Bench Press Championships & The 1st CPU/USAPL International Challenge (open, but limited entires - 11 men and 10 women per country) Louis Levesque, 342 Rte 249 North, St. Elie D'Orford, Quebec, Canada JOB250, 819-822-0727, fax 819-864-7125, louisl@intranet-quebec.com.

5-7 MAR, Arnold Classic Team Deadlift and World Record Bench Press Challenge, Classic Productions Inc., 7543 Pingue Dr., Worthington, OH 43085, 614-431-2600.

***6 MAR,** 2nd APF Bike Week Bench Bash adn Deadlift by Formula, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527*

***6 MAR,** NASA Kansas/Missouri Police/Firefighter Open/PS, Jim Duree, 1413 S. 55th St. #11, Kansas City, KS 66106, 913-596-7326*

***6 MAR,** USAPL Spring SQ & DL Challenge, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964*

6 MAR (new date), NPU South Carolina Natural (Greenville, SC) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

6 MAR, 2nd Best on the Bench (Touch N' Go - Northern High School) Gloria Knight, Box 72241, Durham, NC 27704, 919-477-9467, or Gold's Gym, 919-309-9577, or Body Perfection 252-478-8191

6 MAR, 1st WABDL Oklahoma State Bench Press (open, jr., teen, masters, women, novice - Henryetta, OK) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059

6 MAR, Larry Frederick Jr. Memorial Bench Challenge (novice, open, teen, masters, women, sculptured trophies) Maggie Currie, North Penn YMCA, 608 Eastman, Lansdale, PA 19446, 215-368-1601.

6 MAR, USAPL Eastern Regional, St. Mary Ryken's H.S., Leonardtown, MD, Bob Doucette, 410-326-1070

6 MAR, Old Dominion BP, John Shifflett, Box 941 Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com

6 MAR, Ed Jubinville Memorial Bench Press (men, women, all age groups/wt. classes) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217.

6,7 MAR APA/CPA/WPA Can-Am Intl. PL/BP/DL (Rutland, VT) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@ewol.com.

6,7 MAR, USAPL New Jersey H.S., John Dalessio, 1425 Frontier Rd., Bridgewater, NJ 08807, 908-904-4568.

***7 MAR,** APF/AAPF Illinois State PL/BP (Hollywood Casino, Aurora, IL) Ernie Frantz, 60 S. Broadway, Aurora, IL 60505, 630-892-1491*

7 MAR, CBI Open BP/DL Classic (Pana, IL) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

7 MAR, USPF New Jersey High School, Paul Sacco, 537 Pine Rd., Hammonton, NJ 08037, 609-567-0046

***13 MAR,** USAPL Illinois High School Championship (Fr., So., Varsity, Women) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692*

13 MAR, Snake River BP/DL/2 man or woman DL, YMCA, 155 N. Corner St., Idaho Falls, ID 83402, 208-523-0600, Tu-Th 4-7PM, Gary Jones, Michael & Linda Higgins

13 MAR, IPA Bench Press Classic (Armor Plate Gym) Floyd and Bertha Powe, 103 Afton Ct., Summerville, SC 29485, 843-875-1434

13 MAR, (NEW DATE) USAPL Minnesota State BP (Apple Valley, MN - open, jr., masters, men/women) Dennis Green, Box 147, New Market, MN 55054, 612-461-3007, green2@usinternet.com

13 MAR, 15th Mike Giardina's Biggest Bench Press (open, men, women, teen submaster, masters) Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-732-6133 after 6pm.

13 MAR, AAU North Carolina Teen PL, Paul Rossi, 1701 River Road Middle School, Elizabeth City, NC 27909, 252-333-1515, ext. 239 or Ben Zak 919-453-6116.

13,14 MAR, WDFPF Pan Am Games (Atlanta, GA) NPU/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

13,14 MAR, USPF New York State Championships (Auburn Holiday Inn) Leon Humphrey, Box 331, Port Byron, NY 13140, 315-253-2767 or Rick cox 315-252-8064.

13,14 MAR, USAPL Massachusettes State Open High School, H. Waldron, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164, ext 620.

13,14 MAR, APF/AAPF Oklahoma State Open/BP/DL/PL (OKC, OK) Eddie Vaughn, 4013 N. Riverside Dr., Bethany, OK 73008, 405-787-0001.

***14 MAR (new date),** 10th Cabin Fever DL Contest (open, drug tested, men, women, teen, masters, beginners) Smoker's Iron Works, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683.*

14 MAR, USAPL Connecticut State Open IX (men, women, teen, master) Lloyd Weinstein, World Gym, 542 Westport Ave., Norwalk, CT 06851, 203-849-0166 (D), 854-4700 (E)

14 MAR, APF/AAPF Illinois State BP/DL (Joliet, IL) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

14 MAR, USPF RI State PL/BP, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com

***20 MAR,** 8th KCF NASA Open, Master, Submaster, KCF, 16770 S. Watertower Dr., Kincheloe, MI 49788, Dave Mastaw, 906-495-2282 ext 4260, Mon - Fri, 8AM - 3PM*

***20 MAR,** Midwest Bench Press, Weight Room, 615 St. Joe, Rapid City, SD 57701, 605-348-5070*

20 MAR, IPA High School Nationals, Dave Bradshaw, McDonough H.S., 7165 Marshall Corner Rd., Pomfret, MD 20675, 301-934-2944 (D), 932-7050 (N)

20 MAR, USPF Texas State (open, below1, 40-49, 50+, submaster, women, teen men & women, BP - Austin, TX) Seguin Fitness, 1415 E. court, Seguin, TX 78155, 830-372-3396

20 MAR, Law/Fire/Military Bench Press Championships, Butch Minor, 100 White Marsh Park Dr., Bowie, MD 20715, 301-262-4553

20 MAR, ANPPC Central USA, Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

20 MAR, AAU New York State Raw (Dolphin Gym, SI, NY) Chris Lundwall, 147 Gurley Ave., Staten Island, NY 10308, 718-966-5999.

20 MAR, Miami County Championships (high school, masters, men, women) Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-3197

20 MAR, USAPL Battle of the Great Lakes II PL/BP (men, high school I & II, Jr., Masters, Police-Military-Fire, women, raw - Cleveland, OH) Gary Kanaga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608

20,21 MAR, (new date) WABDL Pepsi Northwest Regional BP/DL (Double Tree Hotel, Springfield, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600.

20,21 MAR, NPU Natural Northeastern Challenge (Bordentown, NJ) NPU/WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418

20,21 MAR, WPA World PL/BP/DL Championships (Augusta, GA) Scott Taylor, Box 27204, EL Jobean, FL 33927, 941-697-7962, apa@ewol.com.

20,21 MAR, AAU Great Lakes Open, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.

20,21 MAR, AAU Erie County (PA) Closed PL, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727.

21 MAR, AAUPC New Jersey High School, HCHS, 790 Bergen Ave., Jersey City, NJ 07306, 201-332-5970 ext 22, Rob Stern or Jon Chevalier (201-998-3198

21 MAR, Jungle Gym Spring BP/DL Classic (Lindehurst, IL) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

21 MAR, NPU (formerly WNPF) Motor City Championships (Detroit, MI - PL, SQ, BP, DL) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 3PM

21 MAR, USAPL Pro-Fit Bench Press/Deadlift and Record Breakers, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156.

21 MAR, AAUPC East Coast BP/DL (raw & assisted, all div.'s) Tony Garreffi, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.

26-27 MAR, AAU BP Record Breakers Drug Tested/AAU Hawaii State "Raw is Real" PL "No Gear No Fear" Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266

***27 MAR,** 19th Central Ohio BP (open, master, teen, women) Dean Glitt, 351 John St., Circleville, OH 43113, 740-474-9776*

***27 MAR,** USAPL Maine State PL/BP, John Mathieu, Box 325, Oakland, ME 04963, 207-465-7102, mfc@mint.net*

27 MAR, 9th Weightlifting Unlimited Bench Press, Randy Brooks, 525 Whitacre, Winchester, VA 22601, 540-667-6288

27 MAR, Holley Strength Systems Open Bench Press and Open Deadlift (Institute, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

27 MAR, Indiana Open BP/DL (Indianapolis) Son Light Gym, 126 W. Sale St., Tuscola, IL 61953, 217-253-5429

27 MAR, USPF West Virginia State (Institute, WV) John Messinger, 398 Forest Circle, South Charleston, WV 25303, 304-744-2475

27 MAR, 2nd Hawaii AAU "Raw" State Meet (national judges) Keith Ward, Box 654, Waimanalo, Hi 96795, 808-259-5299, fax 808-259-8700.

KIERAN KIDDER's
HUGE IRON PRODUCTIONS INC.
1999 LIFTING CALENDAR

MARCH 6th - 2nd ANNUAL APF BIKE WEEK BENCH BASH AND (DEADLIFT by formula)

MARCH 29th - 2nd ANNUAL APF FLORIDA STATE OPEN POWERLIFTING CHAMPIONSHIPS

MAY 22nd - 2nd ANNUAL AAPF (drug tested) FLORIDA STATE POWERLIFTING CHAMPIONSHIPS

JULY 10th & 11th - APF MEN AND WOMENS SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

JULY 17th, 3rd ANNUAL FLORIDA PUSH/PULL (must do both lifts for a total) (in memory of Lawrence Monberg)

AUGUST, APF BENCH BASH FOR CASH (NORTH), DATE AND CITY TBA

SEPTEMBER 17th, 18th, 19th - AWPC WORLD POWERLIFTING CHAMPIONSHIPS, LAS VEGAS (drug tested)

OCTOBER, APF BENCH BASH FOR CASH (SOUTH) DATE TBA

NOVEMBER, 2nd ANNUAL AAPF AND APF SOUTHERN STATES POWERLIFTING, DATE TBA

ALL CONTESTS WILL BE HELD AT THE NEW HUGE IRON TRAINING CENTER IN DAYTONA BEACH, UNLESS OTHERWISE MENTIONED

POWERHOUSE GYM
Powerhouse Gym Presents
The New York State
Bench Press Wars
on Feb 27th, 1999
This Event
Sanctioned by
IPA
International Powerlifting Association
Pro-Am Powerlifting open to all Athletes
Make Check's Payable to: Powerhouse Gym
1462 Altamont Ave
Call 518-355-0023 Schenectady N.Y. 12303

27 MAR, 1st APF Michigan State BP/DL (men/women, open, teen, jr., submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI, 49601, 616-775-1974.

27,28 MAR, Power Palooza PL/BP/DL (men, women, submaster, master, teen, law/fire, jr.) Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

27,28 MAR, USAPL Oregon State, Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570.

27,28 MAR, AAU Southeastern / 3rd Annual Frank Kostyo Memorial, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268.

27,28 MAR, USAPL Collegiate Nationals, Mike & Monique Hartle, Box 12223, Ft. Wayne, IN 46863, 219-456-8485.

28 MAR, Bay State Corr. Ctr. Meet (Guest Lifters welcome, 3 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056, or Tim McDonald or Larry Givens 617-727-8474 ext 160.

MAR, *2nd POMO Raw Championships, Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795*

MAR, USPF Men/Women Drug Tested Teen/Junior (14-15, 16-17, 18-19, 20-23) & Collegiate Nationals (Philadelphia) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

MAR, Texas State Deadlift Meet, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

MAR, AAU State Raw PL, Keith Ward, 41-857 Kalani Ana Ole, Waimanalo, HI 96820, 808-259-8700.

2-4 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

3 APR, *2nd National Invitational BP (open, novice, master, teen, women) George Herring, 3925 Creekwater Ct., Lawrenceville, GA 30044, 770-963-6738*

3 APR, *MDSA King & Queen of the BP/DL, Darwin Jacobson, Box 1031, Willmar, MN 56201*

3 APR, *Bench Fest '99, Brian's Gym, Box 507, Rainsville, AL 35986, 256-638-7232*

3 APR, Nebraska State & Midwestern Open (A.V. Sorenson Rec. Ctr.) Keith Machulda, 4808 Cas, Omaha, NE 68132, 402-444-5596

USAPL POWERFEST '99
Bench Press, Deadlift, and Wheelchair Bench
Saturday
May 1st
at the Empire
State Plaza
Convention Center
in Albany, NY

Contact
NED NORTON,
Box 5427
Albany, NY 12205
518-453-9205

1999 APF Maine State Open
Powerlifting and Bench Press
Saturday and Sunday
April 10th and 11th, 1999
9AM, Bath Middle School

For information, call
RUSS BARLOW
207-225-5070
or Shane McKenna
207-442-0180

3 APR, Effingham Open BP/DL Classic (Effingham, IL) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

3 APR, APF California State Novice PL & BP & Central California Open, Jay McVeagh, 1408 N St., Fresno, CA 93721, 209-233-5737.

7 APR, APA N. Carolina BP/DL (separate meets) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@ewol.com.

9,10 APR, *USAPL N. Carolina, Donnie Kiefer, 1045 Cedar Hills Ct., Lenoir, NC 28645, 828-758-9777*

10 APR, *USAPL Capital City Push-Pull Classic II, Jeff Buchin, 1306 Herbison Rd., DeWitt, MI 48820, 517-669-9368*

10 APR, *USA Lancaster YMCA Classic (men, women, masters, teen) Cindy Drob, Lancaster YMCA, 572 N. Queen St., Lancaster, PA 17603, 717-397-7474 ext 113 (w), 717-687-9911 (h)*

10 APR, *16th Southern States Bench Press (open, over 40, women, novice, teen) Weightlifting Equipment of GA, Inc., 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633*

10 APR, USA "Raw" Bench Press Federation Spring Nationals, Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

10 APR, USAPL Missouri State/Ozark Open PL & BP (open, jr., master, novice in PL, open, teen, master in BP) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 314-561-1242 (8-10PM)

10 APR, 7th Dungeon Powerworks Slam Bench & Deadlift, Tyrone Ward, 27 N. Main, Three Rivers, MI 49093, 616-273-1092 or Mark Mellinger, 616-435-7586.

10 APR, APF Spring Bench Blast, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014.

10,11 APR (new date), *APF Maine State (open to all men/women, master, teen, jr., open) Russ Barlow, RR2 Box 125, Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180*

10,11 APR, AAUPC Assisted Drug Free Men's & Women's Sr. Nationals, Armed Forces, Police & Fire, and Submasters/Masters Nationals (Disneyworld, FL) Al Siegel, 304 Daisy St. Clearfield, PA 16830, 814-768-9400, engrave@clearnet.net

10,11 APR, USAPL California State, Christy Kling, Napa Valley College Phys. Ed., 2277 Napa-Vallejo Hwy., Napa, CA 94558, 707-253-3228

10-11 APR, NASA High School Nationals (Dallas, TX) NASA, Box 735, Noble, OK 73068.

10-11 APR, USPF Virginia State & High School Championships (Chincoteague, VA) Gayle Schroeder, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963.

11 APR (new date), *NPU (formerly WNPF) Western New York Natural (Niagara Falls, NY - PL, SQ, BP, DL) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 3PM*

11 APR, *Mid Atlantic Bench/Curl, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net*

11 APR, NPU Lone Star Natural (PL, BP, DL - Dallas, TX) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

11 APR, Rockford Open BP/DL (Rockford, IL) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

11 APR, USAPL Open Ohio State (open men & women and raw men & women, teen, master, team) Ed or Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

11 APR, USAPL Power Gym All American BP (all wt. classes/div.'s) Joe Moceunas, 205 W. Grove St., Taylor, PA 18517, 717-562-3642 or Bob Granko 717-342-0668.

17 APR, *MDSA N. Dakota State/Open (Jamestown, ND) Darwin Jacobson, Box 1031, Willmar, MN 56201*

17 APR, Biggest Bench on the River II ($5000 cash giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922

17 APR, APF/AAPF Tennessee State PL (Tullahoma, TN) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

17 APR, APF Los Angeles Lifting Club Inaugural Push/Pull Classic (men, women, teen, submaster, master) Joe Avigliano, LALC, 1031 N. Victory Pl., Burbank, CA 91506, 818-846-LIFT(5438)

17 APR, White's Truck Stop/YMCA Spring BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com

17 APR, USAPL Midwest Open PL, BP, DL, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

17 APR, AAU New Hampshire State Drug Free, Rob Dion, 80 S. Main St., Concord, NH 03301, 225-0034.

17,18 APR, APF/AAPF Bench Press & Deadlift Nationals, Terry Dangerfield, Olympic Fitness center, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527

18 APR, *USAPL Colorado Classic, Sortwell Productions, 11360 W. 84th Pl., Arvada, Co 80005, 303-425-7075, a.l.sortwell@world.net.att.net*

18 APR, NPU (formerly WNPF) Ohio Championships (PL, BP, SQ, DL - open to all) Ron DeAmicis, 6531 New Rd., Youngston, OH 44515, 330-792-6670 after 3PM

24 APR (corrected date), *AAU NC Teenage BP, William Hawkins, 3025 Weldon Mill Rd., Henderson,, NC 27536, 919-430-1825.*

24 APR, *USAPL Zumbro Valley Open, Steve Johnson, 1107 7th St. N.W., Kasson, MN 55944, 507-634-4730*

24 APR, *East Coast Classic BP (men, women, jr., submaster, master, novice - 4/10/99 deadline) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590*

MAXIMUM FITNESS

April 17, 1998
Biggest Bench on the River II
$5,000
(cash giveaway)

Divisions: Open, Masters, Women, Teenage
Location: New Roads, LA.
Meet Director: REED BUECHE
225-638-9922

24 APR, *MDSA 2nd North Country PL (Bemidji, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201*

24 APR, *TNT Upstate NY Bench Press Challenge (open, novice, raw, master, teen, female) Keith Nautel, 5 Cheltingham Ave., Schenectady, NY 12306, 518-355-1849*

24 APR, AAU FLorida State Bench Press, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268

24 APR, World Gym Open BP/DL (Mishawaka, IN) Son Light, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

24 APR, 20th AAU Raw Powerday BP & DL Classic (separate meets - open, teen, jr., submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

24 APR, Iowa Midwest Open Bench Press or Deadlift (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240 or hammes@kdsi.net

24,25 APR, WABDL Healthworks BP/DL Meet, Tricia Young, 120 W. Berry Ave., Foley, AL 36535, 334-971-1999.

25 APR, *1st AAPF Metro-Detroit Open PL/BP/DL (drug tested - men/women - open, teen, jr., submaster, master) John Maddox, 17036 Arlington Ave., Allen Park, MI 48101, 313-274-7516*

25 APR, 7th NPU Pennsylvania Natural (Lancaster) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

25 APR, NPU Pennsylvania Natural (Lancaster) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

APR, USOPF Boy's/Girl's Drug Tested High School Nationals PL/BP (Fr-So, Jr-Sr - Philadelphia, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

APR, AAU Boddy Shop BP Meet, Boddy Shop, 936 Erie Ave., Sheboygan, WI 53081

APR, WPA Internationals Unity Meet (all federation membership cards welcome) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@ewol.com.

APR, 2nd WIU Strongman Contest (Stone Put, Log Lifting, etc.) Tim Piper, WIU, Brohpy Hall 221C, Macomb, IL 61455, 309-298-1781.

1 MAY, *USAPL Powerfest '99 (BP, DL, & wheelchair BP - Empire State Plaza Convention Center) Ned Norton, Box 5427, Albany, NY 12205, 518-453-9205*

1 MAY, *MDSA Go for the Gold Nationals, Darwin Jacobson, Box 1031, Willmar, MN 56201*

1 MAY, *Red Baron BP (Corning Community College) Deb Prutsman, CCC, 1 Academy Dr., Corning, NY 14830, 607-962-9476*

1 MAY, *USAPL SC State PL/BP (Laurens, SC - women, men, jr., submaster, master, class II) Dan Lark, 601 Hayward Ave., Honea Path, SC 29654, 864-369-9304, larkd@cwix.com*

1 MAY, AAU Teenage State Meet, Paul Bossi, 1701 River Road Middle School, Elizabeth City, NC 27909, 252-333-1454, ext. 239 or Ben Zak 919-453-6116.

DRUG FREE 1999 Law, Fire and Military Bench Press Championships
Sport Fit - Bowie Racquet & Fitness, 100 White Marsh Park Drive, Bowie, Maryland 20715, (301) 262-4553
Saturday, March 20, 1999 - 10:00 A.M.

Open Men (114-SHW), Open Women (97 - SHW), Police Dept. (all weight classes open men/women), Fire Dept. (all weight classes open men/women), Military (all weight classes open men/women), Master Men (40-44, 45-49,50-54, 55-59 in all weight classes), Master Women (40-44, 45-49, 50-54, 55-59 in all weight classes), Junior Men & Women (14-15, 16-17, 18-19, 20-23 in all weight classes) - All lifters must be registered with the USAPL and must bring their card or proof of having a card at the weigh-in. Cards can be purchased at the meet. The cost of this card is $35 for members and $15 for juniors. NO EXCEPTIONS! USAPL CARD IS MANDATORY.

Judging - USAPL Judges. Rules: NO WEIGH-INS AFTER 9:30 AM - NO EXCEPTIONS! USAPL/IPF rules will be enforced. Equipment used by lifters will be consistent with USAPL/IPF specifications. 1. One piece lifting suit required. No Exceptions! 2. Meet will be held in pounds. 3. There will be a rules briefing one-half hour prior to lifting. This is a drug free meet. *Drug waiver forms must accompany the registration form.* Testing will be random. Sanction: U.S.A. Powerlifting. Meet Director: Butch Minor. Weigh-In: Saturday, March 20, 1999 from 8:00 a.m. - 9:30 a.m. Contest Time: LIFTING BEGINS AT 10:00 A.M. SHARP NO EXCEPTIONS!!!. Entry Information: ENTRY FEE is $40.00 and $20.00 additional for two entry divisions. Junior entry fee is $35.00 and 15.00 additional for two entry divisions. Money orders and checks are welcome. Entry Deadline: Entry forms and fees must be received by March 15, 1999 (not postmarked). Late fee is $60.00 NO EXCEPTIONS. Please make checks payable to Butch Minor. There will be a $25.00 fee for any returned checks. Mail or drop off entries to: Butch Minor, 100 White Marsh Park Dr., Bowie, MD 20715. Spectator Fee: $5.00 spectator fee, children 5 years and under free. Awards: Awards given to First through Fourth place winners. Trophies will be given to First through Third place winners, and plaques will be given to Fourth place winners. Best Lifter awards will also be given to best male and female. PROOF OF AGE IS REQUIRED

1 MAY, USAPL Rock City Meet (Detroit) Mike Lawrence, 117 W. South Blvd., Troy, MI 48098, 248-813-9866.

1 MAY, Prairie State Challenge (Curl/BP/DL) Tim Piper WIU, Brophy Hall 221C, Macomb, IL 61455, 309-298-1784.

1,2 MAY, AAPF Nationals (Chicago, IL) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

2 MAY (new date), *6th NPU Florida Natural (Orlanda) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com*

2 MAY, *USAPL Wisconsin State BP, Muscles & Fitness Gym, 2509 E. Washington Ave., Madison, WI 53704, Ford Sheridan, 608-249-4227*

8 MAY, *Best of the Southwest (PA) BP and/or DL (natural raw - sculptured trophies, Peters Township High School - McMurray, PA) Steve Siwiak, Bodytorium, 724-941-7270*

8 MAY, 10th NPU NYC Championships (White Plains) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

8,9 MAY (NEW DATE) AAU North American BP (Raw/Assisted - youth, teen, jr., novice, military, law, lifetime, submasters, masters, physically challenged) Martin Drake, Box 108, Nuevo, CA 92467, 909-928-4797

8,9 MAY, USAPL Heavy Metal Classic (full power) Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156.

9 MAY, Azalea Festival BP/DL Classic (Fredricktown, MO) Son Light Gym, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

9 MAY, CPC Canadian Championship, Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067

14-16 MAY, AAU Collegiate Nationals (men/women - raw/assisted) & AAU North American High School Championships (men/women - raw only, all AAU youth age groups - USNA Annapolis, MD) Spero Tshontikidis, 315 Irene Way, Stevensville, MD 21666, 410-643-9520

15 MAY, *West Penn Iron Men Meet, Mr. Komo, Powerlifting Coach, Box 99901, Pittsburgh, PA 15233, 412-761-1955 ext. 267*

15 MAY, *17th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692*

15 MAY, *MDSA S. Dakota State/Open (Milbank?) Darwin Jacobson, Box 1031, Willmar, MN 56201*

15 MAY, USPF American Drug Tested PL, BP, DL (open, teen, jr., collegiate, submaster, master - Mt. Laurel, NJ) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

15 MAY, Cross County Pull BP/DL Classic (Mattoon, IL) Son Light Gym, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

16 MAY, Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

16 MAY, AAUPC NJ Open (raw & assisted, all div.'s) Tony Garreffi, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.

21-23 MAY, APF National Masters PL & BP, Jay McVeagh, 1408 N St., Fresno, CA 93721, 209-233-5737.

22 MAY, *Greater Strength II Christ Centered Drug Free Meet, Doug Wedderspoon, 55 Teague Rd., Marshal, NC 28753, 828-683-5512*

22 MAY, USAPL Rocky Mountain States, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-7115

22 MAY, Lifetime Natural Powerlifting Society Nationals, Son Light Gym, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

22 MAY, IPA World Tour BP / DL Championship (over $6,000 in cash prizes) Ray Carey, 215 St. Jean, App. 302, Ange-Gardien, P.Q., Canada, J0E 1E0, 450-293-1659

22 MAY, Blue Ridge BP/Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl@aol.com.

22,23 MAY (New Date), WABDL Budweiser World Record Breakers BP/DL (Double Tree Hotel - Tri Cities/Pasco, WA) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600.

22,23 MAY, NPU Police - Fire - Military Nationals (PL, BP, DL - qualifying totals - Bordentown, NJ) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

22,23 MAY, USAPL National Masters, Mike Ripple, 383 Aris St., New Orleans, LA 70005, 504-828-5205.

1999 IPA World Tour.....
Bench Press & Deadlift Championship
Saturday, May 22, 1999
Hellenic community of Montreal
5220 Grande Allee - St. Hubert, Quebec, Canada

Over $6,000 in cash prizes
Men/Women, Pro & Amateur, Teens Juniors, Open, Submasters & Masters
For information & entries call

Ray Carey (450) 293-1659

★★★★★★★★★★★ 1999 ★★★★★★★★★★★

★ Senior National Powerlifting Championships ★

★ St. Louis, Mo ★

July 16th - 18th

See Gainer, Wil & Tim Taylor, Hooper, Austin, Ricks, Benemerito, Harris, Douglas, Lelato & Gillingham defend their National titles!!! Call now for your entry or meet packet!! Make reservations now!!!

All awards will be uniquly hand crafted oak & walnut by co-meet director Steve Cissell. This will be a three day meet, with the National meeting on Thursday. Don't miss this event!!!

★ Gateway to the IPF Worlds !!! ★

★ Witness as powerlifting returns to the glory days!! ★

★★★★★★★★★★ 314.625.1225 ★★★★★★★★★★

23 MAY, *AAU Pennsylvania St. BP (raw & assisted - all divisions) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620*

23 MAY, Ohio Open Spring BP/DL (men, women, masters) Power Station Gym, 1821 University Blvd., Middletown, OH 45202, Rick Ruether 513-385-9134

26-30 MAY, IPF Women's Worlds (Denmark)

29 MAY, *2nd APF Florida State Open, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527*

30 MAY, Double Masters Meet (DL, BP, PL) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683.

MAY, *USPF Drug Tested Connecticut PL/BP (open, teen, jr., collegiate, submaster, master - Hartford, CT) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net*

5 JUN, *MDSA Scoot to the Loot SQ, BP, DL (Esko, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201*

5 JUN, *U.S. Open BP (men, women, jr., submaster, master, novice - deadline - 5/22/99) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590*

5 JUN, USPF South Texas (open, below1, 40-49, 50+, submaster, women, teen men & women, BP - Austin, TX) Seguin Fitness, 1415 E. court, Seguin, TX 78155, 830-372-3396

5,6 JUN, NASA National Masters/ Submasters (Nashville, TN), NASA, Box 735, Noble, OK 73068, 405-872-9684.

6 JUN, AAU 4th Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou, 610-258-1894

12 JUN, *Immaculate Heart of Mary Festival BP/DL, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670*

12 JUN, *USAPL East Coast Bench Press, Ron Falcone Jr., 16 Chadwick Rd., Wayne, NJ 07470, 973-942-0924*

12 JUN, APF Deadlift Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014.

12 JUN, APA Southern States PL, BP, DL (Deer Park, TX) Scott Taylor, Box 33927, El Jobean, FL 33927, 941-697-7962, apa@ewol.com

12,13 JUN, NPU Men's & Women's Sr. Nationals (raw & assisted - qualifying totals - Baltimore, MD) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

13 JUN, *Eastern Regional Bench/ Curl, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net*

13 JUN, 5th APF Freedom Hill Outdoor Bench Press & Deadlift Classic (men/women open, teen, junior, submaster, master) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm only.

18-20 JUN, (NEW DATE) USAPL Teen/Jr. Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

19 JUN, *Summer Push-Pull, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683*

19 JUN, *MDSA Willmarfest Tournament of Champions, Darwin Jacobson, Box 1031, Willmar, MN 56201*

19 JUN, 15th AAU Raw No Boys Allowed Pennsylvania State/Open Contest (women, men's submaster & master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

19 JUN, USAPL Sooner State Games, Cheryl Auld, 10409 Glascow Dr., Yukon, OK 73099, 800-476-0036 or usaplokla@aol.com

19,20 JUN, WABDL 24 Hour Fitness National Deadlift & National Bench Press Championships (Irving, TX) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600 or Kenny Anderson 972-404-9996.

25-27 JUN, NPU (WNPF) Teen, Jr., Submaster, Master Nationals (raw/assisted) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

25-27 JUN, York Barbell Hall of Fame PL Championships and 2nd Strength Spectacular, Mark & Ellen Chaillet, York Barbell Co., 3300 Board St., York, PA 17405, 800-358-9675

26 JUN, *MDSA 3rd Mega-Meet (Roseville, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201*

26 JUN, International Bavaria Cup Deadlift (women, men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany, 0871-77575.

26 JUN, Montaineer Cup Professional Powerlifting Competition, Nick Busick, Mountaineer Race Track & Gaming Resort, Rt. 2 South, Chester, WV 26034, 304-387-2400.

27 JUN, *USAPL Summer Benchfest, Sortwell Productions, 11360 W. 84th Place, Arvada, CO 80005, 303-425-7075, a.l.sortwell@worldnet.att.net*

27 JUN, Mountaineer Open, National Masters/Submasters, National Men & Womens teen, APA West Virginia State, Open Women, Mountaineer Race Track & Gaming Resort, Attn: Nick Busick, Rt.2 South, PO Box 358, Chester, WV 26034, 304-387-2400.

JUN, USPF Intl. Drug Tested BP & DL (open, teen, jr., submaster, master - Philadelphia, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

JUN, Texas Police Games, TPAF, Box 2040, Abilene, TX 79604, 800-624-9752, Fax 915-676-5033.

3 JUL, *WABDL Hawaii Invitational BP & DL, Mike Saito, 808 Kainoa Pl., Honolulu, HI 96821, 808-373-5053 (eves.)*

3 JUL, Iowa/Midwest Open BP on the Square (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240 or hammes@kdsi.net.

10 JUL, Eastern OK BP and Professional Bikini Contest (Pro, open, teen, novice, women, masters - Eufala, OK) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059

10 JUL, USAPL State BP (MD & DC residents only) Salisbury, MD, Gary Howard, 410-749-9566

10 JUL, AAU Pennsylvania State Raw (SQ, BP, DL, or Total - open only) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

10,11 JUL, APF Men's/Women's Senior Nationals, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527

10,11 JUL, NPU BP & DL Nationals (raw & assisted - Atlanta, GA) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

15-18 JUL (new date), USAPL Men's Nationals & International Friendship Cup (St. Louis, MO) National Mtg. (Th), Competition (Fr-Su), Mike Cissell, 15 Lakeside Dr., Lake St. Louis, Mo 63367, 314-625-1225.

16-24 JUL, World Police & Fire Games, PO Box 19551, S-10432, Stockholm, Sweden, Tel +46 (0) 86731999, Fax +46 (0) 8151999, www.1999.swpfg.se, E-mail: info@1999.swpfg.se.

17 JUL, *3rd annual Florida Push/Pull (both lifts for total, in memory of Lawrence Monberg) Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527*

17 JUL, *Beach Bench Press (Angola, NY) Butch Murr, 716-655-1878*

17 JUL, APF S. California Open PL/ BP (Chula Vista, CA) James Kegrice, 619-401-1772.

17,18 JUL, *WABDL Orange County Budweiser Classic BP/DL (Anaheim, CA) Mary Jacobson, 4429 Mission Ave., #C-109, Oceanside, CA 92057, 760-439-5640*

17,18 JUL, AAU Raw Nationals PL (all divisions) Tony Garreffi, 30 Central Ave., Mays Landing, NJ 08330, 609-625-6407.

24 JUL, USAPL U.S. Open BP & USAPL National Squat, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com.

24 JUL, USAPL Battle on the Beach (Metro Beach) Mike Lawrence, 117 W. South Blvd., Troy, MI 48098, 248-813-9866.

24,25 JUL, NPU New Jersey Natural (PL, BP, DL - Bordentown) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

30,31 JULY, *Bend Summer Strength & Fitness Festival (women) and Strongest Man on the Planet (true strength events as opposed to endurance - 1st prize $800) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*

31 JUL, AAU World Bench Press Qualifier for Hawaii, all Pacific Islands, and Asia Record Breakers, Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266

JUL, *MDSA Biggest BP/DL on the Beach (Spicer, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201*

JUL, Border Classic Bench Press, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

1 AUG, *APF Oregon State PL, Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*

6,7 AUG, AAU Jr. Olympics (Cleveland, OH) AAU National Office 407-934-7200

7 AUG, *MDSA 3rd Paul & Debbie Ellering Fitness Center Open (Melrose, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201*

7 AUG, USPF Alamo Classic (open, below1, 40-49, 50+, submaster, women, teen men & women, BP - Austin, TX) Seguin Fitness, 1415 E. court, Seguin, TX 78155, 830-372-3396

7 AUG, Greene County StrongMan/ Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com.

7 AUG, 2nd APF Mideastern Regional Bench and Deadlift Championships (men/women open, teen, junior, submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974.

7,8 AUG, CPC Can Am World Cup, Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067

14 AUG, Camanche Days BP/Trap Bar DL, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695.

21 AUG, *9th End of Summer BP, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683*

21 AUG, Mid Atlantic BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com.

22 AUG, IFF BP/DL/SQ/MP Competition (men/women - Myrtle Beach, SC) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

27-29 AUG, WDFPF Combined Worlds (supportive/non-supportive teenage, junior, masters, open - incl. police, military, fire) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

28.29 AUG, AAU North American PL & Southwest BP (raw/assisted - youth, teen, jr., novice, military, law, lifetime, submasters, masters, physically challenged) Martin Drake, Box 108, Nuevo, CA 92467, 909-928-4797

AUG, APF Bench Bash for Cash (North) Date and City TBA, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527

11,12 SEP, *WABDL Idaho Iron Great Northern BP/DL (Post Falls, ID) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*

12 SEP, *USAPL Mile High Push 'n Pull, Sortwell Productions, 11360 W. 84th Place, Arvada, CO 80005, 303-425-7075, a.l.sortwell@worldnet.att.net*

12 SEP, *Baltimore Bench/Curl, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net*

14-19 SEP, IPF Jr. Worlds (Prague, Czech Republic)

17-19 SEP, AWPC Drug Tested World Championships (Las Vegas, NV) Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527

18 SEP, AAUPC National Bench Press (men, women, all divs. & age groups - top 10 places) Joe's Gym, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

18 SEP,(tentative) USAPL Capital Classic Open, PG Plaza Community Ctr., Hyattsville, MD, Eugene Julien, 301-864-1611/1612

18 SEP, AAUPC 17th New Jersey State PL & BP & DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695.

18 SEP, 5th APF Wolverine Open (open, women, teen, jr., submaster, master) Dan Defelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm only

18,19 SEP, *USAPL Nevada State (spec. olympians and out of state lifters welcome) Raul Lopez, 551 S. Juneau, Elko, NV 89801, 702-753-2374 or Wade Jensen 702-753-7161*

18,19 SEP, USAPL Bench Press Nationals (men, women, teen, masters, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692.

25 SEP (new date), *Fall Bench Press Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com.*

25 SEP, NPU Delaware State (New Castle) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

25 SEP, 3rd U.S.A. St. Mary's BP/DL, Todd Mountain, 499 Spruce St., Suite 13, St. Mary's, PA 15857, 814-834-9222

SEP, *USPF Drug Tested Delaware Open PL/BP (open, teen, jr., collegiate, submaster, master - Wilmington, DE) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net*

SEP, AAU National SQ/DL (raw/ assisted - youth, teen, jr., novice, military, law, lifetime, submaster, master, physically challenged) Martin Drake, Box 108, Nuevo, CA 92467, 909-928-4797

2 OCT, APF California Open PL & BP (San Luis Obispo) Gene Estrada, 805-544-1879.

9 OCT, 3rd Pottstown Invitational Power Challenge (men, women, submaster, master, teen, law/fire, jr.) Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA

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19468, 610-948-7823

9-10 OCT, USAPL Open Ohio BP (open men & women and raw men & women, teen, master, team - Saturday) **& USAPL Deadlift Nationals (numerous divisions - Sunday) Ed or Frank King or Larry Miller, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-KING**

15-17 OCT, AAU Worlds, Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804

16 OCT, 8th NPU Lifetime Drug Free Nationals (raw & assisted - Greenville, SC) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

19-24 OCT, IPF World Masters (South Africa)

23 OCT, Testosterone Showdown (Curl, BP. DL) Tim Piper WIU, Brophy Hall 221C, Macomb, IL 61455, 309-298-1781.

23,24 OCT, *USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com*

24 OCT, *Towson Bench/Curl, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net*

30 OCT, 17th AAU Raw Central PA Open (open, teen, jr., submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

30 OCT, APF Halloween Bench Wars, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014.

OCT, *APF Bench Bash for Cash (South) Date TBA, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527*

5-7 NOV, WABDL World BP/DL Championships (Holiday Inn Airport, Portland, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

6 NOV, NPU East Coast BP/DL (Lancaster, PA) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

6 NOV, USPF Texas Cup (open, below1, 40-49, 50+, submaster, women, teen men & women, BP - Austin, TX) Seguin Fitness, 1415 E. court, Seguin, TX 78155, 830-372-3396

6 NOV, 3rd APF Cadillac City Bench and Deadlift Classic (men/women open, teen, junior, submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974.

9-14 NOV, IPF Men's Worlds (Trento, Italy)

13 NOV, *Iowa/Midwest Open BP/DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net*

15-21 NOV, WPC World Championships, Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067

19-22 NOV, IPA Sr. Nationals (Annapolis, MD) Mark & Ellen Chaillet, 2536 Eastern Blvd. #515, York, PA 17402

20 NOV, APA Texas State PL & Lone Star BP/DL Classic (Deer Park, TX) Scott Taylor, Box 33927, El Jobean, FL 33927, 941-697-7962, apa@ewol.com

20 NOV, (tentative) USAPL State Meet (MD & DC residents) John Mogavero, 9901 E. Franklin Ave., Glenn Dale, MD 20769, 202-224-2124

20-21 NOV, AAU Drug Free World BP (Vista, CA - raw/assisted - youth, teen, jr., novice, military, law, lifetime, submaster, master, physically challenged) Martin Drake, Box 108, Nuevo, CA 92467, 909-928-4797

NOV, *2nd AAPF/APF Southern States, Kieran Kidder, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527*

NOV, *USPF Drug Tested PA St. & Reg. II PL/BP (open, teen, jr., submaster, master) & Reg. II Mtg. & Referee Cert. Clinic Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net*

NOV, AAUPC World Bench Press, Larry Larsen, 11 Bell St., Quincy, MA 02169, 617-479-7761

4 DEC (new date), *Christmas Bench Press Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com.*

4 DEC, NPU Georgia Natural (Atlanta, GA) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

4 DEC, APF National Iron Man Physique PL & BP (Fresno, CA) bob PAcker, 209-439-4394.

5 DEC, *USAPL Colorado State Open PL, Sortwell Productions, 11360 W. 84th Place, Arvada, CO 80005, 303-425-7075, a.l.sortwell@worldnet.att.net*

10-12 DEC, IPF World Bench Press (Vaasa, Finland)

11,12 DEC, USAPL National Police/Law & Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, jshiffl239@aol.com

12 DEC, NPU Sarge McCray Natural BP/DL (Bordentown, NJ) NPU, Box 142347, Fayetteville, GA 30214, 770-996-3418

12 DEC, 7th AAU Raw Coal Country BP & DL Classic (separate meets - open, teen, jr., submaster, master) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

DEC, *6th Christmas Bench Press Classic, Aaron Pete, 1231 Cayuga Ave., San Francisco, CA 94112, 415-585-7795*

24-28 MAY, 2000 IPF Women's Worlds (Buenos Aires, Argentina)

13-17 SEP, 2000 IPF Jr. Worlds (Kau-Hsiung, Taiwan)

17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)

14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan)

NOV, 2000 WABDL World BP/DL Championships (Rio DeJaneiro) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

7-10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic)

OCT 2001, WABPD World BP/DL Championships (Helsinki, Finland) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

P.S. when writing include a Stamped, Self-Addressed Envelope for the meet director to return an entry. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

P.P.S. Italicized entries are new meets or updates to previous entries in our listing.

Letters From Our Readers:

Mr. Lambert: This is a letter I have considered writing for a long time. When I saw the results from the IPF Worlds & read some of the comments from Dennis Brady, I felt it was time to write. Having been a competitor in both Olympic & Powerlifting since 1958, I witnessed the takeover of Olympic lifting by the Soviet Union. It now seems that they have taken over Powerlifting in their new incarnation! I was amazed to see there was not one U.S. World Champ. I think Mr. Brady had it right when he says he sees things getting worse instead of better. It used to mean something if you were a Nat'l Champ or a World Champ, now who knows how many other guys lay claim to the same titles. It seems as though if you can't win a big title in one organization, well then, try another. Their rules may be a little more lax & you stand a better chance of winning a title. Things seem to have gotten so watered down that we can't even field a winning team for the IPF Worlds. I guess we will have to take a back seat to the rest of the world now just as we did years ago with Olympic Lifting. History does repeat itself! Sincerely, *Richard Beyer*, Birmingham, AL

To: Mike Lambert
From: Steve Denison

I would like to address the issue of powerlifting gear, specifically whether there is a need for assistance gear. The AAU and some other organizations have been pushing the "Raw" powerlifting competitions which is fine, but I do not see the benefit to the lifter or the sport. I feel the AAU may be pushing "Raw" meets because that's the way it was in the beginning of our sport. Well for that matter, football began with leather helmets and I don't see them going back to that simply because it's a safety issue. Wearing powerlifting gear is also a safety issue. I think organizations who push the "Raw" meets are going back in time and they are disregarding the safety of lifters.

Technology today has brought sporting events a long way from when they started. Basketballs, baseballs, golfballs, footballs, soccer balls are all made much more superior to what they had been originally. This has enabled golfers to hit longer shots, baseball players to hit balls further, etc. Baseball gloves are better made for superior performance. There are new cleats that are lighter and more performance enhancing for football, baseball, soccer, and track. We now have better golf clubs, pole vaults, and track and field courses. In fact most sports have better equipment for the athlete which I think makes that particular sport more exciting and creates better performance. Do you agree?

Another reason to consider why we need supportive gear is the fact that our sponsors come from the companies that make the apparel or the support gear for the lifter. If powerlifting is ever going to go anywhere then we need sponsors. Sponsors are the life blood that enables meet directors to pay for trophies, T-shirts, send out entries, pay for officials, and other miscellaneous expenses. It's no fun being a meet director because its hard to find enough help and money to pay for that help and equipment without some kind of sponsorship. I love this sport. I've been competing for 15 years. I've seen good and bad meets as have most people. I like a well run meet. I like to see big lifts, and I don't care if people use a bench shirt or squat suit as long as the rule allows it. We need the supportive gear because of safety and because we need sponsors. We need the supportive gear because we want to lift big and see big lifts. This is just my opinion. What do you think? *Steve Denison*, Bakersfield, CA

USAPL Baddest Benchers
17 Oct 98 - Bowie, MD

WOMEN 148 lbs.		B. Minor	590*
T. Barnes	165*	MEN Juniors	
165 lbs.		181 lbs. (18-19)	
T. Clark	150	M. Neidig	365*
MEN 181 lbs.		Masters (45-49)	
M. Neidig	365*	220 lbs.	
198 lbs.		R. Odwyer	420*
C. Cotillo	450*	LAW ENFORCE.	
J. McPhearson	320	198 lbs.	
242 lbs.		C. Cotillo	450*
C. Ricks	450	275+ lbs.	
275+ lbs.		B. Minor	590*

*=State record. Meet Director: Butch Minor. (Thank you to the USAPL for providing these meet results)

AAU Teenage Record Breakers Meet
12 Dec 98 - Stevensville, MD

Men	SQ	BP	DL	Total
55				
Y. Tshontikidis	65	35	115	215
S. Larrimore	20	20	60	100
114				
J. Lewis	95	65	135	295
132				
M. Terrones	215	130	255	600
148				
T. Bare	185	175	305	665
R. Gellert	180	175	300	655
P. Lurst	210	140	300	650
N. McFadden	185	155	300	640
J. Evans	150	150	265	565
R. Thompson	145	95	225	465
165				
F. Allen	210	185	310	705
D. Welsh	170	140	245	555
T. Ward		220		
181				
S. Riggs	240	190	320	750
D. North	220	170	345	735
S. Porter	210	175	345	730
A. Hawkins	180	165	275	620
198				
H. Motley	250	185	350	795
J. Warren	230	165	325	720
Guest Lifters				
181				
V. Sussman	230	165	340	735
220				
M. Gallagher	455	290	500	1245
275				
T. Wiley	555	470	575	1600
319				
J. Sauter	650	430	620	1700
Women				
77				
R. Larrimore	55	30	90	175
88				
N. Conyer	85	45	125	255
4th attempts		50	135	
E. Tshontikidis	45	30	75	150
97				
R. Stidon	110	60	130	300
L. Herndon	80	65	120	265
104				
A. Johnson	110	55	140	305
114				
K. Sharp	170	80	215	465
123				
C. Hale	205	110	300	620
4th attempts	210		310	
V. Sharp	125	85	200	410
4th attempt			210	
A. Eury	125	80	185	390
4th attempt		205		
148				
C. Hicks	175	105	265	545
4th attempt		280		
J. Conyer	125	70	190	385
181				
M. Richmond	145	100	225	470
198				
S. Bowser	145	85	230	460
T. Holt	135	75	180	390
N. Mitchell	115	85	180	380
SHW				
K. Sherman	200	105	245	550
C. Dodd	110	200		

* denotes best lifter. The third AAU Teenage Record Breakers Meet was a great success thanks to the exciting lifting of Marty Gallagher and Company, Hargrove Military Academy, Henry's Dynatorium, and Kent Island High School. Nate McFadden of HMA's "Guns from God Power Team" was the Outstanding Male Lifter, and Teammate Carrie Hale won the Outstanding Female Lifter honors. Guest lifter Joe Sauter impressed the crowd with his 650 squat without a suit, belt, or wraps! AWEROME. Teammate Tom Wiley's 470 bench was equally impressive, and kept the crowd alive for an exciting deadlift finale with numerous personal bests and AAU Teenage American Records. Special thanks to Marty, Joe, Tom, and Vic Sussman for their outstanding effort and the positive role model that they set for the teenage athletes! Congratulations to Coach Clay Draud of HMA for his "Coach of the Year" honors and the teams from HMA, Henry's Dynatorium, and KTHS for their efforts and accomplishments. Special thanks to Greg, William, Alphonso, Wanda, and Mr. Dobson for all their support; to Mr. Keene and Mr. Green for helping out Saturday morning; to Al, Brenda, and Jay Siegel for the AWESOME awards; to Paul Griffith, Brian Washington, Michael Wright, and Tom Wiley for officiating; to Ben Bownas and Alex Leanos fo the USNA for spotting and loading; to Caryn for all her support; and to the Lord, who brought it all together. God Bless and Happy Holidays. (thanks to Spero Tshontikidis for results)

Power People

Koa Chun, *deadlifted 225 lbs. in the House of Iron Gym in Kihei, Maui, weighing 83 lbs., at 4'10", and at the age of 11. Koa's father, Wade, wonders if this is some kind of record. Koa has been training for 2 years now. (photograph reproduced from Wayne's video.*

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AAU North Carolina State
5 Dec 98 - Monroe, NC

Raw	SQ	BP	DL	Total
Men				
123				
M. Willaby	185	130	310	625
132				
E. Braswell	145	120	270	535
148				
E. Clark	305	195	370	870
B. Zak	135	280	145	560
165				
C. Kerley	450	275	500	1225
181				
W. Pennell	480	335	550	1365
T. Pardue	465	305	580	1350
J. Nichols	380	270	530	1180
198				
R. Maynard	365	330	470	1165
220				
C. Smith	475	335	500	1310
R. Griffith	415	315	540	1270
J. Hutchens	375	275	525	1175
242				
S. Harris	405	405	505	1315
275				
S. Davenport	600	405	560	1565
P. Young	550	385	575	1510
J. Sisk	525	365	600	1490
Women				
123				
D. Burnett	140	75	185	400
132				
G. Chavis	205	150	260	615
J. Cooper	120	115	185	410
148				
A. Barbee	145	85	185	415
165				
G. Quisenberry	135	95	200	430
198				
L. Styers	200	100	265	565
Men's Submaster				
114-165				
T. Grant	360	305	475	1140
181-220				
R. Goodwin	385	300	470	1155
Women Submasters				
132-UNL				
G. Chavis	205	150	260	660
Mens Masters				
114-165				
M. Teasley	350	225	405	1010
181- 220				
J. Roten	440	285	500	1225
C. Meuisten	240	150	320	710
D. Pagan	360	245	450	1055
Max Gordon	200	140	230	570
Women Masters				
95-123				
K. Becerra	160	135	275	570
132-UNL				
M. Rubinoski	225	125	300	650
G. Quesenberry	135	95	200	430
Men's Teen				
114-165				
M. Brown	295	295	360	860
E. Midkiff	160	95	205	460
A. Randall	230	150	300	680
A. Collins	225	155	315	695
L. Johnson	125	80	175	380
181-220				
N. Roten	360	270	420	1050
C. Black	250	185	290	725
R. Davis	185	145	325	655
Teen Women				
S. Bell	135	95	305	535
H. Hodges	155	85	225	465
L. Styers	200	100	265	565
A. Barbee				
Traditional (Full Gear) Competition				
Men's Open				
165				
T. Headrick	500	350	405	1305
K. Terry	380	390	380	1150
220				
J. Winters	575	450	500	1525
D. Bunn	565	365	530	1460
W. Taylor	495	435	500	1430
242				
J. Williams	505	330	450	1285
275				
D. Michaels	505	390	500	1395
319				
M. Neal	775	560	640	1975
S. Springs	700	440	660	1740
Womens Open				
123				
K. Hughes	250	155	315	720
B. Little	205	120	260	585
148				
W. Bissette	300	195	455	950
T. Collins	275	160	300	735
V. Taylor	200	130	215	645
181				
B. Coulson	241	115	285	645
Men's Submasters				
181-220				
A. Lockhart	550	340	500	1390
M. Little	450	340	500	1290
B. Walker	45	45	535	625
Women's Submasters				
95-123				
K. Hughes	250	155	315	720
132-UNL				
W. Bissette	300	195	455	950
Men's Masters				
114-165				
S. Brawley	315	205	330	850
R. McClenden	420	305	450	1175
181-220				
M. Bradey	405	330	505	1240
A. Campos	560	270	500	1330
242-SHW				
A. Arrington	560	300	510	1370
J. Mullis	500	330	525	1385
B. Strauss	500	315	440	1255
Teen Men				
114-165				
A. Gessner	310	215	370	895
N. Desloge	210	145	275	630
18 1-220				
D. Desloge	260	160	350	770

Best Lifters Raw Divisions: Mens Masters - Jack Roten; Teen Men Nate Roten; Mens Open 114-181 - Waye Penell, 198-SHW Steve Davenport; Womens Open - Gailanne Chavis; Mens Submasters - Tom Grant; Team Awards - 1st - Applachian, 2nd - Enterprise Workout, 3rd - Charlotte PAL. Traditional Division: Men's Masters - Arnold Arrington; Teen Men - Adam Gessner; Mens Open - 114"-181 - Ton Headrick, 198-SHW - Michael Neal; Women's Open - Wanda Bissette; Submasters Men - Anthony Lockhart. (courtesy John Howie)

2nd Minot Family YMCA BP
21 Nov 98 - Minot, ND

MENS DIVISION:		SUB MASTERS	
PLACE NAME	LIFT	(AGE 35-39)	
148 LB Class:		ROB BRYANT	330
ERIC SHAW	200	MASTERS DIVISION	
181 LB Class:		(AGE 40 & UP)	
ROB BRYANT BL	330	G. CLOCK 220	420
198 LB Class:		B. WEBER 181	370
JASON COFIELD	275	TEENS DIVISION:	
220 LB Class:		123 LB Class:	
D. JOHANNES	375	GOTTFRIED BL	185
BOYD STRAND	315	JEREMY OVERBY	155
CHRIS OEN	315	198 LB Class:	
242 LB Class:		ERIC CLOCK	200
ROB ROOT	260	SHW	
		ROB ROOT	260

(thanks to Boyd Strand for providing these results)

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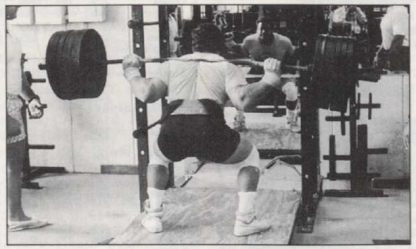

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APF Tidal Wave BP Meet
17 Oct 98 - Toledo, OR

Women's Division		242	
Master		Teenage	
148		Justin Beal	235
Patricia Reed	160s	Open	
165		Kevin Glover	405
Laura Simpson	180s	Novice	
181		Mike Bamey	375
Karen Hubbard	130	Jason Loitz	355
198 Novice		Randy Marks	335
Andrea McIntosh	140	Bob Zawaski	
Mens		275	
181		Novice	
Anthony Allen	345	Jody Orr	440
Ron Vitek	300	Greg Demetz	350
Novice		SHW	
Rich Miller	300	Novice	
Master		Rick McClung	435
Bill Cox	355	Open	
		J. DiazDeleon	445

THE TIDAL WAVE MEET WAS A BIG SUCCESS IN TOLEDO, OREGON .... THE APF IS ALIVE AND KICKIN' IN THE STATE OF OREGON! THE FIRST OF IT'S KIND IN THE AREA, THE TIDAL WAVE BENCH PRESS MEET HAD A BIG CROWD, ROCK'N'ROLL, AND THE MEET WAS RUN SUAVE AND SOPHISTICATED. THE LIFTERS WERE TREATED TO A NEW COMPETITION BENCH BUILT BY IN-SHAPE DESIGN IN SALEM, OREGON. THIS IS THE GRAND DADDY OF BENCHES, WITH 3X3 CONSTRUCTION, IT IS SETTING THE NEW STANDARD OF COMPETITION BENCHES. THE MEET STARTED OFF WITH THE WOMEN, TWO OF WHICH BLASTED THEIR WAY TO NEW OREGON STATE RECORDS. LAURA SIMPSON, WHO COMPETED IN THE 165 LB. (AGE 40-49) WT. CLASS, BROKE THE STATE RECORD ON HER FIRST ATTEMPT, ENDED UP WITH AN ADMIRABLE 180 BENCH. PATRICIA REED ALSO BROKE THE OREGON STATE RECORD IN THE 148'S (AGE 40-49) WITH A STRONG 160 BENCH. IT WAS AN AWESOME DAY ALSO FOR THE OTHER TWO WOMEN COMPETING, KAREN HUBBARD AND ANDREA McINTOSH. KAREN, IN THE 181 (AGE 40-49) WT CLASS POWERED UP 130 ON HER THIRD ATTEMPT AND ANDREA SHOWED SOME REAL INTENSITY FOR HER FINAL LIFT OF 140 IN THE 198'S. THE LONE TEENAGER WAS JUSTIN BEAL, WHO DID VERY WELL FOR HIS FIRST MEET. HE HAD GOOD FORM AND DID A PERSONAL BEST OF 235 ON HIS THIRD ATTEMPT IN THE 242'S. BILL COX HAS PERFECTED HIS FORM AT 181, WITH HIS BENCH OF 355 ONLY GETTING BETTER AS HE ENTERS THE MASTERS. RICK McCLUNG DID A NEW PERSONAL BEST OF 435 IN THE SHW'S, DRIVING IT UP WITH IMPECCABLE FORM. JODY ORR DID AN AMAZING CLOSE GRIP BENCH OF 440 TO CAPTURE THE BEST LIFTER AWARD. STEVE BEAUDOIN, THE QUIEST LIFTER, FINISHED HIS "WORKOUT" AND WOWED THE CROWD WITH A STRONG 460 FOR 3 REPS IN A TANK TOP. STEVE COMPETES AT 220 IN THE 40-49 AGE GROUP AND HOLDS THE OPEN OREGON STATE RECORD IN HIS WEIGHT CLASS. ALL THE LIFTERS WERE PUMPED AND THE AIR WAS SO FULL OF POSITIVE ENERGY THAT OLD PR'S WERE BEING BROKE THROUGHOUT THE MEET. "EXPECT TO SEE MORE MEETS IN 1999" SAYS RICH MILLER, OWNER OF BODYIMAGE FITNESS CENTER AND TOD BECRAFT, APF PROMOTER. BECRAFT, WHO HAS BEEN PUSHING HARD FOR THE APF IN OREGON, HAS GENERATED AND OPERATED 2 APF MEETS IN THE LAST 6 MONTHS. BECRAFT WAS ALSO HEAD REFEREE FOR THE TIDAL WAVE. LIFTERS CAME FROM AS FAR AS 200 MILES TO COMPETE. WITH QUALITY TROPHIES AND HIGH GRADE JUDGING, THERE WILL BE A LOT OF PEOPLE TRAINING FOR THIS MEET NEXT YEAR. SPECIAL THANKS TO JULIE HAVELKA, GEORGE WIK AS SIDE REFEREES AND BILL COX AS ALTERNATE REFEREE. ALSO HELPING WITH THE MEET WERE DAVE OLSEN AND BRUCE READ AS SPOTTERS, DON TAYLOR AS ANNOUNCER, LISA MILLER AS HEAD SCORE KEEPER AND CHANTEL SHARTSIS AS MUSIC DJ. (thanks to Rick Miller for providing the results)

Jungle Gym "Big Boys" BP/DL Classic
12 Dec 98 - Lindenhurst, IL

BENCH PRESS		Frank Loraia	405*
Teenage Men		242	
John Stewart	325*	John Oelkers	400
4th	335*	David Babulak	370*
M. Novoseletsky	330	4th	380*
Junior Men		DEADLIFT	
Dan Morjal	405	Teenage Men	
Submaster Mean		M. Novoseletsky	460*
R. Pietrowski	420	4th	465*
4th	430*	Junior men	
Bob Scherer	355*	Dan Morjal	525*
165		Submaster Men	
James Dreksler BL	400*	Bob Scherer BL	550*
181		Master Men	
Ray Moresi	400*	Stewart Coogan	535*
4th	410*	198	
198		Darby Oelkers	520*
S. Hamilton	350*	242	
4th	360*	David Babulak	485*
220		John Oelkers	485
Eric Burleson	410*		

* personal record. BEST LIFTERS: Bench Press - James Dreksler; Deadlift - Bob Scherer. The Jungle Gym "Big Boys" Bench Press/Deadlift Classic was held December 12, 1998 in Lindenhurst, Illinois at the Jungle Gym. Many thanks to Al and Trisha Roth, owners of The Jungle Gym for their help and support of this competition. Thanks also to Billy, Jeremie, Brandon and Carol for all their help, without whom I would have had a tough time running the meet as smoothly as it was. In the bench press division first-time competitor John Stewart won the teenage class with a personal best 325, following that with a successful fourth attempt of 335. Mike Novoseletsky was second with 330, missing 340 on this day. Mike is nearing the end of his teenage lifting career, which includes a number of national titles. Junior class winner was Dan Morjal with a easy 405, missing only his final attempt of the day with 425. Randy Pietrowski took the submaster class with a great day of lifting, finishing with a strong fourth attempt pr 430. Bob Scherer was second with a new personal record 355. At 165 it was James Dreksler winning with a personal best 400. James was lifting in his first competition and at a 165 bwt. was good enough to win best lifter. Not bad for the first time out! Lifting partner Raymond Moresi moved up to the 181's, weighing in at 168, getting a personal best 400 for his third attempt, followed with a hard-fought 410 fourth attempt. Shannon Hamilton also had a great day, lifting in his first competition, going 350 and 360 for his third and fourth attempts. Both of these were personal bests for Shannon, who delighted the crowd with his over-enthusiastic antics. (It's always good to see someone have a great time!) At 220 Eric Burleson just did finish ahead of Frank Laraia 410 to 405. This competition went neck and neck down to the wire with both getting new personal records along the way. John Oelkers had been training for a few weeks, on his way back up when he decided to do this contest, then ended up winning at 242. David Babulak was second with 370, followed by a 380 fourth. Both were personal bests for David, who was competing without a bench shirt. In the deadlift competition Mike Novoseletsky won the teenage class with pr's of 460 and 465 (4th). Dan Morjal again won the junior class with another personal best 525. Dan is a naturally big man and once he gets his form down look out! Bob Scherer continues to improve getting another p as well as best lifter honors with his 550 in the submaster class. Stewart Coogan was close to Bob for best lifter, pulling a strong pr of 535 to win the master's class. 550 would have went! Another pr was set at 198 with the winner being Darby Oelkers who pulled a great 520! Then at 242 another battle raged with David Babulak going against John Oelkers once again. This time David came out the victor winning on bwt. since both pulled 485. David's lift was a personal record. Thanks again to everyone who helped or participated in any way. (results courtesy Darrell Latch)

APF/AAPF Northeastern BP
15 Nov 98 - Saratoga Springs, NY

Special Olympics		148	
Lightweight		R. Martinez	320
D. York	200	Men Master	
Heavyweight		132	
G. Corknard	275	N. Whitaker	205
C. Akers	240	220	
Women Open		R.Wayman	440n
165		242	
S. Norton	180	C. Hager	380
Women Submaster		275	
105		G. corknard	275
D.Masters	110	Men Open Amateur	
Women Master		165	
132		J. Hamed	280
G. Naja	100	242	
181		C. Hager	380
L. Norris	135	275	
Teen Division		P. Porcelli	430
C. Callahan	235	Men Open Pro	
Junior Division		198	
J. Hamed	280	V. Cuomo	405
Raw		242	
242		M. Donlick	450
M. Zabielski	455	275	
275		T. Hickey	500
K. Harrington	490	308	
308		J.M. Blakley BL	690
K. Lampman BL	500	308+	
Men Submaster		D. Barnes	
132			
B. Coisson	260		

n - national record. I would like to note that we had a Raw Division where no equipment was allowed. We also had a Special Olympics division which was very successful. Ray Wayman set a National Record in the Men's Master 220 class. KevinLampman took the Raw overall trophy for the most weight pressed. J.M. Blakley took the men's overall trophy by formula. (Thanks to Michael Donlick for results) P.S. There was a nice writeup by Stan Hudy and a photograph in the November 16th edition of the Saratogian newspaper on this competition.

Best of the Best... *(from left to right) James Dreksler (Best Lifter Bench Press), Al & Trisha Roth (owners of Jungle Gym), Bob Scherer (Best Lifter Deadlift). Photograph provided courtesy of Dr. Darrell Latch*

USAPL New Jersey States
24 Oct 98 - Ledgewood, NJ

MENS OPEN 114	SQ	BP	DL	TOTAL
BRUCE LOZITO	122.5	100	150	372.5
MENS OPEN 148				
MIKE KENNY	192.5	125	192.5	510
Kenny Davis	-	-	-	-
MENS OPEN 165				
JOE DEMATTEO	210	182.5	217.5	610
JOHN DALESSIO	207.5	155	227.5	590
JOHN GARCIA	157.5	107.5	190	455
MENS OPEN 181				
BILL SCULLY (40)	250	170*	272.5	692.5*
DOUG ELY	237.5	182.5*	227.5	647.5
JERRY DALLY	237.5	140	252.5	630
VICTOR PARETS	225	142.5	225	592.5
RON FALCONE	212.5	160	215	587.5
M. LEIBOWITZ	195	140	215	550
MIKE GATES	167.5	150	177.5	495
MENS OPEN 198				
JOE MCAULIFFE	240	237.5	272.5	750
D. VAN LENTEN	252.5	197.5	250	700
JOE HARRELL	245	165	272.5	682.5
ERIC GROSBECK	237.5	152.5	250	640
KEVIN FARLEY	222.5	187.5	227.5	637.5
JEFF"I"VALKER	192.5	145	227.5	565
DENNIS CIERI	67.5	247.5*	67.5	382.5
MENS OPEN 220	SQ	BP	DL	TOTAL
B. CALLAHAN	275	185	267.5	727.5
KEN BRUNSKILL	252.5	160	275	687.5
MENS OPEN 242				
L. THOMPSON	260	-	-	
MENS OPEN 275				
MATT CLARK	297.5	200	282.5	780
D. NEMOW	275	215	257.5	747.5
JIM WEISS	272.5	182.5	287.5	74*Z5
OUT OF STATE WOMEN				
J. DAVIS (1 14)	150	82.5	175	407.5
OUTOF STATE - MEN-LIGHT				
CUTTING (156)	192.5	125	237.5	555
OUT OF STATE - MEN-HEAVY				
H. ROSS (204.5)	250	172.5	290	712.5
DELVECCHIO	272.5	187.5	265	725
GOMES(246.25)	265	18*Z5	272.5	720
J. ALTILIO (235)	112.5	145	155	412.5
TEEN MEN-LIGHT				
POWELL (144.5)	115	92.5	162.5	370
SMUELSON(150)	110	110	117.5	337.5
TEEN MEN-HEAVY				
NICALOSI (205)	205	137.5	205	547.5
J. BONINA (190)	172.5	120	225	517.5
CAMACHO (216)	100	172.5	185	457.5
P. PAPPUS (198)	-			
JUNIORS MEN-LIGHT				
LEIBOWITZ(176)	195	140	215	550
GOLBA (146)	172.5	145	155	472.5
JUNIORS MEN-HEAVY				
A. RIVANO (198)	197.5	172.5	230	600
SUB-MASTERS MEN-LIGHT				
M. KENNY (144)	192.5	125	192.5	510
J. GENGO (148)	170	120	207	497.5
SUB-MASTERS MEN-HEAVY				
H. ROSS (204.5)	250	172.5	290	712.5
J. WEISS (272.25)	272.5	182.5	287.5	742.5
FANTAUZZI(231)	185	147.5	197.5	530
MASTERS MEN-LIGHT				
Ginenthal (178)	160	107.5	197.5	465
Pelligrino (163)	187.5	152.5A	195	535
J. WEISS (178)	125	85	172.5	382.5
Rosenwald (167)	150	107.5	182.5	440
MASTERS MEN-HEAVY				
E. GOMES (246)	265	182.5	272.5	720
SCHELTINO(214)	172.5	125	200	497.5
RAW MEN-LIGHT				
B. LOZITO (1 13)	122.5	100	150	372.5
TIM JONES (178)	160	125	215	500
Goralewski (176)	137.5	125	170	432.5
J. WOLFF (160.5)	110	87.5	155	352.5
RAW MEN-HEAVY				
L. SAMUELS (232)	220	177.5	272.5	670
F CAINE (199)	192.5	147.5	205	545
FANTAUZZI (231)	185	147.5	197.5	530
CAMACHO (216)	100	172.5	185	457.5
LIFETIME MEN-LIGHT				
KEYASKO (180)	167.5	127.5	215	510
LIFETIME MEN-HEAVY				
H. ROSS (204.5)	250	172.5	290	712.5
COVELLO (239)	137.5	160	210	507.5
J. ALTILIO (235)	112.5	145	155	412.5

Best in the Light Day: Squat - Bill Scully, Bench Press - Joe DeMatteo, Deadlift - Jackie Davis, Overall - Bill Scully. Best in the Heavy Day: Squat - Matthew Clark, Bench Press - Dennis Cieri, Deadlift - Hugh Ross, Overall - Joe McAuliffe. The 1998 USAPL New Jersey States Powerlifting Championships were held on the October 24-25 weekend. The meet was sponsored by Pro Fitness Health Club and held at the Days Inn Hotel, Ledgewood, NJ. The contest site was comparable to that of most national meets. The equipment was top notch with Ivanko weights and a suede-covered bench used. Judging, for the most part was done by national level or above officials and was strict and consistent. Lifters competing at this event will be well prepared should they choose to compete at a national level meet. IPF rules of performance were utilized with two sessions being held each day. The lifters in the first session (women and men 148 lb. and under) of day one and second session (men 242 and above) of day 2 experienced the aerobic effects of how quickly IPF flights can move. The USA PL NJ State championships have been held annually dating back to 1983. New Jersey was one of the original states to sign the ADFPA charter and has a rich history of quality lifters. Many NJ lifters have utilized this meet as preparation to National and World championships. The lifters in this year's meet continued the fine tradition of high caliber lifting. Eighteen year old Bruce Lozito lifted well totaling 821 lbs. Raw taking both the Open 114 lb. class and the Raw division by formula. In the 148 lb. class, Kenny Davis, who appeared to be well able to post a qualifying total for Open Nationals in training, had an off day and was unable to get a squat in. This opened the door for Mike "Mr. Abs Jr." Kenny, down from the 165 lb. Class, to win the class with a fine 1124 total. Joe DeMatteo lifted solidly, totaling 1345 including a fine 402 bench press to take the Open 165 lb. class. John Dalessio totaled 1300 lbs. with only 3 successful lifts to take second. John Garcia totaled over a thousand to place third. The 181 Open class had 7 lifters. Bill Scully won the class with a State Masters total record of 1526 and a State Master 374 lb. Bench press. Doug Ely came in second place totaling 1427 and established a state sub-master record bench of 402 lbs. Jerry Dally qualified for the Americans Cup and took third place with a 1388 total. Seven lifters competed for the 198 lb. Open title. Joe McAuliffe won the class but held his total down to focus on the bench press. The 198 lb. title almost seemed secondary to a bench press showdown between Dennis Cieri and Joe. Joe smoked his opening bench with a fine 523.5 lb. American bench press record. Dennis opened with an easy 501 bench press. Both lifters called for a 545.5 lb. second attempt. Dennis completed the 545.5 but was called for beating the referee's signals. Joe was unable to complete the weight. Third attempts with the 545.5 weight saw Joe again stall out. Dennis came out, again completed the weight, and this time he received the required white lights to break Joe's earlier American Record. Second place in the 198 class was Dave Van Lenten's with a 1543 total. Third place went to Joe Harrell with 1504 total. Eric Grossbeck snuck by Kevin Farley on the deadlift to get fourth place. Kevin continued his history of taking his lifting to the edge at the states by taking 3 attempts to get one legal lift in this time on his pet lift, the bench press. Jeff Walker lifted well with PR's all around and when not lifting helped keep the computer work at the score table going. The 220 lb. Class saw veteran lifters, Brian Callahan and Ken Brunskill take first and second places respectively. In the 242's, Larry "Bang" Thomson was unable to successfully get a bench press in, and therefore was unable to continue. I know Larry will be back - he probably needs to bench press in North Jersey too! In the 275 lb. Class there were three quality lifters. Matt Clark bounced back from nationals, totaling 1719 to take first place. Darren Nemow, no longer a junior lifter, took second with a 1647 total. It should be mentioned that Darren did his squats without a supportive lifting suit. Veteran lifter, Jim Weiss lifted well and totaled 1637 to come in third place. All divisions, except for the open division, were competed by formulas for each day of lifting. The women's division and out of state division were taken by the always exciting Jackie Davis. Jackie seemed to particularly enjoy the aerobic effects of the first flight. Robert Cutting lifted well to win the out of state light division. Hugh Ross, who was recovering from the flu, lifted well to win the out of state heavy, sub-masters heavy and lifetime heavy divisions. Over the two days, six teenagers lifted in the meet. John Powell continues to improve and set teen state records, Jason Samuelson set a state teen bench press record. Jim Nicalosi took the heavy division of the teens; and Joe Bonina lifted well enough to finish 2nd. Peter Camacho, primarily a bencher, upped his state teen bench press record and finished third. Paul Pappas, who had a depth problem on his squats assured me he would be back to set things right and hopefully he will. Three juniors lifted over the two days with Mark Leibowitz taking the light division and Anthony Rivano the heavy division. James Golba had a good day and was close with a 341 lb. Junior American bench press record attempt. Five sub-masters lifted over the two days. Mike Kenny took the light division followed by John Gengo. As mentioned earlier, Hugh Ross took the heavy division of this class. Six master lifters were in the contest. The light division had four quality lifters with Dave Ginenthal prevailing by formula. Jules Pellegrino, the original "Mr. Abs", moved up to the 165 lb. class and established a new Master American record bench press of 336 lbs. The Masters heavy division was won by Eric Gomes. Eight lifters chose to compete raw over the two days. As mentioned earlier, Bruce Lozito won the light division. Second place went to Tim Jones who continues to improve. Lyndon Samuels lifted nicely to win the heavy division. Four lifters competed in the Lifetime divisions. Craig Keyasko won the light division and again Hugh Ross won the heavy division. I'd like to thank the many people who make this possible - please excuse me if I miss some of you who helped out. Joe Morreale, the Morreale family, John Tsafos, and the Pro Fitness staff for their support. Craig Safran, James Benemerito, Charlie Neal, Eric Grossbeck, John Corsello, Larry Wayman, Jeff Walker, Jack Niemynski, Laura Giantini, Announcers: Dave Abramson, Gino Biacheri, Fred Rice. Officials: Charlie Schroder, Craig Safran, Bill Marchette, Sheldon Levy, Ed Kutin, Ted Giantini, James Benemerito, Jules Pellegrino, and Ron Falcone. Seven drug tests were conducted with two resulting in positive tests. (this report was by Bill Clayton, provided by USAPL)

DENIS CIERI *got a new USAPL National Record Bench Press of 545 lbs. at 198 at the New Jersey States*

Southland Sr. Olympics
8 Nov 98 - Whittier, CA

Women		198	
148		E. Johnson 63	310
B. Maullin 77	75	M. Bonanni 69	185
181		220	
M. Smith 63	85	R. Bonnell 73	240
Men		R. Green 62	210
148		242	
J. Mighell 64	150	J. Coen 62	305
J. Selby 70	140	V. Pacific	160
165		275	
W. Ghent 62	295	D. Herrera 67	405
B. King 64	190	L. Thomason 65	325
181		D. Smith 63	225
E. Rubenstein 68	255		

'At the Los Angeles College of Chiropractic (LACC), 16 senior athletes competed in the Southland Senior Olympics Powerlifting Competition. All athletes were over the age of 60 and truly "went for the gold" as weight was lifted from 75 lbs. to 405 lbs. We are proud of all the Olympians and their dedication to health and fitness," said event coordinator Alysa Whitlock. "They have set a great example for all of the young student volunteers that were helping. We were all in amazement." (Thanks to Alysa Hatch Whitlock for the results)

Testosterone Showdown
24 Oct 98 - Quincy, IL

Under 121 Women		Deadlift	
Strict Curl		Tim Piper	440
Jennifer Marcellis	55	Kaleb Keeran	
Janelle Marcellis		Brent Mixer	
Bench Press		176-200.9 Men	
Janelle Marcellis	125	Strict Curl	
Jennifer Marcellis		John Bertetto	100
Deadlift		Bench Press	
Janelle Marcellis	225	John Bertetto	305
Jennifer Marcellis		Deadlift	
Under 151 Men		Lyndell Lomax	525
Strict Curl		201-230.9 Men	
Butch Davis	115	Strict Curl	
Bench Press		Herb Batson	85
Butch Davis	290	Bench Press	
151-175.9 Men		Herb Batson	250
Strict Curl		Deadlift	
Brent Mixer	95	Herb Batson	350
Gabe Stinson		231+ Men	
Kaleb Keeran		Strict Curl	
Bench Press		Bill Zabuski	120
Brent Mixer	285	Bench Press	
Gabe Stinson		Larry Starks	500
Kaleb Keeran		Bill Zabuski	
		Deadlift	
		Bill Zabuski	525

(Thanks to Spectrum Health Club for the results)

From the Originator of the Bench Shirt

INZER ADVANCE DESIGNS presents:

The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty
* extended power support range
* new arm lock design
* extra tricep support
* extra reinforced construction
* guaranteed more results than any other shirt
* recommended for experienced powerlifters only

Extra High Performance Heavy Duty
* extra extended power support range
* new arm lock design
* more tricep support
* extra reinforced construction
* guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

Improved Heavy Duty
* tight tough fit
* strong support off chest
* extra comfort built in
* great immediate results

Name _____

Address _____

_____

phone _____

Qty. Color

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____ Extra High Performance Heavy Duty $100 ____

relaxed measurements of shoulders _____
chest _____ arm _____

colors - Black,Red, Navy Blue, Royal Blue
MC VISA DVR COD CHECK add $5.50 S&H

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HPHD & EHPHD, the secret experimental technology that assisted:

The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain

... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

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S, M, L, XL, XXL, XXXL, XXXXL

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Wrist Wraps — full length with velcro and thumb loop **$9.95**

Wrist Wraps — heavy duty, full length with velcro and thumb loop **$17.00**

COMPETITION BELTS

Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching **$68.00**

10 cm x approximately 10 mm • 4 rows of stitching **$58.00**

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
• single or double prong • any color • made in USA • lifetime guarantee **$70.00**
• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA **$58.00**
• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality **$29.00**

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1 - 2 oz. block **$2.00**

Suit Slippers — makes putting on tight suits easier. M, L **$19.95**

Ammonia Caps - Box of 12 ..... **$5.00**

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(limited availability)

Inzer Intensity - multi-color deadlift design **$10.00**

OFFICIAL MEET T-SHIRTS

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Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) **$10.00**

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from $20.00 - $45.00

Upper Austrian Bench Press
31 Oct 98 - Haid (kg)

Women		F. Stadler	150
-52		W. Neumuller	150
M. Braun	90	T. Sinzinger	127.5
-60		-100	
S. Krebs	87.5	R. Stallberger	200
-67.5		I. Kohlberger	200
K. Kamenar	62.5	M. Perusch	180
N. Kallinger	55	A.Schauer	162.5
M. Furtmuller	47.5	M. Novak	152.5
-75		-110	
C. Narovnig	105	L. Weigert	230
82.5		C. Fekete	21 *T5
R. Beer	100	W. Friedl	200
E. Reichhardt	77.5	W. Eder	185
Men		G.Heigl	170
-56		-125	
M. Cecon	110	R. Kases	260
A. Atzmuller	90	M. Karner	207.5
-60		R. Pokorny	172.5
A. Erol	117.5	Teen 14-18! yrs	
R. Stockl	115	M. Novak	152.5
-67.5		C. Obermuller	90
E. Leierzopf	137.5	Juniors 19 -23	
N. Badegruber	115	G. Grossbeck	155
T.Fehringer	112.5	S.Weiermann	175
-75		A. Erol	117.5
G. Grossbeck	155	R. Stockl	115
C. Obermuller	90	N. Badegruber	115
-82.5		T. Sinzinger	127.5
Feichtenschlager	157.5	Masters 40-49 yrs	
S. Leitner	132.5	R. Stallberger	200
H. Schuller	122.5	F. Stadler	150
-90		H. Schuller	122.5
S. Weiermann	175	Masters 50+ yrs	
G. Breit	170	M. Perusch	180
		Feichtenschlager	157.5

(Thanks to Karl Auer for providing these results)

All the Happy Winners at the Upper Austrian Championships ..... (photograph courtesy of Karl Auer)

USAPL Dakota Open (kgs)
11 Oct 98 - Rapid City, SD

123				
Scott Hansen	145	95	180	420
132				
Joe Hill	115	90	155	360
148				
Starling Stinson	210	135	210	555
165				
Kevin Coombs	210	150	230	590
Jerry Ochs	137.5	100	165	402.5
Steve Hill				
181				
Mark Gorecki	187.5	122.5	212.5	522.5
Dan Kinser	182.5	115	210	507.5
Bob Black	152.5	112.5	182.5	447.5
Jim Miller				
198				
Tim Schepper	230	167.5	272.5	670
William Bullock	215	172.5	272.5	660
Jamie Lopez	227.5	180	240	647.5
Carey Mitzel	192.5	157.5	225	575
Jason Maw	190	137.5	207.5	535
Barry Mumma	182.5	140	210	532.5
Chris Write	175	120	195	490
220				
Chad Cottrell	240	195	245	680
Steve Hilton	230	165	265	660
John Kronmiller	227.5	157.5	227.5	612.5
Kirk Spell	182.5	132.5	237.5	552.5
Mike Musselman	200	137.5	185	522.5
Clay Hansen	160	127.5	170	457.5
242				
Ray Meyers	185	155	227.5	567.5
Bert Edlredge	185	140	205	530
275				
Dale Hjeiseth	272.5	237.5	340	850
Elliot Harding	215	25	240	480
Randy Lane				
Women				
Renee Catron	120	65	172.5	357.5
Neva Nicholau	117.5	75	120	312.5
Diane Siveny	97.5	57.5	120	275
Darla Fredrick	137.5	100	152.5	390
Yolanda Loafer	102.5	47.5	125	275
Master Men				
40 -4 9				
Mark Gorecki	187.5	122.5	212.5	522.5
Ray Meyers	185	155	227.5	567.5
50-59				
Martin Lambert	200	150	197.5	547.5
60-69				
Jerry Ochs BL	137.5	100	165	402.5
Teen Men 14-16				
Joe Hill	115	90	155	360
Jack Sarr	117.5	100	125	342.5
Stephen Peak				
Teen Men 17-19				
Dustin Hinkel	137.5	92.5	165	395
Matt Koenecke	127.5	92.5	152.5	372.5

(Thanks to USAPL for providing these meet results)

USAPL Idaho State/Open
21 Nov 98 - Pocatello, ID

Women	SQ	BP	DL	TOTAL
148				
Eula Compton	190	130	255	575
Carroll Klinger	175	105	250	530
165				
Patricia Corns	315	150	350	815
Angie Statz	135	120	195	450
181				
Wilma Cadovona	250	115	315	680
SHW				
Laurie Evans	225	180	380	785
Men's Collegiate				
148				
Adam Davis	365	240	360	965
220				
Ryan Nielson	475	360	520	1355
Nick Darrough	410	325	405	1140
Men's Teenage				
M. Romero 158	245	110	245	600
A. Davis 143	365	240	360	965
N. Darrough 216	410	325	405	1140
C. Grover 295	350	275	475	1100
T. Campbell 147	175	185	295	655
M. Neddo 165	250	230	250	730
Men's Open				
148				
Joe Cunha	460	335	400	1195
Tony Hutchins	425	310	440	1175
Mitch Thornton	415	320	415	1150
Adam Davis	365	240	360	965
165				
Mike Hudson	500	290	490	1280
Patrick Young	465	250	500	1215
Michael Romero	245	110	245	600
181				
Dave McCarthy	505	315	520	1340
bdd Dueling	360	315	350	1025
Travis Augyle	175	180	260	615
198				
Bud Bower	615	360	550	1525
Jim Lukens	520	335	530	1385
Dave Rounsevelle	500	320	520	1340
Brad Compton	450	355	525	1330
Michael Riggs	385	295	470	1150
220				
Steve Pincock	705	380	650	1735
Rick Wehrle	520	410	500	1430
Andy Scardino	550	375	500	1425
Ryan Nielson	475	360	520	1355
John Regis	460	385	480	1325
Nick Darrough	410	325	405	1140
Michael Oulman	325	250	350	925
Jeff Klinger				
242				
Eric Henry	580	420	660	1660
Reed Sainsbury	665	385	585	1625
Paul Thompson	550	385	600	1535
Andy Anderson	505	335	465	1305
Martin Knapp	500	275	500	1275
David Romero	400	370	500	1270
Brent Edmund	135	390	135	660
275				
Jim Kralich	350	350	350	1050
319				
Larry Ditmars	400	415	450	1265
Clint Grover	350	275	475	1100
Women Masters				
148				
Eula Compton	190	130	255	575
165				
Patricia Corns	315	150	350	815
181				
Wilma Dadovona	250	115	315	680
Men Masters				
D. McCarthy 180	505	315	520	1340
J. Lukens 198	520	335	530	1385
A. Scardino 214	550	375	500	1425
M. Knapp 240	500	275	500	1275
A. Anderson 237	505	335	465	1305
L. Ditmars 308	400	415	450	1265
B. Bower 197	615	360	550	1525
B. Edmund 222	135	390	135	660
G. Merrell 175	310	250	350	910
T. Hutchins 147	425	310	440	1175

Team Competition: Team Fitness 43, Elko Team 25.
(Thanks to Bill Davis of Fitness Inc. for results)

Application for Registration
UNITED STATES POWERLIFTING FEDERATION
(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (If Known)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat 1 Cat 2 Nat State	Y N	Y N	Y N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

Registration Fee $25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

If Under 18 have Parent Initial _____

NOTE: $10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

Signature _____

USAPL Virginia State
21,22 Nov 98 - Charlottesville, VA

Bench Press				
132				
Open				
A. Lovell	310			
148				
Female				
A. Kellogg	180			
165				
College				
J. Soltis	270			
14-15				
T. Derring	200			
A. Gunn	160			
16-17				
D. Svor	215			
55-59				
L. Cardon	355			
181				
Open				
K. Nienke	375			
T. Santymire	370			
25-29				
K. Nienke	375			
40-44				
E. Banks	320			
45-49				
R. Lovelace	295			
198				
Open				
A. Stec	470			
T. Oluswabusola	405			
I. Kazi-Akinkoye	400			
J. Vaughn	300			
18-19				
J. Vaughn	300			
College				
J. Williams	385			
J. Vaughn	300			
20-23				
J. Williams	385			
Female	SQ	BP	DL	TOTAL
105				
K. Ryman	215	110	255	595
114				
T. Derring	120	55	185	360
132				
D. Beeler	250	145	290	695
148				
J.Mead	250	125	280	675
S. Cutler	200	140	175	630
165				
M. Winslade	250	130	330	710
181				
K. Jones	345	215	370	930
Female Submasters				
105				
K. Ryman	215	110	255	595
181				
K. Jones	345	215	370	930
Female Masters 40-44				
148				
J.Mead	250	125	280	675
S. Cutler	200	155	275	630
165				
D. Washington	210	125	300	635
45-49				
165				
J. Matkins	275	155	300	730
50-54				
114				
T. Derring	120	55	185	360
165				
G. Leader	255	170	280	705
Open				
114				
K. Ryman	215	110	270	595
T. Derring	120	55	185	360
123				
R. Stroub	270	185	315	770
132				
D. Weiss	430	310	540	1280
148				
K. Grow	365	295	385	1045
165				
G. Blevins	515	305	600	1420
L. Rivers	500	360	550	1410
G. Retz	500	330	540	1370
P.Hagee	520	285	525	1330
R. Breen	470	315	465	1250
D. Coleman	325	190	415	890
181				
T. Henriquez	530	330	545	1405
K. Tuohey	475	320	540	1335
G. Leaks	450	310	530	1290
M.Kirby	490	345	440	1175
S. Debedittis	440	285	450	1175
198				
T. Oluwabusola	630	405	630	1665
R. Jones	620	415	625	1660
T.Linn	575	340	645	1560
D. Pivarnik	590	380	550	1520
W. Sparrow	550	350	615	1515
I. Kazi-Akinkoye	515	400	530	1445
M. Boswell	425	250	475	1150
G. Shoemaker	380	250	425	1055
220				
A. Harris	465	425	600	1490
J.Fravel	520	325	555	1400
Submaster				
A. Stec	470			
50-54				
W. Brothers	230			
220				
Open				
D. Cook	440			
A. Harris	425			
N. Conyer	375			
J. Claxton	375			
18-19				
N. Conyer	375			
40-44				
J. Claxton	375			
50-54				
K.Christian	380			
242				
Open				
C. Tarbell	400			
B. Nunnallly	370			
College				
C. Tarbell	400			
Junior 20-23				
C.Tarbell	400			
Police & Fire				
C. Swingler	370			
275				
Open				
S. Cornick	480			
H. Cross	470			
Police & Fire				
C. Perkins	450			
319				
Open				
W. Curry	480			
Submaster 35-39				
W. Curry	480			
55-59				
R. Ewers	350			
S. Bashar	425	285	450	1160
242				
D. Grimes	525	365	525	1415
D.Johnston	435	345	520	1300
D. Mawry	410	275	450	1135
275				
S. Cornick	625	480	630	1735
319				
R. Armstead	650	470	625	1745
T. Tsouroutis	650	450	540	1640
P. Levitt	380	240	540	1160
SHW				
J. Pope	720	475	740	1935
Teenage				
123				
S. Weaver	145	100	240	485
165				
14-15				
T. Derring	310	200	310	820
A. Gunn	190	160	325	675
16-17				
D. Svor	400	215	405	1020
A. Siddiky	200	135	300	635
198				
18-19				
L. Mullins	500	285	520	1305
Junior 20-23				
148				
W. Johnson	145	275	145	565
181				
T. Henriques	530	330	545	1405
220				
R. Miller	450	320	500	1270
J. Derrico	410	320	515	1245
Submaster 35-39				
165				
T. Asselin	480	315	520	1315
181				
K. Tuohey	475	320	540	1335
Collegiate				
165				
M. Basgier	410	290	480	1180
220				
J. Fravel	520	325	555	1400
Police & Fire				
181				
K.Jones	345	215	370	930
319				
R. Armstead	650	470	625	1745
T. Tsouroutis	650	450	540	1640
SHW				
J. Pope	720	475	740	1935
Masters 40-44				
181				
M. Baker	505	300	500	1310
198				
R. Brown	480	275	500	1255
M. Boswell	425	250	475	1150
SHW				
J. Pope	720	475	750	1935
45-49				
181				
J. Alston	500	290	600	1390
R. Lovelace	460	295	490	1245
A. Steadman	375	290	450	1115
J.Hartman	340	305	455	1100
198				
B. Page	400	315	525	1240
50-54				
198				
W. Brothers	385	230	385	1000
J. Borden	345	180	400	925
220				
R. Coppins	450	290	560	1300
M. Nichols	355	240	470	1065
275				
D.Minton	500	325	535	1355
55-59				
165				
L. Cardon	145	355	145	645
181				
O. Rickman	415	275	460	1150
319				
R. Euwers	235	350	235	820
60-64				
198				
B. Groves	465	245	425	1135

(thanks to John Shifflett for providing the results)

USA Powerlifting™ (formerly ADFPA) Membership Application
124 W. VanBuren St.•Columbia City, IN 46725•(219) 248-4889 - (219) 248-4879 fax
Registration includes all membership privileges currently available through membership in USA POWERLIFTING™

Prior Reg. #_____ *(All Memberships Expire 12/31; Those Purchased After Nov. 1, Will Expire 12/31 of the Following Year)*
Name: _____ Phone: _____
Address/City/State: _____
Zip Code: _____ Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen: Yes / No
USAPL Registered Club Represented: _____

⇒⇒ In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USAPL or it's agents and shall accept the results and consequences of such test. I agree that my name will appear on a published list if I am suspended from membership.
SIGNATURE: X _____
If Under 21 yrs., Have Parent Initial: _____ Date: _____

MEMBERSHIP PRICES
Open - $30.00
Collegiate - $30.00
Police & Fire - $30.00
Military - $30.00
High School - $15.00
Special Olympian - $10.00

ADD'L ITEMS PURCHASED
•USAPL Logo T-Shirt - $15.00
Size:_____ Quantity:☐
•USAPL Rulebook - $18.00

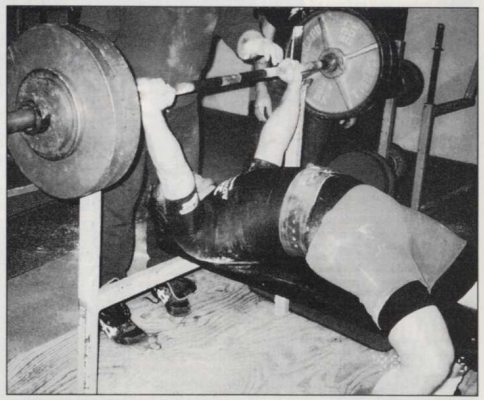
MEMBERSHIP COST= $_____
ADD'L ITEMS PURCHASED = $_____
TAX DEDUCTIBLE CHARITABLE DONATION= $_____
TOTAL PURCHASES = $_____

PAYMENT OPTIONS: CHECK NO. _____ MONEY ORDER: _____
CREDIT CARD: MasterCard / Visa / Discover Card Exp. Date: _____
#_____-_____-_____-_____
Cardholder Signature: _____

Son Light Winter Classic BP/DL
5 Dec 98 - Tuscola, IL

BENCH PRESS		DEADLIFT	
165		198	
F. Hershberger	255*	Steve Vollmer	445
Master Men		275	
Steve Vollmer	370*	Darrell Latch	500
Submaster Men		Submaster Men	
Darryl Silver	260*	Darryl Silver	475*
		Master Men	
		Darrell Latch	500

* personal record. The Son Light Winter Classic Bench Press/Deadlift Championships were held at Son Light Power Gym in Tuscola, Illinois on December 5, 1998. The turnout was very low compared to past years, but we all had a good time and almost everyone went away with a personal best lift or two. Floyd Hershberger competed for the first time (which had been a goal of his for the past year), doing a fine job and completing all four of his attempts. At 165 Floyd started with an easy 205, followed by an equally easy 225. Then came 245 before ending with a solid 255 for a new personal record and the win in that class. Darryl Silver was also competing for the first time, lifting in the submaster class. Darryl matched Floyd with his first three attempts then called for a personal best 260 for his fourth attempt. Wearing his first bench shirt (loaned to him by Steve Vollmer), Darryl easily nailed the 260, showing much potential for the future. Then came Steve Vollmer, a much more experienced lifter (as well as a multiple national drug-free titleholder), who came to set a new personal mark in the bench press. With his brand new Inzer shirt Steve went through his opener of 330 and his second with 350 like a breeze. With each new attempt Steve's shirt felt better, getting his first pr with 360 for his third lift of the day. Setting a little tighter for his fourth with 370, Steve squeezed out the weight at the top for another personal record! I kind of talked Steve into pulling a few deadlifts (which he wasn't really prepared for). Steve captured the 198's with his opener of 445 (which is over 100 lbs. less than his best). Darryl Silver completed his first day of competition with another win in the submaster class and another personal record. Darryl moved through his attempts with near picture perfect form, ending with his all-time best 475 at a 215 bwt. With the ANPPC Nationals just a month ago I pulled as a training day, raw, without a belt or suit and was happy with my 500. Thanks to Steve, Darryl and his wife Susan (who helped take a few pictures) and Floyd for their help. (results courtesy Darrell Latch)



PR ... *Steve Vollmer locks out a personal record bench press of 370 at the Son Light Winter Classic in Tuscola, IL (courtesy of Dr. Darrell Latch)*

Pampanga Bench Press Meet
29 Oct 98 - Phillipines

132 lb.		165 plus	
Allan Canasa	150	Brad Rosenfield	315
Hernando Policardo		Nestor Santos	310
143 lb.		Robert Infantado	250
Jose Demaisip	260	Joey Galvan	250
F. Mangalindan	200	Arnelle Pangniban	230
165 lb.		Jeremiah Galang	230
Bong Pineda	230	Jun Guevara	220

I came to the Philippines last year to teach psychology and treat patients. Since then, I have been suggesting, cajoling and otherwise begging for a bench press contest. So when a promoter appeared in person at my gym to announce that a bench meet would be part of the entertainment for the Fiesta on 10/31/98, I was so thrilled that I was not even deterred by the fact that I had more injuries than a train wreck. And besides, the fact that we were only given 3 days notice was forgivable lapse. One of the more interesting phenomena in this contest was that not a single competitor warmed up even though a practice bench was provided. Thus, first attempts were cold. This may have resulted from macho posturing among participants, many of whom appeared to be aspiring bodybuilders. Now, cheating is something that is totally alien to the local character, but one really had to admire the flexibility with which the contest was run. For instance, after the third and final bench attempt was completed, leaving me, "a foreigner", the open class (165+) winner, the judges decided to add a FOURTH ATTEMPT to the contest. Thus, I was offered the option of lifting again or "waiving", i.e., forfeiting to my second place competitor - a local boy and obviously the favorite of some very nice and exceptionally influential people. Then, incredibly, after emerging as the victor following the fourth attempt, the goal post was moved once more. Thus, I had to win a FIFTH ATTEMPT or lose the contest. Still bewildered, I agreed that "a fifth attempt was OK but NO SIXTH!" In the spirit of good sportsmanship, we all agreed to this most reasonable arrangement. An astonished hush enveloped the crowd as the bar was loaded to a staggering weight (only 300 plus pounds but obviously a rarity here). Although I only benched 315 (OUCH, MY SHOULDER!) my nearest competitor just managed 310. Over one thousand riveted spectators wildly cheered the event. The enthusiastic crowd, judges and promoters were, otherwise, so passionate that this was easily the most fun and exciting meet in which I have ever had the privilege to participate. Although the state of powerlifting is embryonic in the Phils., it has become popular enough that many meets have a sufficient number already of corporate sponsors to offer cash prizes. As support for and participation in powerlifting increase in the Phils., we should expect a reciprocal increase in the poundages these tenacious competitors hoist. So if you ever have the good fortune to visit or compete in the Phils., remember to bring your belt, your own chalk, and a good sense of humor. (thanks to Brad Rosenfield, M.S., for providing the meet results)

Danny King pulls 601 at the Newfoundland Open. (Steve Powell)

Newfoundland Open
14 Nov 98 - St. John's, NFLD, Canada

Female	SQ	BP	DL	TOTAL
220				
Vanessa Patten	149	99	292	540
MALE				
123				
Mark Callahan	281	226	342	849
132				
Jamie Connolly	419	237	435	1091
148				
Robin Hillier	408	254	419	1080
Richard Lush	353	287	309	948
165				
Joe Broadbent	441	270	562J	1273
181				
Steven Powell	518	342	551	1411
Jamie Emberley	452	320	452	1224
198				
Ralph Patten	402	303	402	1108
Andrew Collier	342	209	424	976
220				
Larry StCroix	198	193	265	656
275				
Steve Campbell	518	369	540	1427
BENCH PRESS				
Richard Lush	287		287	
Jamie Emberely	320		320	
Robin Hillier	254		254	
Tommy Stack	281		281	
Dean Anthony	265		265	
BENCH PRESS AND DEADLIFT				
Danny King	408	601	1009	
Paul Williams	303	573	876	
Cyril Rogers	364	502	856	
SPECIAL OLYMPICS				
Philip Butler	220	419	639	

Top Teenager: Robin Hillier, Top Master: Ralph Patten, Top Junior: Joe Broadbent, Top Female: Vanessa Patten, Top Senior: Steven Powell, Top Special Olympian: Philip Butler. Held at the Battery Hotel and Suites, this contest featured some of the highest quality lifting St. John's has seen yet. Spectators were like never seen before ranging between 200-250 with standing room only. The site had a spectacular view of historic St. John's Harbour and was located on famous Signal Hill, where the first transatlantic wireless message was received. The 132 lb. class featured Jamie Connolly an experienced junior and senior class lifter who tried a Canadian open deadlift attempt with 207.5 kg. and came very close. The 148 lb. class was won by 16 year old Robin Hillier, participating in his first meet and finishing with a nice 490 kg. total. The 165 lb. class had Joe Broadbent who's excellent sumo deadlifting style powered up a 255 kg. deadlift for a unofficial Canadian Junior Record. The 181 lb. class was won by Steven Powell with personal bests in both the squat with 235 kg and bench with 155 kg. thus giving him his sixth Provincial gold medal. In the 198 lb. class the gold medal went to 52 year old Ralph Patten who should get special mention for his 137.5 kg. bench. Ralph proves that powerlifting is not just for the youngsters. Big Steve Campbell returning to competition from a rugby injury decided to throw all equipment aside for this one and lifted in the 275 lb. class RAW, using only a wrestling singlet and belt, came out with the biggest total of the meet with 647.5 kg. In the bench and deadlift portion of the contest Danny King reigned supreme finishing with a 272.5 kg. deadlift making him the newest member of the 600 lb. deadlift club. Special thanks goes out to the organizer of the meet Walt Forsey and to the judges Terry Clark, Neil O'Grady and Clayton Hillier. Score Keeper for the event was Irene King and commentator was Robert Kelland, who both did an excellent job. Sponsors include Labatt Breweries and Chester Dawe Building Supplies. (Results of this competition provided to us by Steven Powell).

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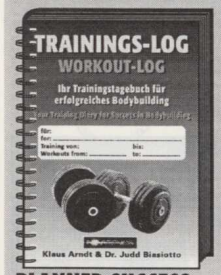

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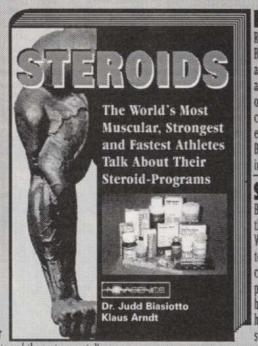

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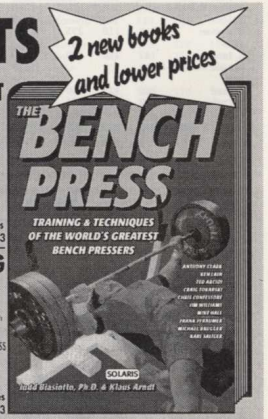

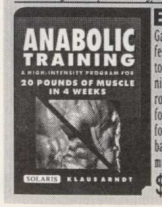

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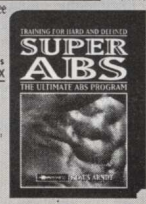

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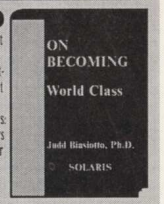

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Midwest Open
14 Nov 98 - Oskaloosa, IA

Women's Division				
105		242		
Stigler	85	Novice		
132		Gillam	400	
Guthridge	75	Lawrence	315	
148		Open		
Stevens	145	Last	475	
Peterson	125	Frost	470	
165		Cole	450	
Wieck	60	Jordan	450	
198		Requet	350	
Egger	125	Ashley	315	
Men		Teenage		
114		Oehlert	240	
Teen		Powers	210	
Millage	130	Submaster		
123		Holmes	500	
Teen		Lathrop	385	
Schinagel	190	Polhemus	350	
Rugh	170	Madlock	345	
132		Master		
Teen		Last	475	
Hansen	140	Lipscomb	465	
148		Phillips	365	
Teen		Masters 2		
Morton	130	Ashley	315	
Open		275		
Seede	300	Teenage		
Waller	260	Schrock	250	
Master		Steele	110	
Olson	300	Open		
165		Madison	440	
Teenage		SHW		
Ricketts	365	Teenage		
Novice		Quasdorf	200	
Walker	300	Novice		
Donovan	260	Wilder	405	
Open		Master		
Clos	370	Starbuck	415	
Rivera	315	Submaster		
Bricker	300	Norman	500	
Stinson	290	Bruce	390	
Phillips	280	Deadlift		
Donovan	260	Women		
Submaster		198		
Rivera	315	Millage	205	
Bricker	300	Men		
181		132		
Teenage		Teenage		
Kincaid	260	Hansen	315	
Guerrero	260	Open		
Patton	255	Noble	405	
Novice		165		
Fratzke	290	Open		
Open		Stinson	415	
Rhiner	340	181		
Merchlewitz	335	Novice		
Open		Mixer	330	
Mixer	305	Open		
Submaster		Merchlewitz	535	
Rhiner	340	McCullought	440	
Mixer	305	Submaster		
Druger	300	Mixer	330	
198		198		
Teenage		Novice		
Barber	250	Gerard	475	
Novice		Skelton	415	
Hackman	325	Master		
Open		Gerard	475	
Bertetto	310	Novice		
220		Becker	485	
Open		Jobe	285	
Thompson	515	Open		
Kading	405	Becker	485	
Becker	375	Bishop	475	
Novice		242		
Herkelman	370	Open		
Bishop	295	McCullough	685	
Jobe	260	Requet	525	
Submaster		Submaster		
Duff	460	Cole	630	
Schuler	300	Madlock	585	
Master		275		
Swieter	245	Open		
Hoy	235	Ball	680	
Master 2		Submaster		
McAnally	340	Ohnemus	560	

Special thanks to Mary Beth Northcutt, Steve Duff, Terry Wright, Robert Stineman and dennis Swieter for their help in making this meet a success. Many lifters had a fine day at this meet. Heath Hansen is a tremendous bencher and Andy Olson benched double bodyweight. Jim Clos did a big 370 at 165. Rod Rhiner, with a 340 in the 181s, had another good day. Steve Duff continues to win with a big 460 in the 220s. Joe Thompson had a huge 515 In the 220 open class. Gene Last has been around the lifting secen a long time and his combination of strength and experience won 242 open honors. Luther Holmes and Mark Norman joined the 500# club at this meet, which greatly pleased the crowd. In the deadlifts, Jim Merchlewitz pulled a strong 535 at 181 while buddy David Gerard did a good job at 198. Rom McCullough showed his excellent deadlift with a big 685. Rod ball pulled a strsrong 680 and just missed getting a 7600 that he will soon pull in competition. Ankeny Fitness was team champion with Cedar Valley Pro Fitness a close second. The next Iowa/Midwest Open bench - deadlift competitino is April 24, 1999 in Oskaloosa. The Bench Press on the Square is July 3rd. (Thanks to the Iowa/Midwest Open for these meet results)

TEAM CHAMPIONS ... at the Iowa/Midwest Open were the group from Ankeny Fitness, including (left to right) Kraig Kincaid, Steve Duff, Jess Ashley, Lance Starbuck, Darin Fratzke, Gene Last, and Joe Thompson. (this photograph and information provided to POWERLIFTING USA by Meet Director Wayne Hammes)

18th German Nationals
16/17 Oct 98 - Leinzell (kg)

Women	SQ	BP	DL	TOT
48 kg				
E. Uhlig	72.5	50	97.5	220
52 kg				
K. Hirsch	132.5	72.5	160	365
56 kg				
S. Szangolis	152.5	80	180.5g	412.5
K. Mordewicz	135	77.5	145	357.5
S. Kiefer	85	45	75	205
60 kg				
M. Nafe	137.5	77.5	145	360
N.Helmbrecht	135	82.5	140	357.5
K.Bengel	130	70	145	345
67.5 kg				
D. Sell	145	90	175	410
J. Buschmann	125	70	130	325
C. von Kessel	82.5	37.5	90	210
75 kg				
E. Bachmaier	137.5	105	190	432.5
J. Mittelstaedt	150	80	155	385
B. Schonke	140	85	155	380
E. Dogruoz	125	62.5	137.5	325
82.5 kg				
A. Nordwig	140	77.5	125	342.5
90 kg				
K. Gosmann	132.5	65	127.5	325

Best Lifter Scoring : Szangolis, Sandra 486.04, Hirsch,Kerstin 457.74, Bachmeier, Eva 449.93.

Men				
52 kg				
C. Klein	192.5	135	195g	522.5g
67.5 kg				
A. Rohr	215	167.5	240	622.5
M. Riesch	210	100	230	540
M. Huschka	220	130	190	540
W. Schleich				
T.Kiefer				
75 kg				
M. Schnurr	230	142.5	285	657.5
M. Nikolaizig	245	175	235	655
T.Marhoffer	230	160	265	655
W. Bzdock	245	160	235	640
F. Gabriel	222.5	145	210	577.5
D. Daron				
A. DiMarco				
82.5 kg				
D.Surma	280	177.5	252.5	710
A. Schulz	247.5	170	252.5	670
T. Beier	250	150	267.5	667.5
S.Leihbecher	255	140	252.5	647.5
S. Steffen	245	155	242.5	642.5
I. Gawoll	230	170	242.5	642.5
H. Kruger	240	160	235	635
T. Breitengraser	190	150	240	580
M. Harnisch	210	135	230	575
S. Bedrich				
90 kg				
F. Hausburg	300	170	300	770
M. Seibel	290	190	270	750
M. Kurzendorfer	240	195	265	700
A. Fenzel	235	137.5	280	652.5
B.Friedrich	240	170	240	650
S. Marche	250	157.5	230	637.5
A.Huter	240	162.5	235	637.5
T. Muhlberg				
100 kg				
R. Kruse	322.5	205	295	822.5
D. Tanpinard	285	205	295	785
R. Weiss	270	180	285	735
J. Schmid	305	170	230	705
J. Griess	265	157.5	280	702.5
A. Stotz	255	160	275	690
T.Klee	245	175	220	640
M. Verhoff				
110 kg				
T. Roch	280	235	287.5	802.5
P. Liedtke	280	205	270	755
P. Semmler	275	167.5	280	722.5
J. Tiedtke	270	185	252.5	707.5
T. Guhde	275	155	270	700
U. Krumbholz	240	200	250	690
J. Herchenhein				
125 kg				
T. Hinz	290	205	320	815
H. Markantelli	325	205	285	815
W. Zimmerman	290	205	285	780
R.Kuster	305	115	300	720
125+ kg				
H. Kuttroff	370	235	300	905
A. Forster	335	215	332.5	882.5
E. Schwanke	335	245	330	880
A. Clausen	320	220	325	865
T. Krug	300	220	270	790
M. Kleidt	270	195	265	730
U. Krah				

Best Lifter Scoring: Klein, Christian 517.95, Kuttroff, Holger 511.41, Kruse, Reiko 500.73. (Thanks to Thomas Klose for provings these contest results).

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Pasco King of the Bench
24 Oct 98 - Holiday, FL

Teenage Division		**D. Hogan**	**230**
123 lbs.		**165**	
D. Hogan	**230**	**J. Thalor**	**345**
Masters 65-69		**T. Patti**	**325**
198 lbs.		**181**	
B. Rosenfield	**320**	**B. Hogan**	**300**
60-64		**2 20**	
242 lbs.		**D. Daubert**	**465**
J. Young	**400**	**S. Watford**	**375**
45-49		**B. McLaughlin**	**340**
220 lbs.		**T. King**	**335**
D. Dougherty	**330**	**2 4 2**	
Open		**T. Vellake**	**525**
123 lbs.		**M. Allocca**	**430**
C. Brown	**310**	**308**	
		B. Thompson	

Best Lifter Awards: Lightweight - Charlie Brown, Heavyweight - Tony Vellake. (from Rick Lawrence)

Pasco Power Men... (reading from left to right) Mike Marlin (Meet Director), Tony Vellake (Best Heavyweight Lifter), Charlie Brown (Best Lightweight Lifter), and Rick (Meet Director) Lawrence. (Rick)

USAPL Michigan Championships
7 Nov 98 - Mt. Clemens, MI

Men's Open	SQ	BP	DL	Total
148				
T. Greenman	405	290	430	1110
165				
B. Gallagher	350	240	355	945
181				
M. Ostrowski	580	440	580	1600
J. Mumaw	450	265	510	1235
198				
C. Terry	670	375	755	1800
220				
D. Seirpien	630	440	610	1680
T. Rode	620	385	600	1605
242				
C. Kelly	550	440	575	1565
275				
V. DiFonzo	465	335	585	1385
275 +				
A. Wesolowski	705	350	705	1695
R. Bierschbach	645	355	645	1675
Women's Open				
198				
A. Giovino	340	215	355	870
Masters				
148				
45-49				
B. Lowe	400	185	465	1050
K. Romo	210	230	250	690
165				
40 - 44				
G. Guthrie	475	325	555	1355
45-49				
R. Sowards	390	250	425	1025
181				
40-44				
D. Love	550	255	580	1325
198				
45 - 49				
J. Curtin	395	235	505	1125
242				
40-44				
J. Ellsworth	600	390	610	1600
45-49				
R. Rogers	345	325	435	1105
275				
40 -44				
B. Johnson	440	410	455	1330

27 lifters competed in this year's state championship, which was substantially lower than the 1997 State Championships. Although the turnout was low the excitement was high with Vince DiFonzo, Don Seirpien, and Jerry Ellsworth being the only lifters of the day to go 9 for 9 and break personal records in all 3 lifts. Unfortunately, 4 lifters bombed on the day, 3 of which were in the squat and 1 in the bench. The officiating was as tight as a national meet and I congratulate the officials for such a professional performance. The judges consisted of Tony DiCicco, Dick Van Eck, John Cuciurean, and John Maddox, all of which are state certified referees. Dick Van Eck was re-elected to State Chairman and rightfully so. Dick has done a tremendous job with the state by promoting the sport to high schools and by creating the USA POWERLIFTING - MICHIGAN non-profit organization. 100% of all the proceeds were donated to the USAPL-Mi and I would like to thank all the lifters for participating in this event and hope to see you all next year. Craig Terry was, as usual, the man of the day, with an unofficial State Record Total of 1800 lbs. Craig started the day off strong with a 670 lb. Squat and a much determined Deadlift of 755 lbs. Mr. Terry is the first man from Michigan in the 198 lb. weight class to total 1800 lbs. Mark Ostrowski placed 2nd overall, with Don Seirpien, Tom Rode, and Abdul-Aziz Wesolowski placing 3rd, 4th, and 5th. Jerry Ellesworth was the Best Master lifter, with an impressive total of 1600 lbs. and Ann-Margaret Giovinno was the Best Women's Lifter, with a total of 870 lbs. Ken Romo completed his first full powerlifting meet, as well as winning the raffle of the 300 lb. weight set. Bill Lowe dominated the 148 lb. Master (45-49) division with a 1050 total over Ken Rome's 690 lb. finish. Bill and Ken were the only 2 master lifters competing for a particular place in a respective weight class and division. There were a total of 9 master lifters competing for the Best Lifter overall and only 1 female lifter completed the meet. The Men's Open division had a total of 11 lifters spread throughout the categories with competition in only the 181, 220, and 275+ weight classes. The 181's were dominated by Mark Ostrowski's 1600 lb. total over Jeff Mumaw's 1235 lb. total. The 220's turned out to be a very close race for 1st place, with teammates Don Seirpien and Tom Rode battling for bragging rights. Don finished with a 630 lb. squat while Tom had to settle with a 620 lb. squat after failing to lift 640 due to his suit blowing out. Don's 440 lb. bench press over Tom's 385 lb. press began to propel him to the front of the pack. With a 65 lb. lead at subtotals, Tom would have to really perform on the deadlift, but Don overpowered Tom and won bragging rights with a 1680 lb. total to 1605. The closest race of the day was between the heavy weights; Robert Bierschbach and Abdul-Aziz Wesolowski. Robert dropped his first attempt of 615 to the mat and was too high on his second attempt, making a 645 lb. lift a must to stay in the meet. Abdul dominated the Squat with a 705 lb. lift, which was enough to keep him in the lead for 1st place for the remainder of the day. I thank Fitness Unlimited of Royal Oak, and Pro Fitness personally for sponsoring the competition. Fitness Unlimited took care of all the drug testing and Pro Fitness donated the 300 lb. weight set for the raffle. And in conclusion I want to thank the people listed below for their support in making this powerlifting meet a success: John Cuciurean, Tony DiCicco, Adam Schumaker, Dick Van Eck, John Maddox, Dan DeFelice, Renata DeFelice, Mike Tocco, Joe Suarez, Mindy Mayes, Ron Padgett, Maggie Gayeski, Ester Tocco, Eddie Lawrence, Michael Huotari Jr., and the lifters in the meet who helped load up the weights after the conclusion of the meet. (Thanks to the USAPL for providing these contest results)

White's Truck Stop YMCA BP
10 Oct 98 - Staunton, VA

FEMALE		**D. Clements**	**365**
148 lbs. Open		**S. Lail**	**335**
V. Dunn	**175**	**JR (20-23)**	
C. Alimquist	**85**	**A. Hicks**	**400**
165 lbs. Open		**S. Lail**	**335**
C. Williams	**240**	**Submaster (35-39)**	
MEN		**D. Clements**	**365**
132 lbs. Open		**Masters (40-49)**	
D. Young	**270**	**J. Smith**	**340**
C. Hurst	**165**	**242 lbs. Open**	
148 lbs.		**B. Hizer**	**435**
C. Accord	**275**	**S. Keene**	**385**
148 lbs. Teen (18-19)		**M. Madison**	**340**
M. Lyle	**230**	**D. Pullen**	**330**
181 lbs. Open		**JR (20-23)**	
T. Santym	**390**	**B. King**	**450**
G. Ferrell	**360**	**M. Madison**	**340**
D. Smiley	**320**	**Masters (50-59)**	
M. Walters	**305**	**B. Robertson**	**330**
198 lbs.		**275 lbs. Open**	
D. Watson	**430**	**H. Cross**	**500**
W. Kidd	**420**	**J. Crowder**	**390**
C. Rexrode	**405**	**275 lbs.**	
W. Painter	**350**	**Masters (40-49)**	
198 lbs.		**J. Graube**	**390**
Masters (40-49)		**(60-69)**	
D. Watson	**430**	**J. Deiulio**	**240**
R. Herron	**345**	**SHW Open**	
220 lbs.		**W. Williams**	**600**
B. Arrington	**450**	**D. Redman**	**480**

(Thank you to John Shifflett for the contest results)

WABDL

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # *(If Renewal)*
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee $10.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 5292
Bend, Oregon 97708

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

If under 18, have parent initial _____ Signature_____

The Big and Little of It! ... Mike Wise (6'7" and 370 lbs.) and Gayle Plumadore (4'10" and 110 lbs.) at the Christmas for Kids Meet. Mike got a 760 PR DL and Gayle got a 165 PR BP. (photo courtesy Darrell Latch)

Christmas for Kids BP/DL Classic
13 Dec 98 - Mattoon, IL

BENCH PRESS		**SHW**	
Women		**Mike Wise**	**430***
Gayle Plumadore	**160***	**Submaster Men**	
4th	**165***	**John Shea**	**540***
Teenage Men		**Mark Cloe**	**510**
Nick Gaines	**250***	**Mark Williams**	**405**
Junior Men		**4th**	**440***
A. Primozich	**255**	**Barry Holifield**	**335***
Jeffery Fuchs	**265**	**Master Men**	
148		**Greg Chrun**	**485**
Robert Matias	**285**	**Dave Newman**	**400**
165		**Nile Smith**	**430**
Sonny Bradberry	**280**	**Art Kisrow**	**380**
181		**DEADLIFT**	
B. Hutchinson BL	**325**	**Junior Men**	
Bob Murphy	**310***	**A. Primozich**	**400***
198		**Jeffrey Fuchs**	**365***
Anthony Leone	**405**	**4th**	**390***
4th	**410**	**Submaster Men**	
Dave Newman	**400**	**Barry Holifield**	**390***
220		**Master Men**	
Julian Wilkes	**450**	**Dave Newman**	**465***
Nile Smith	**430**	**148**	
Mark Stoyanov	**390**	**Robert Matias**	**335***
242		**4th**	**360***
Greg Chrun	**485**	**198**	
T. C. Roesch	**400**	**Dave Newman**	**465***
Barry Holifield	**335***	**242**	
275		**T. C. Roesch BL**	**650**
John Shea (BL)	**540***	**Barry Holifield**	**390***
Mark Williams	**405**	**SHW**	
4th	**440***	**Mike Wise**	**760***

*** personal record. The Christmas for Kids Bench Press/Deadlift Classic was held at the Mattoon Cross County Mall in Mattoon, Illinois on December 13, 1998. All the profits from this competition went to benefit the underpriviledged children of the area, raising over $500.00 in money and toys. A special thanks to the Mall Association who once again helped sponsor the competition. In the bench press competition we had only one lady lifting, but what a lifter she was! Gayle Plumadore is just as cute as she is strong, finishing with a 165 personal best at a 114 bwt! In the teenage men's class, first-time competitor Nick Gaines posted a 250 lb. personal record for the win. I remember with fondness Nick's grandfather Harry Gaines, who did so much for the sport of powerlifting sveral years ago when he was the manager of the Cross County Mall by helping us get this whole thing started. Since 1985 the Mall has promoted nearly fifty bench press and deadlift competitions! In the junior men's division Anthony Primozich won over Jeffrey Fuchs 255 to 265 at a lesser bwt. At 148 Robert Matias was the victor with 285, close to a double bodyweight bench! Sonny Bradberry also lifted well, ending with 280 for the win at 165. Best lifter in the lighter classes, Benny Hutchinson, won the 181's with 325 at a 176 bwt. over Bob Murphy, who ended with a personal best 310. At 198 it was Anthony Leone with 405, followed with a strong 410 fourth attempt over Dave Newman, who finished with 400 after coming close with a 425 personal best third attempt. At 220 a strong Julian Wilkes, lifting without a bench shirt, nearly got 480, but settled with 450 for the win. Second place went to Niles Smith who finished with 430, followed by Mark Stoyanov with 390. Greg Chrun came from St. Louis, Missouri, almost getting 500 for the first time ever. Greg did get 485 for his second attempt, which was good enough for the win over T. C. Roesch at 400 and Barry Holifield with 335, which was a new personal record for him. John Shea won best lifter honors for the heavier classes by winning the 275 lb. class and pressing a new personal record of 540 in the process. All three of John's lifts were smooth and strong, giving him his best competition to date. Another lifter who had a great day was John's training pertner Mark Williams who ended with 405 but came back on his fourth attempt to nail a personal best 440. At SHW it was BIG (6'7", 370 #) Mike Wise with a personal best 430 for the win, and without a shirt! Do they make bench shirts that big? John Shea also won the submaster class taking the win over Mark Cloe who finished with 510, after he failed with a pr 525 twice. Mark Williams was third with Barry Holifield fourth with a personal best 335. Greg Chrun, winning at 242, also took the master men's division, with Dave Newman second, Niles Smith a very close third and Art Kisrow fourth with 380.**

In the deadlift competition Anthony Primozich again placed over Jeffrey Fuchs as with the bench competition. Both pulled new personal records, with Anthony getting 400 and Jeffrey pulling a strong 365 third, followed by a 390 fourth attempt. Barry Holifield won the submaster class with a pr 390. Dave Newman, who is always helping everyone else, pulled a great 465 personal best, winning both the master and 198 lb. classes. At 148 once again it was Robert Matias, pulling four easy lifts, ending with a personal best 360. T. C. Roesch ended with 650 at the lighter end of the 242 lb. class, giving him the win and best lifter honors for the deadlift competition. After a few years away from serious competition, T. C. is ready to hit it hard once again. (He has pulled 770 in the past!) It's good to have such a positive person returning to the sport. Barry Holifield finished second at 242 with good form, ending with a perfect day of lifting. Up next was the BIG KID again, this time with HIS lift, the deadlift! This 28-year old kid went through all three of his attempts like clock work ending with a personal record 760! The most he had pulled prior to this meet was 701! And Mike did his lifting without a suit or a BELT! What a great natural lifter, and a great way to end the competition! Thanks to Benny Hutchinson, Linda Middleton for helping judge, Floyd and his brother, John Shea and Mark Cloe for loading and spotting and T. C., Dave Newman for setting up, as well as Nate Link for his great lift-offs and just for being there. Thanks again to all the sponsors, competitors and spectators for making this such a success. See you all again next year! (thanks to Dr. Darrell Latch for these results)

INTERNATIONAL POWERLIFTING ASSOCIATION
APPLICATION FOR REGISTRATION

Welcome to the International Powerlifting Association. This organization is established as a "Lifters for Lifters" organization with three divisions, Professional, Elite Amateur, and Amateur.

Pro Division: Anyone who totals *Professional (Pro)* is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she totals. There is no drug testing in this division. The Pro Division has its own world records. Records will be kept in the Men's and Women's Open, Submaster, and Master Divisions only. There is not a Teenage or Junior Division in the Pro Division.

Elite Amateur: Anyone who totals *Professional* can be entered in this drug-free division. The *Elite Amateur Division* is open to any lifter who has totaled Pro or above and who is willing to subject themselves to drug testing every time he/she competes. Lifters who opt for this drug-free division must apply for inclusion on the *"Open Testing List"*. If a lifter chooses to lift in the Elite Amateur Division, it is important that the lifter understand that he/she is financially responsible for his/her own drug test at every meet in which he/she lifts. **NOTE: A Elite Amateur lifter will be drug test at every meet in which he/she competes.**

Amateur Division: This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a urinalysis test done at the lifter's expense (same standards as the U.S. Olympic Committee). If the test is negative, the meet director will reimburse the lifter for the expense. If the test is positive, all of the lifter's records and accomplishments to date will be disqualified and the lifter will be banned from I.P.A. competition for three (3) years. If the lifter enters the Amateur Division and totals Pro, the lifter must compete as a Professional in the next meet he/she competes in. The Amateur Division has its own elite and world records. Amateur records will be kept in the Men's and Women's Teen (14-15, 16-17, 18-19), Junior (20-23), Open, Submaster, Police and Master Divisions.

IPA PROFESSIONAL, ELITE AMATEUR, AND AMATEUR CLASSIFICATION TOTALS

Men's Wt. Classes	Pro/ Elite	Amateur		M*	Women's Wt. Classes	Pro/ Elite	Amateur		M*
114	1080	975	950	845	97	671	605	607	547
123	1180	1060	1050	930	105	718	647	649	585
132	1330	1195	1200	1065	114	770	694	696	627
148	1480	1330	1350	1200	123	822	740	744	670
165	1610	1450	1480	1320	132	868	782	785	707
181	1680	1510	1550	1380	148	955	860	864	778
198	1790	1610	1660	1480	165	1030	928	932	840
220	1870	1680	1740	1550	181	1105	995	1000	901
242	1900	1710	1770	1580	198	1168	1052	1073	967
275	1940	1745	1810	1615	198+	1250	1126	1131	1019
308	1960	1765	1830	1635					
308+	1980	1785	1850	1655					

*Master

International Powerlifting Association
"Lifting for Lifters"

Application for Registration

Last Name _____ First _____ Initial _____ IPA # for Renewal _____

Street Address _____ City _____

State or Province _____ Zip Code _____ Country _____

Telephone _____ Date of Birth _____ Age _____ Sex _____ Pro _____ Am _____ Elite Am _____

Sign if above answers are correct. Parents sign if under 18 years. _____ Date _____

Registration Fee: Adult $20 ~ High School and Special Olympics $10

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 3688 Old Silver Hill Rd., Suitland, MD 20746

USA Powerlifting President's Report - December/January 1998

GREAT BEGINNINGS

USA Powerlifting has completed it's first full year as a member of the IPF and we are very proud of the American teams that have represented our Nation in international competition this year. The open women took 4th in Norway, the masters women won gold in Argentina with the men taking bronze, the junior team took 6th in Hungary, the open men took 3rd in Ukraine and the bench team took silver in Germany in a close battle with Russia. There are now plans under way to develop a regional federation under the IPF, similar the European Powerlifting Federation, which will provide for a lot more international events for our lifters to compete in closer to home. Mauro Di Pasquale, M.D. is working closely with North America's IPF Vice President Bill Jamison to make this a reality.

GOING RAW

For those athletes who are interested in competing in contests that offer "raw" divisions, the USA Powerlifting Executive Committee has approved a definition for this purpose - "The use of supportive equipment for any "raw" competition (single lift, two lift or three lift) be limited to the use of wrist wraps/bands and a standard lifting belt." This new definition was authored by Don Haley, Technical Committee Chair, one of the true patriarchs of our sport. The raw concept should be useful for introducing new people to our sport, who could get their first taste of powerlifting competition before making a serious investment in personal power gear, which normally occurs as they become more deeply involved in our strength sport.

IPF RULES & RULEBOOKS

Starting January 1, 1999, the IPF Technical Rules for performance of the lifts has become the standard for all USA Powerlifting Meets. This has been optional through the year 1998 and many States and Meet Directors have already made the transition. For those of you who have not been exposed to the changes, do not lose any sleep. USA Powerlifting's rules have long been modeled after those of the IPF. Here are some of the most notable changes:

* During the squat the hands and fingers must actually be gripping the bar, not just loosely placed on the bar, a wise safety consideration.
* The first bench press command changes from "press" at the chest to "start" at arm's length before the bar is lowered to the chest, which now becomes the point at which the lift/attempt begins. After the bar has been held motionless on the chest, it must be pressed upward to lockout with even extension. The hands must grip the bar with a "thumbs around" grip, locking the bar safely in the palms of the hands. The use of a reverse grip is forbidden. All other aspects/rules regarding the Bench Press remain the same.
* In the deadlift, lateral movement of the foot is no longer a fault.

These items are all covered in the new Lifter's Rulebook which goes out to every member who joins USA Powerlifting. It would be a good idea to join early this year so that you will have this information in your hands.

The large Official's Rulebook is also available and can be purchased for $18.00 (including shipping) from the National Office. It contains tons of useful information such as Meet Director's Checklists, Ranking Charts, Qualification Charts, Loading Charts, Wilks, Masters and Foster Formulas, etc. Pretty much everything you always wanted to know about powerlifting but hesitated to ask. Any revisions will be sent to you automatically at no extra cost. The binding has been improved and is constructed of solid polyvinyl material. We figure that powerlifters need a rule book cover as tough as they are.

BANNED SUPPLEMENTS

Continue to carefully monitor the supplements you are taking! The past year has seen an explosion of offerings of the various Andro-type compounds. These are steroids, no matter what the ads say. Be aware of the potential for positive drug tests! We have not seen the final chapter on over the counter steroids and much as I prefer happy endings - this is one showing ominous signals.

ON THE NET

The USA Powerlifting web page will soon be adding even more information. We hope to make the records section available as soon as records have been verified. We are also looking to add some graphic design enhancements as well as a way to order merchandise directly from the site. Please bookmark this site and look for the improvements. You can also link up to the IPF Web Page from there. It's a great way to keep in touch with what's going on in USA Powerlifting.

Thanks to all of those whose continuing hard work gives life, breath and good health to drug-free powerlifting. Have a great, power-filled 1999. *Mike Overdeer*, USA Powerlifting National Office, usapl@fwi.com

MENS NATIONALS UPDATE

The 1998 Nationals in Denver also included the first Friendship Cup Invitational. That event resulted in several World Class performances, most notably Hiro Isagawa's World Record Bench in be 60 kg class and Roy Brandzig's 1200 lb+ total at 52 kg. We will invite approximately 12 teams to compete in this year's Friendship Cup to be held in conjunction with our national meet in St. Louis, July 15-18, 1999. Great interest has been expressed for this event by IPF member nations, likely because they have not had an opportunity to compete and visit in the USA since 1984. So, the outlook is bright to bring world class international lifting to the USA this summer. Stop on by, and preferably compete, to watch and meet some of Europe's and Asia's best.

RAY SPEAKS, LISTEN

Greetings to all USA PL'ers. As I look back and reflect on how the year went and realizing that this was not my most productive year numbers wise, '98 was a year of growth. I was able to complete my year-long project of building my own house (with the help of my brother James and my training partner Jerry Dally) and the birth of my third child Mark had a terrific impact on me. Those were the highlights of '98. Definitely the low point of the year was my bomb-out at IPF worlds, in the deadlifts none the less!!! God sure has a sense of humor. I do have to apologize to those who supported me because I didn't come through for them. I'm scheduled for knee surgery in early January, so I have enough time to get ready for nationals. I promise 1999 will be different! Most people would probably think that my IPF bomb-out would be my worst time ever at a meet, but ironically it was the best time I ever had. Remember, I was on a lot of world teams, from the first ADFPA world team to the National teams (Samson in the 80's, a brief stint with Missing Link, and the dominating Pro-Titan teams of the 90's). This was the closest team I was ever on. It's always easy when your winning... everyone is your friend. But when you're taking a beating you truly know who has your back. I'm glad to say that these guys are my friends and even prouder that we now have a united USA powerlifting team! But don't forget, we all have a lot of work ahead of us in '99. See you all in St. Louis, *Ray Benemerito*

TEAM UNITY

I was a member of the USA Powerlifting team's first participation at the IPF Men's Worlds Championships. As you all are aware, the team placed third out of 30 participating countries. The individual performances by the U. S. team were a little below the expectations going into this tournament, but I will not whine about the conditions, the judging, or the drug testing. As with any competitive event, there are problems and as an athlete you have to suck it up and deal with it.

My motivating factor to participate in my fifth world championship was the opportunity to compete with a united U.S. team composed of members from USA PL and some former USPF members. Even though the U.S. team and some individual performances were slightly disappointing, there was great sense of team camaraderie. I knew most of the members of the team prior to this tournament. Every person felt as an equal and helped each person out. The conditions in the Ukraine were harsh and we had to stick together to ensure no one got hurt.

Being an East European country, training, eating, or basic facilities were below what we are accustomed to. This environment forced a mental of the U.S. team of "us against the world." We really stuck together. There were several nights where we would sit in the lobby for hours on end and talk about lifting and stuff in general. You would be surprised how much you might have in common with other people when you just talk about stuff. No one had an ego and we all treated each other as equals, irrespective if you were a former world champion or this was your first worlds.

I know that this may sound corny, but this is the essence of competing. You always want to do your best, but no matter how the final result comes out, everyone is equal. You may win today, but on another day you could have an injury or something happens that places you lower. You need to put powerlifting in proper balance with your other priorities in life such as spirituality, family, and work. When you do that, you will have a proper appreciation for the sport. *David Ricks*

SPORTS MED

By Mike Hartle, D.C.

Keys To Powerlifting Success: Stability, Balance, Strength & Power

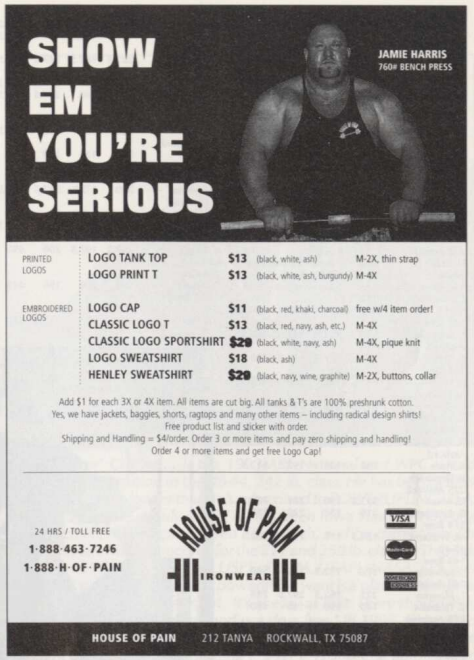
Stability, balance, strength and power. What do these four words have in common? A lot more than you think. In order to succeed in any sport, particularly powerlifting, you must have all of them. If you don't, you can incur an injury and may end up having one of those that never seem to heal, always nagging. Many powerlifters can relate to this; in training or at a meet your body is telling you that something isn't right. For example, it might be as simple as a small discomfort or dull ache in your right upper buttock area as you set up for a heavy squat, or a slight pain in the elbow region as you bench. My point is, if you feel these things when you workout or compete, then you just might be lacking in, or have an imbalance in one or a combination of the aforementioned four qualities.

Stability is one of the most important aspects for the powerlifter. Stability, when used in reference to the neuromuscloskeletal (nervous system, muscles/tendons/ligaments, bones) system, refers to the ability of a joint to remain stable and intact when under stress and/or physical demands and loads (like a barbell). Multiple joint complexes working together, such as the spine, provide the stability needed to do large movements of the body, such as running, squatting, etc. In order to maintain stability, the body uses nerves and the nervous system to feedback information from the area under demand to the brain and back again. It uses the muscles and tendons to contract and relax in proper amounts and length of time in order to hold the joint stable when stressed. The bones, along with the ligaments, give the structural support of the joint. All of these components provide the body with stability when under stress.

The Joint Connection

All joints and joint complexes have their individual stabilizers. For example, the shoulder joint uses the infamous rotator cuff muscles as some of its stabilizers. These muscles help place the shoulder joint into proper position before movement occurs. Then the prime movers of the shoulder joint, such as the pecs, delts, lats, etc. can move the upper arm through a wide range of movements without damaging the joint itself. When these stabilizers become damaged, weak, adhered to something else because of scar tissue and adhesions or lose flexibility, they are not able to keep your shoulder in the proper position while moving. When this happens frequently, cumulative trauma begins to occur to the joint complex. It is no longer stable. All the athlete usually sees at this point is pain when using that joint, sometimes starting out as a dull pain but eventually turning into sharp pain. Down the road the athlete will not be able to use that joint because of the pain and may have to quit.

The next few issues I will continue to explore these concepts and explain them fully. This article is the first of a series on stability, balance, strength and power.



South Central Regional
141 Nov 98 - Somerset, PA

	SQ	BP	DL	Total
114				
Brant	435*	175	425	1035*
123				
Varner	425	185	400	1010
Hagan	250	130	325	705
Evins				
132				
Jackson	500*	250	450	1200
Walden	375	200	415	900
148				
Melendez	500	265	450	1215
Newsome	430	255	485	1180
Statler	450	265	425	1140
Marshall	330	240	375	945
Baker				
Childress				
165				
Stover	585	355	585	1525
Moore	605	305	565	1475
Bell	535	300	525	1360
McClean				
181				
DeJesus	610	390	580	1580
Dennis	575	275	500	1350
Olson	500	320	450	1270
Rodriguez	450	315	440	1205
Hines	430	270	500	1200
Heng				
Rodriguez				
198				
Cruz	675	400	600	1675
Estes	580	405	525	1510
Mowe	550	275	655	1480
Locke	500	280	450	1230
220				
Jones	600	440	550	1590
Thomas	535	325	580	1440
Davis	500	365	575	1440
Earnest				
242				
Cessna	720	405	625	1750
Carr	700	385	600	1685
Palmer	700	350	575	1625
Mayo	600	350	600	1550
275				
Howard	750	410	630	1790
Davidson	625	400	675	1700
SHW				
Sladky	625	370	550	1545

NOTE: * Indicates New State Record. Somerset - 1st Place - 55 points, Greensburg - 2nd Place - 37, Cresson - 3rd Place - 35, Laurel Highlands - 4th Place - 19. Outstanding Lightweight Lifter from SCI Greensburg - Stover CW-3724, Outstanding Heavyweight Lifter from SCI Somerset - Cruz DT-3641. On November 14, 1998, SCI Somerset hosted the 1998 South Central Regional Powerlifting Meet. This is the second time that Somerset has had the privilege of hosting this regional qualifier. The division is comprised of SCI Somerset, SCI Greensburg, SCI Cresson and SCI Laurel Highlands. There were a total of 38 lifters that competed in 11 weight classes. Some highlights at this event were as follows: Lightweight 114 pound Sammy Brant, SCI Somerset, broke his old state record with a whopping 435 pound squat and also broke the state record with a 1035 total for his weight class. In the 132 pound class, Keir Jackson, SCI Somerset, set a new state record with a 500 pound squat. Special recognition was given to Stover, SCI Greensburg, in the 165 lb. class as the Outstanding Lightweight Lifter and to Victor Cruz, SCI-Somerset, in the 198 lb. class as Outstanding Heavyweight Lifter. A special thank you goes out to the SCI Somerset administration and staff for hosting this successful event. A thank you is also sent to Rich Kustenbauder, Meet Director, and Edward Custer, Activities Manager 1, for operating the table. Jeff Cristina, Moe Williams and Mike Jones are to be thanked and commended for their fine work as trainers. A thank you also goes to George Stanford, Equipment Manager. Peter M. Malich, SCI Somerset Coach, would like to personally congratulate all of the 1998 Varsity Powerlifting Team members for their sportsmanship, hard work and determination in preparing for this meet. (results courtesy of Peter M. Malich, Corrections Activities Specialist)

SCI Somerset's Varsity Powerlifting Team: *top row, left to right, Ben Palmer, Andre Henry, Don Brewer, Mike Jones (Trainer), Mark Earnest; second row, Miguel Rodriguez, Peter M. Malich (Coach), Dave Sladky, George Sanford (Equipment Manager); third row, Carlton Estes, Sammy Brant, Jeff Cristina (Trainer), Keir jackson, Donald Hagan, Richard Melendez; bottom row, Andre Howard, Victor Cruz. Missing - Morris Williams (Trainer). (courtesy of Malich).*

Omaha Open
22 Nov 98 - Omaha, NE

Bench Press		181		
Women 40-49		M. Lincoln		340
123		J. Loftman		330
K. Jacobsen	105	220		
Men 50+		A. Wilson		460
220		Deadlift		
C. Toney	300*	Women Submaster		
Submaster		148		
220		N. Fullmer		315*
M. Reinig	410	Open		
Open		165		
148		F. Williams		500
B. Hanslik	225	181		
165		T. Fullmer		545
S. Frankl	370	198		
F. Williams	345	P. Safford		580
Women 50+	SQ	BP	DL	TOTAL
SHW				
M. Harlowe	270*	130	250	650*
Teen				
181				
E. Irwin	300	150	325	775
Open				
SHW				
J. Sempek	825	465	685	1975
BP/DL				
Women				
SHW				
B. Swanson		235*	525*	760
Men 50+				
198				
U. Kanto		255	560*	815
40-49				
181				
C. Blades		285	390	675
Submaster				
275				
V. Beatty		360	605*	965
Open				
165				
F. Williams		345	500	845
275				
V. BVeatty		360	605	965

Outstanding Lifters: B. Swanson, J. Sempek, F. Williams, A. Wilson, Tim Fullmer. *All Time Nebraska Record - for all associations. (John Jones)

AAU Master/Submaster Nationals
5,6 Dec 98 - Little Rock, AR (kg)

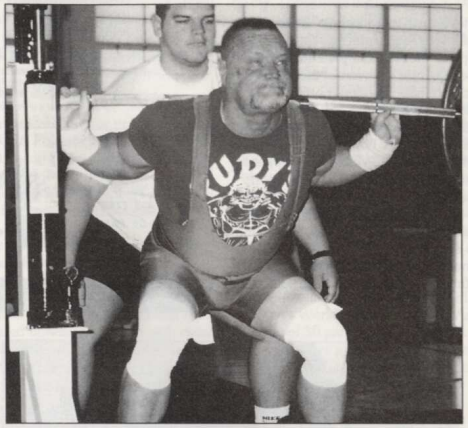
Bench Press				
40-44				
165 Raw				
R. Herbst	135			
M.Lepitve	110			
Assisted				
A. Namors	147.5			
J. Haines	145			
45-49				
242 Assisted				
T. Tinsman	190			
50-54				
198				
L. McLean				
319 Raw				
M. Hooper	182.5			
55-59				
220 Assisted				
D. Smith III	200			
60-64				
198 Assisted				
T.C. Lewis	112.5			
40-44	SQ	BP	DL	TOTAL
148 Raw				
J. Kennedy	67.5	102.5	192.5	362.5
Assisted				
T. McCarty	170	127.5	192.5	490
165 Raw				
R. Herbst	137.5	135	200	472.5
181 Raw				
G. Tiner	177.5	110	215	502.5
T. Sandford	165	120	182.5	467.5
198 Raw				
R. Fitzgerald	180	140	212.5	532.5
Assisted				
R.Mace	195	125	192.5	512.5
B. Dresbach				
275 Assisted				
D. Mesa	327.5	190	265	782.5
R. Strothmann	210	150	220	580
319 Raw				
M. Williams	182.5	150	190	522.5
45-49				
148 Raw				
S. Johnson	17.5	132.5	250	560
242 Assisted				
E. Morgan	275	162.5	297.5	735
T. Tinsman	145	190	145	480
275 Assisted				
L. Kye	325	167.5	250	742.5
T. Morgan	250	167.5	250	677.5
50-54				
148 Raw				
P. Griffith	185	107.5	182.5	475
Assisted				
A. Gonzales	130	90	142.5	362.5
165 Raw				
S. Brown	170	110	182.5	462.5
J.Kennett	162.5	117.5	180	460
181 Raw				
J. Orengia	182.5	122.5	252.5	557.5
220 Raw				
T. Roberts	205	120	242.5	567.5

242 Assisted				
Johnny Young	180			
65-59				
198 Assisted				
B. Rosenfield	145			
70-74				
165 Assisted				
N. Carl	80			
Submaster				
165 Raw				
L. Cohen	160			
275 Raw				
R. Stafford	220.5			
K. Bastin	190			
Women Masters				
45-49				
181 Assisted				
B. Gill	65			
Women Submasters				
132 Assisted				
S.Gomez-Leon	90			
J. Scott	200	122.5	215	537.5
B.Lindsey	180	142.5	155	477.5
Assisted				
A. Rubin	227.5	167.5	247.5	642.5
319 Assisted				
P. Wrenn	300	150	277.5	727.5
L. Larsen	235	160	237.5	557.5
55-59				
165 Assisted				
S. Kuter	122.5	105	160	387.5
220 Assisted				
D. Taylor	250	155	250	655
60-64				
198 Assisted				
J. Herbein	200	1`20	237.5	557.5
T. Trevorah				
242 Assisted				
J. Young	147.5	180	140	467.5
275 Raw				
A. Siegel	182.5	107.5	200	490
65-69				
198 Raw				
G. Manly	155	100	190	445
70-74 Raw				
198				
J. Weiss	75	77.5	117.5	270

***Among** the great lifting names at the AAU National Masters/Submasters Championships were, left to right, Paul Wrenn, Larry Kye, Milton Williams, and Walter Thomas. (photo provided courtesy Larry Kye)*

Submasters				
148 Assisted				
R. Houle	202.5	132.5	67.5	402.5
165 Raw				
D. Gilley	200	130	242.5	572.5
B.Janjigian	185	150	215	550
181				
M. Marrocco	240	157.5	262.5	660
198 Raw				
M. Davis	205	160	277.5	642.5
Assisted				
B. Wheeler	227.5	137.5	242.5	607.5
220 Raw				
L. Cohen	195	160	220	575
Assisted				
G. Blount	257.5	182.5	250	690
C. Ward	237.5	145	237.5	620
242 Assisted				
J. Gerhardt	305	185	262.5	752.5
275 Raw				
K. Bastin	200	190	220	610
R.Stafford	180	220.5	197.5	598
Women Masters				
40-44				
123 Assisted				
B. Beasley	97.5	62.5	142.5	302.5
148 Assisted				
J. Wood	115	55	142.5	312.5
Raw				
P. Gibbs	70	42.5	122.5	235
165 Raw				
C. George	72.5	42.5	102.5	217.5
45-49				
114 Assisted				
J. Shear	110	60	147.5	317.5
181 Assisted				
B. Gill	130	65	142.5	337.5
55-59				
181 Assisted				
S. Pack	120	91	137.5	348.5
60-64				
220 Assisted				
E. Trevorah	135	82.5	145	362.5

(Thanks to Meet Director Larry Kye for providing results of this competition to *Powerlifting USA*).



***Denny Taylor** squatting at the AAU National Masters (courtesy L. Kye)*

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7th Eastern Ohio Bench Press
22 Nov 98 - Wintersville, OH

Women	
165	
J. Albrecht	150
SHW	
K. Sizemore	320
Men	
148	
13-16	
L. Dodson	155
Grandmaster	
P. Yoby	270
Open	
A. McVaney	310
165	
Novice	
J. Little	280
SHW	
M. Svec	220
Submaster	
M. Kinnick	325
181	
Novice	
M. Alvetro	320
T. Seely	225
Submaster	
B. Bishop	360
Grandmaster	
J. Klein	185
Open	
J. Wilson	340
B. Dickson	320
C. Blakemore	260
198	
Novice	
K. Wontroba	350
C. Havens	295
M. Bowman	260
Master	
M. Miller	420
K. Wontroba	350
J. Phillips	340
Open	
J. Adams	555
M. Miller	420
C. Dworek	410
K. Wontroba	350
220	
17-19	
M. Roberts	455
Master	
G. Langham	440
M. Numaier	340
S. Popovich	320
Open	
M. Roberts	455
S. Lewis	450
B. Heston	450
J. Farelli	440
M. Bowman	350
M. Neumaier	340
242	
Novice	
J. Spriggs	255
Master	
R. Villani	385

Thanks to the following for making this meet possible: Joe Spellane, Louie Simmons, Mark White, Mike Barravecchio, Chuck North, Leo Wysocki, Louie Muscedre, Phyllis DeDomenico, Scott Celestin, Kathi Celestin, Kasey Celestin, Valerie Smith, Sean Smith, Mike Palios, Dan Neely, and Justin Pratt. (results courtesy Kerry DiDomenico)

Open	
C. Young	505
R.J. Stewart	385
275	
13-16	
J. Snyder	235
Submaster	
M. Fijalkowski	405
Open	
S. Kirit	625
SHW	
Open	
B. Coe	440
Deadlift	
Women	
SHW	
K. Sizemore	355
Men	
Open	
148	
A. McVaney	550
W. Guevara	375
165	
Novice	
M. Svec	420
Grandmaster	
R. Dodson	390
181	
Submaster	
B. Bishop	600
Master	
J. Sheridan	600
Grandmaster	
J. Klein	385
Open	
B. Dickson	560
J. Wilson	550
198	
Novice	
G. Caroff	450
M. Bowman	450
D. Brader	365
Open	
S. Siwiak	680
J. Adams	575
220	
17-19	
D. Wells	4 0 5
Master	
G. Langham	475
M. Neumaier	400
Open	
T. Mankamyer	615
M. Bowman	575
M. Neumaier	400
242	
Grandmaster	
C. Walter	380
Open	
C. Young	725
T. Taylor	625
275	
13-16	
J. Snyder	475

R. Edwards	450
Blue Hen Open	
132	
C. Gafke BL	465
165	
V. Cardwell	470
181	
R. Branch	565
198	
J.Morris	575
275	
J. Lee Jr.	640
SHW	
R. Edwards	450
Blue Hen Teen	
198	
N. Decuire 198	480
C. Carter 220	335
Delaware State Novice	
J. Roach 165	310
Blue Hen Master	
K. Hansen 220	500
R. Branch 118	565
Blue Hen Women Master	
P. Kennedy 165	260
Delaware State Teen	
D. Cecuire 198	480

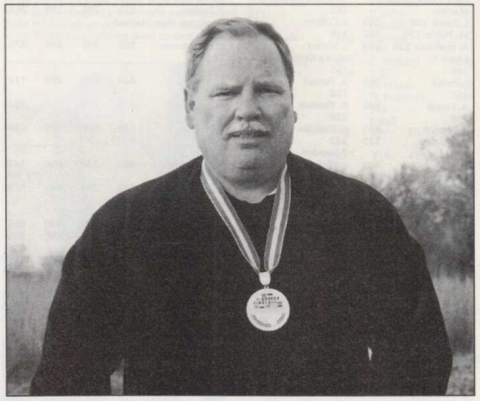
The Delaware State Championships and Blue Hen Open was held on Dec. 5th 1998 at Burke's Gym in Dover, Delaware. 35 lifters came out for some excellent efforts. Special thanks goes out to Jeff Burke, Don Sprinkle, and Dem Tyree. Meet Director was John Cashion. (results courtesy J. Cashion)

USAPL Hudson Natural Open
31 Oct 98 - Hudson, WI

Women	SQ	BP	DL	TOT
K..Sommers 105	240	125	240	605
P. Drysdale 152	280	185	325	790
C. Anderson 155	275	145	360	780
M. Burton 127	225	120	265	610
S. Whiting	190	120	215	525
Teen				
K. Rubenzer 180	540	420	475	1435
S. Skrip 175	430	225	455	1110
T. Faust 220	460	260	460	1180
Masters				
S. Reid 178	435	285	520	1240
J. Todd 207	525	385	450	1360
B. Morton 213	390	285	435	1110
E. Piwonski 175				
F. King 250				
R. Richards 257				
148				
D. Thompson	405	295	460	1160
165				
M. Schultenover	540	365	570	1475
M. Hulse	510	300	475	1285
181				
G. Zangl	440	450	570	1460
K. Rubenzer	540	420	475	1435
B. Hanson	505	310	555	1370
M. Laabs	470	310	555	1335
T. Smith	325	350	500	1175
S. Skrip	430	225	440	1110
198				
K. Pingel	490	370	540	1400
220				
D. Hengst	640	365	620	1625
M. Brandle	550	335	525	1410
T. Brummund	445	320	550	1315
M. Lohre	465	310	525	1300
T. Faust	460	260	460	1180
2 4 2				
J. Cahill	625	385	760	1770
B. Peckmiller	700	520	550	1770
R. Kolbeck	620	375	600	1595
B. Salscheider				
2 7 5				
K. Weyrough	675	425	650	1750
S. Schoen	600	375	650	1625
M. Stafford	375	315	405	1095

Many thanks to our helpers. This was the10th annual Hudson Natural Open. Without all of the people that help out at this meet, it wouldn't happen. Special thanks to Dennis and Sandi Green for helping out with the Best Lifter trophy, and the engraving for the Hudson barbell trophies. Dennis also helped out wherever he was needed from early morning until it was over. Bob Sainati, Steve Johnson, and Shmidt were the judges for the day. THANK YOU! James Miller took charge of the lifting platform and did an excellent job. Kathy Cain and Todd Dierks ran the scoring table. We had many very qualified helpers for all the other things that have to be done to ensure a good, smooth meet. We were fortunate enough to have plenty of help. I don't dare start naming them all, because I'm sure I'd leave someone out. Ialso have to give a thank you to all of the lifters. They were a class act group. (Thanks to Meet Director and many time National Champion Shawn Cain for these results)

Power People



***Noble "Cozy" Cozine ...** is the 1998 APF National and WPC World Bench Press Champion in the 40-44, 242 lb. class. He has been a lifter for 26 years, a little longer than he's subscribed to POWERLIFTING USA, from the 2nd issue, in July of 1977. He's been Iowa State Powerlifting and Bench Press Champion seven times each, and he currently holds 10 NASA State Masters records for the 227 and 250 lb. classes. Through the years, he's lifted in the AAU, USPF, ADFPA, USAPL, NASA, APF, and WPC. "All I want and what most powerlifters want is a place to compete fairly. Either you do drugs or not. It's as easy as that. There should only be 2 organizations - drug free and not drug free." In 1998, Cozy lifted in 2 NASA Power meets and went 9 for 9 in both of them, but the highlight of his career was winning the WPC World Championship in Graz, Austria - to go 3 for 3 in a World Championship, in Europe, with 3 international judges, to bench 418, and win the Gold Medal. (Cozine)*

USAPL Delaware State
5 Dec 98 - Dover, De

Bench Press	
Delaware State	
148	
S. Sam	350
165	
V. Douglas	350
181	
J. Wallace	400
220	
J. Cox	505
J. Plummer	440
P. Norris	400
Blue Hen Bench	
148	
S. Sam	350
165	
G. Welsh	300
275	
A. Pierson	440

181	SQ	BP	DL	TOTAL
R. Cagle	450	235	420	1105
198				
J. Morris	575	375	525	1475
220				
M. DelSignore	700	375	565	1640
J. Plummer	530	440	560	1530
242				
B. Brinton BL	660	485	575	1720
T.Hunter	585	385	640	1610
SHW				

SHW	
E. Rychlak Jr. BL	550
Blue Hen Teen	
R. Canfield 130	205
C. Oakin 152	205
Delaware Teen	
A. Jester 165	275
Delaware St. Novice	
V. Douglas 165	350
P.Norris 220	400
D. Venson 242	400
C. Deisey 190	300
B. McBee 165	240
Blue Hen Master	
R. Branch 181	350
W. Dairyman 165	205
H. Porst 165	145
J. Kenney 181	185
N.Murphy 220	160
Blue Hen Women 40+	
H. Murphy 198	85

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USAPL KY State/Bluegrass Open
5 Dec 98 - Henderson, KY

Men's Blue Grass BP
Masters
I. Zwick 148 250
M. Peters 220 365
A. Hoffman 220 300
Open
148
I. Zwick 260
165
A. Furnis 380
198
K. Hazlett 385
B. Thomas 325
220
S. Sullivan 405
275
R. Furris 405
Kentucky Submasters
220 SQ BP DL Total
S. Busby 450 300 500 1250
275
R. Pirtle 425 345 450 1220
Kentucky Police & Fire
220
B.Harris 415 350 525 1280
Bluegrass Police & Fire
181
B. Stanley 405 285 500 1190
220
B.Harris 415 350 525 1280
J. Noone 155 205 225 585
Kentucky Teenage
132
J. Roden
148
I. Reisner 175 120 210 505
165
J.Gerald 350 185 435 970
181
J. Dixon 325 205 370 900
J. Sparrow 250 180 390 830
242
D. Burchett 575 300 525 1400
319
C.Webb 225 175 365 765
Kentucky Men Masters
148
M. Evans 300 250 450 1000
181
J. Postman 405 320 500 1225
275

Womens Bluegrass
123
A.Cullum 170
148
J. Starley 100
Men's Kentucky
165
A. Furnas 380
198
B. Thomas 325
220
S. Sullivan 405
242
T.Sowder 440
J. Vincent 400
275
R. Ganong 450
Men's Bluegrass Open
132
D. Hargrove 335 240 400 975
A.Wright 225 145 260 630
148
J. Holzbauer 520 325 535 1380
C. Reinitz 400 275 440 1115
165
P. Carter 490 255 540 1285
B. Clark 470 250 505 1225
J. Figg 450 265 400 1115
181
M. Willett 610 335 620 1565
R. Perine 535 340 565 1440
M. Adams 585 330 525 1440
B.Johnson 385 265 365 1015
198
K. Hazlett 520 400 505 1425
J. Farmer 440 305 505 1250
220
J. Massey 600 375 650 1625
T.Reed 605 275 600 1480
242
D. Ballard 700 370 710 1780
C.Davenport 565 400 550 1515
B.Horner 540 350 580 1470
275
K. Hayes 750 500 675 1925
T.Stott 580 450 650 1680
B.Fuller 650 400 590 1640
T.Smith 560 445 570 1575
S. Zimmerman 525 535 500 1560
Men's Kentucky State Open

40-44
R. Ganong 575 450 625 1650
55-59
P. Foster 225 200 350 775
Bluegrass Men Masters
132
D.Holtzbauer 305 205 400 875
181
45-49
P. Malone 440 235 470 1145
50-54
J. Postman 405 320 500 1225
198
W. Lowry 540 325 580 1445
220
45-49
L. Gotshalk 480 350 600 1435
60-64
S. Wood 435 295 495 1225
Men's Bluegrass Open
132
D. Hargrove 335 240 400 975
A.Wright 225 145 260 630
148
J. Holzbauer 520 325 535 1380
C. Reinitz 400 275 440 1115
165
P. Carter 490 255 540 1285
B. Clark 470 250 505 1225
J. Figg 450 265 400 1115
181
M. Willett 610 335 620 1565
R. Perine 535 340 565 1440
M. Adams 585 330 525 1440
B.Johnson 385 265 365 1015
198
K. Hazlett 520 400 505 1425
J. Farmer 440 305 505 1250
220
J. Massey 600 375 650 1625
T.Reed 605 275 600 1480
242
J. Scheckel 540 285 500 1325
Men's Bluegrass Novice
220
S. Krebs 550 350 550 1450
242
A.Leisure 500 300 460 1260
D. Sims 430 290 460 1180
275
D. Lagle 475 250 500 1225
(Thanks to allthe judges, spotters & loaders, and lifters for their participation at this event. Best

165
P. Carter 490 255 540 1285
B. Clark 470 250 505 1225
J. Figg 450 265 400 1115
181
N. Bosaw 610 335 620 1565
220
T. Reed 605 275 600 1480
B.Harris 415 350 525 1290
275
R.Ganong 575 450 625 1650
J.Hurst 545 365 670 1580
319
B. Bowsaw 490 415 600 1505
Womens Kentucky State
181
S. Hunter 275 165 400 840
Women's Bluegrass Open
123
A. Cullum 280 170 310 760
M. Amsden 265 140 300 705
L. Richardson 225 95 305 625
A. Solomito 175 80 185 440
132
D. Davis 240 115 260 615
148
S. Johnson 200 135 285 620
165
G. Kalk 270 140 305 715
A. Pankoke 190 135 240 565
181
L. Miller 145 360 505
SHW
N. Edelson 225 145 365 735
Bluegrass Teenage
165
J. Geralds 350 185 435 970
R.Dennis 250
220
D. Smith 600 360 560 1520
242
J. Scheckel 540 285 500 1325
Men's Bluegrass Novice
220
S. Krebs 550 350 550 1450
242
A.Leisure 500 300 460 1260
D. Sims 430 290 460 1180
275
D. Lagle 475 250 500 1225
(Thanks to allthe judges, spotters & loaders, and lifters for their participation at this event. Best

Women Lifter - Andrea Cullum. Best Bench - Andy Furnas. Best Lifter Open - Kelvin Hayes. Best Lifter State - Prentice Carter. Open Team - 1st - Ball State, 2nd - Iron Pit. (thanks to Steve Corum for results)

USAPL Indiana State Bench Press
7 Nov 98 - New Castle, IN

WOMEN.
198.25 OPEN.
TAMMY MOE
MEN.
132.25 TEEN 18-19:
DEAN LOVE 240
148.75.
TEEN 18-19
DEREK LOVE 250
SP. OLYMPLIAN
RANDY SIMS
105**
165.25:
SP. OLYMPLIAN.
JOHN CHAPMAN165
OPEN
JAMESRUNYON 380
SUB-MASTERS.
JEFF BUCK
MASTERS 1: 290
JOHN KEELE
181.75:
MASTERS 1: 310
DAVID HARDY
MASTERS 2: 340
ROBT SOWALA
275**
198.25:
SP. OLYMPLIAN.
MARK FOSTER 175
MASTERS}:
DAVID PETTY 245
220.25:
SP. OLYMPIAN
RANDY MAGERS 155

NOVICE.
LARRY ROBBINS 320
OPEN.
DAN STELZER 465**
MARC FENSLER 340
LARRY ROBBINS 320
SUB-MASTERS.
G. HOMOLA 340
242.5:
OPEN.
JUAN PIERCE 420
MIKE MURPHY 410
AARON BOGGS 325
MASTERS 1:
JUAN PIERCE 420
MIKE MURPHY 410
GLEN BRAVARD 325
SP. OLYMPLIAN.
S. STALLINGS 175
275.5.
OPEN.
R. DERRICKSON 450
MIKE HARTLE 445
SUB-MASTER.
R. DERRICKSON 450
MASTERS 1:
T. STRIVERSON 475**
TEEN 18-19:
MATT WENNING
319.5.
MASTERS 1:
HANNAH 380**
G. DEHAVEN 360
MASTERS 2:
C.K PETERSON 355**
319. 5 OPEN MEN.
S. RUNYON 485
SUBMASTERS.
S. RUNYON 485**

**STATE RECORD. Place - National Guard Armory - New Castle, IN. Meet Director - Sonny Runyon. 3 drug tests were done. (Thanks to Sonny Runyon and the USAPL for providing these meet results).

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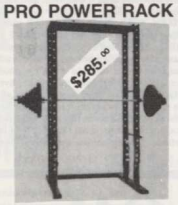

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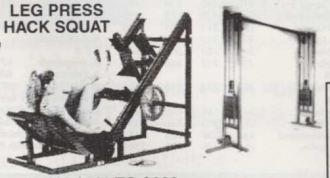
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Veteran's Day Remembrance ... as part of the APA Veteran's Day Bench Press competition, Freshman Chris Soulet (left) and Sergeant David Quintero United States Army laid a wreath at New Haven, CT's Viet Nam Memorial. (photograph provided courtesy of Joe Steele)

APA Can-AM BP/DL/SC
8 Aug 98 - Middletown, CT

Bench Press
Women
Novice 148
T. Langley 130
Drug Free 148
D. Slaga 185
Submaster
D. Slaga 185
Men
Teen
132
J. Syc 220
198
R. Cohn 160
Junior
220
E. Franco 405
Submaster
16 5
C. Dallaire 330
198
B. Kelley 280
275
B. Mimnaugh 435
5 0-5 4
148
E. Gilbert Jr. 205
220
R. Cote 420
55 -59
165
M. St. Laurent 345
4th 355
70- 74
16 5
G. Lebrecque 320
Novice
16 5
N. Gorgone 220
242
K. Kolodziej 410
275
A. Savvaides 385
Drug Free
132
R. Somma 255
B. Cunningham 235
148
D. Rodriguez 275
165
N. Gorgone 220
181
G. Todice 370
275
B. Burkhart 440
Open
165
C. Dallaire 330
220
D. Bettinger 500
E. Franco 405
242
G. Beinstein BL 570
K. Kolodziej 410
275
R. Taylor 435
(Thanks to the APA for providing the meet results)

B. Mimnaugh 435
Deadlift
Teenage
132
J. Noury 445
J. Syc 300
181
B. Crowley 475
198
R. Cohn 315
Junior
132
B. Cunningham 450
242
D. Wilcox 580
220
D. Palmieri 500
Novice
132
J. Noury 445
220
D. Palmieri 500
Submaster
16 5
C. Dallaire 650
198
B. Kelley 530
275
B. Mimnaugh 675
45 - 49
242
J. Copland 480
55 - 59
181
G. Krupa 370
165
M. St. Laurent 510
70 - 74
G. Lebrecque 455
Drug Free
132
J. Noury 445
165
J. DeVito 505
242
D. Palmieri 500
Open
132
J. Noury 445
165
C. Dallaire 650
275
B. Mimnaugh 675
R. Taylor 630
Strict Curl
Women
148
R. Clark 45
Men
132
J. Syc 100
165
L. Cortezzo 160
M. Dlugnlenski 120
SHW
L. Sateriou 115

APA Old Line State BP/DL
19 Jul 98 - Ocean City, MD

Bench Press
Women
181
K. Roberts 240
Submaster
T. Reumont 197 355
M. Russo 178 330
148
Novice
T. Flaherty 225
165
Novice
D. Welsh 250
Open
R. Orell 350
181
Novice
R. Linardi 320
M.Reeves
198
Drug Free
T. Garvey 365
T. Reumont 355
Novie
T. Garvey 365
220
Novice
J. Peterson 365
242
Novice
J. Schroeder 445
M. Williams 385
Drug Free
J. Schroeder BL 445
(Thanks to the APA for providing the meet results)

275
Novice
S. DiSantostefano 440
P. Elias 390
Deadlift
Women
132
K. Edgar 230
Submaster
165
W. Edwards 200
181
K. Roberts 440
Men
Submaster
T. Reumont 550
165
R. Orell BL 550
181
Novice
M. Russo 485
T. Knotts 455
198
Drug Free
T. Reumont 550
220
Novice
J. Haughom 475
242
Novice
G. Durham 575
275
Novice
P. Elias 525

APA Veterans Day Bench Press
14 Nov 98 - Hamden, CT

High School Division
148
C. Soulet 100
220
J. Durso 225
308
J. Perez 215
Men
148
C. Soulet 100

165
S. Cannady 300
181
J. Steele 225
N. Wellins 200
220
J. Durso 225
308
R. Rohmer 313
J. Perez 215

Place: World Gym. Time: 2 hours. Meet Director: Joseph Steele and Mark Hogan. Head Judge: Joe Steele. Side Judges: Neal Wellins and Mark Hogan. Announcer: Joe Steele. The first annual A.P.A. Veterans Day Bench Press Championships went very well, with a total of seven lifters taking part and two new World Records were set in the meet. Sergeant David Quintero of the Unites States Army made a special presentation. He laid a wreath with Freshman High School Powerlifter Chris Soulat at the New Haven's Viet Nam Memorial near the meet site, to honor and remember all the men and women who served in the Viet Nam war. In the High School Division, senior Jayson Durso won the Best Lifter and the 220 lb. class with a 225 lb. lift. In the Men's Division,and the Masters Division,

Sam Cannady won Best Lifter in each division and set a new World masters (55-59) age group record with a 300 lb. lift in the 165 lb. class. Ron Rohmer, in the 308 lb. class, set a new World masters record in the (65-69) age group with a 313 lb. lift. (Thanks to Joe Steele for providing these contest results).

Kathy Roberts pulled 450 lbs. weighing 174 at the APA Old Line State Meet. (by Wendy Edwards)

APA Gatorland Open BP/DL
29 Aug 98 - Palm Bay, FL

Women
148
D. DiCristofaro 125
Men
181
C. Matthews 430
198
R. Lawrence 525
Drug Free
R. Taylor 245
over 60
N. Carr 285
R. Taylor 245
Submaster
R. Lawrence 525

220
Drug Free
G. Tippett 300
242
Drug Free
M. Hummel 440
275
Drug Free
C. Witz 405
Submaster
C. Witz 405
Deadlift
198
Drug Free
R. Taylor 400
60+
R. Taylor 400
(Thanks to APA for providing these meet results)

APA North Americans
24 Oct 98 - Palm Bay, FL

Bench Press
242
50-59
F. McBride 300
Drug Free
M. Hummell 475
F. McBride 300
275
Drug Free
C. Witz
198 SQ
Master
R. Shepherd 425
Drug Free
R.Shepherd 425
(Thanks to APA for providing these meet results)

Submaster
C. Witz
Deadlift
Women
148
C. Bennett 340
2 20
D. Werda 600
D. Peterson 500
242
J. Bell 635
BP DL Total
315 425 1165
315 425 1165

Bay State Open BP/DL
3 Oct 98 - Worcester, MA

Bench Press
Women
165
C. Turcotte 160
M. Reed 160
Men
148
Drug Free
E. Fraford Jr. 240
165
J. Signore 280
181
Drug Free
K. Goodrich 400
S. Gadner 355
H. Karass
Open
N. Paolello 340
198
Novice
S. Burnham 300
F. Ventriglia 230
Open
R.J. Pursell 430
220
J. Acciardo 375
275
Novice
M. Pendergast
Submaster by Formula
R. J. Pursell 191 430
J. Bourgault 245 390
H. Karass 176
40-44 by formula
Montembault 205 350
P. Hardy 232 360
45 - 49
R. Steadman 210 300
50-54
E. Gilbert 152 235
55-59
(Thanks to the APA for providing the meet results)

220
P. Henderson 320
65-69
220
Donbedian 240
Deadlift
Women
165
M. Reed 225
Men
148
Drug Free
E.Fraford Jr. 510
165
J. Signore 440
181
Drug Free
K. Goodrich 510
S. Gardner 500
Open
N. Paolello 500
198
Novice
F. Ventriglia 480
S. Burnham 405
220
J. Acciardo 570
Submaster
275
J. Bourgault 555
40 -44
220
Montembault 530
45-49
220
R. Steadman 350
60-64
242
Peterson BL 600
65-69
Donabedian 218 400
(Thanks to the APA for providing the meet results)

APPLICATION FOR REGISTRATION
American Powerlifting Association

Last Name First Name Initial Date of App.

Street Address City State or Province

Country Zip Code Telephone Number

Date of Birth Age Sex

Social Security Number

Mail and make checks payable to
APA
P.O. BOX 27204
EL JOBEAN, FL 33927

Registration Fee: $20 High School Athlete: $10

Parents Initial
If Under 18 yrs.

I Certify that
the above answers
are correct
X

Rothgery Halloween Classic BP/DL
31 Oct 98 - Elyria, OH

Bench Press	
123 OPEN	
S Petrencak	250
123 PURE	
S Petrencak	250
165 Masters Natural	
G Hector	0
165 PURE	
T Caruso	245
165 BEGINNER	
T Caruso	245
181SUBMASTERS	
P Degroff	340
198 MASTERS	
G Combs	390
198 Masters Natural	
G Combs	390
G Prakopovich	380
198 PURE	
G Combs	390
D Cheers	0
198 NATURAL	
G Combs	390
198 BEGINNER	
M Miller	260
220 SUBMASTERS	
B Rice	320
242 MASTERS	
J Wells	360
242 PURE	
T Cromer	425
242 BEGINNER	
T Cromer	425
275 OPEN	
L Washington	440
J King	390
SHW PURE	
J Wilson	315
SHW SUBMASTERS	
J Wilson	315
Deadlift	
148 OPEN	
C St. Peter	385
181 OPEN	
J Anadiotis	525
181 SUBMASTERS	
P Degroff	485
220 OPEN	
C Anadiotis	565
242 SUBMASTERS	
M Long	575
275 OPEN	
J King	615
SHW Open	
M Hershberger	660
SHW PURE	
M Hershberger	660
SHW SUBMASTERS	
M Hershberger	660

THANKS: Powerlifting USA, Dave Hopkins(Owner of the host American Fitness Center). Judges-Jamie Schupbach, Lou Gonzales, Brian Rothgery Spotter/Loaders-Mic Fairbanks, Don Rothgery Announcer-Wade Weigand, Mom and Dad Rothgery, Jim Bartlome, Gary Combs, and all the lifters for coming out and actually doing it!!!! See you at the BBQ!! (thanks to Mr. Don Rothgery for the results)

Halloween Power Bash
31 Oct 98 - Danville, IL

	SQ	BP	DL	TOTAL
132				
JORDAN	375	250	400	1025
148				
BONNER	330	300	425	1055
165				
HOLMES	500	315	560	1375
181				
HICOMBOTTOM	650	300	650	1600
STONE	500	365	555	1420
BICE	520	305	575	1400
BROWN	530	305	550	1385
GARCIA	475	275	550	1300
DAVIS	400	340	495	1235
RAWLS	495	275	425	1195
198				
EVERETT	605	300	650	1555
MILLER	600 M	370 M	530	1500M
WORMLEY	575	320	565	1460
VIRELL	525	330	555	1410
HUNT	520	385	505	1410
DRIVER	500	315	550	1365
HILL	405	270	580	1255
220				
BETHEL	585 M	355	565M	1505
ALMOND	510	315	585	1410
SAVORY	505	375	505	1385
BRIGHAM	475	325	550	1350
WILLIAMS	385	325	525	1235
GARDNER	455	275	505	1205
242				
PACE	675	405	655	1735
PETERSON	680	405	625	1710
KILBERT	585	375	615	1575
LEFLORE				
275				
ROWAN	715	485	755	1955
CARROLL	730	465	675	1870
ALMONDS				

BEST LIFTERS 181 & UNDER, HICOMBOTTOM 181 CLASS 1600 TOTAL SWARTZ 1070, 198 & OVER, MILLER 198 CLASS 1500 TOTAL SWARTZ

951. M - DENOTES MASTERS RECORD

MASTERS				
40-44				
BETHEL	585	355	565	1505
50-PLUS				
MILLER	600	370	530	1500

THANKS TO L.T.S STAFF GREG WATSON FOR SPONSORING THIS MEET. (ROBERT BETHEL)

Halloween BP/DL Bash
31 Oct 98 - Stevensville, MD

Women	BP	DL	Total
7 7			
M. Springer	55	115	170
R. Larrimore	25	70	95
88			
L. Herndon	60	115	175
N. Conyer	50	110	160
E. Tshontikidis	25	70	95
104			
L. Bentzel	85	180	265
114			
K. Sharp	85	200	285
123			
C. Hale	120	28 5	405
132			
C. Fisher	100	215	315
V. Sharp	85	170	255
J. Lavoie	80	175	255
148			
C. Hicks	105	240	345
K. Hamilton	115	180	295
J. motley	75	195	270
A. Eury	80	145	22 5
J. Conyer	65	145	210
165			
J. Harris	110	200	310
T. Watson	85	185	265
M. McNicol	65	170	235
A. Alley	65	140	205
181			
C. House	110	235	345
M. Richmond	100	215	315
198			
K. McGill	110	240	350
T. Trudeau	75	200	275
S. Bowser	80	175	255
198+			
K. Sherman	95	205	300
T. Holt	75	185	260
Men			
66			
S. Larrimore	15	50	65
7 7			
Y. Tshontikidis	35	100	135
132			
J. Canter	165	190	355
G. Olivi	210		
148			
M. Harris	235	400	625
R. Gellert	165	275	440
R. Thompson	95	215	310
165			
E. Milhulland	210	230	440
181			
F. Allen	160	275	435
198			
H. Motley	170	325	495
E. Maute	125	225	350
242			
B. Shirley	235	515	750

Special thanks to Al, Brenda, and Jay Siegel of Siegel Engraving Company for the AWESOME awards; Clay Draud, Caryn Tshontikidis, Ben Bownas, Amanda Kammier, Julai Loya, Jeremy Wheat, Alphonso Surrell, and Lindy Sikes for announcing, scoring, and officiating; to Ray Gellert for setting up, spotting, and loading; to the Navy lifters for cleaning up; and to Richard and Kendal Larrimore for the new platform! God Bless. (Thanks to Spero Tshontikidis for providing these results)

USAPL Halloween Havoc BP
1 Nov 98 - Moosic, PA (kgs)

Women		B. Harashinski	150
132		198	
Teen		Open	
S. Dolson	60	C. Zupko	180
148		J. Rittenhouse	140
S.Zakrewski	55	R. Jeffords	107.5
165		Lifetime	
P. Kennedy	92.5	C. Zupko	180
Men		J. Rittenhouse	140
132		Submaster	
Teen		C. Zupko	180
R. Canfield	85	40 - 44	
148		T. Rome	147. 5
Teen		50-5 4	
R. Noto	102.5	R. Jeffords	107.5
B. Koval	100	Junior	
Open		E. McIntyre	170
J. Smith	132.5	220	
Lifetime		Open	
J. Smith	132.5	A. Faulkner	182.5
G. Teeter	107.5	Lifetime/Law&Fire	
Master/Law&Fire		J. Washko	135
R. Burnett	127.5	Teen	
165		C. Carter	115
Open		242	
D. Evans	150	Open	
D. Morell	150	W. Lilly	205
Lifetime		R. Davies	177.5
D. Morell	150	Lifetime	
C. Angeline	137.5	W. Lilly	205
Junior		Teen	
E. Mills	135	T. Couch	127.5
Teen		R. Rahrig	127.5
C. Yacovelli	97.5	E. Kline	125
H. Oskin	85	45-49	
181		R. Davies	177.5
Open		R. Tomasetti	137.5
R. Toole	185	275	
B. Cizik	185	Open	
45 - 49		S. Mitchell	190
J. Nealis	157.5	Master	
40-44		C. Ackerd	175
B. Gelzheiser	155	SHW	
Lifetime		Master	
M. Fenton	155	T. McCarthy	185

38 lifters 4 drug tests performed. (courtesy USAPL)

NEW A.P.F./A.A.P.F. Membership Application

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AMERICAN AMATEUR POWERLIFTING FEDERATION

A.P.F./A.A.P.F.

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Powerlifting USA
BACK ISSUE LISTINGS

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP181s, ADFPA TOP 114s

Mar/94.. . Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/ Women's Sr. Nationals, Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Oct/94... Paul Anderson Tribute, IPF Jr. Worlds, Safety Squat Bar, Carrie Boudreau Interview, The AGE FACTOR, TOP 100 132s, ADFPA TOP 20 242s

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/ Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/ Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat WOrkout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/ Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Apr/96.. Big Bench Press News, PL vs. Pro Wrestling, the "Unknown" Strength Coach, "Casey's Club" - 600 lb. Benchers, Lifetime Nationals, TOP 100 242s.

Jun/96.. ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All TIme Records, TOP 100 SHW

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s

Jan/97... IPF Men's Worlds, WPC Worlds, Step by Step Training by Louie Simmons, Rejecting Rejection, Gene Bell Bench Press Workout, TOP 100 198s

Feb/97... Poiwer of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97... TOP 20 Women/Teenage/ Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

Apr/97... Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA National s Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, *NEW* Mineral Orotates, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Lt Wts.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP 10 Women, Westside Invitational, Foundational Training by Louie, TOP 242s.

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie Simmons on "Researching Resistance" 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Steve Leypoldt, Isoflavones.

Dec/98 ... IPF Masters-Juniors -Mens/ WPC/WDFPF/AAU / AAPF World Meets, Injury Avoidance, USA All Time 800 lb. Deadlift List, Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds Pt. I, IPF Worlds Report, Bands and Chains by Louie Simmons, Balding Man's Advice Pt. II, TOP 100 198s

LIST THE BACK ISSUES YOU WANT (AND YOUR ALTERNATE CHOICES) INCLUDING MONTH AND YEAR, MAKE OUT A CHECK ($5 PER ISSUE) TO *POWERLIFTING USA* FOR THE PROPER AMOUNT, PUT IN AN ENVELOPE AND SEND IN TODAY TO:

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CAMARILLO, CA 93011, USA.

(article continued frompage 16)

Jon Mckanna, blasted his third attempt of 100kg/220 lbs, and went a perfect 3/3 in all of his attempts. Steven Sugaho won the junior 60kg/132 lb class, with an 87.5kg/192 lb second attempt. In the 67.5kg/148 lb class, Derek Creevy, Jr., son of multi-national and world champion Richie Creevy, won the Junior (14-15) division with a 75kg/165 second attempt. Derek, like his father, is no doubt, on his way to the top of the bench press ranks. Lindy Blas placed first in the (60-64 age group) and demonstrated what master power is in the bench press, with a fine 97.5kg/214 lb second attempt.

In the 75kg/165 lb class, Michael Johnson captured the Junior (16-17) category with a 110kg/242 lb second attempt. Likewise, William Padilla captured the (18-19) division with a strong 150kg/330 lb attempt. Both lifters look to have a bright future in the sport. In the open and sub-master categories, Steven Ward won both titles, and pushed a nice second attempt of 182.5kg/402 lbs to completion, after it was turned down on his opening attempt. Leon Ramsey was second in both categories, with a 137.5kg/303 lb effort.

In the 82.5kg/181 lb class, Konrad Lee, representing the country of China, won the Junior (14-15) title, with an 85kg/187 lb second attempt. Juan Contreras lifted to a non-contested win in the open category, and finished only with a 150kg/330 lb opening attempt. Juan had close misses with 352 lbs and 358 lbs, on second and third attempts respectively. Kingston Lee, father of Konrad Lee, here all the way from China too, lifted well, and, like his son, won his division, with a very well done, 180kg/396 lb second attempt.

The 90kg/198 lb class featured two crafty veteran lifters, David Jeffrey, competition director and USPF President, and California bench press icon Richie Creevy. David came out on top in the open category with a solid 187.5kg/413 lb second attempt, and just missed a third attempt of 195kg/429 lbs at lockout. Richie missed his opener of 165kg/363 lbs, however, made it on his second attempt, and took a huge jump on his third, to 182.5kg/402 lbs, that was missed right at the top as well. Nevertheless, Richie's 363 lb attempt is a new USPF Masters (55-59) American record. Also, as the results indicate, both lifters placed first in their respective master age groups.

In the 100kg/220 lb class, Archie Spencer, a blind lifter from the state of West Virginia, not only entertained the crowd with his great lifting, but with a country and western song, that he specially composed and performed after his lifting session was over on Sunday. Needless to say, he received a standing ovation after completing the song, which brought the house down. Archie, is one unique and special individual, and even continues to hunt, and perform activities that the visually impaired normally are not involved in. His 137.5kg/303 lb opener was smooth and easy, and he just missed his second and third attempts with 147.5kg/325 lbs. Archie placed first in the disabled division, and third in the sub-master division. Archie, keep up the great work, you are an inspiration to us all. In the police open division, Sunday Sims cruised to an easy win with his 192.5kg/424 lb first attempt. In the police sub-master category, Jay Henry, missed all of all of his attempts on technicalities, not strength, and bombed. Cecil Ballard, from the Lone Star state of Texas, made a strong 170kg/374 lb opening attempt, to edge out Rob Grahame's second attempt of 155kg/341 lbs. Fellow Texan, Frank Castaneda made the long trip from Corpus Christi and was in the best shape of his life. He benched a great 205kg/451 lbs, on a second attempt, and just missed a 212.5kg/468 lbs on his third attempt. Frank lifted very well, and won the (40-44) master's division. In the disabled Amputee division, Robert Wieland lifted with authority, and made a 142.5kg/314 lb first attempt, and 157.5kg/347 lbs on his second. Robert then passed on his third attempt, as his second selection was an all out effort that was definitely right on the money. Good job Robert!

Bio Muscle Team at the USPF Worlds: *(left to right) Jay Henry, David Jeffrey, Mary Jeffrey, Bill Rectenwald, Lori Jeffrey, Rob Graham, Mike Shepard, and Leon Ramsey - all from West Virginia. (photo courtesy Jeffrey)*

Sly Anderson *lifted immaculately in front of his young sons (Herb)*

In the 110kg/242 lb class, Anthony "Lucky" Carrera lifted and walked away with the junior (18-19) age group victory, with a powerful 160kg/352 lb second attempt. Professional Boxer Mike Sheppard lifted in the junior (20-23) division, and made an easy 182.5kg/402 lb second attempt. Mike just missed an attempt at 418 lbs on his third. David Jeffrey tells me that this young man has a tremendous amount of talent as a professional fighter and can "mix it up" when he has too! Look for him on ESPN Friday night fights in the future. We wish Mike the very best in his professional boxing career. Arthur Thompson took the sub-master category with a successful 230kg/507 lb opener, but missed 237.5 on both his second and third attempts. Nevertheless, Arthur recorded the best overall lift in this weight class. Art also won the police/fire division as well. In the master's (40-44) division, Phillip Johnson made a 187.5kg/413 lbs on second attempt to secure the win. Phillip also finished second in the police/fire open division. Fellow master lifter Harry Sneider stole a victory in the master's (60-64) division. Good job gentleman!

In the 125kg/275 lb class, David Marr made two strong and solid attempts and edged Tyrone Ferdinand 217.5kg/479 lbs to 205kg/451 lbs in the open division. Tyrone tried for the win on his third attempt, but came up short, and narrowly missed the weight at lockout. After Tyrone's miss, David took a shot at crashing the 227.5/501 lb mark, and narrowly missed this as well. David will make this weight the next time around. Ed Acey won both the master's (55-59) category, and the police/fire division uncontested.

In the 140kg/308 and 140+kg/SHW classes "massive" Tom Manno led the may, and shoved up a huge 584 lbs on his second attempt, Tom was the open class, and the master (40-44) division winner, as well as the overall men's bench press competition Champion of Champions! Great Job Tom! Also, look for this man to be the next lifter to crash the 600 lb barrier! Obie Hampton was a distant second in the open category, but finished with a well done 192.5kg/424 lb second attempt, for the win in the master (50-55) division. Bill "Rallo" Rectenwald, one of West Virginia's finest, made very strong second attempt of 192.5kg/424 lbs, and won the police and fire division, uncontested. Bill is a highly decorated state trooper in the state of West Virginia, and also diligently served on the combined BioMuscle/RMAC platform crew, as back sponsor for the powerlifting competition, and did an absolutely terrific job! Our heart-felt thanks go out to Bill! Mark Rodberry made a clutch, final attempt of 140kg/308 lbs to stay in the competition, and capture first place in the superheavyweight category.

After the completion of one of the best bench press competitions this year in the USA, the powerlifting competition proved to be just as exciting and exhilarating. Unfortunately though, the first three men's weight classes (52kg/114 lb, 56kg/123 lb, and 60kg/132 lb classes) had no entries at all. This continuing trend not only has effected the USPF, but all powerlifting organizations across the board. This is only signaling us that a change and/or maybe realignment needs to occur, with the men's open weight categories. It is my opinion that we should just have the men's 60kg/132 lb class, and eliminate the men's 52kg/114 lb and 56kg/123 lb class altogether. The International Weightlifting Federation (IWF) has made the change, why not powerlifting? Just a thought! Any comments and/or suggestions?

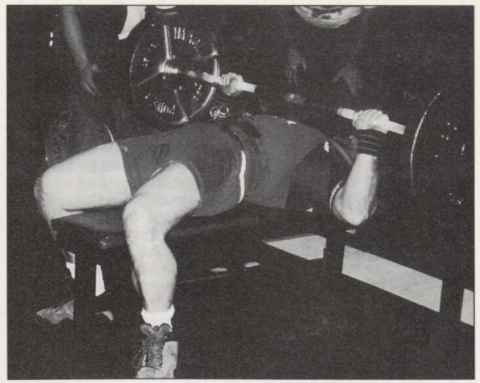
Nevertheless, the 67.5kg/148 lb class was the first class to be contested. Brad Montague used well-balanced lifting to win the open category. Lindy Blas was one of only a few lifters that competed in both the bench press competition and powerlifting competition. Lindy lifted very well and won the master (60-64) division. Lawrence Joanis, the 1998 USPF Senior National Powerlifting Champion completed his year with a World Championship title. Great job, Larry. The 75kg/165 lb class featured lone junior (20-23) lifter Thomas Bolwin, who shows great promise for the future. Tom made a nice 205kg/451 lb deadlift, and had two close misses with 212.5kg/468 lbs, and 220kg/485 lbs. The 82.5kg/181 lb class featured another well-experienced master lifter in Dan Dumoit. Dan was an inspiration to us all, and recently has recovered remarkably well from cancer. It was nice to see him competing again, and we wish him all the very best, with his on-going recovery. Dan, congratulations on both of your victories! The 90kg/198 lb class marked the return of the rugged U.S. Marine, Sly Anderson, who, as everyone knows, is one of the best to ever have graced the lifting platform in this weight class, regardless of federation. Sly, a former IPF affiliated, multi-USPF Senior National and IPF World Powerlifting Champion, is now a master lifter, and went a perfect 9 for 9 via 622 - 644 - 661 in the squat, 363 - 374 - 385 in the bench press, and 622 - 661 - 683 in the deadlift, and ending with a super easy 785kg/1730 lb total. Great job Sly! It is great to have you back! Mike Stapely, the lone lifter in the open division, could not satisfy the strict judging standards in the squat and bombed. Mike had plenty of strength to make the lift, he just needs to correct only the technical aspects. Bill Johnson, competing in the master (50-54) class, put together some very nice numbers, and won his class uncontested. Veteran master lifter Rex Monahan flew in from a blizzard that was pounding Northern Colorado, and went a super 9 for 9. Rex is great to have around at the competitions. We look forward to having all US master lifters attend the 1999 USPF Sub-master and Masters National Powerlifting Championships that will be held in Buffalo, New York during May 1999. This competition will be directed by both Mark Becht, USPF New York State Chairman, and his assistant, Mike Wlosinski, Assistant New York State Chairman. They have secured quite a large sum of sponsorship monies for this competition and are planning to have a super show. So stay tuned and in contact with the USPF National Headquarters, or you may look us up on the World Wide Web, at http://www.USPF.com.

The 100kg/220 lb class was the largest and most balanced weight division of the competition, and featured some very good lifters. Tom Golden, a junior (14-15) lifter from Ohio, has shown a tremendous amount of improvement since his performance at USPF National Junior Championships in February 1998. He is only 15 years old, and has a great deal of ability and talent. He reminds you a lot of Robert Eucker, who was the 1994 gold medal winner in the 100kg/220 lb class at the 1994 IPF World Junior Powerlifting Championships that took place in Bali, Indonesia. The open division featured Rick Purchase from California, who used a well-balanced lifting attack of 601 391 660 to win this class. Rick, twice, just missed pulling a huge 705 lb deadlift, but will no doubt get it at the 1999 USPF Senior Nationals, that will be held in either June or July of 1999, in Austin, Texas. Cecil Ballard from Texas had a dismal day, and clearly missed all of his attempts in the squat on depth. Cecil was even granted a fourth attempt, after placing an appeal with the jury, for a delay that occurred on the platform prior to his third attempt. His fourth attempt in the squat also met with red lights for depth. Nevertheless, look for Cecil at the USPF Senior National Powerlifting Championships in June to avenge this very disappointing performance. Even despite Ballard's bomb-out, George Pessell from California, kept up the intensity to win the sub-masters division, via attempts of 584 418 644, and final total of 1642 lbs. Placing second to Pessell in the sub-masters division was gentleman Phillip Capps, who also lifted very well, and completed his day with a solid 1416 lb total. Frank Castaneda, a master (40-44) lifter, was another competitor that successfully competed in both the bench press and powerlifting competitions within the same day. Frank continued his very impressive and successful contest day with an 8 for 9 performance, winning his age group with successful lifts of 622 440 622. Frank also just missed a huge 300kg/661 lb squat, but will surely get it next time around. Way to go Frank! Brent Edmund was another lifter that could not negotiate the strict judging in the squat and bombed. Again, plenty of power, but you have to get them clearly down with international officials on the platform. Edmund's bomb in the squat paved the way for Marty Gallagher, from Maryland, to win the master (45-49) age group. Marty lifted completely unequipped, and posted some very nice numbers. Incidentally, Marty is a former IPF World Master's Champion, and demonstrated that he can still move some serious poundage. In the master's (50-54) class, Larry Rapier and Bruce Mckenzie were set to battle it out, but, again, the bomb bug claimed it's next victim and this match-up never materialized. Next time!

In the open 110kg/242 lb class, Ed Coan, after two year's absence, again mounted the platform with a fury that has rarely ever been seen in the Powerlifting World. Ed's performance was the single best powerlifting and/or strength performance ever recorded, completed, and witnessed, by any human ever to walk the planet earth! There have been many so-called lifter comparisons made to Ed, but they have never met him head to head in competition. Gee-wiz, I wonder why? There has only been one opponent versus Ed Coan in recent years, and that is Mr. Gravity himself! Even at this competition, Mr. Gravity took a back seat, as Ed powered up squats of 920 981 1003. All three squats were performed with absolute perfect precision, control, and most of all DEPTH! Ed's lifts were strictly judged by three International officials. After the completion of the third squat, good friend Capt., Kirk Karwoski was immediately called on the cell phone, to notify him, that there is a new resident in the 1000 lb squat club. Will this entice Kirk out of retirement? What do you say Kirk, time to make the comeback, and "up the ante" a little? (No pun intended.) From my viewpoint, believe it or not, Ed was good for another 20-30 lbs more! Ed continued his unprecedented day, with bench presses of 534, 562, with 573 lbs. being a competition PR. Finally, Ed finished off a perfecto 9 for 9 day, with deadlifts of 815 865 887 lbs. and totaling an all-time best of 2463 lbs. This, by the way, is the single best total of all time, by any lifter, from any federation. Despite the cloud of controversy and proceedings surrounding him the past two years, Ed, the champion and gentleman that he is, maintained both his composure and poise, and conquered some of the highest numbers ever performed in the sport. His reputation, as the greatest powerlifter of all time is complete! Hometown hero, Joe "Hail Caesar" Dentice, was present, and lifted in the competition, despite a hip injury. Joe powered up some very nice attempts and placed second to Ed in the open division, and second in the master's (40-44) division! Joe is a great guy, a tremendous sportsman, and is a pleasure to be around at any competition. Rich Norris took token attempts in both the squat and bench press, and was mainly here to set the USPF sub-masters record in the deadlift. Rich narrowly missed the record pull of 323.5kg/713 lbs. right at the top. No doubt, by the time the USPF Seniors roll around in July, the Texan will make the record pull! Larry Horton, lifting in the master (40-44) division, captured first place, and had a tremendous lifting day himself, with super lifts of 606 402 749 and total of 787.5kg/1736 lbs. Master (55-59) age group participant, Bud Davis, was able to avoid the bomb bug, by making a pressure packed third attempt in the squat, and cruised the rest of the way to a non-contested win in this class.

In the 125kg/275 lb class, Texan Tim Bruner went 9 for 9, hitting big lifts of 317.5kg/699 lbs in the squat, 200kg/440 lbs, in the bench press, and 320kg/705 lbs in the deadlift and totaling 837.5kg/1846 lbs. Tim even had tried a fourth attempt deadlift of 330kg/727 lbs. for a USPF Sub-master's American record, but was called for a slight hitch through the middle. Nevertheless, a great job Tim, and see you at the 1999 USPF Senior Nationals in Austin! Just as a side note, Tim is also the 1996 IPF Pan-American Powerlifting Champion at 110kg/242 lbs. Tim pointed out to me that he even squats lower than Jason "Deepsquatter" Burnell. Unfortunately, Arthur Labare did not fare as well as Mr. Bruner and bombed in the squat with a 345kg/760 lb opener. All three of Art's attempts were well done, but the squats in this competition had to be down, or else red lights were going to appear. Art will have another crack at the Senior Nationals. The other open class competitor, Thomas Wiley, lifted well, and finished with a nice 760kg/1675 lb total. He has some room to grow in this class, and will only improve with a little more experience. Kevin Penny and Steve Brown both lifted with no competition to win both of their master age group divisions. Kevin just missed a very super 312.5kg/688 lb deadlift on his second and third attempts, and Steve Brown posted some very impressive numbers for the masters (55-59) age division. Check these out; 501 391 562 lbs, and total of 660kg/1455 lbs. Congratulations to both Steve and Kevin.

Amputee Bench Champ ***BOB WIELAND*** *with Mary Jeffrey. (Dave J.)*



Presidential Power.... *the USPF 'sDave Jeffrey moving iron. (Jeffrey)*

In the "newly formed" USPF 140kg/308 lb class, Joe Sauter, from Maryland, captured this class uncontested and set all new USPF American records! Joe stood up with impressive, to say the least, 360kg/793 lbs in the squat. With a little more competition experience and training time under his power belt, there is no reason why he could not be one of America's best at superheavyweight. Watch this kid make it go!

In the 140+kg/SHW class John Binkowski, assistant strength and conditioning coach at the University of Nevada - Las Vegas (UNLV), passed on the IPF World Powerlifting Championships in Cherkasy, Ukraine this year, to attend this competition. Recently "Bink" has come under fire for this decision. However, the self-assured and confident athlete has clearly stated for the record, that he is going to stay completely out of the "powerlifting politics", and lift where and when he wants, regardless of threats of retribution, etc. At this competition, he had a great day, and matched his total from the 1998 USAPL Senior Nationals in Denver, Colorado. Bink took only two squats, and made his second attempt of 400kg/881 lbs. look like a toy. His second bench press of 250kg/551 lbs. was just as easy, and he had a close miss with 257.5kg/567 lbs on his third attempt. His deadlifts were both explosive and smooth and he narrowly missed a personal record of 360kg/793 lbs on his third attempt. Look for John to post some larger numbers when he mounts the USPF Senior National platform in Austin. See you there! Al Buono, all the way from New Jersey, placed second this year, in only his fifth powerlifting competition. Al moved some heavy iron as well, and was the 1998 USPF Senior National Powerlifting Champion. "Big" Al made 370kg/815 lbs look easy, and even came up with an impressive third attempt of 390kg/859 lbs in the squat, but was called close on depth. Al went on to make all three bench presses, ending with a well controlled and easy 240kg/529 lbs. He called it a day by just taking one deadlift of 272.5kg/600 lbs. Once Al has another year, or so, under his power belt, he will no doubt be a factor in the superheavyweight division.

Finally, as I stated in my opening paragraph, a competition such as this could not have been this successful, or even possible, without the collective and cooperative effort of the following people. For example, David Jeffrey for directing the competition and David Kyle for taking care of the technical aspect, as well as the USPF web page information (www.USPF.com). Also, a big thank you should go out to Jan, Jake, and Linda Shendow, as well as, their RMAC Crew, for driving the weights and equipment used for the competition, all they way from Roy, Utah, despite the possibility of rough weather coming over the mountains. Additionally, a special mention and thank you go out to following individuals; Jan Shendow, for handling the drug testing of the athletes, Don and Dawn Sams and Sara-Beth Lambiotti for working the admissions and T-Shirt table, Jackie Henry and Debbie Lawrence for working the scoring table, Robert Grahame for printing the T-shirts and announcing, Jay Henry, Bill "Rallo" Rectenwald, Mike Sheppard, Alan Haga, Todd Lambiotte, and the RMAC team for a superb job in spotting and loading, Lori Jeffrey as platform manager, and finally, Leon Ramsey for expediting. Notably, a special thank you particularly should go out to both John Inzer of Inzer Advance Design, and Phil and Kathy Andrews for sponsoring and videotaping this inaugural World Powerlifting and Bench Press Championships staged by the United States Powerlifting Federation. John does a great deal all around for the sport of powerlifting, and sponsors many lifters and competitions around the world. So, the next time you decide to purchase gear, select only the best equipment made, and pick up the telephone and call Inzer Advance Designs at 1-800-222-6897. You will not be disappointed.

In closing, the USPF is extremely optimistic and excited about its future! This competition in just one of the many new and exciting events planned for the year 1999. As the USPF, the oldest and most legitimate powerlifting organization in the world, pushes forwarded into the next millennium, we are looking forward to the many new and unique opportunities that have been presented to this organization. So, if you are interested hopping on board, and either attending and/or promoting a USPF competition, give the USPF National Office a call at 1-803-776-2300, or you may call me at 1-215-542-4941 and/or E-mail me directly at rhk@Bellatlantic.net In the mean time, have a great, happy and prosperous New Year! And, we look forward to seeing you at the next competition! Robert Keller, USPF Executive Committee Member Chairman.

(article continued from page 13)

had promised his crew (that had worked so hard running the meet) something to eat. That came first - his top priority. Smith insisted! When Ernie said the meeting would have to wait and refused to yield, Carl went ballistic. It developed into a shouting match. He later apologized for his impatience. This put a cloud of doubt regarding Carl's personal agenda in Ernie's mind. He perceived Smith seemed to be placing his own wants above the needs of others. From that day forward, Frantz kept his eyes and ears open.

Problems surfaced early this year when the assigned Technical Director for the upcoming W.C. in Graz, Edith Pongraz, sent out a letter to WPC countries regarding suit and shirt patches. It spelled out that patches covering a tear were okay, but those designed for enhanced supportiveness would not be allowed. With the championships only 6 months away, Ernie - not wanting to jeopardize the carrying forth of this important competition - remained silent. Then, seeing that this mandate by Carl would cause problems with U.S.A. athletes who were used to their equipment with the supportive patches, Ernie issued a Fax to Smith dated October 27th (exactly one week before the championships were to begin). It was a 4 item dictate on several issues with his personal mandate regarding each. 1) Regarding patches, all patches are legal, whether thought to repair tears or be supportive. 2) No head referee shall call red on SQ depth if side referee gives white, and if so done will he considered honest mistake by said head ref. 3) Protest of a call must be made immediately by lifter and coach directly following it on the platform. All 3 referees must agree that a mistake has been made. The situation is resolved, ended and the competition will continue. 4) The AWPF Amateur (tested) Worlds was lobbied and voted on through mail, approved & passed. That's final. Only vote on the matter will be who'll run it in 1999 and if it will be held separate or concurrently with the WPC Worlds.

The part which may have infuriated Smith was Ernie's paragraph that decisions regarding these 4 items must be adhered to by all countries and officials of WPC. Any official that does not abide to these decisions will be expelled from WPC and not used at these championships. This will be at no vote.

Not understanding that the WPC was owned by Frantz and as self-appointed President he can do these things, Carl took the bull by the horns and fired back a fax dated October 30th. Since he had the World meet locked up and the witching hour was drawing nigh, Smith, by his own authority issued his own mandates. Carl alleged that copies were sent to all WPC affiliate countries. The contents opened by saying that the conflict between he and Frantz had reached unbearable limits. In seven itemized paragraphs he outlined his course of action: 1) Non-recognition of Ernie Frantz as WPC President. 2) A declaration banishing Frantz from the WPC Worlds or the attending of such; not allowing entrance to the venue upon subject to arrest. 3) The situation to be discussed at the WPC Congress meeting to convene Wed. evening, Nov. 4th. Further decisions to be made at that time. 4) Termination of Ernie Frantz as WPC President and any association with WPC. Proof of Frantz's "ownership" of WPC to be presented to Carl Smith by 12-15-98. 5) Brian Smith, GBR, has been appointed interim WPC President (explaining that he is the only elected President of an International body within WPC) until official elections are held. Brian Smith will therefore preside over the Congress meeting in Graz. 6) Until elections, all communications from 10/30 forward to be directed to either Carl Smith or Brian Smith. 7) Patches on shirts & suits not covering tears are illegal according to rules decided by Congress and will not be allowed at these championships.

The Championships headquarters Hotel for officials & lifters was the Europa. It was full 6 months ahead of time. Ernie had his reservations there, but Carl had cancelled them. Nearby hotels were also filled, so Frantz had no place to stay. Upon arrival in Graz the nearest available vacancy was way off the beaten path. Ernie stayed 10 miles out of town. His wife Diane had never before failed to accompany him to these big events. He did not want to have her subjected to these appalling circumstances, and left her at home. Ernie bore up well to this demoralizing treatment. Everyone (and I do mean everyone) rallied around him, and gave him moral support and backing. To be subjected to such disrespectful treatment brought out the stalwart strength of character that Ernie possesses. He restrained himself from any combativeness (though it was sorely tempting), allowed his APF representatives (Gary "Silent Show of Power" Baum & Jan "Dr. Diplomat" Van De Weghe) to handle the potentially volatile situation with tact. It was the perfect diplomacy. When the home court just happens to be foreign soil, they can get by with doing just about anything they want to do. And so they did!

Carl was complacent in his own self confidence that this hostile takeover would go off without a hitch. I hoped that by being a journalist and an outside party regarding this situation I could be a go-between and try to defuse the powder keg. I tried to talk with Carl to get him to see reason and abandon this foolhardy plan; to allow Ernie access and talk out these matters and settle them at the Congress meeting. He refused to discuss the subject, became angry and walked away. Later on I was accused by him of being disruptive and interfering with WPC business. Seeing that his ears were closed to any reconciliation, I aborted my arbitrative efforts.

Brian Smith was being labeled a co-conspirator of these actions, so I decided to find out for myself. He'd taken offense regarding Ernie's dictates that if his mandates were not carried out any referee would be expelled from WPC. Brian took this personally and was furious. Upon arrival to Graz I, along with Jan Van De Weghe, tried to talk with him, but couldn't. He didn't get composed until several days later. Then I was able to converse with him. Brian Smith told me that he'd been saddled with this "interim President" position; that he didn't want it, but went along. Regarding his referee expertise and platform managerial sharpness, Brian told me that he never makes bad judging calls. Brian Smith later admitted to me that Ernie had been treated wrongly as far as Carl's course of action. I told him that he should express his true feelings to Carl.

You may be interested to know that Carl hired security to guard the entrance way, specifically to keep Ernie out! Seems as if the main concern was that Ernie might take matters in his own hands (wring someone's neck). These burly 'Gestapo' brandished their billy clubs menacingly and backed Ernie away when he tried to enter the venue. He snuck in a couple of times without being spotted. He came in and was backstage to help coach his girls when they lifted. A stoolie alerted Carl who sent for police. To avoid an altercation and to protect him from harm, Bruce Greig escorted Ernie back down Fortress Hill before they arrived.

While Carl Smith was receiving accolades from the President of the Austrian Parliament during an evening ceremony, Ernie gathered his troops to prepare strategy. A meeting was held (open to everyone) to decide the course of action. Someone called for a boycott and several were willing to become sacrificial lambs in a stand. Ernie quickly nixed that idea recalling the debacle of the 1984 Olympic games where governments used athletes as pawns to voice their outrage at the Soviet invasion of Afghanistan. Many other WPC Nation members and delegates attended and became aware of the attempted hostile takeover. There were concerns that any drastic actions against the perpetrator of these injustices would be foolhardy. The most important thing at hand was the personal performances of the athletes who had came to do their best. So be it.

THE CONGRESS MEETING took place as scheduled on Wednesday evening, Nov. 4th, following the lifting and the awards ceremony. It was a closed meeting. I was fortunate to be able to attend because the "interim President" Brian Smith invited me. (An action Carl Smith was none too pleased about). Among those attending the meeting were: Carl Smith - AUT, Brian

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Smith - GBR and Edith Pongranz - AUT, myself, USA - Gary Baum & Jan Van De Weghe, South Africa - Ian Morris and Neville Primich, Yuris Sterns and his wife from Australia, Josef Mattens (Belgium), Hafiz Imram Butt (Pakistan), Bruce Greig (Canada), Alladin Aliev (Azerbaidjan), and Brian Batcheldor (Great Britain). Also present were the representatives of Finland and Germany. I hope that I've not overlooked anyone. If I have I apologize. WPC President Ernie Frantz (USA) was prohibited from attending this meeting- unable to defend himself due to the iron handed restrictions.

The 13th WPC Congress was opened by Brian Smith. Brian made a point several times during the course of these proceedings to make it perfectly clear that he was neutral. Carl Smith read his proclamation with his own written list of mandates that had been decided by himself along with cohorts Brian Smith and Edith Pongranz (who served as Chief Technical Officer during these Championships). From my understanding Brian Smith was still the European President but had been voted out as GBR President in England after last year's championships and replaced by Mr. Batcheldor.

Carl Smith stated that a fax of his agenda regarding the Frantz issues had been sent to everyone of the WPC affiliate Nations. At this point Mr. Sterns, the Australian team coach, said that his federation had received no such notification. Ian Morris, RSA, was also quite vocal and questioned the legality of these proceedings. He also said that RSA had not been notified either by letter, fax, carrier pigeon or any other method. Carl Smith then stated that he didn't recognize South Africa as an official WPC representative, not having any elected officers. RSA President Neville Primich heated up at this point and responded quickly, not mincing any words, and had his say. Sterns (AUS) asked why Frantz wasn't allowed in the meeting to defend himself against any charges. Carl replied that Frantz was not recognized as WPC President and there was no need for him to be present, because the decisions were already made. Brian Batcheldor said that these proceedings were a one man political crusade to seize power done in an undemocratic manner with no regard or respect towards the man who owned, formed and spearheaded the WPC movement 15 years ago and it was wrong to shut him out of these proceedings. Ian Morris, RSA, called Carl a dictator. Carl Smith made the statement that he was forming a "New World Order" and from this point forward things would be run in "democratic" manner. "You're welcome to join the movement. But, I'm not twisting anyone's arm. If you want to leave the meeting now you are welcome to do so. This drew quite a few shudders around the table.

At this point Neville Primich got hot! He volunteered information that Carl Smith had circulated a letter that Bruce Greig was not of sound mind or able to run the WPC Worlds next year and had revealed all of Bruce's past personal problems. Carl nervously acknowledged that he and Bruce had settled this and it was a private matter between them. He also stated that he was disappointed in Neville revealing all the particulars, calling it a "breach of confidentiality". Carl was stammering that Neville had opened "Pandora's box" and "let the cat out of the bag" He had good reason to be on edge because the big 275 lb. cat himself (Bruce Greig) was sitting right next to him. I'm sure Carl noticed that Bruce's face was getting red and the large vein in his forehead was bulging. Actually, Bruce maintained great self control, though visibly upset. He spoke, saying the whole situation was political with too much back stabbing and that the whole scenario caused him much dismay and consternation. He wondered why problems couldn't be discussed and resolved in the Congress meeting. Carl Smith said he had the right to bar Ernie from these Championships. Furthermore, all these issues would be tabled until sometime in January or February 1999 when the EPC would vote on these matters in a neutral location (Vienna, AUT) and at that time delegates of all WPC affiliate Nations would be invited to vote in an official election as to who the "new" WPC presiding officers would be henceforth. At this point it crossed my mind to raise my hand and suggest that a vote be taken to hold these elections in Aurora, IL (USA), but I didn't think my warped sense of humor would be appreciated. Carl Smith was getting very antsy at this point and declared the decisions final and that he wanted to end the meeting. Not before USA delegates Gary Baum and Jan Van De Weghe stood up and had their say. Brian Smith made statements regarding discrepancies (opposite viewpoints about truths of several subjects from previous Congress meetings). Jan (pronounced 'yawn') was adamant in pointing out that Brian Smith's revelations of truth were only an opinion. Everyone in the room was really getting P.O'ed by now, so Carl hurriedly closed the meeting. He, Brian, and Edith beat a retreat! Everyone else stayed in the room and seemed to all agree on one thing. ERNIE FRANTZ WAS IMPALED AND SCREWED - IN A FAILED COUP. I later learned that Carl Smith wanted to oust Frantz and the APF as the WPC USA representative and replace them with the USPF who as you know was ousted from the IPF and replaced by the ADFPA (now called USAPL) as their USA representation. Got a clear picture? I must commend USA delegates Gary and Jan, who handled things in a perfect way. The dirt always comes out in the wash and Ernie has the backing of the overwhelming majority of nations.

There was much debate that seemed to indicate Carl Smith's intention is to create his own WPC, use the same initials and call it the WORLD POWERLIFTING COUNCIL, and stage their own version of Worlds next year. Take note: verily I say unto you, don't be tricked by cheap imitations. The REAL DEAL will be the World Powerlifting Congress Worlds to be held next year in Calgary, Alberta Canada! Bruce Greig will be running it, NOT Carl Smith!

For those of you that don't know, Bruce Greig he has had a lot of bad things happen in his life. In 1988 he gave up alcohol and drugs. He has turned his life around. He and wife Wendy have reconciled any and all personal problems that burdened them in the past. They've found Christianity and have rekindled a wonderful relationship and strive toward harmony, joy, and happiness. Knowing of these changes in Bruce's life makes the following even more appalling:

Returning to Canada he and wife Wendy were detained by customs. Their luggage was torn to pieces, and both of them were subjected to a strip search (including body cavities). She was detained 2 hrs., while Bruce was subjected to further humiliation, degradation, and threats of jail (his ordeal lasted 5 hrs). The search was unwarranted and was the result of an anonymous tip that they'd be bringing anabolic steroids back into Canada. They had nothing, of course. I wonder who that anonymous caller might have been.

Now that all this has been presented, I would like to speak out in behalf of all the Powerlifting Community to thank Ernie for remaining strong and steadfast during this terrible ordeal, all for the personal agenda of an individual. From each and everyone of us, nationally and internationally, we appreciate all you have done for powerlifting. If it were not for Ernie Frantz we would not have the APF, the warmest friendliest family I've (We've) ever known. You have the wholehearted backing of not only the APF but the majority of WPC countries Worldwide. And, now we forge forward toward the new millennium with all the unpleasantness left behind us, like a fading bad dream. Working together we can overcome all obstacles and transgressions. It's all for one and one for all. Powerlifting is indeed a sport for the athlete. I cannot think of anyone who embodies these principles more than Ernie Frantz. For now, he remains Captain of the Ship, sailing toward the promising horizon. He won't relinquish that command until he is sure that it is in safe hands - to carry on. Steady as she goes!

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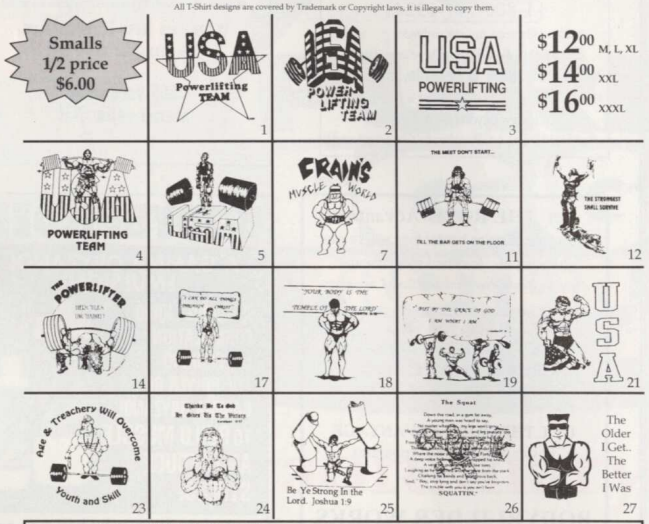

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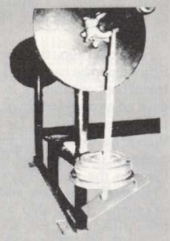

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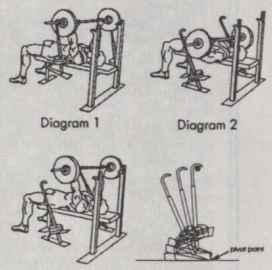

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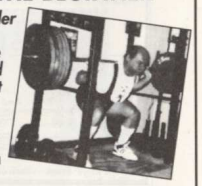

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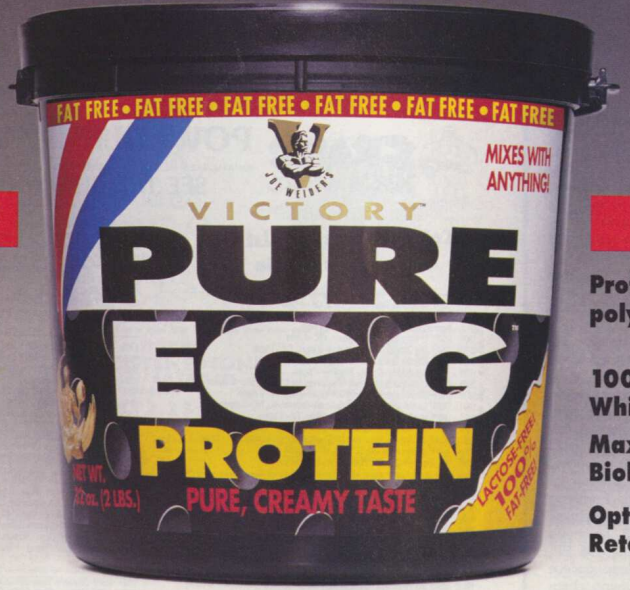

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(article continued from page 11)

for gold would be between the '96 class winner Gerhard Depner, 40, from AUT and Kevin Hammerton, 32, GBR - the defending champ in this class from Blackpool last year! Kevin won there in a hard fought battle w/ USA's Paul Urchick by a mere 11 lbs. Kevin is an athletic looking powerhouse from Brighton. He has awesome squatting capabilities. Depner's ability lies in the DL. An interesting conflict was brewing with Kevin the heavy favorite. Depner used his back power to hump up 716, 766 and finally 793 - a real surprise, Kevin, whose reputation of shallowness seems to be past history, displayed superb technique. He took a 848 3rd deep and was in the driver's seat. Kevin succeeded w/485 3rd BP; Depner made 485, but failed 496. Hammerton's 49 lb. lead looked safe, Kevin missed, then made 716, and couldn't make 733 - TOT 2044. Depner has a missing digit on one hand. Didn't matter. Gerhard hoisted 716, then 766 to tie for the upset win, being 200 grams lighter. To substantiate that he was indeed 'The Man', he put the works to 782. The weight inched into final position. He had 2061 and the surprise victory for the championship host country.

242 - USA's Paul Urchick, 34, from Southgate, MI was a man on a mission. He was seeking the World Title that had so narrowly eluded him last year. Up a class seemed to be a smart move for Paul. A few years back he'd ruptured a quad (had suffered a lot). His rehab and climb to full recovery is a testament to his intestinal fortitude. Fortifying a 3rd place finish was Rufat Agayev, AZE. Though only 23, he shows great promise: 727 SQ, 496 BP, 727 DL, 1951 TOT. Keep your eye on this fast rising young chap. Michael Weiler, 33, AUT, proved to be a stern test for Urchick. He stayed right w/ the American SQ star and edged up 881 on a 3rd, a close call but good. Paul (235.6) dropped 881 in the slot. He hit the right depth w/903 but couldn't rise. Michael managed a 485 2nd BP, but couldn't push up 501. Urchick hit 485, then 507, and missed 512. He had the advantage now by 22. Weiler was able to raise 705, failed 11 more - TOT - 2072. Paul won gold on his opener - 716, and pushed his TOT sum to 2121 following his 733 lift. The pressure off, he missed w/749. Didn't matter. His first World title is well deserved. It couldn't have happened to a nicer guy.

275 - Another large category with an even dozen in the lineup. Ano Turtainen, 31, FIN had pulled off a shocker last year in Blackpool. In his WPC Worlds debut he knocked off a formidable USA duo - Ricardo Trevizio and Jerry Obradovic with a devastating deadlift - a big 815. A solid 2204 TOT earned the win. So, coming in as reigning champ, Ano seemed capable of pulling it off again. Neither one of the top two finishers at the APF Seniors could come. Winner Bill Nichols had professional commitments to deal with. Trevizio, the runner-up, had just started as co-owner of a new business. The 3rd place man there became the solo USA representative here. Craig Gallo, 26, a heavy equipment operator from Ann Arbor, MI, certainly had his work cut out for him. His rise to prominence has been meteoric. I'd never heard of him before the Seniors. It was there he uncorked a deep beautiful 931 SQ and went on to post 2204 TOT. It was a long way from home and I wondered how he'd hold up. There was a lot of pressure to deliver. Coach Sakari boldly prognosticated Turtainen's victory. "Gallo has no chance to win." he told me (so calm, with no qualms)! These bold forecasts jinxed the champ and his understudy, Arto Turunen, 33. Arto managed a 749 SQ, but zeroed trying a 507 BP. Turtainen proved to be everything his coach had said he was. He pushed Gallo to the limit - SQ'd 837 and with a Herculean effort and good depth he put 881 on the scoreboard. This had all the earmarks of a good dog fight. Gallo, sporting huge 30 inch thighs, bulled up with the same 881 - an opener. Confident, he went straight to 931, the same wt. he'd managed at Northbrook. He put it down and ground his way up. Just a tad shy - 2R, on a close call. The repeat resulted in no recovery. Therefore a 49 lb. cushion before pushin' - wasn't! Undaunted, Gallo posted a 523 BP. He expected that the Finn would now put up a lead that would be impossible to overcome. Turtainen, brimming with confidence, opened w/ a European record - 574! Tiny quarter kilo discs were added to each side for the record attempt. It appeared the fella was overzealous! Almost, but not quite, on the first two tries. On the 3rd and final lift it was up, but got 2R, as his right arm locked out too late. Zero, zilch - he's gone. Lee Marshall, 39, GBR, (250.8) claimed the bronze medal. He handled an

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815 SQ, missed 837, and made no more errors after that - 418 push, 749 pull - 1984 TOT. This left Rudolf Kunitsky, 30, the Austrian, as the only one left to challenge the American. Rudolf dunked 782, pressed 529, and completed a trio of DL's up to 738 - TOT 2050 - good result. Gallo came out for 722 to wrap up the win. A miss caused a stir in the U.S. camp. Craig channeled his focus and effort into a big effort. He towed that baby right into final position, and held it. Another World champ from the state of Michigan! Gallo was understandably pleased, and didn't quite put out the effort he needed to finish his final 749 - TOT 2127. He's now the World Champ. I mustn't fail to mention the exciting battle that took place just outside of medal range. Ruggiero Chiannesse, RSA, and Alain Jungo, 26, fought to a virtual deadlock. The charming broad shouldered South African led the merry chase by 88 going into the DL. Jungo unleashed his tremendous DL display: 705, 771, and finally a spectacular 815! This tied Chiannesse (1940 TOT) and gained 4th place by being lighter in body mass. Ruggiero, a kind/humble fellow, was - of course - disappointed. He had nothing to be ashamed of. Jungo's pull was the biggest of anyone, in any category of the whole dadgum meet. Ruggiero's advance from a 727 success to a missed 771 was his undoing. If there'd been a Mr. Nice Guy award given at this competition, Chiannesse would've been the recipient. I've no doubt of that.

308 - Before I get into a long winded story about the runaway winner, I'll highlight the struggle for runner-up position, and a few below that. Michael Barker, RSA, 39, is quiet and polite. He has an unquenchable thirst driving him to lift. Mike was in 4th position going into the DL. He managed 617 as his limit pull - 1807, way below his capabilities. Hubert Doerner, 35, AUT, 11 back of Barker made a DL surge (705) and took 4th spot - 1884. Mike Robertson, 33, RSA, and Gerhard Holleitner, 39, the stronger of the Austrian pair were exactly equivalent. Holleitner was almost a dead ringer for P/L original Doyle Kenady. He was WPC World Champ in '96 @ 275 when the undefeated USA Champ (7 titles) took a tumble. Robertson, w/ narrow stance, came out with both barrels blazing - 793 SQ, all BP's - 4 90. Holleitner shook like a juice blender turned on high every time he lifted. Gerhard SQ'd 716 (very hard) and had no misses in the BP (529) but was still 39 behind. Robertson got his 661 DL opener - then got too ambitious and leapt to 727 with nil result - TOT - 1945. Holleitner was all fighter. He eased up his 699 2nd attempt. A mere 276 bwt. enabled him to duplicate Robertson's TOT and become claimant of the silver medal.

Richard Coates, 36, from Louisville, KY, has only been lifting a few years. He is compact and has a difficult time packing on enough body mass to be a Super (294 here). He doesn't look like he'd be capable of handling the massive amounts of iron that he can. It's as though he has a backup generator that kicks in to give him a turbo boost. He won the '97 Seniors w/2204, coming right out of the woodwork. Rich went on to capture the 308 division at the WPC Worlds in Blackpool last year, improving to 2259! He captured the Seniors again in '98, recording a terrific 953 SQ, 617 BP & 755 DL. He almost boosted his terrific 2325 TOT to 2353 with a 782 pull nullified due to a slight nudge at the top! It didn't appear that anyone could challenge him. He had his sights set to bust the thousand lb. SQ barrier here and crack the 2400 barrier. His training indicated that he was set to do just that. A 650 practice bench seemed to lend credence to his destiny here. Then disaster struck. Rich suffered a minor quad tear, which was very painful and ripe for further damage. Doctor's advised him to not risk further injury here. We figured Rich was so strong that if he could post only a token SQ, he still had the firepower to blow anyone else away. I steered him to Dr. Brad Berria, RSA, the Medical Supervisor for these Championships. Some deep tissue massage, ultra sound, and other therapeutic methods had his leg feeling pretty good. Brad gave his blessing to compete with extreme caution, not to become overly ambitious in the selection of his numbers. The airlines had lost Coates luggage containing his equipment. Therefore, he had to borrow the gear to lift. Lee Pestka's suit didn't fit too snug, but did the job. Not knowing his capabilities, Rick was vigilant and "bird-dogged" it. With no grimace (didn't hurt), he cruised (used tennis shoes)! With decisive dunks he revived at once - surprised a bunch. He tightened up the borrowed Crain wraps, cinched his belt, and hit 771, 832, and finally
903. He looked strong and good

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for more. He put up a 529 BP (without a shirt), then borrowed a loose one and did 573 and finally 600. Add in a couple of token DL's - 705 & 749 - TOT 2254 - done with a torn quad, borrowed equipment, and wearing tennis shoes, loose suit, and takin' it EZ - another gold medal for America. (Note: not having SQ'd since the Worlds, Rich, @ the APF Record Makers in IL on Dec. 12th, seemed like his old self again. SQ'ed a deep 959, went for 1003, but wasn't allowed to try it (clock expired). Those present said he'd have vaporized it. BP - 639, DL - 755 sumo style to knees (miss). "Conventional style is the way for you." was the advice of wise Jan Van De Weghe. Switching over, Rick pulled it effortlessly. TOT 2353 and 4 P/Rs. Indisputably, he's the USA's premier 308!)

+308 - Seven Mastodons vied for the Super-Supers title. Average Bwt was 361.27. This is living proof that monsters do exist. RSA backup Ben Visagie, 27, 368.6, used his enormous midsection to his SQ advantage - 771. After that he faded to 6th. Always the most physically imposing man on the platform is USA's Gary Baum. At 6' 6", 384, he is gigantic. If his strength was in proportion to his size, Gary'll own every P/L record that exists. At 34, he's still growing both in stature and wisdom. His 749 3rd SQ looked excellent and got 3W. Despite a weak push - he got 341 - he then claimed 5th w/ a good pull @ 656 - 1741. Gary wasn't happy with his performance. Considering all the political burdens he bore all week, he did admirably. Tom Wegscheider (he's a fighter) @ 386.6 was the heaviest man and Austria's 2nd stringer. He didn't miss a lift until his last 705 DL try - TOT - 1862 - 4th. Josef Newrka, 37, 336, locked up 3rd place for the host country. He was short, stocky and got lots of cheers from the partisan crowd. His 3rd SQ - 837 - was hard earned - 3W. He handled a 562 BP w/ authority (just missed 573). Three good deads - 677, TOT 2077 - an 8/9 showing. The new kid on the block was Brett Burchall, 29. He is quite the anomaly. He's short, I'd guess 5' 8" with a carcass that carries 350 lbs. of muscular beef. His upper body proportions are awesome. A legit pair of 23" pythons and a chest somewhere in the neighborhood of 63", his strength nearly goes off the Richter scale. Pre-meet speculation that he had a shot to win it wasn't all hype. Things just didn't pan out for poor Brett. It all started off bad when he got wedged in the airplane bathroom's tiny compartment. The flight crew had to remove the door and pry him out. Then he missed the weigh-in

(EDITOR'S NOTE: Part 1 of this article was published in the January 1999 edition of Powerlifting USA and the results appeared in the December 1998 edition.)

for the BP World Championships, an event he'd surely have won. He dumped his 837 opener, settled down, and got the repeat. He waited everyone out. Then made a quantum jump to 925. He started up (almost stopped), then powered on through - good lift! He began benching w/611 and had trouble getting it onto his chest. Suddenly, both hands popped off the bar. He went up to 628. Both times the weight catapulted to within a few inches of lockout. He couldn't complete them. Out! It was a big disappointment for this personable young man. Don't fret, Brett. Someday you'll be the best bet; but not yet!

The battle of the mega-giants was eagerly awaited. Peter Tregloan, 40, bwt 343.4, had already accumulated 5 WPC W.C. titles. His challenger, Jim (the Cranium) Voronin, 29 @ 360.2 is a Jr. High School teacher from El Paso, TX. Tregloan had endured some misfortune along the way. In '95 he ruptured his quad and missed the Worlds. Last year, he suffered an accident warming up. No collars were on the SQ bar, it jack-knifed, and plates struck him. The result was a severe concussion, and zero in the competition. Still recuperating, in March of 1998, he was involved in an auto accident and cracked some ribs. I wasn't sure of Tregloan's condition here. Voronin had looked sharp winning the APF Srs., so I thought he had a sporting chance to upset the brawny Brit. SQ: Tregloan - 804 - good, 859 also (a close call), 903 - 3W - looked good. Voronin - 870, right on. Then 914 pinned him twice (a crucial lift that cost Jim the title). BP: Tregloan got all 3 to 551. Voronin made all 3: 573, 606, 617 and looked good for more. He's using the palms forward (reverse grip) now - to alleviate stress from a pec torn a couple of years ago. DL: Voronin had a 33 lead; not nearly enough knowing Tregloan's pulling capabilities. Jim hoisted 705, and 722, but 760 moved only 3 inches from the platform - TOT - 2210. Now it was up to the bald headed British Brobdignagian. Pete's not quite the puller he was in past years. He proved, however, he is "still the Man" & DL'ed 760, then 788 for the tie. This clinched his 6th World title as lighter man to the American. As a fond farewell to his career (he says he's retiring) he then delivered a perfect 804 DL. Clad in his leopard skin singlet he looked just like the stereotypical Circus Strongman. It was a fitting climax for the man whose job is supplying bouncers for dance halls in Jersey (have mercy).

A few injuries occurred during the course of these championships. One poor guy grasped his vital zone after rupturing himself. Another chap had an "X marks the spot" bandage on top his head to cover his stitches. He'd taken a nasty tumble in the warm-up room. The USA Men's & Women's Teams dominated the open competition. The USA Medal count was: Women - 5 golds, 2 silver, 1 bronze. Men: 5 gold, 1 silver; 2 bronze. USA also captured the two best lifter awards: Doug Heath for the Men and Stephanie Van De Weghe for the ladies. Next year's WPC (World Powerlifting Congress) Worlds will be in Calgary, Alberta, CANADA at the Sandman Hotel Downtown on November 14-22, 1999. For the inside story on all the political transgressions in Graz see my feature on his elsewhere in this issue. See you in Canada!

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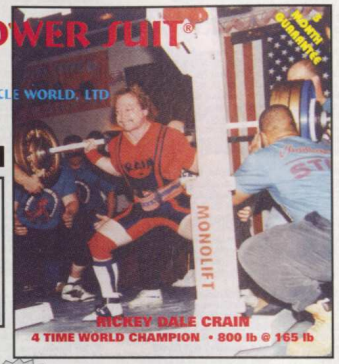

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USAPL RAMA Fitness Center Classic
14 Nov 98 - Big Lake, AK

Girls Teen				
123				
R. Willis	195	95	240	530
Boys Teen				
132				
J. Maile	400	220	380	980
Men				
132				
J. Maile	400	220	380	980
220				
J. Eidenmiller	530	375	545	1450
J. Brewer	485	380	570	1435
D. Green	500	300	540	1340
242				
R. Burnett	550	360	540	1450
3 19				
D. Tweeten	565	360	580	1505
Masters				
181				
J. Upchurch	315	205	355	875
220				
J. Eide miller	530	375	545	1450
242				
R. Burnett	550	360	540	1450
Women				
97				
Z. Coss	260	125	280	665
132				
C. Hicks	255	140	300	695
148				
P. Birmingham	345	170	390	875
165				
D. Chaney	235	155	315	705
198+				
H. Hall	325	200	375	900
E. Craver	155	175	275	605
Masters Women				
132				
C. Hicks	255	140	300	695
148				
P. Birmingham	345	170	390	875
198+				
H. Hall	325	200	375	900

Overall Teen Girl Rheana Willis; Over Teen Boy Justin Maile; Men's Overall - James Eidenmiller; Men's Masters Overall - James Eidenmiller; Women's Overall - Zindy Coss; overall Masters Women Paula Birmingham. (results from USAPL)

Dungeon Power Works Fall Classic
14 Nov 98 - Three Rivers, MI

Bench Press		USAPL State Bench	
D. Currie 242	410	165	
M. Buschle 275	-	B. Harrison	355
Teen		Teen	
D. Fleming 123	175	148	
Master 50+		L. Sanchez	170
J. Smoker 181	260	165	
Deadlift		A. Harrison	235*
Master		220	
G. Rorex 132	490	T. Houchin	280
Teen		Master 40+	
D. Kamon 181	425	165	
T. Houchin 220	420	B. Harrison	355**
		Master 50+	
		275	
		G.Krueger	400
Cornbo		bp	dl	total
M. Simon 181		285	545	830
M. Slancik 220		345	430	775
Women				
L. Wilson 123		135	270	405
Master				
J. Juerink 198		275	510	785

** Master's State record. * State record, teen 14-15. Special thanks to Dick Van Eck, Gary Krueger, Ty Ward, Mark Mellinger, Jack Bowen and Head Referee, Jack Marcus. The highlight of the Michigan State BP Championships was the Father-Son combo hitting State records. At 165 Adam Harrison made 2 records in the 14-15 age group, finishing with an impressive 235. And his Father Bill Harrison hit a very nice 355 to set a record in the 40 and over. A splendidly conditioned athlete, he is most deserving of such a record. This marks the first time in my 26 year career that I witnessed a Father and Son get State records in the same meet. Despite being very busy and not getting in much training time, Gary Krueger still made an easy, impressive 400 in the 50 and over, 275's. He also brought along a teen with a lot of potential, Tim Houchin, who made a 280 in the 220's and also made a good 420 deadlift in the Dungeon Powerworks contest. The rest of the Dungeon meet featured some impressive near misses. Masters Superstar George Rorex was very close with a high-ranking pr of 520 at 132; and at 181 Mike Simon couldn't quite negotiate a pr 595. Perhaps the highlight of the Dungeon meet was the excellent 425 pull by Dave Kamon in the 181 teen division. (results from USAPL and Jon Smoker)

Nordic Police Championships
28 Oct 98 - Helsinki, Finland (kg)

Women	SQ	BP	DL	Total
82.5				
Hoiland NOR	180	112.5	185	477.5
Men				
67.5				
Fri*es FIN	230	147.5	230	607.5
Denis SWE	215	135	222.5	572.5
Wetterskog SWE	200	140	220	560
Rantala FIN	190	125	217.5	532.5
82.5				
Essman SWE	240	155	250	645
Bergmark SWE	230	135	245	610
90				
Larsson SWE	275	170	290	735
Valimaki FIN	250	160	250	670
100				
Nordquist SWE	270	162.5	280	712.5
Makkonen FIN	255	185	255	695
Wallin SWE	265	162.5	265	692.5
Stene NOR	260	152.5	265	677.5
110				
Hansen DEN	290	207.5	270	767.5
Fjeld NOR	280	170	235	685
Karlsson FIN	260	155	250	665
Haland NOR	250	160	245	665
Sigurpalsson ICE	230	120	280	630
Helgason ICE	220	150	230	600
125+kg				
Alastalo FIN	280	180	300	760

(thanks to Heikki Orasmaa for providing results)

TOP 100

For standard 220 lb./90 kg. USA lifters in results received from December 1997 through November 1998.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	903 Urchick, P..5/3/98	657 Halbert, G..3/7/98	771 Dunagan, H..8/1/98	2127 Urchick, P..5/3/98
2	850 Fessenden, M..11/1/98	625 Cuomo, N..2/22/98	766 Harris, A..7/5/98	2011 Harris, A..11/15/98
3	820 Maxwell, C..10/24/98	615 Brownfield, K..7/11/98	760 Baltimore..3/21/98	1978 Dunagan, H..3/14/98
4	804 Hawkins, M..9/19/98	605 Carpenter, B..3/29/98	755 Snodgrass, D..11/1/98	1970 Fessenden, M..11/1/98
5	793 Harris, A..11/15/98	600 Walsh, R..10/24/98	750 Windscheif, B..3/14/98	1962 Horton, J..7/5/98
6	771 Greyer, M..2/8/98	580 Gee, S..3/28/98	750 Moss..11/14/98	1934 Hammond, C..7/5/98
7	760 Hartung, B..3/7/98	556 Rodriguez, R..4/11/98	739 Cain, S..7/5/98	1912 Hawkins, M..9/19/98
8	760 Dunagan, H..3/14/98	551 Arrell, G..11/23/98	735 Maddox, J..8/1/98	1896 Maxwell, C..5/3/98
9	760 Black, J..6/28/98	550 Kelley, T..11/1/98	733 Morton, J..7/5/98	1896 Bell, G..5/3/98
10	750 Leader, P..1/17/98	545 Birgado, L..11/15/98	730 Urchick, P..2/8/98	1890 Windscheif, B..2/28/98
11	749 Rigert, R..5/3/98	541 Jones, A..11/23/98	725 McCoy, W..3/15/98	1855 Hill, M..6/28/98
12	749 Hammond, C..7/5/98	540 Bartlett, J..3/7/98	725 Maxwell, C..6/7/98	1855 Gould, J..11/1/98
13	744 Morton, J..7/5/98	540 Brown, E..5/9/98	725 Bufkin, J..7/18/98	1850 Baltimore..3/21/98
14	733 Welch, L..2/8/98	535 McMillan, D..1/24/98	722 Henderson, R..2/28/98	1846 Zwaanstra, S..12/7/97
15	733 Klayhold..11/8/98	535 Ferrantelli, M..4/18/98	716 Garcia, J..9/27/98	1845 Cornic, J..3/21/98
16	730 Cox, J..6/28/98	534 Beaudoin, S..11/15/98	710 Smith, T..5/9/98	1845 Cox, J..6/28/98
17	727 Bell, G..6/11/98	530 Ferebee, B..1/24/98	705 Adams, R..3/29/98	1845 Moss..11/14/98
18	725 Evans..3/21/98	530 Gould, J..11/1/98	705 Mayfield, K..4/5/98	1840 Ferrantelli, M..3/29/98
19	725 Hill, M..11/1/98	529 Succarotte, T..10/11/98	705 Elder..5/2/98	1840 Elder..5/2/98
20	725 Moss..11/14/98	525 Mansfield, T..1/17/98	705 Hammond, C..7/5/98	1840 Snodgrass, D..11/1/98
21	720 Schleich, D..1/18/98	525 Guarino, P..2/22/98	705 Howard, B..8/22/98	1829 Rodriguez, R..4/11/98
22	716 Pincock, S..7/5/98	525 Raynor, J..8/29/98	705 Cole..9/19/98	1825 Cain, S..2/7/98
23	715 Romano, J..3/29/98	523 Vellake, A..10/11/98	705 Hasler, L..10/24/98	1825 Reitter, G..2/8/98
24	710 Reitter, G..2/8/98	515 Rhodes, Z..3/21/98	705 Camlin, M..11/15/98	1825 Bently, B..4/6/98
25	710 Cornic, J..3/21/98	515 Fields, B..6/28/98	700 Young..3/21/98	1824 Hall, P..7/5/98
26	710 Mash, T..8/30/98	515 Thompson, J..11/4/98	700 Gipson, M..3/29/98	1818 Johnson, L..8/1/98
27	705 Bently, B..4/6/98	512 Ludovico, M..7/11/98	700 Hall, F..7/5/98	1815 Hasler, L..10/24/98
28	705 Goodson..4/26/98	512 Lamarque, M..11/15/98	699 Hamblet, D..5/3/98	1810 Mash, T..3/29/98
29	705 Elder..5/2/98	510 Lawrence, R..12/6/97	694 Zwaanstra, S..7/5/98	1807 Succarotte, T..8/16/98
30	705 Boyde, G..9/19/98	510 Gamelli, A..5/23/98	689 Scrugge, K..7/5/98	1802 Welch, L..2/8/98
31	700 Clark, E..2/8/98	507 Kelley, B..12/13/97	685 Whitman, B..3/28/98	1802 Leader, P..7/5/98
32	700 Baltimore..3/21/98	507 Johnson, M..4/19/98	685 Ray, B..8/15/98	1800 Burbank, S..11/21/98
33	700 Ferrantelli, M..3/29/98	507 Rennert, C..9/27/98	683 Cooper, W..6/6/98	1796 Rigert, R..5/3/98
34	700 Bergeron, M..3/29/98	507 Thompson..10/10/98	683 Bell, G..8/11/98	1785 Adams, R..3/29/98
35	700 McDonnell, R..6/28/98	507 Penn, R..11/7/98	680 Conklin, B..3/1/98	1785 McDonald, S..11/8/98
36	699 Cote, S..4/5/98	505 Arckuolo, R..12/6/97	680 Starling, L..3/19/98	1780 Klayhold..11/8/98
37	699 Berry, C..8/30/98	505 Sallack, S..1/18/98	677 Lawary, R..11/7/98	1774 Garcia, J..9/27/98
38	694 Zwaanstra, S..12/7/97	505 Cornic, J..3/21/98	675 Gargano, J..12/6/97	1770 Evans..3/21/98
39	694 Garcia, C..11/7/98	505 Johnson, K..4/25/98	675 Rodriguez, R..3/14/98	1769 Elwell, M..12/6/97
40	688 Chellino, M..4/11/98	505 Harvie, D..6/20/98	675 Burbank, S..11/21/98	1768 Berry, C..8/30/98
41	688 Mann, S..7/19/98	505 Hill, M..6/28/98	672 Sample, L..2/15/98	1765 Romano, J..3/29/98
42	685 Henderson, A..11/1/98	501 Harrison, R..2/14/98	672 Dixon, M..3/14/98	1763 Hester, B..6/6/98
43	683 Windscheif, B..2/28/98	501 Dunham, B..5/2/98	672 Burnell, J..4/5/98	1757 Burnell, J..4/5/98
44	683 Burnell, J..4/5/98	501 Urchick, P..5/3/98	672 Koo, E..4/5/98	1752 Cairl, N..3/14/98
45	683 Garcia, J..5/24/98	501 Bell, G..5/3/98	672 Johnson, L..8/1/98	1752 Ward, E..9/19/98
46	683 Waits, S..7/5/98	501 Lancaster, R..9/27/98	672 Harris, K..11/15/98	1750 Schleich, D..1/18/98
47	683 Johnson, L..8/1/98	501 Young, Jr., R..9/27/98	670 Evans..3/21/98	1750 Scruggs, K..11/21/98
48	680 Monroe, M..2/21/98	501 Hammond, C..11/7/98	670 Bently, B..4/6/98	1747 Beekley, B..12/6/97
49	680 Arcamone, F..2/22/98	501 O'Kelley, S..11/15/98	670 Fessenden, M..11/1/98	1747 Goodson, J..4/26/98
50	680 Conklin, T..8/22/98	500 Campbell, G..1/17/98	666 Elwell, M..12/6/97	1740 Clark, E..2/8/98
51	678 Roberts, S..7/5/98	500 Anderson, J..1/18/98	666 Welch, L..2/8/98	1740 Bergeron, M .3/29/98
52	675 Cain, S..2/7/98	500 Goss, F..2/8/98	666 McCanse, B..4/19/98	1736 Pincock, S..7/5/98
53	675 Sutphin, P..2/8/98	500 Bossi..5/23/98	666 King, B..10/3/98	1735 Gipson, M..3/29/98
54	675 Hasler, L..10/24/98	500 Bettinger, D..8/8/98	665 Gould, J..11/1/98	1730 Hartung, B..3/7/98
55	675 Belokhavek, E..11/1/98	500 Eckart, B..10/10/98	661 Hester, B..6/6/98	1730 Stokes, J..4/5/98
56	672 Sample, L..4/4/98	500 McDowell, D..11/4/98	661 Pincock, S..7/5/98	1725 Henderson, R..5/9/98
57	670 Reape, J..2/28/98	500 Wurley, K..11/4/98	661 Rogers, C..11/1/98	1725 McDonnell, R..6/28/98
58	670 Arrington, B..11/1/98	496 Egli, R..12/14/97	660 Barry, L..12/6/97	1725 Waits, S..7/5/98
59	666 Ward, E..9/19/98	496 Johnson, D..9/25/98	660 Siwiak, S..3/14/98	1720 Arcamone, F..2/22/98
60	665 Snodgrass, D..11/1/98	496 McDonald, S..11/8/98	660 Mash, T..3/29/98	1714 Jenkins, S..5/3/98
61	661 Elwell, M..12/6/97	495 Wilson, P..1/18/98	660 Romano, J..3/29/98	1714 Greyer, T..5/24/98
62	661 Allen, J..1/25/98	495 Gilmore, P..3/14/98	660 Beekley, B..4/5/98	1710 Boyde, G..9/19/98
63	661 Cairl, N..3/14/98	495 Cox, J..6/28/98	660 Cass, B..4/18/98	1709 Roberts, S..7/5/98
64	661 Hester, B..6/6/98	490 Boulay, R..12/6/97	660 Hawkins, B..7/19/98	1708 Sample, L..4/4/98
65	661 Scruggs, K..7/5/98	490 Chellino, M..3/14/98	656 Vittum, R..7/5/98	1708 Chellino, M..4/11/98
66	661 Branham, J..10/3/98	490 Theriault, M..3/14/98	655 White..9/27/98	1705 Mann, S..3/21/98
67	660 Gould, J..11/1/98	490 Touchstone, T..4/26/98	655 Branham, J..10/3/98	1703 Rogers, C..11/1/98
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69	655 Anderson, B..8/29/98	485 Reitter, G..2/8/98	650 Drueppel, M .2/15/98	1702 DeFoor, J..4/19/98
70	655 Succarotte,,T..10/11/98	485 Silver, S..2/28/98	650 Marsh, T..2/28/98	1700 Siwiak, S..3/14/98
71	650 Hall, P..12/7/97	485 Stangland, T..4/19/98	650 Bischoff, M..4/4/98	1697 Branham, J..10/3/98
72	650 Beekley, B..12/6/97	485 Johnson, L..5/16/98	650 Ross, H..4/26/98	1690 Carthy, M..2/14/98
73	650 Carthy, M..2/14/98	485 Morton, J..7/5/98	650 Dye, S..5/9/98	1690 Siegler, M..4/25/98
74	650 Boyles, B..3/21/98	485 Windscheif, B..7/5/98	650 Cash...5/24/98	1690 Arrington, B..11/1/98
75	650 McClanahan, C..3/21/98	485 Grohoski, P..10/10/98	650 Bingham, E..6/6/98	1686 King, B..10/3/98
76	650 Stokes, J..4/5/98	485 Sanders, M..11/1/98	650 McDonald, S..6/13/98	1681 Johnson, P..2/98
77	650 Rodriguez, R..4/11/98	485 Dunagan, H..11/7/98	650 Succarotte, T..8/16/98	1680 Conklin, B..3/1/98
78	650 Farrel, C..5/3/98	485 Burbank, S..11/21/98	650 Fortin, E..8/22/98	1680 Cote, S..4/5/98
79	650 Zenzen, D..5/3/98	480 Stewart, K..12/13/97	650 Boyde, G..9/19/98	1680 Vittum, R..2/15/98
80	650 Melo..5/24/98	480 Ferrara, T..2/15/98	650 Fisher, K..10/3/98	1680 Seirpien, D..11/7/98
81	650 Johnson, P..7/5/98	480 Conway, E..3/1/98	650 Burlingame, D..11/1/98	1675 Conway, E..3/1/98
82	650 Esper, G..9/19/98	480 Lachner, B..3/22/98	645 Ballard, C..11/21/98	1675 Iarrapino, T..4/5/98
83	650 Szudarek, M..10/24/98	480 Siegler, M..4/25/98	644 Dienberg, D..4/11/98	1675 Whitman, B..7/5/98
84	650 Moody, R..11/1/98	480 West, S..10/18/98	644 Goodson, J..8/9/98	1670 Sutphin, P..2/8/98
85	644 Frazier, G..8/16/98	480 E'Dalgo, C..1/14/98	644 Siba, J..9/27/98	1670 Conklin, T..8/22/98
86	644 Hopkins, P..10/3/98	475 Genesme, D..12/13/97	640 O'Callaghan, S..2/28/98	1669 Drueppel, M..2/15/98
87	640 Adams, R..3/29/98	475 Scott, L.2/7/98	640 Bergeron, M..3/29/98	1669 Anderson, B..8/29/98
88	640 Gipson, M..3/29/98	475 Lott, R..3/22/98	640 Franz, D..4/4/98	1669 McSwain..11/8/98
89	640 Fox, T..4/19/98	475 Welle, E..4/11/98	640 Machin, C..5/3/98	1665 Starling, L..3/29/98
90	640 Gissing, S..5/30/98	475 Clark, S..4/25/98	640 Hill, M..11/1/98	1665 Smith, T..5/9/98
91	650 Hengst, D..10/3/98	475 Curcio, K..8/1/98	639 DePoe, T..7/19/98	1664 Allen, J..1/25/98
92	640 Burbank, S..11/21/98	475 Weiss, B..8/23/98	639 Casagrande..11/8/98	1664 Bell, J..5/3/98
93	639 Mantos, J..6/1/98	475 Velez, A..10/31/98	635 Hansen, R..3/7/98	1663 Cabrerra, A..9/6/98
94	639 McSwain..11/8/98	474 Hall, P..7/5/98	635 Rhodes, Z..3/21/98	1660 Stewart, K..12/13/97
95	635 Robinson..12/97	474 Maltezos..11/8/98	635 Edelstein, M..4/25/98	1660 Whittle, D..11/7/98
96	635 Brown, J..3/29/98	473 Sowders..12/14/97	635 Glover..7/11/98	1658 Melo..5/24/98
97	635 Tomko III, W..11/1/98	473 Hinds, W..2/28/97	634 McBee-Bey, M..7/5/98	1655 Celli, B..2/28/98
98	633 Dwyer, J..1/10/98	473 Ariolt, J..3/7/98	633 Meyers..3/7/98	1655 Henderson, A..11/1/98
99	633 Laredo, J..4/11/98	470 Rowton, S..12/6/97	633 Cairl, N..3/14/98	1653 Titus, G..2/28/98
100	633 Rizzuto, J..4/19/98	470 Ledvina, R..3/28/98	633 DeFoor, J..4/19/98	1653 Hamblet, D..5/3/98

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NEXT MONTH... TOP 20 lists

Corrections... Curt Eckroth should have been credited with lifts of 660 415 700 1775 in the 319 lb. class iin the results of the AAU Pennsylvania State meet held on July 25, 1998. The correction directed to Charles Panzarella in the Jan/99 issue of PL USA, should be attributed to Michael Panzarella instead. Mickey Ruiz should have been credited with a 420 lb. bench on the TOP 100 181 class list. Doug Furnas' 821 deadlift was mistakenly left off the All Time 800 lb. Deadlift listing. The number for DanVar Associates in reference to Creatine Chewtrition chewing gum is no longer in service. Contact this number instead: 405-525-8211. In the results of the 12 Jul 98 Summerfest Push/Pull (p.66, DEC/98 *PL USA*) the 'M. Fulmer' listed in the 114 lb. results should be M. Davis. Dan Fields should have been credited with a 600 squat on the TOP 100 listing. We make errors in our compliation of the ranking lists, and in some cases we were not able to obtain a copy of the meet results from the meet director. Sometimes the meet results contain errors as well. We apologize for any errors you find in our lists and anywhere else in the magazine. Please send any corrections that you find to "ERRORS" Dept., Post Office Box 467, Camarillo, California 93011.

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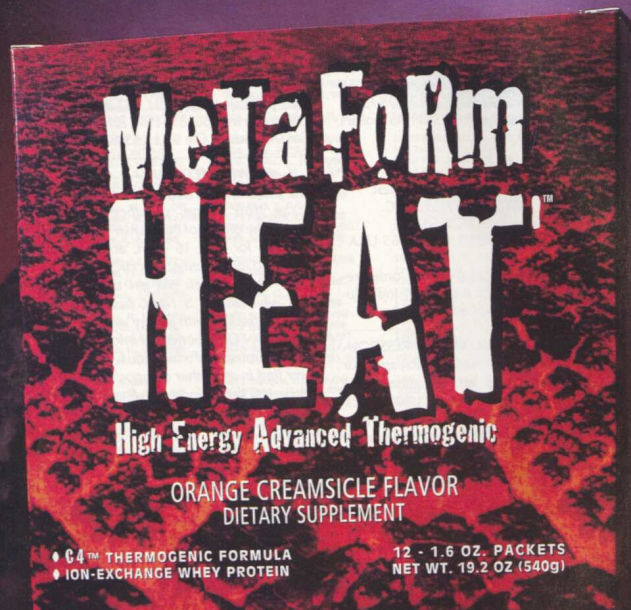

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