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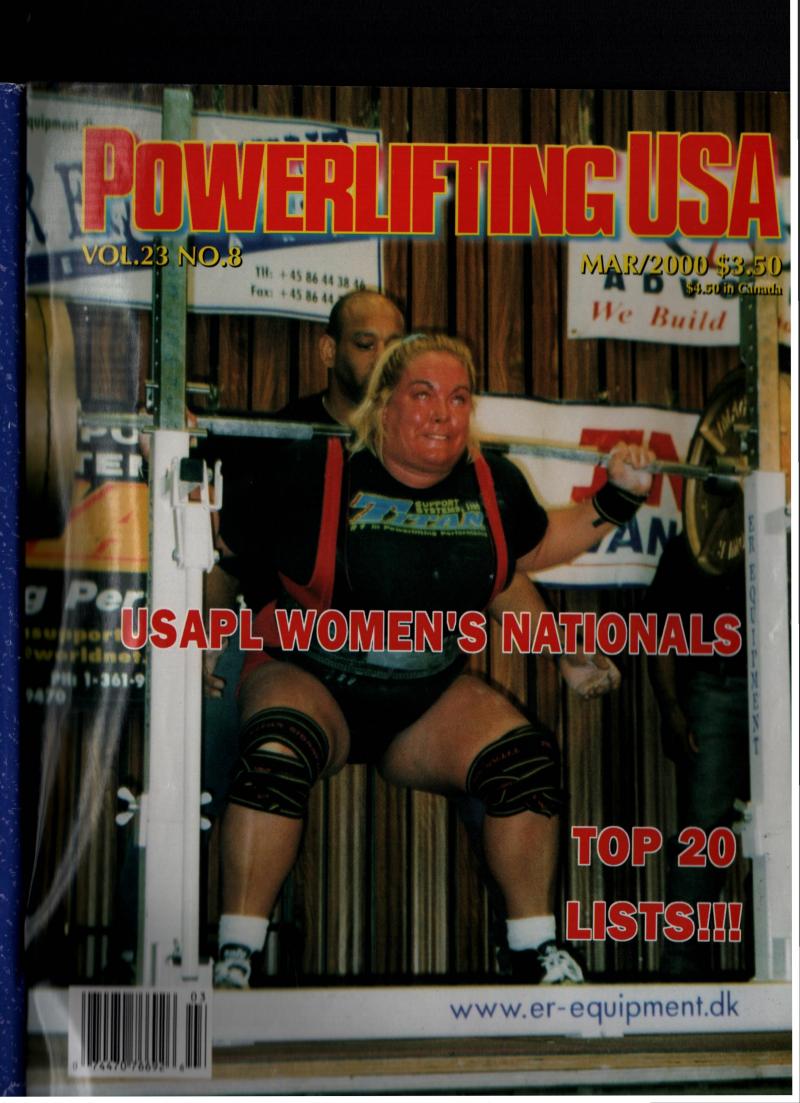
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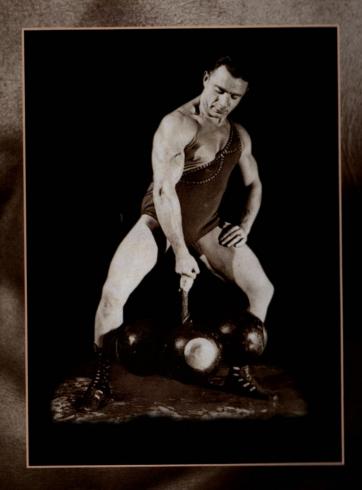
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ON THE COVER.... USAPL Women's National Superheavyweight Champion Liz Willett. (photograph by Sioux-z Hartwig)

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Johnny Graham and the Phantom Corps soldiers of Fort Hood hosted the first Nationals of the Millennium at the Plaza Hotel in Killeen, Texas. The Women's Nationals is actually three meets in one. Over 100 women of all ages came from all over the nation to compete in three categories: Open, Masters, and Juniors. It is the qualifier for Open and Master World teams, and a consideration qualifier for the Junior World Team. The Fort Hood soldiers were helpful in making sure the contest ran smoothly and professionally. The spotter/loaders were excellent. There were no attempted misloads and the lifters were safe at all times. Even so, a lifter who shall remain nameless in the 82.5 class still got into a bit of trouble with those darn F-bombs! Rickey Dale should have a good time editing that one! Although the hotel was a bit overbooked, Johnny G. Was there to quickly remedy the situation by unselfishly rearranging his own rooms. Thanks Johnny! The Women's Committee meeting assembled Friday and it was decided that Sue Hallen would become our new Women's Committee chairperson. Sue is excited about the position and is looking for input from the female PL community. Sue consistently gives her all at contests by filling roles as lifter, coach, and referee. She'll do a great job in this position. Let's give her

our support, ladies! Overseas friends came to witness this event including Russian President Vladimir Bogachev, and Danish lifter Lone Rasmussen. Vladimir, along with his lovely interpreter, Julia Zerdeva, attend much to the credit of the US Women's team coach Larry Maile. These two have developed a positive rapport over the years. They discussed topics including powerlifting's Olympic status, and Friendship meets between U.S. & Russian lifters. This cold afford the possibility for each nation's representative team to live & train together for an extended time! We U.S. gals consistently hang with the Russians after the World Championships. Everyone knows they have the best vodka! Besides, they're great fun! This would not only be a tremendous opportunity. Lone, the Danish 67.5 lifter, was on hand to support U.S. contestants and promote her business, ER Equipment. She donated a pair of squat/bench racks to Johnny Graham. Much to the thanks of all the lifters, they were used for this meet. These racks have a great manual adjustment that's easy & quick. Competitors were thrilled to be able to adjust their bench height too! I was told that these racks are the first

USAPL Women's Nationals

as told to Powerlifting USA by Leslie Look



Stephanie McMillian (97 lb.s) in a Ford/Cunningham photograph.

ever to be automatically IPF approved. The world is that we'll be seeing them again in Argentina, where the Women's Worlds will be held May 24th-28th.

DAY 1 - Lifting began on Saturday with the lightweight women. Junior phenom, Stefanie McMillian, powered through her lifts with ease, handily winning the 44s and the Best Junior lifter award with 322.5. She will be attending the Jr. Worlds and is certainly an asset to their team. Cathy Solan, the Masters 40-44 champion, took second in the Open, with a fine day, finishing up with 2990 and she will represent the Women's World team. Vanessa Talbot took the bronze with 262.5 and the silver for the Masters division went to Donna Alminosa with 225. Absent from the contest was New York's Beth Grater and Alaska's Zindy Coss. Unfortunately, Beth also missed the Masters Worlds in South Africa. As a pedestrian, she was struck by a car and flipped six times in the air. Amazingly, she did not break any bones (probably due to her incredible shape). Her landing, although a ten on the judge's scale, did cause some damage. This resulted in a doctor's recommendation not to attend the Worlds, a bruised spirit, and extremely limited training capabilities. Get well soon,

Beth. We miss you! Sioux-z Hartwig (Quadzilla) held on to her title in the 48s. Tigger bouncing her way to a 142.5 squat and deadlift accompanied by a 70 bench. Right on her heels was Best 14-15 Teen lifter and all around

supergirl Jennifer Maile with 347.5. Jennifer has the most amazing hip flexibility I've ever witnessed. With her genetics, she is bound for great things in this sport. Her brother, Justin, was there along with the rest of the town of Anchorage, Alaska. Trust me folks, the Alaskan Iron Maiden team is gargantuan. They took up the entire lobby of the hotel! That's a whole mob of strong girls! Carmela Baqui finished third with a respectable 280 followed closely by Joanna Campo with 270. Chenger Mehmedbasich won the Masters 40-44, and Judy Gedney took the 55-59s as well as Best I ifter for that group with a successful 297.5. Judy has had a tough time at the last two Nationals and definitely pulled it all together for this one. Kirk Karwoski was very impressed with this performance. Kimberly Goff was the Junior champion with 315.

Jackie Davis was back to defend at 52 kilos, and retained her title with an outstanding 177.5 deadlift to help her toward a 397.5 and the Best Lightweight lifter award. Jackie's total consistently places her in medal contention at the IPF Worlds. We hope to see this strong lady join us in Argentina. Sally Bowers finished a strong 2nd in the Open and took the Masters with 322.5 Anita Dopkosky finished third with 272.5 Teen champs were Andrea Cullum in the 18-19 and Marissa Jiminez in the 14-15 who finished with 340 & 235, respectively. Andrea Andries won the Juniors with 325.

Dominating the 56s was MAC Barbell's Sandy Mobley with 410. Sandy is a Master but consistently wins the Open and improves every meet! She and Sioux-z train to-



105 lb. Champ Sioux-z Hartwig with coach Kirk Karwoski (photograph courtesy of S. Hartwig)

gether with Kirk Karwoski, Anita Dopkosky, Cathy Solan, Veronica Aguila, and Bob Myers. How would you like to be a member of that gym? Kirk is a consistent and enthusiastic supporter of our American National team. He's always there to spice things up a bit! We love you, Kirk (a.k.a. Mike Myers). By the way, how's your "turtle-head"? Carrie Hicks took silver in this class and wont the Masters 45-49 division. In third was Kathy Conway, the Junior champ, with a strong 150 in the deadlift to end with 322.5. Lanette Lopez captured the 40-44 Master class with 295.



lackie Davis was able to defend her 114 title. (Ford/Cunningham)

New York's lively Ellen Stein took possession of the top honor in the 60s Open and Masters 45-49 with help from her strong 177.5 deadlift to finish with 410. She also nabbed Best Middleweight and 45-49 Best Master lifter. Ellen was a little concerned with her weight, the night before she was six pounds over! No worries, a few prayers to the BM gods & a quick toothbrushectomy cured that! You did get a new one, right? James Benemerito assisted both Ellen and the second place finisher Christie Femia who led the squat & bench, but finished a close second in the total with 405. Close on her heels with a 402.5 was National office sensation Angie Overdeer. This lady puts in extra effort for the USAPL. thanks so much for all your efforts Angie! This class was the most competitive, both in volume and in weight lifted. These three ladies, along with returning National Champion Jennifer Rey, were neck and neck all the way to the deadlifts. J. Rey had a tough time, injuring her shoulder in the squats and going into the deadlift 2/6. Although she was definitely strong enough to pull her deads, stress exhaustion and technical errors caused a bomb. Heal up, J. Rey, you'll come back strong than ever next year. We miss you already! Alaska's strong benching junior, Jill Darling, took Open fourth and the Junior gold with the strongest bench of the class at 105 to end with 390. Veronica Aguila took second in the Jrs. with 352.5, followed by Vera Miles with 302.5 and Roseboom with 242.5. Katie Dingle-Craig (I'm sorry, but that name has to be great at parties), the spunky Alaskan, took second in the 45-49 Masters and 6th, following Allison's 370, with 342.5 in the Open. Teen honors went to Nicole Sperbeck, who as also the meet's 16-17 Best Lifter, Nicole's family came all the way from Alaska to support her fine efforts and also generously offered to pick up President Bogachev from the Houston airport. This class hosted the eldest competitor, Elma Day Beck, who competed in the 75-79 class and finished with 180. May we all be blessed with such healthy longevity.

You go, girl! Phantom Corps' Donna Covington took top honors in the Open and Masters 40-44 67.5 class. earning her a spot on the Women's World team with a 420 effort. She was followed by a fabulous deadlifter, Rhonda Clark, who pulled her way to silver with a 202.5. This DL was only 7.5 kilos behind her own subtotal! This had to surprise 3rd and 4th place finishers Beckwith and Roberts, who each had considerably larger subtotals. They finished tied in the total with Beckwith the victor due to lighter bodyweight. Roberts was younger, however, and strongly took the Junior gold. Newcomer Kim Callier, coached by Wade Hooper, was second in the Junior division. Wade is a big supporter of the Women's program and has attended many Women's Nationals. Wade was so excited to be there this year, he could hardly control his bootythusiasm. The friendly Kathy Miller, my travel companion from Michigan, made her National debut and took 6th. Teen honors went to Gretchen Nosbisch in the 16-17s with 342.5 and Terese LeBlanc in

with 280. Day 2 - The Purple People Eater, Linda Jo Belsito, retained her 75 kilo dual Open/Masters National Championship status, dominating with 460. Every piece of Linda's equipment was bright purple. If you need fashion advice, you know who to see. As always, Linda lifted with flawless technique, despite the loss of her beloved dog just before the competition. Linda dedicated this performance to her memory. Katie

the 18-19s with 292.5 Eula

Compton won the Masters 55-59



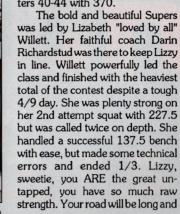
Some of the Best Lifters ... (left to right) Ford, Look, Maile, Stein, Sperbeck. (not shown inhis Nelson/Ford photo is Stephanie McMillian)

Ford finished second in the Open and Seized top honors in the 18-19 age division, finishing with 410 and acquiring the Best 18-19 Teen lifter of the contest. Christy Newman followed close behind for bronze. ending with 407.5 and the Junior title. Sandra Perron, team Alaska's distance Minnesota cousin, ended fourth after some bench difficulties. Let me just tell you, this female has some serious pipes! I know she'll be back to take that bench record for a ride. Keep your eyes open for her at Bench Worlds! Ruth Welding finished 5th in the Open and second behind Linda Jo in the Masters 40-44. Ruth is a key element in Women's national contests. She consistently and unselfishly judges and coaches. We appreciate all your hard work Ruth! Marsha Serre, another worker bee and USAPL's Secretary / Treasurer attained 1st in the 50-54 bracket, while Regina Hackney won the 60-64s and was Best Lifter for that division.

I, Leslie Look, repeated victory

in the 82.5s and was the Best Heavyweight lifter, breaking Jan Todd's ancient deadlift record with 215 in the process. The word is that Jan attended the meet on Saturday. It would have been an honor to meet her. She actually competed against Ann Turbyne, the woman who introduced me to powerlifting, back in the late 70s and early 80s. It's a small world after all. I traveled to Nationals by myself this year and would like to thank some qualify people who took me under their wing. Larry Maile must be a little tired of me kissing his ass, but here I go again. As always, Larry picked great numbers and was a perfect overseer. Fellow Alaskan coach Dennis Tweeten was right there the moment I needed help with equipment or warmups. My knight in shining armor, Tony Harris, cared for every possible detail from getting my unfathomably tight suit on, to wrapping my knees, to chilling my impatient self out! Hopefully Tony and fellow Hawaiian resident

gigglemeister Harriet Hall. She's got a one liner for everything. I cam home with some new material! Harriet battled it out with former Junior World Team member Geneva Williams. This was definitely a class to watch! Geneva finished 5 kilos ahead in the squat, but Harriet (who was pleased as punch to make 2 squat attempts for the first time ever) came back with a dual National Open and Master Bench record of 120. It all came down to the last deadlifts. When Harriet pulled 190, Geneva had to pull her third to win. She took what she needed, but it just wasn't there. We hope to see them both back next year! Welcome back, Geneva. Liane Cataldo, coached by former 67.5 champion Tammy Dianda, finished third with 447. Colorado's Linda Schaefer looked especially svelte after dieting down. She ended fourth with the heaviest deadlift in the class. Give those leverages some time to adjust to the new mechanics, Linda, and your lifts will roll right along. Leah Gooden won the teen 16-17 with Ashante Trufant winning the Juniors with 355. Paulette Calhoun claimed the Masters 40-44 with 370.



P. J. Couvillion will be joining us in

Argentina. Maybe Tony can raise

some money for the trip doing Elvis

impressions. If you've never seen

Tony do Elvis, it's a trip! Thanks for

your support and for your extra

special care! Much appreciation to

my faithful training partner Chris

Clark. If any 125 guys are reading

this, remember that name. You'll

see it again. P.S. - Betsy O., where

are you? Laura King won the Teen

18-19 division and Junior gold went

to Alicia Troxtell. Andrea Sortwell

moved in the 82.5 after being un-

able to make weight for the 75s, but

bombed in the squat. Her husband

Mitch was there for support and

was especially helpful on the plat-

The 90 kilo class grew leaps and

bounds this year as many 90+ lifters

saw the class as an open opportu-

nity. Top Open and Master 50-54

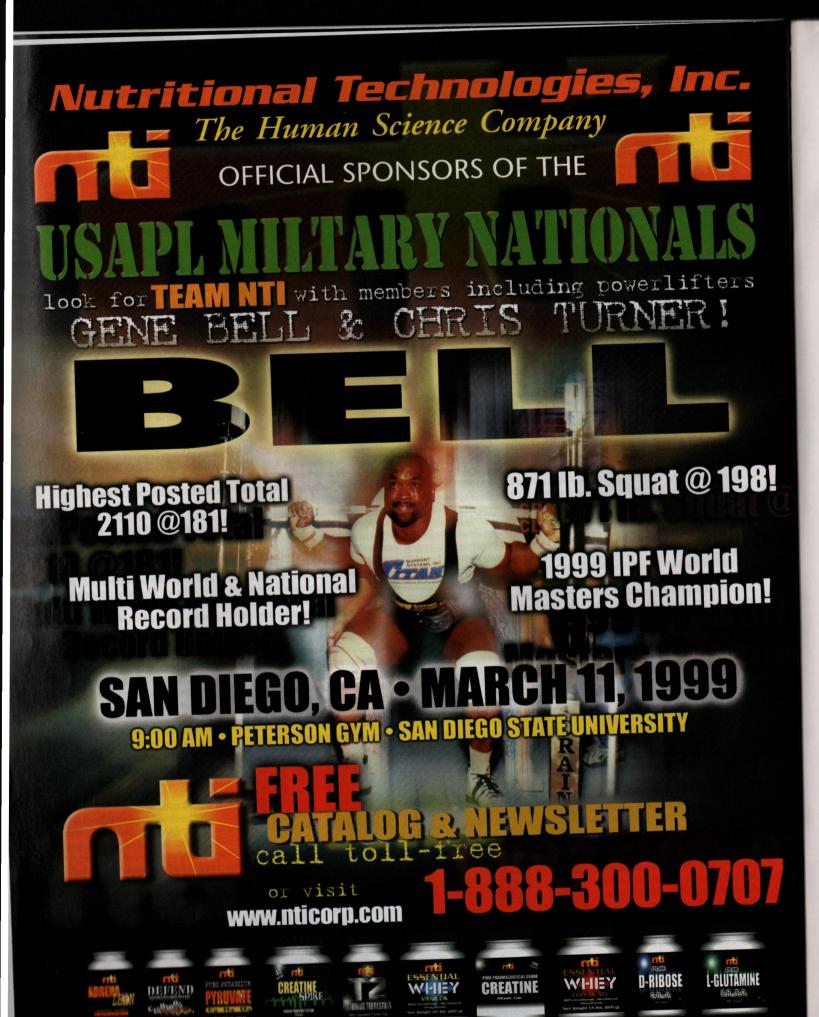
honors went to Alaskan

form during the competition.



Leslie Look won the 181 lb. class once again. (S. Hartwig photograph)

(article continued on page 73)

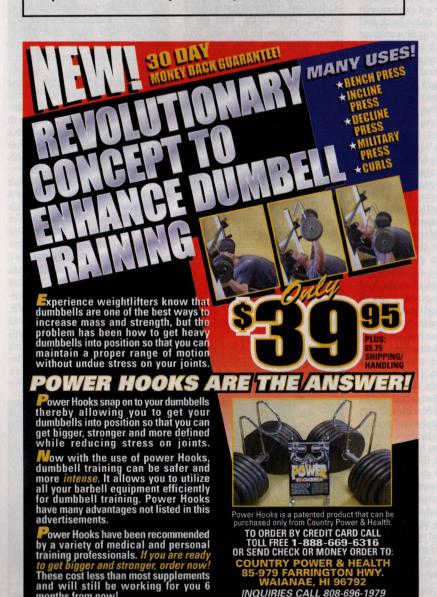


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"I competed in my first powerlifting competition in August of 1997. I have done four to six meets a year since then, competing in the women's 148 lb. class. I quickly realized how much work the meet directors and other volunteers put into their meets. My husband and I are both state as well as national level officials in three different powerlifting associations. We have worked at numerous meets as referees, platform managers, expeditors, spotter\loaders, score-keepers and even emcee. As a referee, I am used to people disagreeing with some of my calls. But an incident happened at a meet a couple of weeks ago that made me really think about things, and prompted me to write this letter.

A spouse of a lifter who disagreed with my calls on the squat flights, chose to voice her opinion to me. That was fine, until she used profanity and insulted me, as well as the other referees. She also gave the meet director a hard time. I've always enjoyed officiating as well as lifting, and I was a little taken aback by this behavior. I hope this letter will serve as a reminder to all lifters as well as the spectators they bring, that without the meet directors, referees, and all the other VOLUNTEERS, there would not be any competitions for us to attend. Our sport would be nothing but a memory.

I want to publicly say "THANKS" to all those people who make it possible for me to compete in this sport that I love. Lisa Denison"





WOMEN'S OPEN - For the 4th straight year Leslie Watson, 44. GBR, captured the 105 division. Since she'd won the World BP title earlier in the week had two golds to pocket.

114: Kim Sommers, 34, from IL (USA) rested up for a whole year. Finally she was back in action. She opened big (402) and used her Frantz canvas suit to break below the parallel plane and grind right up. She stayed down with an enormous 446; ditto with 452 3rd. Kimberly erred on her BP start; then repeated her 198 - good. She finished off with 204 - successful also! Kim hoisted 2 DLs: 325, then 352, then she missed her last lift. TOT 959 for 2 straight Open World

123. APF Seniors champ Nance

Avigliano was here, but unable to lift, with her arm in a sling. It was a foregone conclusion that Amy Weisberger, 34, the massage therapist from Worthington, OH, had the title in the bag. Just as last year she gave everyone some anxious moments. With her coast-to-coast foot stance, she was forced to take her 391 opener thrice before she got acceptance. Amy opened @ a 253 BP - got it! Next she went to 270 - miss! On her 3rd & final try, she got it up, but got 3R for hip raise. She went after the WR (276.6) on a 4th, but couldn't get it. Amy came alive in the DL. She raised 391 to commence. This locked up her 7th WPC World title. Next, followed 435, a personal best. This set her up for a go after Vanessa Gibson's (GBR) WR. Seems ironical that Vanessa herself was head ref, which put to mind the new T.V. sitcom JUDGING AMY! It came right up. How surprised we were to see 3R come on. The decision was highly controversial, and the warrior princess, usually calm & composed, got riled. A new face on the WPC scene was Jammei Thomas (GBR). She got all her SQs (363), made 2 benches (165), and got two DLs also - TOT 903, a nice silver medal performance. Jacinta Schapel, AUS, battled Wendy Greig, CAN, for bronze honors. Belabored by her co-meet director responsibilities, Wendy wasn't nearly as strong as when she'd won her Masters title earlier in the week, 4 lbs. lighter in bodyweight. Wendy couldn't negotiate her last ditch DL effort. This left Jacinta with the bronze medal (749-744).

132: Mary Ellen Jerumbo (aka Warman) from El Paso, TX was all packed and ready to come. On the eve of departure she had an unexpected altercation with a client's Roto-Tiller and tore a hamstring. This was a terrible disappointment because Mary had worked herself

14th WPC Worlds, Part II as told to PL USA by Herb Glossbrenner



Best Lifter .. Steph Van De Weghe

into record breaking form. This left Seniors champ Vanessa Ware an easy winner. Candy Stuckey from CAN earned the silver medal. Vanessa seemed to get stronger with each attempt. She sat too low with 374 2nd try, but came back and made it deep & strong. She notched a 220 BP, then finished off with three powerfully executed sumo style pulls: 385, 429, and finally 441 -TOT - 1019. She's the reigning featherweight queen and will defend her title at the Srs. qualifier

next June in Warren, Michigan. Mariah Liggett, won her unprecedented 13th Women's Open Championship title handily. Nancy Dangerfield duplicated her runnerup spot from last year. Nancy had SQ depth problems, just as last year, and was forced to ride her 402 round trip three times before getting it accepted. Mariah sat up in her usual ultra wide stance, and got in her opener with 441. Her two lifts with 485 were denied by the judges. Mariah looked really "on" for benching. She powered up all three: 270, 286, and finally 292. In the DL she was credited with 386, then 429, and on her last - 441. She was losing it, and stumbled backwards. The whites were an early Christmas present. This lift preceded Weisberger's dubious call. Two flagrant decisions - completely opposite - in a row! Mariah's lift was inconsequential, as she had already won, Dangerfield, who'd been World Champ @ 165 way back in 1993, followed her best BP of the day (214) to bridge the gap as much as possible. With her awesome pulling prowess Nancy smoked her 452 opener, and assured silver. Next lift 501, and with a slow deliberate pull she locked it out-good lift. This set her up for a WR try, but still not enough to win. The 529 was loaded.

165: The USA scored a one

She dipped, tugged - and it barely

Stefanie Van De Weghe, 37, was not having a great day. Her SQ depth gauge was awry. Just when we feared she'd eliminate herself, she got the nod (finally) on her monster dunk - 551! Following a big 319 BP start, she made 347 on a two white light call. This was all she'd make in this lift. Stef made two good deadlifts: 407, then 441, and missed more on a 3rd. 1339 on a day when she was struggling is a testimony to just how good she is. The runner-up Julie Scanlon, 23, improved her TOT 38 lbs. since the Senior Nationals. She looked great here, SQing 474 (16 increase), and even tried a big 501, but got stuck coming up! A bit off in the BP, Julie got a 281 opener, but missed further increases. She was in PR form, pulling 402 to assure 2nd, then a big 463 best, but missing even more on 3rd. TOT 1218. This gal is destined to rise to the very top. Blond Maria Fick, RSA, did some good lifting for third place. She SQed 352, before being stopped by 374. She notched a 220 BP,

181: Coral Blair, 35, returned as the reigning champ. This stocky, black, Austrian lady has thick trapezius development. Last year she knocked off the favorite - USA's Krista Ford - with her deadly deadlift weapon. Krista couldn't compete this year but was nearby, in Calgary, training with the USA Olympic bobsled team for the 2002 Winter Olympics team. Although not pushed, Coral still rose to the occasion. She increased her SQ best, 28 more than in Graz, to 485! This time she smoked a 264 BP, a 2nd, as compared with her 231 last year. She cranked three big deadlifts: 485, 529, followed by a mind blowing 3rd attempt a WR of 268 kgs. (590.8) that snapped right into the final finished lockout position convincingly. Her 1340 TOT made

then tugged two - 374 & 396 for a

970 TOT and the bronze medal.

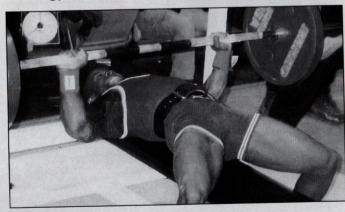
it two, back to back, World Titles. Look for her to smash the 600 DL barrier next year, and close the gap on a 1400 TOT as well. Runner-up this class was Sharyn Scott from Australia. Coming in light @ 172, she got a 341 SQ, 220 BP, and 407 DL for a fine 970 TOT.

198: Tarja Rantanen, FIN, earlier in the week had won the WPC BP Worlds with her 319 WR lift. Here, she proved that she's formidable in all the disciplines. Tarja hit a 374 SQ, 308 BP, and a European record 465 DL for a fine 1148 TOT and her first open world powerlift-

UNL: Marinda Van Dyk, RSA, weighing 201.9, also won gold in the BP Worlds. She can thank her lucky stars that Russian powerhouse, Laura Kodjamkolouva, had selected not to defend her Open title, lifting instead in the submasters group. Laura had TOT'd 1223 on Tues. Nov. 16th. Van Dyk proved that she is a fast improving force in her own right. She hoisted a 441 SQ, 214 BP, 429 DL - 1085 TOT. Barely over the 198 limit, she's now an Open World Champ for the first

MEN'S OPEN - 114: In the absence of Sr. National Champ Ken Snell, the reigning titleholder -GBR's Mike McDermott - put forth 5 modest lifts. He improved his TOT result to 755, 49 up from his performance in AUT to make his Open wins two back to back.

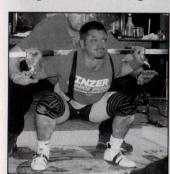
123: Abita Springs, Louisiana's native son - August Clark - had a slight case of the jitters. This was his first World meet, and August was out of sync, needing to repeat his 325 BP opener to get one in, missing more on a 3rd. Earlier he'd mastered a 402 SQ, then made too auspicious a jump (to 435) for two misses. So with only solitary successes in each of the first two lifts, he went into the DL and tugged all 3: 402, 424, and a big PR 452! His 1179 TOT wasn't so far off his 1202 result from the Seniors. The win had him smiling like a Cheshire cat afterward! August brought his



two knockout punch this division. August Clark claimed a US gold medal. (Herb Glossbrenner photos)

lovely wife along; enjoying the week. He will return to his truck driver job back home but plans to move up to 132 henceforth. He's got his sights on Heath's BP mark. Joey Mitchell claimed gold in the BP event and came in as last year's Open winner. He wasn't a match for CLARK -BUT LIFTED SMART. Joev made all his lifts, went 9/9, for a 925 TOT. He was well down from his winning result of 1003 last year. Color his medal silver!

132: A top British star made his first ever appearance on the WPC Worlds platform. Gary Simes is a worthy successor to Heath's long time dominance and vacated title. Gary is short and compact with leverages conducive for big lifts.



132 Victor - Gary Simes of GBR

Gary turned in a good performance, going 7 for 9. He finished a 507 SQ 3rd attempt and made all his benches likewise (314). Gary put the works to a 2nd attempt 501 DL

and subdued it - TOT 1322. 148: Steven Grev had made the 132s benching earlier in the week, but he found the everyday free breakfast buffet too much of a luxury to pass up. Therefore he weighed in for the Open competition @ 138 and got the bronze USA's Tim Judge looked very muscular. He was a bit down on his first two exercises, but was "on" (for him) in the DL, getting 496 for a 1328 TOT, 38 better than last year. Sakari Selkainaho, FIN, returned as defending WPC World lightweight champ. This year Sakari let own lifting do his talking. On the platform he was an unstoppable dynamo of released energy. USA's Heath, an 8 time WPC World Champ @ 132, had moved up and was scheduled to go against him, but didn't appear. In AUT last year he'd made a 1444 TOT, but was nearly a hundred lbs, improved on that result here. He ground up a 600 3rd SQ - a tremendous effort never quitting until done! He made two strong BP lifts: 352, then 369. On a 2nd attempt he raised a 573 DL for a big 700 KG TOT (1543). I wouldn't be surprised to see him surpass 1600 in the near future!

165: Angelo Berardinelli, the

USA's reigning kingpin, had hoisted some big weights in preparation for this competition, but his usual grueling ordeal of making weight resulted in a modest TOT result for him, however, a WIN IS A WIN. He had major problems keeping his footing with his very wide SQ stance. His initial lift - 672 - kept him down twice when he felt his right foot slipping. He didn't attempt to recover, not wishing to risk a groin pull. On his do or die try, he came through. He had the same problem in BP, unable to stabilize his feet and use his leg drive. With plates under his feet, he got his 418 opener. After that, he missed his next two tries @ 446 and 468. In practice he'd got 490, so you can see what a frustrating day this was. In the DL, he pulled a birdweight 501 to win gold & back to back World titles. Next came 567, an effortless pull. He missed his 3rd @ 611 to finish the day with 1658. A bodyweight increase for Angelo would automatically bring him up to sky high numbers. GBR's Steven Cook gained a silver for Great Britain and

some valuable team points.

up beginning with this category. Eric Athus, FRA, 29 finished as owner of the bronze medal. He upset USA's Joe Dougherty when Joe fell victim to same foot slippage problems as teammate and training partner Berardinelli. Eric's final attempt 705 SQ tipped the balance. Joe struggled all day, and was bummed out afterwards. RSA's Neville Primich returned from last year's debacle to catapult himself from zero to hero. He wrapped up his 7th WPC World title in a decisive manner. USA champ Michael Cartinian wasn't intimidated and took the fight to him right from the get-go! Mike opened big, with 766, but needed three tries to please the officials. Primich powered through all his attempts to lead by a slim margin - 771! It was tit for tat between these two in the upper body strength test. Cartinian ground up 463, a repeat 2nd, but stopped after that and got no more. Primich powered through his 468 initial effort, but failed two with 479. Neville led the American by a mere 11 lbs. Cartinian couldn't keep pace in the DL. He lifted 589, then 606, and that was all - TOT 1835 - a good result in his World's debut. PRIMICH TOOK HIS SPINACH AND FINISHED all 3 tugs 595, 617, and finally a strong 661 - and looked good for more had he needed it - 1901 TOT. 198: This exciting class fea-

tured the returning World Champ Matthew Zweng against probably the toughest customer he'd ever have to face. Alive and well was

Jesse Kellum, 34, back in action following a lengthy absence, with some huge numbers on his agenda. The highly regarded South African Ed Downing was quite a surprise. Even thought he got only openers -SQ (771) & BP (507), he showed capabilities of much more. Downing rattled off 3 good DLs to get 639 for a strong 1918 TOT. Frederec Danilov, FRA, did surprisingly well making 2 attempts in all his lifts for 1857 - 4th place in tough company.

Zweng was coming off some huge training lifts. Cutting weight took the edge off his performance. Matt sat way too low with his 771 SQ opener, was pinned, and had to repeat. He blew away his 2nd. Following this he made a leap of faith to 821. He handled the weight with authority but was ruled shallow by the scrupulous scrutinizers! Zweng opened the BP with 518 - and blew it up. With 534, just as the bar touched his chest, his denim shirt ripped right up the middle. Matt changed to a spare, and got the lift on a 3rd! Matt pulled 2 out of 3: 628 and 655, before missing 672 -TOT - 1962 and a silver medal this

181: The competition heated It seems that no matter what roadblocks confront Louisianan Jesse Kellum, he plows right through them. He came in with 4 WPC Worlds titles to his credit. Jess never made mention that his back was killing him coming in here. You'd never had known it the way he lifted. He opened his squats at 821, for a 3W (white light) beauty. He wanted to go crazy and jump straight to 903. I convinced him to go for that really big total that had eluded him for so long. He paced himself smartly. Next came 859, which drew 2W - the only red coming from Vanessa Gibson (GBR). He stormed a WR 881, and powered right through it, but got turned down for being a scant inch high. He was steaming, but showed class by shaking the hands of all three officials. His BP opener (573) looked difficult with a bit of hesitation locking out but it was passed! Up to 584 which looked much stronger for 2W. Finally to 595, which was - by far-the best of the three. He looked good for 600-606, but had no more attempts left! He began his DLs with 628 for a 2083 TOT and his 7th World title. He followed this with an equally powerful 655, a lift which gave him a PR TOT of 2110 the best in this class by anyone during the 90s decade, surpassing Gene Bell's 2105. With one lift to come, Jesse let Amy Weisberger, the certified massage therapist and WPC Women's multi-title holder, do some trigger point work on his

(article continued on page 78)

WPC World Championships 19-21 NOV 99 - Calgary, Canada Watson/GBR 209 137 242 589 Sommers/USA 123 204 Weisberger/USA 391 Thomas/GBR 363 Schapel/AUS 286 253 435 363 286 281 374 319 323 Greig/CAN Ware/USA Stuckey/CAN v.d.Weghe/USA Scanlon/USA Fick/RSA 551 474 352 347 281 220 441 463 396 198+ Vandyk/RSA Nov. 20-21 Clark/USA Mitchell/GBR simes/GBR 369 352 220 Judge/USA 479 286 496 275 Berardinelli/USA 672 418 242 Cook/GBR 181 463 Primich/RSA 773
Cartinian/USA 766
Athius/FRA 705
Dougherty/USA 611
Foster/CAN 628 628 540 2138 1962 1918 1857 1609 1587 1499 1455 Kellum/LISA 595 534 507 424 330 380 418 308 Zweng/USA Downing/RSA Danielov/FRA Zander/RSA wn/RSA 672 661 617 Dextor/CAN 1625 1587 1361 1361 Hogg/CAN Meza/USA 523 501 507 441 301 391 374 Urchik/USA 2132 815 727 705 694 672 703 2017 1978 1829 1824 1719 1631 573 540 429 386 672 639 617 2055 1807 1686 Hayn/GER Chouinard/CAN 821 716 744 699 584 551 496 903 859 2204 2155 LaBare/USA 920 2353 551 540 446 496 Renberg/CAN 733 446 666 1846 Spearin/CAN 716 496 573 1785 250 Lifters Competed Representing 13 Nations: Team Points: USA 88, CAN 54, AUT 30, RSA 30, GBR 20, FIN 9, GER 4, AZE 3, FRA 3, AUS 3, ISR 2, RUS 1, WAL 1. Best Lifters: Women's Open: S. VanDeWeghe (USA). Best Lifter Men's Open: J.

Kellum (USA). Team Championship: (USA).



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Samuelsson & Onosai do battle

The beautiful island of Malta was the venue for the World's Strongest Man competition for 1999. A total of 30 athletes came to Malta with the hope of qualifying for the final and maybe, just maybe, lifting up the Met-Rx winners trophy. The potential reach of the television networks expecting to broadcast this event was over 450 million households worldwide and with that sort of exposure all competing athletes were determined to do their best and get past the initial hurdle - the qualification rounds.

The qualifying heats ran for 4 days after which 20 of the original 30 athletes were eliminated from the competition. The format for the qualifying heats were simple: 5 qualifying heats with 6 men per heat and 6 events per heat. The top two of each heat would qualify for the final.

The first qualifying heat was comprised of some great athletes which made for an exciting competition with some surprises. The men battling it out in the first heat were as follows; Magnus Samuelsson - the defending champion, Mark Philippi - world class powerlifter and strongman, Joe Onosai - looking huge at 186 kg. bodyweight, Grant Edwards - an ex track and field athlete, Israel Sanguinette - a relative unknown from Spain, and Jamie Barr one of Britain's representatives in Malta.

The first event in this heat pitted all 6 men against each other simultaneously in the Carry and Drag. Two 100 kg. sacks had to be carried down a 25 meter course, loaded into a boat, and then the boat had to be dragged back down the course. This was a very tough event, with none of the men completing the course, but when the whistle was blown at the end of the allotted time, Jamie Barr had pulled his boat the furthest with Magnus Samuelsson a close second. Joe Onosai had a slow start with the sacks, but pulled the boat well, to gain third place. Mark Philippi, Grant Edwards and Israel Sanguinette got 4th, 5th and 6th respectively.

The truck pull was the next event with a 17 ton truck having to be pulled down a set course. Joe Onosai did brilliantly here, winning the event by less than half a second from Magnus Samuelsson. Unknown to many,

World's Strongest Man as told to Powerlifting USA by Derek Cope

Magnus had suffered with the flu just prior to the event and was having probems with his recovery after each event. Jamie Barr continued to impress, gaining 3rd place in the truck pull with Philippi, Edwards and Sanguinette once again finishing 4th, 5th and 6th. So, after two events there was an

intriguing 3-way tie for first place with Onosai, Samuelsson and Barr altogether. The loading race was next, another tough event, with 5 items to be picked up, carried and then loaded on to a raised platform. The items were a sack, a barrel, a log, an anchor and a 250 kg. chain. An added hazard to this event was an unusual downpour of rain which required a temporary halt in the proceedings. It was in this event that the Australian Grant Edwards sustained a bad hamstring tear while attempting to load the barrel and this injury obviously affected his chances to make it to the final. Samuelsson showed his athleticism here winning the event by a fairly large margin. Scotland's Jamie Barr was again in the money, picking up 2nd place in front of Mark Philippi and Joe

The Hercules Hold was next, with the athletes required to resist the force of two huge steel cylinders in the shape of pillars. The event was held at Hagar Oim in Malta, the site of a megalithic temple along with stone age statuettes, so the 'pillar theme' of the Hercules Hold fit in well with the location.

Grant Edwards, with his hamstring heavily strapped, gave his competitors all a surprise by winning this event with an excellent 37 second hold. Samuelsson came 2nd followed by Barr and then Philippi. Coming in 5th, Joe Onosai greatly affected his chances of

The log lift was the 5th event of the heat, with the powerlifters expected to shine. The log had to be cleaned to the chest, then pressed overhead, then re-



Kaz is doing the commentary, but looks like he could be doing the competition (Cope photos)

turned to the floor before being cleaned again. The powerlifters in this heat did shine with Onosai and Philippi gaining joint 2nd place with 9 repetitions apiece. However, Samuelsson, in effect, secured his qualification to the final by winning this event with an impressive 10 repetitions. Samuelsson, by the way, has long arms which give him a long stroke in this lift. In an interview with Samuelsson conducted for PL USA, he admitted to me that along with his normal training he had made shoulder training his main focus for the whole year and his efforts clearly paid off in

The medley was the final event with huge tires required to be flipped followed by the loading of two 100 kg. objects and then an anchor and chain drag. Samuelsson won this event fairly easily, it has to be said, followed by the athletic Scotsman Barr.

The final placings for the first heat were Samuelsson 1st, Barr 2nd, with Joe Onosai and Mark Philippi gaining a joint 3rd place each, just failing to qualify along with Grant Edwards and Israel Sanguinette.

Although recovering from the flu Magnus Samuelsson served notice to the rest of the contenders that he would be a player in the finals.

2nd QUALIFYING HEAT

The men contesting the 2nd qualifying heat were as follows; Jouka Ahola -W.S.M. Champion 1997 and runnerup 1998, Pieter De Bruyn - training partner of Gerrit Badenhorst, Stephen Brooks - 2nd in Britain's Strongest Man contest; Brian Neese-strongman from the U.S.A; Levi Vaoga - ex sumowrestling champion from New Zealand: Rene Minkfitz - a seriously big athlete

The 1st event - the Carry and Drag - saw all 6 competitors compete at the same time. Two 100 kg. objects, a cannonball and a Maltese Cross had to be carried down a course, loaded onto a sled and then the sled was dragged back down the course. The total weight of the sled, once loaded, was over 300 kilos! Not one of the athletes could complete the course in the allotted time, yet Rene Minkfitz won this event and by doing so let Jouka Ahola know that he wasn't going to have everything his own way. Ahola came 2nd followed by Vaoga, De Bruyn, Brooks and Neese.

The Husefelt Stone carry was next and the competitors were required to carry this 180 kg.+ rock for distance. Apart from the immense weight, breathing is also a problem for the competitors, as the rock is carried at chest height. Minkfitz was in the lead with a distance of 57.99 meters, but Ahola was last to go and did what was required with a distance of 66.10 meters. It was

more but this tactically aware competitor was saving his strength. Placings in this event were Ahola, Minkfitz, Vaoga, Brooks, Neese and De Bruyn.

A very tough event was next - the Atlas Stones. Five stones ranging from 105 kg, to 165 kg, had to be lifted and placed on a high platform, indeed, it was the height factor that made this such a hard event, even for ones who had experience with stone lifting. Only one man could manage all five stones and that was the ever impressive Jouka Ahola. He was followed by Minkfitz, Vaoga, Neese, De Bruyn and Brooks.

The Axe Hold was the next event the competitors were required to hold a 12.5 kg. axe in each hand in the crucifix position for time. Peter De Bruyn, going first, set an excellent time of 55.50 seconds for the others all to chase, but no competitor could match his time. Ahola finished 2nd, followed by Vaoga, Minkfitz, Brooks and Neese,

At this stage Ahola looked like a certain qualifier, but there was only 3 points separating the next two athletes Minkfitz and Vaoga.

The next event would be a crucial one, and it turned out to be just so. The Car Deadlift Hold is an event where the competitor has to lift a car to the finished deadlift position and hold it for the longest time possible. Lifting straps for the grip were allowed and two athletes competed at the same time with the added factor that both men faced each other. Minkfitz and Vaoga went head to head here in a titanic struggle that produced the two best times in this heat. Vaoga looked the more comfortable, yet Minkfitz just hung on in there for a gutsy win. Vaoga was 2nd followed by Ahola, De Bruyn, Brooks and Neese - who, at this stage, retired from the competition.

The Medley was the last event in this heat and this was the same format as the 1st qualifying heat. Ahola demonstrated his explosive power and fitness in winning this event and was followed Brooks, Vaoga, De Bruyn and Minkfitz. Final standings for this heat were Ahola and Minkfitz, who qualified for the final followed by Vaoga, De Bruyn, Brooks and Neese.

3rd QUALIFYING HEAT

The 3rd qualifying heat pitted some great athletes against each other. There was Gerrit Badenhorst - powerlifting great and experienced strongman; Svend Karlsen - Norwegian strongman with an awesome physique; Janne Virtanen - training partner of Jouka Ahola: Niko Noga - American football great; Jorma Paananen - a Swede with a relatively hard 150 kg. bodyweight; Glen Ross - the Irishman who won Britain's Strongest Man in 1999.

The 1st event was the Carry and Drag. Two 100 kg. sacks had to be carried down the course, loaded into a boat, and then the boat dragged back down the course. Once again no athlete could complete the course, but when obvious that Ahola could have done the event was finished the Finn Janne

Virtanen had pulled his boat the farthest followed by Ross, Badenhorst, Paananen, Karlsen, and Noga.

The Husefelt Stone Carry was next, the athletes having to carry the 180+ kg. rock for distance. Paananen set the pace with a gutsy 65.34 meter effort. Neither Ross, Badenhorst or Noga could match that distance, but Karlsen could - achieving 66.11 meters. Janne Virtanen went last and beat them all with 67.66 meters and with two wins out of two events was beginning to make his mark in the competition.

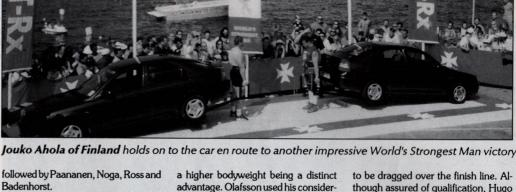
The loading race was next with 5 items having to be loaded on to a platform. The weight of the items isn't the main problem - it is the awkwardness of the objects, which were a sack, barrel, log, anchor, and chain. Two men at a time were matched against each other with the best times coming out of the Virtanen - Karlsen competition. Virtanen just beat Karlsen and these two men were followed by Badenhorst, Paananen, Noga, and Ross.

The Hercules Hold was next. With a loading of around 170 kgs. pull on each arm, in the shape of pillars, this event tested each competitors grip to the limit. Amazingly Janne Virtanen picked up his fourth victory in a row. followed by Noga who picked up valuable points by placing second. Ross managed third place followed by Paananen, Karlsen and Badenhorst.

The log lift was next and the competitors were required to clean and press the 110 kg. log, then place it on the floor and clean it again. Not only is upper body power tested here, but also fitness and endurance. Glen Ross proved he was the 'Log Daddy' (as he put it) with 11 repetitions, followed by the muscular Niko Noga who got 9 reps. Karlsen and Badenhorst both got 8 reps apiece and Virtanen and Paananen also tied with 7 reps apiece.

The last event of this heat would decide who would follow Virtanen into the finals. After 5 events the two athletes who could qualify were either Karlsen or Ross, but Ross had a torn calf and the last event was the medley involving tire flipping, anchor and chain dragging as well as carrying.

Janne Virtanen could have coasted in this event, but showed his mettle by winning it. Karlsen secured his qualification to the finals by gaining 2nd place,



followed by Paananen, Noga, Ross and Radenhorst

The final standings for the 3rd heat were Virtanen, Karlsen, Ross, Paananen, Noga and Badenhorst. By winning an incredible 5 events out of 6, Janne Virtanen showed that he would be a major force in this years W.S.M.

4th QUALIFYING HEAT

Another cosmopolitan heat with 6 athletes fighting for the top places which would ensure qualification for the final. The contestants in the 4th qualifier were; Torfi Olafsson - the huge 181 kg. strongman from Iceland; Hugo Girardthe big and well-muscled powerhouse from Canada, Ken Brown - a highly regarded contender from the U.S.A.; Hubert Dorer - a powerlifter from Austria; Regin Vagedal - a seasoned competitor and hero in his Faroe Island home; and Lee Bowers - the English representative in this heat.

The 1st event was the now feared Carry & Drag; it being feared because no one from the other heats had completed the course. Two 100 kg. objects, a cannonball and a Maltese Cross had to be carried down the course, loaded into a sled, and then the sled dragged back down the course. As was by now expected, no one completed the course. but the events produced a close contest between the Canadian Hugo Girard and Regin Vagedal. The placings were Girard, Vagedal, Brown, Olafsson, Dorer and Bowers.

The 17 ton Truck Pull was next with

able bodyweight to his advantage to complete the course in a very good time of 38.88 seconds. This proved to be the winning time and athletes behind Olafsson were Girard, Vagedal, Bowers, Brown and Dorer. At this stage of the competition, Girard was leading, but Vagedal and Olafsson were tied for 2nd place and, indeed, these two would battle it out for the rest of the contest.

The next event in this heat was the Loading Race with a sandbag, barrel, log, anchor and chain being required to be loaded on to a platform of varying heights. The two biggest men in this heat Girard and Olafsson showed their fellow competitors a surprising turn of speed which resulted in Girard 1st, Olafsson 2nd, followed by Brown, Vagedal, Dorer and Bowers.

The Axe Hold in the crucifix position was next. Ken Brown put in a great time of 51.19 seconds which none of his competitors could match, until the turn of Hugo Girard, who stunned the crowd with an amazing 63.91 seconds. 3rd place went to Vagedal, followed by Dorer, Olafsson and Bowers.

The Deadlift hold was next, where the competitors had to lift a car to the finished deadlift position and hold it for as long as possible. When the testing of the cars was carried out, prior to the competition, it was decided that the cars by themselves were too light, so additional weight in the form of a huge sandbag was placed in each of the car's trunks. Olafsson and Vagedal went head to head in this event, both athletes realizing the importance of a win over the other. It was a fantastic competition, both athletes going to their absolute limit with Vagedal putting the car down less than 2 seconds prior to Olafsson. Girard, again, was impressive and garnered 1st place followed by Olafsson, Vagedal, Brown, Bowers and

After 5 events, Hugo Girard was out in front with an unassailable 29 points. but only 1 point separated Olafsson and Vagedal, 21 and 20 points respectively. t would come down to the last event the Medley. In this event a 300 kg. tire had to be flipped twice, then two 100 kg. objects loaded on to a waist high table, and then an anchor and chain had to be dragged over the finish line. Although assured of qualification, Hugo Girard attacked the event with gusto, but the win by Olafsson was crucial. Olafsson was neck and neck with Vagedal right to the chain drag when Vagedal pulled up injured. The results of the Medley was Olafsson, Girard, Brown, Dorer, Vagedal and Bowers. This produced the final standings of Girard, Olafsson, and then Vagedal and Brown sharing joint 3rd, followed by Dorer and Bowers. Just two more qualifiers to find, and these would come out of the 5th Qualifying heat.

5th QUALIFYING HEAT

This qualifying heat proved to be another close battle which would go right down to the wire in the last event. The 6 contestants for this final qualifying heat were Latvian Raimonds Bergmanis - a very successful Olympic lifter and strongman; Berend Veneberg of Holland - an experienced professional strongman; Whit Baskin of the U.S.A. - sporting a great physique with low bodyfat; Andreas Hofmann - a 6 ft. 7 in. giant from Germany: Laszlo Fekete - an experienced stone lifter from Hungary and at 41 the oldest athlete in the competition; Bill Pittuck - the English representative in this heat.

The Carry & Drag kicked off this heat with two 100 kg. items having to be carried and loaded into a sled and then the sled dragged back down the course. Once again no one completed the course, but the results were close requiring careful measuring of the distance covered by the contestants to determine the placings. Whit Baskin got a great start here winning the event followed by Veneberg, Fekete, Bergmanis, Hofmann and Pittuck, A distance of 23 centimeters separated the top three placings, such was the closeness of the competition.

The truck Pull was next. Whit Baskin surprised many here by winning the event and beating some experienced competitors. Veneberg stayed close by gaining second, followed by Hofmann. Bergmanis, Fekete and Pittuck. Of interest here was an accident that the B.B.C. chose not to show in their final

(article continued on page 74)



Berend Veneberg ... dragging the sled - World's Strongest Man Style

WORKOUT of the Month

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

My bench press training was influenced by Jim Williams and Pat Casey. I use the word "influenced" because I am not the same as Jim Williams or Pat Casev. Accepting their routines as the last word and never thinking or innovating for myself would have eventually lead to a halt in progress. These two men have obviously perfected routines that worked best for them. You will do well by seeking all the advice you can from champions; then put it together with a knowledge of yourself and make a routine that is right for you.

The following program is designed for the intermediate lifter. It is based on a 300 pound bench press. I have not taken bodyweight into consideration, but a 165 pounder and a 220 pounder will progress at different speeds. As far as gains from this routine, a 220 lb. person starting at 300 lbs. should look for 325-330 while a 165 pounder might get 310-320. In my mind, a 15 lb. increase from this routine should be considered good progress, but 15-30 is the range depending on bodyweight, experience, and effort put into the workout. Regardless of bodyweight the key to this program is the worksets. You must really work hard and add weight whenever possible.

One very important rule is do not sacrifice good form in order to handle more weight. All you will do is develop bad lifting habits which will be very difficult to break. A good guideline for adding weight is when you have completed two consecutive workouts.

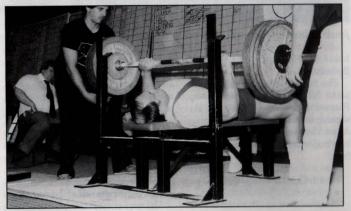
This is a sixteen week program divided into two eight week sections. The Bench Press Workout is to be done twice per week. I advocate training the way you compete. This means all reps should be done with pauses.

For the first eight weeks, do the same bench press workout both days of the week. The second eight weeks will have a different routine for each day.

8 WEEK BUILD-UP ROUTINE

Bench Press - 135x10, 175x8, 6 reps with 215, 235, 245, 255x2 Dumbbell Flyes ... Close Grip Bench Press

John Kuc's Bench Press Routine



John Kuc was one of the greatest lifters in Powerlifting history. He won it all at the IPF level, at differing bodyweights, and then came back to win virtually everything in sight under the ADFPA banner.

185x10, 205x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls4x8
WEEK 2 & 3
Bench Press 135x10, 175x86 reps
with: 220, 240, 250, 260x2, 220x8
Dumbbell Flyes 3x10
Close Grip Bench Press
185x10, 210x6x3
Tricep Extension 3x8
Pushdowns 3x10
E-Z Curl
Dumbbell Curls
Durilocal Cars
WEEK 4
Bench Press 135x10, 185x8,
6 reps with: 225, 245, 255, 265x2,
220v8

Bench Press 135x10, 185x8,
6 reps with: 225, 245, 255, 265x2,
220x8
Dumbbell Flyes 3x10
Close Grip Bench Press
185x10, 215x6x3
Tricep Extension3x8
Pushdowns 3x10
E Z Curl 4x8
Dumbbell Curls4x8
WFFK 5. 6 & 7

Dumbbell Curls4x8
WEEK 5, 6 & 7
Bench Press 135x10, 185x8, 6
reps with: 230, 250, 260, 270x2,
230x8
Dumbbell Flyes3x10
Close Grip Bench Press
185x10, 220x6x3
Tricep Extension3x8
Pushdowns 3x10
E-Z Curl 4x8
Dumbbell Curls 4x8

The second eight weeks will concentrate more on the Bench Press. The reps will be lower and the bodybuilding will decrease. The first and second bench press training day will have a different amount

or reps.
WEEK 9
1st Day Bench Press
135x10, 175x6, 215x6, 3
with: 245, 265, 275x2, 245x
Tricep Extension
Pushdowns
E-Z Curl
Dumbbell Curls
2nd Day Bench Press 135
175x8, 215x6, 245x3, 2 reps
275, 285, 285x2, 260x4
210, 200, 200AZ, 200A1

WEEK 10	
1st Day Bench Press	
135x10, 175x8, 215x6, 3 reps	
with: 250, 270, 280x2, 245x6	
Tricep Extensions	
Pushdowns3x8	

Same Bodybuilding as 1st day.

E Z Bar Curls	3x8
Dumbbell Curls	3x8
2nd Day Bench Press 13	5x10
175x8, 215x6, 250x3. 2 reps	
280, 290, 290x2, 265x4	
Same Bodybuilding as first d	ay.

WEEK 11 & 12
1st Day Bench Press 135x10,
175x8, 220x6, 3 reps with: 255,
275, 285x2, 250x6
Tricep Extension 3x8
Pushdowns 3x8
E Z Curls 3x8
Dumbbell Curls3x8
2nd Day Bench Press 135x10,
175x8, 220x6, 255x3, 2 reps with:
285, 295x3 270x4
Same Bodybuilding as first day.

WEEK 13
1st Day Bench Press
135x10, 175x8, 220x6, 3 reps
with: 255, 275, 290, 285, 250x6
Pushdowns 4x8
Dumbbell Curls4x8
2nd Day Bench Press
135x10, 175x8, 220x6, 255x3, 2
reps with: 285, 300, 295x2, 270x4
Same Bodybuilding as first day.
Sallie Dodybuilding as inst day.

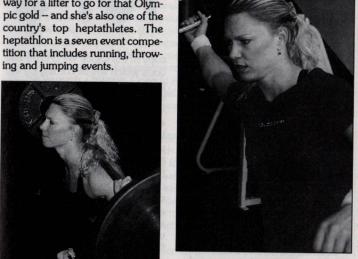
WEEK 14 rep with: 290, 300, 310, 280x3 2nd Day Bench Press 135x10, 175x8, 220x6, 255x3 1 rep with: 290, 305, 310, 280x3

WEEK 15 1st Day Bench Press 135x10, 175x8, 220x6, 255x3, 1 rep with: 290, 305, 315 285x3 2nd Day Bench Press 135x10, 175x8, 220x6, 255x3, 1 rep with: 290, 305, 3 reps with: 285, 285

WEEK 16 ... Contest on Saturday. Tuesday of that week: Bench Press 135x10, 175x8, 220x4, 255x2, 1 rep with: 290, 305. At the contest, your attempts in the bench should range something like 280-285, 300-310, 320-330, depending on the progress you've made in the routine.

The weights will have to be adjusted for individual needs. Regardless of weights used, strive to complete all sets in every workout. If you can do this you will make

POW!ER SCENE recently ran accross one of our favorite athletes, November PL USA covergirl Gea Johnson, and she had an interesting tale to tell. Gea is the number one ranked Olympic lifter in the U.S. in her weight class and until powerlifting gets into the Olympics, Olympic lifting is the only way for a lifter to go for that Olym-



Gea gets in some upper body work

Gea squatting at GOLD's GYM.

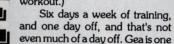
ing and jumping events.

Anyway, just like lots of powerlifters do, Gea got injured, and after all the non-surgical ideas didn't solve the porblem with her foot, she went under the knife. Surgery in late September by Dr. Carol Frey was successful, but that only begins the path to recovery and success.

So, if powerlifters had the Olympics to aim at, this is the type of training regimen and support team that elite powerlifters would be using. First, basic weight training, with workouts written by your strength coach, in this case Joe Horrigan. who also serves as strength coach for the NHL's Los Angeles Kings.



Stretching against the gym wall



the necessary equipment for her

of the few women athletes spon-



Gea takes advantage of the wide range of equipment at GOLD's

Then you'd have to work on your core stability, flexibility, and range of motion, to enhance your lifts, and that's where Dr. Brendan Murray comes in. He serves as a tareating doctor of the U.S. Olympic lifting team, and he's good - I know because I went to him for work on my back -- and he'll focus on your biomechanics and improving the "firing" of your muscles.

For mind management and learning how to exercise and focus your mind, Gea has a mental coach, Dr. Dennis Deaton. To help organize all of this, plus help with sponsorship opportunities, powerlifting coach Jack Armstrong is part of the team. And we still haven't even gotten to the sport specific training.

Chuck Debus coaches Gea in all seven events, working to bulid proper mechanics and techniques, and putting her drills to unlearn bad habits and bad form.

We caught up with Gea at GOLD's Gym in Venice, where she works on the core strength training and flexibility needed to maintain world class status in both the heptathlon and weightlifting. As you can see from the photos, there's a combination of traditional work, such as the squat, and some less traditional exercises, such as stretching up against the wall.

We didn't have room for pictures of all the other exercises she does, but there are a lot, and the workout takes place in all four of the large rooms that make up Gold's. (Gold's is probably one of the few places that has all sored by Weider, so there's a need for time for personal appearances and photo shoots (MUSCLE & FITNESS had a five page pictorial and article on her last Fall.)

So, guys and gals, if powerlifting does make it to the Olympics and more media coverage, and you want to be a star, this is what you'll be looking at - lots of workouts, lots of coaches and support personnel, lots of time spent with the media and sponsoring companies, very little free time, and maybe a medal. Sounds good - let's hope that powerlifters get that opportunity.

'Til next month, stay strong, and keep enjoying the world's strongest

NED LOW



After her workout .. Gea heads home



As the powerlifting world is quite aware that I'm creating the WPO (TM), the world's first professional powerlifting federation of its kind, my intentions are to secure a network contract to broadcast WPO (TM) powerlifting on a regular basis. Fortunately, this seems to be happening a little faster than anticipated. Since introducing WPO (TM) to the powerlifting world I have been in contact with a production company that will come to Daytona Beach on March 18th for the first qualifying contest for the WPO (TM) Pro meet on May 20th. My original game plan for the May 20th contest was to have that meet professionally video recorded to submit it to various networks, drawing interest and possibly airing WPO (TM) Powerlifting on television. The production company, A-Ray Productions, recommended that we shoot a pilot and then present the pilot to the various networks. The purpose of producing the pilot on March 18th, the first WPO (TM) qualifier meet (sanctioned APF) is to possibly with some luck, hard work and good faith have the May 20th meet air on television in the fall. Nothing at this point is concrete but surely is a great possibil-

Since the WPO (TM) is rapidly evolving I have made some small changes to the overall criteria of WPO (TM) which are very good, to say the least. Money will still be awarded - \$1000 for first, \$500 for second and \$250 for third in each class from 132 up to SHW. Cash bonuses for world records and world records regardless of weight class will also be awarded. In addition I will also have three Super Open weight classes - Lightweight, Middleweight and Heavyweight. Evervone should already be aware of how the Super Open will work. If you are one of the lucky three to obtain the WPO (TM) World Powerlifting title, whether it be the Lightweight, Middleweight or Heavyweight, your title will accompany a

\$5,000 check as well as a WPO (TM) title belt. From that point the lucky three will start their reign as the WPO (TM) Lightweight, Middleweight or Heavyweight Powerlifting Champion of the World. The Championship titles will be held for a period of one year, until the next WPO (TM) Championship meet, where the existing title holders can defend and retain their titles or new champions will be crowned.

One change will be made concerning the qualifying criteria for the WPO (TM). As indicated in the January issue of Powerlifting USA. IPF and WPC lifters that have competed in the last five years are eligible to lift in the WPO (TM) meet on May 20th without qualifying on March 18th. This stipulation was made so that WPO (TM) will be appealing to international lifters as well as lifters here in the United States. I understand there is a little problem with the lifters here in the states because not everyone has competed in the IPF or the WPC. Therefore, I have added this one little incentive ... If you have lifted in either the APF Senior Nationals, the USPF Senior Nationals, the USA Powerlifting Nationals or the IPA Senior Nationals within the last 5 years and have met the necessary qualifying totals required to compete in the WPO (TM), you, too are eligible to compete in the May 20th WPO (TM) Contest. You must supply documentation from the meet director to verify your totals or if your results from the national contest you competed in can be physically seen in Powerlifting USA, then all systems are GO for you to lift in the WPO (TM).

Questions have been asked on exactly how the WPO (TM) refereeing will be conducted and what the criteria will be concerning equipment. Again, as stated in the January issue of Powerlifting USA, the WPO (TM) equipment rules will be strictly enforced. Single layer briefs only. Single layer polyester or single layer canvas squat suits only. Double ARON VIKING Shop Secure online for all your

S W.P.O. S

denim or double polyester bench shirts only. Single layer deadlift and single layer canvas deadlift suits with single layer briefs only. There will be no exceptions to this rule. As far as the refereeing goes, the WPO (TM) by no means has the intention of becoming a domineering federation that will throw its weight around to exercise its political power. Instead it will focus on the elite lifter, who IS the federation. Without the lifter the federation is nothing! If the lifter gets a red light for whatever reason or infraction, they will not be scolded, talked down to or spoken to in any condescending manner. You will be treated like the superior athletes that you are. The same is expected in return. As far as going below parallel in the squat or any of the other lifts for that matter, I believe from the referee's standpoint that if he has to think about the call for more than a second or two, and it is not cut and dry whether the lift is good or not, then the lifter should be given the benefit of the doubt, passing the lift. On the other hand, with world records the exact opposite will be enforced. If a referee has to think about if a world record has been properly broken or not then I will encourage the referee to give the lifter a red light. You do not want to strip another lifter's world record unless it is properly exercised, whether it is the squat, the bench or the deadlift. Lifting records published in the Guinness World Book of Records will be used by the WPO (TM) as the world records to beat. Now who can argue with that? Also, lifters can receive a

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copy of the Office WPO (TM) rule book which will be coming off the press soon, most probably by the time you are reading this!

As I mentioned earlier the lifters will be treated with respect. WPO (TM) officials as well as myself will expect the same at all times. So please control your emotions. With that in mind, emotions don't need to get heated because there is money on the line. To assure that there is peace and good sportsmanship at all times I will be using a tactic, which I refer to as "platform control." A couple of men, in addition to the spotters, will be peacekeepers, overseers, making certain that no type of bad sportsmanship is tolerated. If you cause a scene because of bad sportsmanship or any other type of commotion, you will be ejected from the contest. Be a gentleman at all

One drawback of powerlifting is that contests tend to be excessively long, especially the major contests that take two days at National meets, 3-5 days at international contests. These contests are just way too long and need to be condensed for television's sake. As most people know when sporting events are being filmed most of the footage is edited. In order to combat the excessive length of powerlifting, there is a solution. My friend, Russ Barlow from Maine, was very instrumental in coming up with this concept to "speed up" powerlifting. In addition to the warm up area, which will be very well equipped and accommodating for the lifter, will be Platform #1. Platform #1 will be behind the scenes where all lifters will do their opening attempts. If you were successful with making your opening attempt on the squat, bench and deadlift only then will you go out to Platform #2 in front of the cameras - in the limelight. If you do not make your opening attempt you cannot go up in weight. You will go back to Platform #1 and retry your opening attempt, which will be your 2nd attempt. If you are unsuccessful with your second attempt on Platform #1 you will bomb out of the

(article continued on page 72)

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 KOK 3KO (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I've been powerlifting for many years and have held some American records for the bench press. Recently I was diagnosed with cancer but was treated successfully for it. However, lab work at the time of my diagnosis and treatment showed a mildly elevated kidney function. I've included my results for you to see.

On my doctor's advice I discontinued protein and creatine supplements and reduced my daily protein intake to 65-75 grams per day. I've included some recent kidney function tests that were taken while I was on this lower protein diet.

My question is whether it is safe for me to resume protein supplements and/or creatine.

Thank you for your advice and any recommendations you might have.

DEAR SIR: There isn't any significant difference in your reading before and after restricting your protein intake and stopping the creatine. This is consistent with what I've found in many athletes that I've tested. To give you the short answer, I've found and it's been reported that unless you have significant pre-existing renal dysfunction (which I don't believe you have) there is very little to gain by restricting protein and creatine intake.

I'd carry on with both (after all, creatine is simply a modified amino acid), but just to make sure, I'd keep track of your BUN and creatinine levels. Let me know if you run into any problems. Mauro Di Pasquale M.D.

DEAR MAURO: I am writing to you in response to my torn quadriceps muscle, which was torn for over three years. To this date, I still have not received my full power back, but my lateral movement is much better. I am also able to run much better this year, so I will be trying to compete once again this year in powerlifting.

I seem to have torn my triceps muscle in my right arm. It was so bad last year I could only bench press 135 lbs. My bench used to be around 405 lbs. This accident happened over a year ago, and now I am only able to bench 275 lbs. max. I can not press heavy dumbbells over 110 lbs. because my right tricep doesn't have the strength to push them. I would like to know if it's too late to have it surgically repaired, and if I had it done, is it a big operation? How long would I have to stay in the hospital, and how long would it be before I am able to use that arm again?

I hope that you can be of some assistance to me. I also thank you for your assistance and advice in the past. Don. C.

PUBLICATIONS BY MAURO G. DIPASQUALE, B.SC., M.D., MRO, MFS. NEW FOR 1997 FROM CRC PRESS - AMINO ACIDS AND PROTEINS THE ANABOLIC EDGE - An in depth look at the effects of amino acids and proteins on muscle mass, strength and performance. This book is divided in two parts. The first part covers the physiological and pharmacological effects of pro-teins, amino acids and their derivatives while the second part discusses the practical applications; how to best use our present knowledge of these substances to increase the anabolic effects of exercise. To order call (800) 272-7737 or in Florida or outside North America call (407) 994-0555.

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DEAR DON: It all depends on the severity of your tricep tear. It really needs to be seen by an orthopaedic surgeon. Once he assesses it, he can tell you whether it's worthwhile fixing and how long the operation and convalescent period will be. I'm afraid that I really can't help you with any specifics since I haven't seen your arm.

Let me know now things turn out. Sincerely, Mauro G. Di Pasquale M.D.



Have you seen the Latin phrase "Vae Victus" on a House of Pain shirt? (We've had a few questions.)

Vae Victus was first used by Brennus the Celt when his barbarian army defeated the Romans about 2400 years ago. The Romans sued for peace, and agreed to pay 2000 pounds of silver for their lives. When it was weighed in the huge balance-beam scale, Brennus drew his still bloody and gigantic sword and threw it onto the scale - signifying that they must pay that much more.

The Romans protested, "That wasn't the deal!"

Brennus said simply, "VAE VICTUS!" (Woe to the Conquered! Or Winner Take All!)

Eager to escape with their lives, the Romans paid the additional silver tucked

their tails - and ran away.

Although "Vae Victus" is more impressive when accentuated with a bloody sword, it is a common idea. If "Woe to the Conquered" sounds unusual, how about "To the Victor Belong The Spoils," or "Winner Take "Second Place is First Loser?" These are simply English variations of the same Latin phrase. It is a compelling principle.

Most of us like this principle. Would boxing matches be more interesting if the loser didn't get paid? What do you think? (This is a simple application of Vae Victus logic).

Even if you don't agree with this philosophy, it is deeply etched in your mind and you still want to win. Admit it. When my 3 year old son "Pancho" plays a game, he may not understand all the rules, but he wants to win! We all love to win. We love to win the lottery, a race, a Powerlifting meet, or even a Nintendo game with a younger

We might want to win a Pokemon game, if there really was a game behind all of that marketing hype (I know there is supposed to be a Pokemon game, but do you know children who want to play or buy?) 'Nuff said about

Back to "Winner Takes All." Sometimes this mindset causes us to "eat our young" as powerlifters. This not only discredits us, but it hurts the future of the sport. We should be helping other lifters get started (Weapon 10: Mentoring), rather than trying to eliminate them from competition. Most top-level lifters are happy to assist new powerlifters, but there are a few slugs who don't want competitors in their class. As if "winning" an empty class is something to be proud of. If the trophy is that important, just go buy a few!

Let's assume for a moment that you have no altruistic interest in the powerlifting success of your fellow gymrat. Should you still train with them? If so, why? Let's learn from a draft horse:

A long time ago there was a pulling contest for draft horses at the County Fair, Equestrian powerlifting - you've

WEAPON 12: TEAMWORK

(Barbarians and draft horses) by Rick Brewer

gotta love it! Competition boiled down to the two top-dogs; with one pulling a two-ton sled. Four thousand pounds real horsepower. The challenging horse then pulled 4,500 pounds to win the What next? Since neither horse

could bench press, the people started looking for something else to bet on. Finally - "How much can they pull together?" Simple math should tell you that they could pull about 8,500 pounds. They hooked them up; and the two together promptly pulled 12,000 pounds!

Synergy is the scientific term for combined power that is greater than the sum of its components. Even horses who have not trained together exhibit synergy, by pulling more than the sum of their abilities. What if the two horses had trained together? What could they have pulled? Even more.

If you want to pull like a Clydesdale, maybe you should train with a partner. Work together to push each other through weaknesses. Of course, if you can already pull more than a 12,000 pound sled then you can ignore this info-it may not apply to you.

Have you noticed that some of the best lifters at any given meet are on TEAMS? Why is this? Could it be that

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having consistent training partners contributes to your own success? As you push/coach/critique each otherboth lifters benefit. Success breeds success. You help your training partner with their weakness, and they help you with yours. Or at least they spot you, and help put on your bench shirt. New insight, strategies, assistance exercises; and less excuses and B.S.

Brennus the Celt didn't conquer alone. He had a TEAM! (A team of half-naked barbarians may be just what your next PL meet needs.) But wait, you say, he wasn't a powerlifter - OK. Remember when we talked about adding strength training to the repertoire of other sports teams? Head Football Coach Russ Collett (Falls Church, VA) added a powerlifting program to their off-season training and guess what happened? Let him tell it:

"As for the benefits of a new powerlifting program, I give it all credit for the growth of our program! We have nearly 100 students in our football program this year. That number is up by almost 50% from last year. The powerlifting programs that we have established here at Falls Church have generated a newfound enthusiasm. Coach Lawrence and I have both been pleasantly surprised.

I truly feel that we have been successful because we actively lift ourselves. At this time I have not competed yet but plan to in the next year. Coach Lawrence and two of our young ladies traveled to Albany, New York to compete in the APA Nationals in September. Even though Coach Lawrence DROPPED 500 pounds on his chest, he did continue and was able to capture the drug tested APA National Title in his weight class. (Either 308 or 319) You probably know better than I. As for both girls, they also captured junior national titles, setting five records among themselves. We are very proud. There are pictures on the APA web site!"

Now they have 50% more football players, and they are all STRONGER! What football team doesn't need this? (Take this magazine to your high-school or college coach and ask him.)

Before you say that is fine for the football program, but what quality of Powerlifters do they have? Let me say that I saw some of their powerlifters at the USAPL High School Nationals last year and they were impressive! (Congratulations, Coach Collett!)

Judge for yourself. Check out the eams at your next meet. Go to a WABDL World Championship and see the Oregon Team. Terry Luehrs coaches an outstanding gang of lifters who share more camaraderie than a barrel of monkeys. Desire plus good coaching succeeds. The team approach overcomes genetic limitations. Goes around shortcomings. Overcomes. WINS. VAE VICTUS!

Don't want it? If you look at top powerlifting competitors - record setting lifters - it is difficult to find one who trains alone. Think you can't find a partner because no one is as strong as you? Think again. No powerlifters in your area? Get some started. What do you look for in a training partner? Tenacity over strength. You don't want someone to show off, you want them to push you. Drive over verbal skills. You don't need another friend to bond with, and you don't need to waste time in your workout. Remember the Roman Legionary training motto; "every drill is a bloodless battle, and every battle is a bloody drill."

Celtic barbarians had teams and they were stronger than you are. Draft horses pull harder in teams, and they are stronger than you are. To get the most benefit from your team, train with them - don't just link up at the meet for points. If you want to be a serious competitor, train like you mean it. In a team. Push as hard as you can without injury. Let your partner spot you. Then there will be no surprises.

Working together, you can overcome any adversity. More on this next time, with railroad spikes and hog



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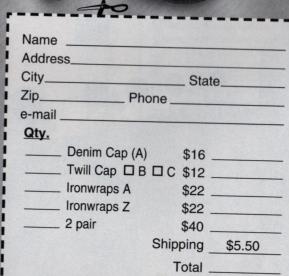
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As the winter months normally remain rather warm in the New York City area, I was recently reminded of what winter is supposed to be about in a harsh manner. After the months of November and December gave us consistent weather in the 45-60 degree range, with perhaps three or four days of true "winter type weather", I was greeted with a temperature reading of 16 degrees this morning, along with a howling wind. Usually, I take the garbage out, walk around the neighborhood a bit, and sit behind my desk around 4-4:30 AM, ready to begin my day of work which starts at 6 AM. I was not dressed for the cold blasts of wind and was actually shivering when I returned to the house. Later on this day, I went into the garage to train my son Sol, as he is still home from college for the holiday season. We were blowing "smoke" as we gasped for breath in the cold, unheated garage. This made me think about the training environments that most lifters contend with and their advantages and disadvantages.

A powerlifter does not need a lot of equipment to train properly. In the early 1960s, one of my hangouts was the health food store owned and operated by bodybuilding legend Leroy Colbert. For the old-timers out there, you will recall

More From Ken Leistner

that Leroy was a true success story. He was a poor kid out of Harlem who hooked on to bodybuilding and despite almost being killed in a motorcycle accident and thus losing the ability to do most types of lower body exercise, he built one of the first legitimate, muscular twenty inch arms. He was also a good businessman who had two thriving health food stores in the New York City confines, one which also served as an outlet for Weider's equipment. I used to go to his store on a Saturday afternoon if I wasn't working one of my many part time jobs, or when it wasn't high school football season, sit in the back of the store, and have the benefit of Lee's training wisdom and many numerous stories. I got a good insight into the Weider organization as Leroy was one of Joe's long time, trusted employees. It was from Lee that I learned what truly went on behind the scenes.

One of the fellows that also

came to visit Leroy, at times, was Dave Draper. Dave was not yet the all time bodybuilding star he later became, but was huge, strong, guite muscular, and really just beginning his career. He too would listen with rapt attention as Lee spun his tales and gave a great deal of muscle training information to this crew that hung on his every word. A number of years later. I visited Dave when I first arrived in Southern California. He had, by now, established himself as one of the all time great physique stars of the 1960s. He had won the Mr. America title and a number of other major awards. He had a local television show he starred in and yet remained one of the nicest gentleman in the game. When I saw him at the Weider store in Santa Monica, I asked him how his training was going. He explained that his long hours made it difficult to stay on schedat the gym. At that time, he trained in the old "dungeon" in Muscle Beach, a haven of rusty, old equipment that also boasted having Hugo Labra and others of that caliber as steady members. I mentioned to Dave that he should consider a home gym. After all, back home in New York, my training partner Jack and I trained in the garage, with a power rack, bench, and lots of bars, dumbbells, and weight. Dave thought for a moment and said, "That would be impossible. I would need a pretty sophisticated set up to train properly at home". To this day. I recall that phrase and how it defined the difference between bodybuilding and powerlifting. Although I was not considering myself a "powerlifter" as such in the mid to late 1960s, even though I had, in fact, competed as one, my training was very basic. Even in the days predating most exercise "machines", Dave needed a lot of equipment to bring his physique to the top levels of the day; high pulley for lat pulldown and triceps pressdown, low pulley for cable row, and various shoulder movements, a lot of dumbbells of various denominations, benches that either adjusted for angle or a number of angled benches for presses, flyes, and curls, leg extension and leg curl table, leg press device, a rack for holding

> head work, and this would be the basic set up for a physique of Dave's caliber. To squat, bench press, deadlift, row, overhead press, and dip, which more or less was all I ever did, as was true for most of the lifters in our area for many years, not much more than the power rack and bench were needed.

Things haven't changed that much. Despite the "march of science" and the many theories of training that could have you fill a small warehouse with oversized beach balls, balance beams, chains, rocks, bungee cords, expensive biomechanically designed machines, and any number of other devices, powerlifting can still be successfully approached with just the basic level of equipment. This is not to say that all of the aforementioned items could not help a lifter. Almost anything can be made to work well within one's program, but would any of it be absolutely essential? If one wishes to squat a lot of weight and does nothing but barbell squats for various sets and reps, and perhaps some partial movements in the squat, I

ule, although his level of dedication insured that no matter what, he was

the barbell for squats or over-

believe that they could achieve their ultimate limit in that great exercise. If one wants to deadlift a lot of weight and does the deadlift, stifflegged deadlift, a hyperextension that could be done off of a regular bench with feet held in a power rack, barbell or dumbbell rows, chins, and various supporting movements, the typical trainee could no doubt eventually reach their ultimate limit in the deadlift.

If one wants to bench press a lot of weight, they could bench press, overhead press, do either with dumbbells and add pipes for dipping or do it within the power rack. There is room for variation with partial pressing movements, lockouts, dumbbell work. In all cases, for this example, the basic equipment will suffice.

If you can train at home, I believe the lifter should. Atmosphere is important. We often received compliments at the Iron Island Gum regarding the training environment. I've mentioned this previously in PL USA and, yes, the equipment was great, but the group of lifters was great, providing the impetus to do more, go harder, and not miss workouts. You can have this at home, especially when you don't need the money or space for a lot of equipment. A garage or basement gives room enough for a bench and rack.

and room for plates, bars, and dumb-bells or dumbbell bars. One can not only train at their own "leisure" but, for the sake of this article, train in their own environment. Powerlifting is very much mental and emotional. The "thinking that you can" mindset is a strong determinant of one's final contest results and, yes, while you certainly have to train and prepare properly physically, the emotional aspect is a key ingredi-In the "old days", most lifters

trained at home, or at the Y, and more rarely, at a gym. The Ys had the weights in the basement, usually with water leaking across the floor, some old benches - as the weight room was the last place that saw renovation, lots of barbells and dumbbells, and often, a few home made, heavy duty pipe or angle iron construction pieces. Gyms were not health clubs or spas, they were down and dirty gyms with the basic equipment and a group of men (almost never was a woman seen in the gym in the early and mid 1960s) who just wanted to lift. They came out of that atmosphere where they lifted in relative isolation in spartan surroundings and then traveled to a meet. The meets at York were exciting in part because they were held in "the" gym of gyms, next to the Hall Of Fame, yet, it was still a

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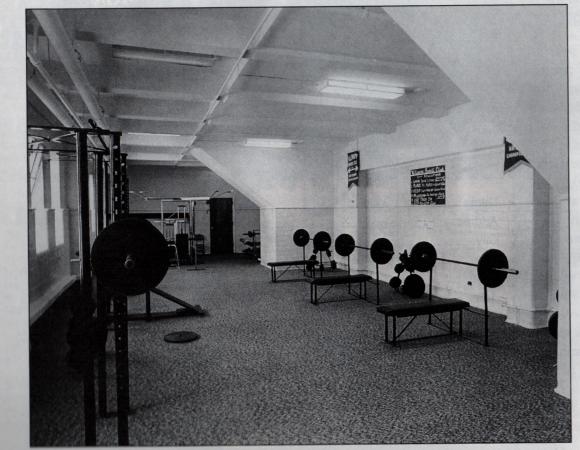
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lifting gym that hosted the competition. Other meets were held at the KOC Hall, VFW Hall, or another YMCA. I remember my first "fancy" meet and, in truth, I didn't care for it. The meet was held at a hotel, something that began in the mid to late 1970s. The thinking, accurate and efficient, was that the lifters would stay in the hotel, eat in the hotel, and then compete in the hotel. It was great for hotel business, and a draw for the meet director, but, in my opinion, it destroyed the appropriate lifting atmosphere. Getting ready to squat in a beautiful hotel ballroom with cathedral ceilings and chandeliers. a carpet that stared at you and said "do not spit!", and amenities that were previously unheard of killed the mindset of many guys who were used to something a bit more rustic. No, this is not a walk through a nostalgic field of dreams, but a request that one think about what they bring to their lifting each work-

It's a test of discipline, and one that should allow you to bring your full mental and emotional being into it. Some can do it anywhere, some do better with the proper setting. While that is personal preference, trying limit squats to the sound of hip hop or disco music, admonitions not to use chalk, self con-

sciousness if one bellows to the heavens or screams under a heavy squat, are impediments, not incentives to success. I always think of powerlifting as it was done in basements and garages throughout Pennsylvania, New York, Massachusetts, and Illinois. All of these places were in the forefront in the rise of the sport in the early and mid 1960s. Yes. Bill West and his crew got the ink in Weider's Muscle Power magazine from 1965-1968, but the grass roots of lifting was in the more industrialized areas of the northeast where most lifters did in fact train in the garage, basement. YMCA, or local meeting hall. If you can find one or two reliable training partners with at least an equal level of dedication, consider home training. I've hammered home this point in other columns, but give thought to your training atmosphere. You may not relish an unheated garage in 3 degree weather as we encountered this past weekend, with the wind chill estimated at 40 below zero, but we deadlifted in the driveway without any hesitation. Cold? Yes, but better than the carpeted palaces designed to inspire the hordes onto a fitter lifestyle. Give it some thought and see if your training quarters can't better reflect your desire for improvement.

Dr. Ken Leistner



It didn't take much equipment to turn out a lot of great lifters from Villanova's weight room, seen back in 1978.

Last month we were talking about courage and how important it is for an athlete to face his fears. If you recall, we said that a courageous individual is not someone who is never afraid. All brave people experience fear. Being afraid is a perfectly appropriate response when one is threatened or confronted by a fearful thing. As Leo Rosten says, "those who do not know fear are not really brave, for courage is the capacity to confront what can be imagined." That's the type of courage we are talking about - acting bravely when we don't really feel brave.

We also mentioned that if you look at the really successful people in life, they are people who are willing to face their fears, willing to risk, willing to live on the edge now and then. These are the people to whom the world belongs. If you don't have the courage to face your fears, to experiment with your life, you'll never reach your ultimate capacity. You have to have the courage to be all that you can be. The courage to create your own

Now here is something else you need to understand. There is a world of difference between what an athlete says and what an athlete

does. In other words talk is cheap. Anyone can talk, but not everyone can act. I've known a lot of athletes who have written a check with their mouth that their butt couldn't cash. They will talk all sorts of "trash," but when it comes to backing it up, they fold. William Bennett said something I believe is significant. He said, "Saving you'll do something may take one kind of courage, but actually doing it requires a different type. Real bravery lies in deeds, not words." I like that statement.

Do you remember Aesop's tale about "The Brave Mice?"-the one where the old cat was catching all the mice in the barn, so the mice got together to make a plan to get rid of the cat. And what they decided to do was to tie a bell around the cat's neck when he was asleep so that when the cat was around they could hear him. Do you remember what happened? All of the mice at the meeting wanted to be the one to tie the bell to the cat, but none of them were willing to take the risk, when it came time to do it. A lot of athletes are the same as the "Brave Mice." They talk a good game, but they don't play one.

Dr. JUDD

In Pursuit of Success, Pt. 8

COURAGE Part II, as told by Judd Biasiotto Ph.D.

When I was competing I had a tendency to run my mouth about what I was going to do. My father would always say, "Fuc the non verda," which is Latin for "Don't tell me, show me." Like Bennett and Aesop, my father was aware that actions speak louder than words. I'm not the only blabbermouth though; I hear guys in the gym all the time talking about how great they are, about what they are going to do when they compete, but when competition comes they're never there. They always have excuses -- "my shoulder hurts, my back is bad, my training is not going right". It's a joke. They want to tie the bell on the cat, but when the cat shows up, they run and hide -- they're cowards. Courage is facing your fears - not running from

You know I love stories, probably because my father was a magnificent storyteller. In fact, I know of no one who could tell a story better. The way he would describe the characters of a story and their escapades was magical. He would bring everything to life in your mind's eye. My sisters and I would sit at his feet for hours listening to his tales. Over the years he created a treasure chest of adventure and enlightenment for us. It was great. Of all the stories he told us, my favorites were about the warriors of Sparta. As you are probably aware, Sparta was a city-state in ancient Greece that was famous for its military might. In fact, many historians believe that the Spartans were the most feared and coura-

geous warriors in the history of the world. Even today, the name Sparta is synonymous with courage. I think that's why the stories about Sparta are so exciting and inspiring to me. One of the most instructive stories that my father told me about Sparta was the Laconic Answer. The story is a primary example of what we are talking about -- that real courage lies not in words but in deeds.
That what a man says is not so much important as what a man does. I'd like to tell you the story. It's a great tale, one that's been passed on from century to century.

In ancient days, the country of Greece was divided into several independent city-states, each with its own king. Macedonia, in the northern part of Greece, was one such city-state. Macedonia was ruled by Philip, a warlike king whose objective was to rule all of Greece. In order to fulfill his objective. Philip raised one of the mightiest armies in the world, and then declared war upon the other city-states. Within no time, he forcibly unified most of Greece's cities. He kicked butt everywhere he went. Actually, he was feared not only in Greece, but throughout the known world. Feared by everyone, that is, but the Spartans. The Spartans, who lived

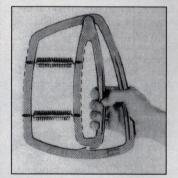
in the southern part of Greece, in an area called Laconia, were pretty fair butt kickers themselves. As I mentioned earlier, they were known for their military might and bravery. They were also known as a people who used few, but well-calculated words to express themselves. Even today a short answer is often described as "La-

Philip knew that if he was to rule all of Greece, he would have to conquer Sparta, a task that would not be easy. So he raised the greatest army he could and took them to the borders of Laconia. He then sent the Spartans a message, "If you do not submit at once." Philip threatened, "I will invade your country. And if I invade, I will pillage and burn everything you hold dear. If I march into Laconia, I will level your great city to the ground and salt the earth it stands on."

After a few days, Sparta sent Philip their answer. When he opened the letter, he found only one word written there. That word was "If'. Isn't that great? Courage doesn't come in words; it comes in deeds. Anyone can say they're great, but not everyone can prove it. Great athletes don't just talk a good game, they play one too. Remember that.

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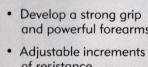
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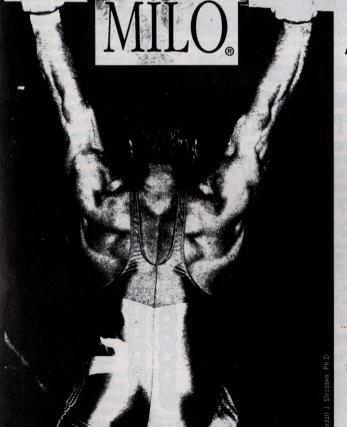
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When lifters repeatedly use the same simple method of training to raise their strength level, they will eventually stall. Like the scholar who must utilize many sources of information to achieve a higher level of knowledge, the lifter must incorporate new and more difficult exercises to raise their standards. Many have the theory that to squat, bench, or deadlift more, you simply have to do the three lifts. If it were that simple, no one would need special

exercises, machines, or systems of training. But we know this is not true.

Because lifters have different body types, they may excel at one lift but struggle with another. The great Lamar Gant was the only lifter I have known who held the world record deadlift and bench at the same time. There are men who hold three world records in the deadlift, yet can't make the top 10 bench list Their muscles in the upper body are, I'm sure, as strong as anyone's, but they are limited by body structure, e.g., short torso, long arms. Many of us are affected by this. But is there an answer?

In the early 1970s, the Dynamo Club in the former Soviet Union had 70 highly skilled Olympic lifters. They were introduced to a system of 20-45 special exercises that were grouped into 2-4 exercises per work-

out and were rotated as often as necessary to make continuous progress. They soon found out that as the squat, good morning, back raise, glute/ham raise, or special pulls got stronger, so did their Olympic lifts. When asked about the system, only one lifter was satisfied with the number of special lifts; the rest wanted more to choose from. And so the conjugate system was originated.

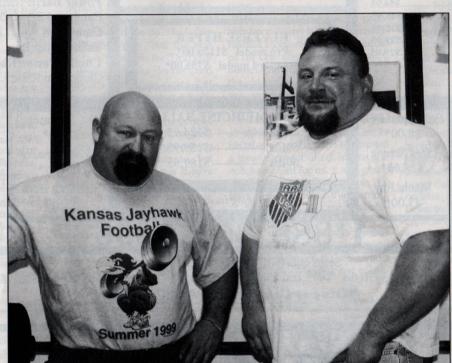
When you have a body type that lacks, say, the muscles that squat and yet you squat on a regular basis, then a coupling of special exercises for the glutes, hamstrings, hips, and lower back are needed to fortify those areas. These special exercises will enable you to raise your squat once more.

Think about it. If you read only one book, no

TRAINING

The Conjugate Method

as told to Powerlifting USA by Louie Simmons



Louie Simmons and Mike Ruggiera, Westside's newest 900 pound squatters. (D. Black)



matter how many times you read it, you will only learn so much. If you only squat, you will get only so strong because no new stimulus is introduced. This may not happen in the early stages of training, but as you become more advanced, you will need a more strenuous method of training. This training will indeed help your motor potential and help you to perfect your technical skill.

Before I present some examples of conjugate training, think about

you bench press the first time you tried? 200? 300 perhaps? Now how did you achieve that level of strength without ever having benched before? You did it through simplified training such as pushups and pullups. Those of you who could bench 300 the first time will never double that amount without doing specialized work to raise your strength, right?

this. How much could

Here are some examples of the conjugate method. Glen Chabot bench presses only twice a month. Both times he uses a close-grip style. He can do 405 for reps in the low teens. His best single close grip is 635 without a shirt. In between each close-grip workout, he rotates heavy dumbbell work on aflat or incline bench

or very heavy bodybuilding exercises for lats, delts, pecs, and triceps. This linking of special exercises has given Glen a 705 bench press at 275. Glen does not arch when he benches and has fairly long arms. He realized that he needed a special program to fortify his pressing muscles. This is a simple but very effective training program.

A more complex system is Kenny Patterson's. He will do floor press, chain press, board press, incline press, just to name a few, rotating to a different exercise each max effort day. on dynamic day, Kenny uses three different grips on the bench press and uses 60% of his no-shirt max for 8 sets of 3 reps. He adds a lot of triceps ex-

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tensions with dumbbells or the barbell, rows (one-arm, two-arm, chestsupported), pull-downs, delt raises, and forearm work. This is a more complex system than Glen's, but it suits Kenny's needs. Kenny is a legitimate 700 bencher, having done it several times across the country.

Mike Ruggiera and myself just made 900 squats. It was a 50 pound increase for him and a 40 pound increase for me, yet we did not do a single regular squat in between meets. We do box squats on speed day with a large amount of bands and weight. We also use the Reverse Hyper machine and do glute/ham raises, pull-throughs, and abs. I pull a weighted sled before my squat workouts.

On max effort day, we do good mornings (five varieties), belt squats, speed deadlifts (60% for 6-8 singles), and Safety Power Squat Bar squats to different box heights. Mike also pulled his first 800 deadlift, without having done any conventional squats and no big deadlifts. After squatting he does deadlifts for singles with 60% for speed, and three days later he maxes out on special work: this is the conjugate method.

To push up a squat, heavy good mornings or squatting with different bars is done on max effort day. The different bars make squatting very ackward and externely hard to do, much harder than a regular squat. (The same is true of box squats; they are harder than competition squats.) On max effort day we may do a type of squat on week 1, a good morning on week 2, and a front squat on week 3, each exercise contributing to the next week's exercise, which in turn will build a bigger squat by strengthening the weaker muscle groups and perfecting form.

The training is linked together, enabling you to raise your total. For instance, to build the glute and hamstring areas, push up your reverse hyperextensions as hard as possible until your progress slows. Move on to pull-throughs for a week or two, until progress in these slows as well. Then go to glute/ham raises, and again push as fast and hard as possible. Then pull a sled walking forward to build the glutes/

hamstrings. It is possible to continuously gain strength in any body part by switching special exercises. As the effectiveness of the exercise decreases, switch to another one. By training in this manner, it is possible to raise all types of strength throughout the year.

On max effort day the entire volume consists of unidirectional loading. One training workout contributes to the next. Keep in mind that if you train a lift at 90% or more for more than 3 weeks, your central nervous system is negatively affected and your progress will go backward. But by switching exercises each week (for the high-level lifter), you can use 100% and more each week. The sequence of exercises you use does not matter, as long as the load is maximal. The time it takes to do a maximum effort, for example in a low box

squat with a Manta Ray, takes at least as long as max deadlift or squat. This is called "time under tension".

The conjugate method also improves SPP (special physical preparedness; e.g., speed deadlifts, plyometrics) and GPP (general physical preparedness; e.g., sled dragging). This is the most effective method to gain strength continuously throughout the year, with no ridiculous off-season. No one can afford to take time off. By maintaining the speed work for the three lifts and increasing general work (e.g., upper and lower body sled work, lats, abs, triceps) you won't go backward. There are many methods of training, but by incorporating the conjugate method, you can't miss.

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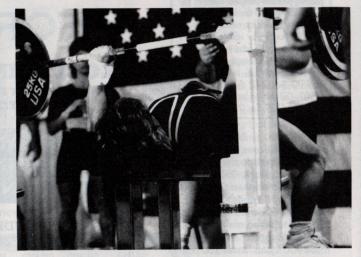
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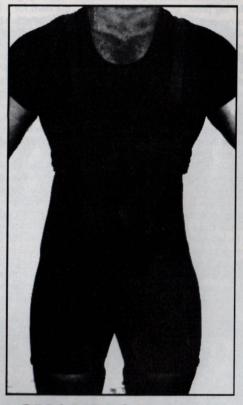
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There are three major purposes for assistance exercises; first to strengthen a powerlift, second, to add variety to training and third; to train around an injury. One exercise fitting this description is the leg press. First, it allows a lifter to work the thighs and hips when the lower back is tired and needs rest. The leg press is also a perfect candidate for light days when you may choose not to squat at all. This can be a real plus for a lifter whose leg strength is sub par, but chooses not to squat more than once per week. If a lifter is suffering from an injury which prevents squatting altogether, the leg press can help maintain leg power while the lifter recuper-

Now that we know the benefits of the leg press, let's examine how to incorporate it in your training schedule. First, let's examine the types of leg presses available. One type is the 45-degree leg press on a sled, another is the 'universal' style in which the lifter sits down and presses the weight straight-ahead. Eagle offers a leg press in which the lifter lays flat on a movable sled and pushes away from the base. Which one you choose depends, of course, on what is available. Also, some leg presses offer more comfort to each individual lifter. Comfort is an important factor in deciding which one to use if you have several choices.

If the leg press is new to you, progress slowly with weight increases, as you should with any new exercise. The leg press allows the lifter a high range of motion on the lower end of the lift. Lowering the weight to extreme low positions, say knees to your chest, requires flexibility. Unless you have or develop that degree of flexibil-

STARTIN' A special section dedicated to the beginning lifter

Leg Press for Power

as told to Powerlifting USA by DOUG DANIELS

ity, an injury can easily occur. I doubt the need for a lifter to use such extreme stretches in the leg press. Simulate the depth in the squat and achieve that depth on every rep, that way, increases in strength can be measured. Too many lifters have a tendency to decrease the range of motion as the weight increases and regard that as an increase in strength when, in truth, less work is performed and less benefit is gained. This is the equivalent to high squatting on the leg

A flaw I have noticed with many lifters is when they come out of the bottom of the squat, their knees bow inward together as they rise out of the bottom. Not only can this cause injury, but it is a very inefficient use of leg power. Many lifters are not aware of this unless a coach or training partner sees it. If this is a problem you experience, the leg press can help. As you press the weight to completion, concentrate on keeping your knees

straight, parallel to each other throughout each rep. Because your knees are in clear view, you can see them buckle in first hand. If necessary, lower the weight on the leg press until you can maintain this position. Increase slowly while maintaining this form. If you combine this type of form with new attention and similar adjustments in your squat, this problem will be history and bigger squats will lay ahead.

Another common flaw I have noticed many lifters exhibit is that when they push up, is their heels lose contact with the leg press' base where their feet rest. This causes the lifter to lose substantial leverage because much less power can be transferred from the legs and hips this way as opposed to when the entire bottom surface of foot is in contact with the footrest. This can be solved by first, once again, identifying you have this problem. Next, develop ankle and Achilles tendon flexibility so you can keep your entire bottom of your foot flush with

the base throughout the whole movement. Some leg press machines offer an adjustable foot base so you can set the angle to best match your ankle flexibility. You can also experiment with placing your feet higher or lower on the leg press foot base.

The leg press can also be used as an assistance move for the deadlift. The leg press simulates the leg drive during the deadlift. For best results, perform your leg presses with the same leg spacing as your deadlift pull. This favors conventional deadlifters more than sumo lifters, but it stills offers benefits to them also. Sumo lifters should use a shoulder width or slightly wider stance for best overall results. Keep your range of motion with the squat in mind and the deadlift will benefit the simultaneously.

The leg press is sometimes classified as a

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

As with any exercise, safety must always be considered. Make sure any leg press you use is in good working order and the weights you use are loaded securely and evenly. If you are going to attempt extremely heavy weights, have a few spotters stand by. If you miss a rep in the leg press, it may be too heavy for one spotter to get it off you. A 500 pound squatter can be pressing around 750-1000 pounds. This can add up to some substantial weight and would be next to impossible for you alone or even with one spotter to get the weight back in the rack. This is a good exercise in which to reconsider the notion of trying to get one last, tough

Lastly, let's look at how we can incorporate the leg press in our training schedule. The key thing to remember is not to overtrain. I would recommend squatting once per week and leg pressing on light days to the exclusion of squats. This way, your lower back will remain fresh and not be overly stressed by the demands of squatting and deadlifting. Sets and reps are up to you. I suggest keeping reps in line with your current cycling set-up. Drop the leg press from your routine the last 3 weeks prior a meet to avoid overtraining.

Another use of the leg press can be for calf training. Place the balls of your feet on the lower part of the machine. Be sure to get a full range of motion for best results. Strong calves add to your stability in and out of the rack as well as controlling the weight during the actual lift. Another benefit of working your calves is to help balance their size in comparison to the size of your thighs, which tend to get bigger with heavy squats and, oh yeah, leg presses.

Leg presses are not a substitute for the squat, but by incorporating the leg press in your training schedule, lifters can strengthen their legs and hips and not over stress the lower back in the process. It also provides an injured lifter with an avenue to maintain and build power while recuperating. Adding variety to your workouts is also another benefit. There are several reasons to use assistance exercises and the leg press meets the

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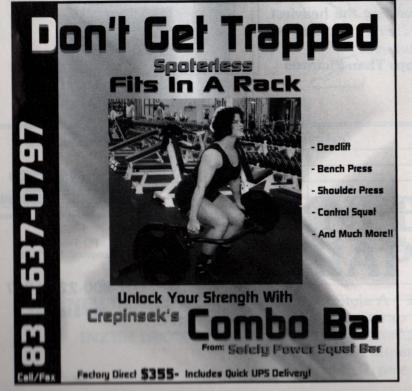
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WOMEN'S **TOP 20**

These are the TOP 20 women powerlifters in the United States for the year 1999. If any errors or omissions are noted, please report them to POWERLIFT-ING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts against.



Sandra Mobley won another USAPL 123 title (Hartwig photo)

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105 lb. SOUAT

336 Barlow, L.7/10/99 325 Hartwig, S.2/27/99 320 Washburn, K.11/20/99 314 Leverett, A.6/12/99 308 Kirkland, M.11/6/99 303 Figola, C.5/1/99 286 Maile, J.2/27/99 270 Hudson, A.3/27/99 255 Hickman, B.12/4/99 255 Orellana, A.12/5/99

245 Carlson, D.:10/23/99 242 Gedney, J.:3/13/99 240 Brownell, J.:1/30/99 240 Austin, K.:3/27/99 240 Coff, K.:10/23/99 240 Goff, K.:10/23/99 240 Andes, S.:11/6/99 236 Ellis, J.:4/9/99 236 Cong, J.:4/9/99 230 Sommers, K.:2/6/99

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275 Bartek, D..3/20/99 275 Larson, T..11/19/99 275 Torres, E..12/4/99 270 Molla, G..3/13/99 270 Andries, A..10/23/99 265 Shear, J..4/10/99 264 Lee, B..4/10/99 260 Burrell, J..4/10/99 253 Marcellis, Je..8/28/99

123 lb. SQUAT

391 Weisberger, A..11/19/99 265 Burkey, J..5/22/99 352 Mobley, S..5/21/99 356 Tyree, V.112/17/99 325 Avigliano, N..7/18/99 310 Thomas, A..6/5/99 308 Aguila..6/13/99 305 Robins, M..4/10/99 305 Davis, J.12/11/99 300 Amsden, M..12/4/99

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132 lb. SQUAT

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97 lb. BENCH

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182 Nicholau, N..3/27/99 180 Snyder, L..2/20/99 176 Wheetley, M..6/22/99 170 Schultz, C..2/27/99 170 Ingram, N..3/27/99 170 Burkey, J..5/22/99 170 Russell, J..8/14/99 170 Amdon, M..11/6/99 170 Amdon, M..11/6/99

132 lb. BENCH

319 Rinehart, T..11/15/99 275 Lippert, J..11/6/99 265 Teter, J..6/25/99 253 Altizer, B..9/18/99 253 Thompson, J..12/10/99 248 Hughes, A..8/1/99 245 Arnold-Tate, T..6/25/99 240 Diamond, M..11/19/99 225 Darling, J.../2/27/99

220 Ware, V..7/10/99 220 Radcliffe, S..7/30/99 214 Rey, J..2/27/99 214 Simons, A..2/27/99 214 Dyer, P..11/17/99 205 Norby, N..5/22/99 203 Comez-Leon..11/5/99 203 Shendow, L..12/18/99 200 Mobley, S..7/10/99

97 lb. DEADLIFT

341 Leverett, A..12/17/99 308 McMillian, S..3/27/99 303 Coss, Z..2/27/99 297 Baker, N..11/17/99 297 Ufret, G..11/13/99 290 Hudson, A..4/24/99 285 Grimwood, E..11/20/99 281 Solan, C..10/20/99 270 Grater, B..2/27/99 265 Long, J..1/9/99

242 Souza, M..5/16/99 235 Kleinpeter, R..1/9/99 231 Southichock, N..12/18/99 225 Hitchcock, A..4/9/99 220 Bentzel, L..5/14/99 220 Aliminosia, D..9/11/99 215 Hoffman, S..3/13/99 215 Hamfeldt, M..3/27/99 210 Crapo, E..8/28/99 210 Harris, L..11/13/99

105 lb. DEADLIFT

352 Leverett, A..12/18/99 340 Washburn, K..10/30/99 319 Hartwig, S..2/27/99 319 Bardow, L..7/10/99 310 Bertoli, M..3/13/99 303 Hudson, A..3/27/99 300 Stine, A..9/18/99 300 Feliciano, K..10/23/99 300 Orellana, A..12/5/99 297 Maile..10/6/99

295 Goff, K..10/23/99 290 Austin, K..3/27/99 287 Baqui, C..12/18/99 286 Ellis, 1..4/9/99 286 Kirkland, M..11/6/99 280 Ryman, K.10/23/99 280 Andes, S..10/6/99 275 Gedney, J..3/13/99 275 Long, J..4/9/99 275 Ocampo..2/27/99

114 lb. DEADLIFT

418 Tyree, V..3/20/99 400 Davis, J..11/19/99 363 Lee, B..4/10/99 352 Gedde, J..11/5/99 352 Sommers..11/19/99 350 Falcone, T..6/5/99 345 McKinney, D..4/10/99 340 Hartwig, S..7/10/99 330 Street, B..11/20/99 320 Shear, J..4/10/99

315 Skal, B..3/20/99 314 Bartek, D..3/20/99 314 Rinn, S..11/6/99 314 Torres, E..12/4/99 308 Thompson, S..2/27/99 305 Parrisi, S..2/20/99 305 Larson, T..11/19/99 303 Bowers, S..10/20/99 300 Dencausse, S..1/9/99 300 Martinez, Y..10/23/99

123 lb. DEADLIFT

420 Weisberger, A...2/27/99 413 Tyree, V...12/17/99 405 Davis, J...12/11/99 374 Mobley, S..5/21/99 379 Bryant, P...4/10/99 369 Avigliano, N..7/18/99 360 Snyder, L..2/20/99 360 Jackson, D...4/10/99 345 Conway, C...8/28/99

345 Amsden, M.. 10/10/99 341 Villegas, T.. 4/10/99 336 Skal, R. 10/23/99 331 Hayes, S. 4/24/99 330 Ramos, D. 10/23/99 325 Parrish, S. 10/9/99 314 Torres. 6/13/99 314 Bartek, D. 12/17/99 310 Boutte, C.. 6/2/99

132 lb. DEADLIFT

425 Diamond, M..11/19/99 424 Ware, V..11/19/99 402 Davis, J..10/16/99 400 Teter, J.6/25/99 396 Walker, J..11/5/99 385 Rey, J..2/27/99 385 Stewart, F..4/10/99 375 Overdeer, A..4/24/99 375 Sommers, K..12/5/99 374 Cowan, J..3/20/99

374 Dyer, P..11/17/99
363 Stein, E..2/27/99
363 Crowe, S..2/27/99
365 Ausszewski, M..10/23/99
356 Matuszewski, M..10/23/99
350 Miller, B..6/6/99
350 Smith, L..11/20/99
347 Allison, S..2/27/99
347 Femia, C..10/16/99

97 lb. TOTAL

810 Leverett, A..12/17/99 725 Grimwood, E..11/20/99 715 Hudson, A../42/99 694 Coss. Z..2/27/99 683 McMillian, S..3/27/99 645 Baker, N..3/20/99 633 Grater, B..2/27/99 606 Ufret, G..11/13/99 575 Love, 1.1/9/99 575 Long, J..1/9/99

562 Souza, M..5/16/99 520 Hoffman, S..3/13/99 512 Southichack, N..12/18/99 510 Kleinpeter, R..1/9/99 496 Hamfeldt, M..3/27/99 496 Crapo, E..8/28/99 479 Hitchcock, A..4/9/99 473 Hitt, B..3/20/99 468 Aliminosia, D..9/11/99 465 Bentzel, L..5/14/99

105 lb. TOTAL

843 Barlow, L..7/10/99 825 Leverett, A..6/12/99 815 Hartwig, S..2/27/99 815 Washburn, K..10/30/99 722 Maile..10/6/99 717 Kirkland, M..11/6/99 705 Hudson, A..3/27/99 700 Figola, C..5/1/99 661 Gedney, J..3/13/99 660 Orellana, A..12/5/99

630 Austin, K..3/27/99 630 Goff, K..10/23/99 622 Ellis, J..4/9/99 620 Feliciano, K..10/23/99 620 Ryman, K..10/23/99 615 Ocampo, J..8/28/99 615 Andes, S..11/6/99 610 Hickman, B..12/4/99 595 Nichols, P..12/4/99

114 lb. TOTAL

970 Tyree, V..3/20/99 939 Sommers..11/19/99 920 Davis, J..11/19/99 830 Street, B..11/20/99 843 Rinn, S..11/6/99 830 McKinney, D..4/10/99 805 Falcone, T..6/5/99 793 Lee, B..4/10/99 735 Larson, T..11/19/99 727 Cullum, A..11/6/99

725 Parrisi, S..2/20/99 722 Bartek, D..3/20/99 705 Shear, J..4/10/99 699 Torres, E..12/4/99 694 Bower, S..10/20/99 680 Nelson, J..3/13/99 680 Andries, A..10/23/99 677 Thompson, S..2/27/99 660 Molla, G..3/13/99 656 Burrell, J..4/10/99

123 lb. TOTAL

1060 Weisberger, A. 2/27/99 925 Mobley, S. 5/21/99 920 Tyree, V. 12/17/99 900 Davis, J. 12/11/99 859 Avigliano, N. 7/18/99 845 Robins, M. 4/10/99 840 Burkey, J. 5/22/99 793 Rinn, S. 7/24/99 788 Amsden, M. 11/6/99 775 Jackson, D. 4/10/99

749 Aguila...6/13/99 745 Conway, C...8/28/99 740 Ramos, D...10/23/99 730 Villegas, T...4/10/99 730 Beeler, D...4/24/99 730 Thomas, A..6/5/99 722 Miles, V..3/27/99 715 Hall, M...4/24/99 711 Lamb, P..5/21/99 710 Bryant, P...4/10/99

132 lb. TOTAL

1080 Diamond, M..11/19/99 1040 Teter, J..6/25/99 1030 Ware, V..7/10/99 953 Rey, J..2/27/99 940 Arnold-Tale, T..6/25/99 940 Dyer, P..11/17/99 903 Davis, J..10/16/99 876 Stein, E..2/27/99 865 Crowe, S..2/27/99

859 Femia, C..10/16/99 859 Fema, L. 10/16/99 854 Cowan, J..3/20/99 832 Darling, J.2/27/99 832 Darling, J.2/27/99 826 Wentz, P..2/26/99 826 O'Toole, N..4/10/99 825 Walker, J..10/23/99 825 Fernandez, M..10/23/99 820 Stewart, F..4/10/99 810 Niederkorn, R..4/10/99

148 lb. SOUAT

441 Liggett, M..11/19/99 430 Prewitt, C..2/27/99 415 Lercangee, P..10/2/99 407 Dangerfield, N..7/10/99 400 Nieves, N..10/23/99 396 Houston, P..2/28/99 375 Bissettee, W..11/19/99 374 Gleeson, B..5/1/99 360 Covington, D..11/20/99 355 Zdunski, D..2/27/99

350 Roberts, R..1/9/99 350 Perrett, L..5/22/99 347 Bush, A..4/10/99 343 Birmingham..2/27/99 340 Sheffler, M..11/20/99 335 Bowers, K..4/9/99 330 Roesti, D..11/20/99 325 Garcia, N..11/16/99 325 Garcia, N..11/16/99 325 Cowan, J..11/20/99

165 lb. SQUAT

551 VanDeWeghe..11/20/99 474 Scanlon, J.:11/20/99 390 Loya..5/15/99 380 Krupinski, S.:10/23/99 380 Tackilli, J.:11/20/99 369 Belsito, L.:2/28/99 369 Martin, C.:1/16/99 365 Nauhtway, B.:5/22/99 360 Pike, S.:11/20/99 355 Jasper, J.:1/9/99

352 Pfeiffer, K..11/16/99 345 Fletcher, S..6/17/99 345 Moss, S..6/25/99 341 Sortwell, A..2/28/99 341 Sortwell, A..2/28/99 340 Key, J..4/9/99 330 Newgaard, B..2/26/99 330 Galante, M..3/20/99 330 Mankiewicz, A..4/10/99 330 Scheffler, M..6/5/99 325 Musser, D..11/20/99

181 lb. SOUAT

540 Boshoven, L..5/30/99 512 Brown, J..3/20/99 501 Ford, K..7/11/99 474 Havelka, J..7/11/99 462 Look, L..2/28/99 402 Moore, K..2/28/99 374 Carson, P..5/21/99 370 Chow, S..4/25/99 363 Stone, M..2/28/99

360 Smith, J..6/25/99 355 Hunter, S..12/4/99 354 Richett, O..4/11/99 352 Albert. 11/13/99 347 Hoitink, S..4/11/99 345 Marzama, P..4/10/99 319 Jasper, J..3/27/99 319 Jasper, J..3/27/99 315 Knittel, L..4/11/99

198 lb. SQUAT

500 Swanson, B..4/3/99 462 Look, L..5/23/99 413 Overstreet, M..7/11/99 405 Hembree, V..10/24/99 385 Pole-Summers..5/14/99 360 Cataldo, L.5/8/99 360 Watkins, J..4/25/99 360 Williams, G..11/20/99 358 Holtink..10/8/99 352 Hunter, S..6/5/99

341 Calhoun, P..2/28/99
341 Gooden, L..4/11/99
341 Barbee, S..12/18/99
346 More, K..2/28/99
336 Hore, K..2/28/99
336 Hinderman, C..4/11/99
336 Hagemann, M..8/29/99
335 Schaeffer, L..12/5/99
330 Gooden, J..1/30/99
325 Barba, M..10/30/99

SHW SQUAT

501 Scopacasa, T..5/2/99 485 Greenup, S..10/8/99 475 Ferebee, K..3/20/99 475 Sizemore, K..11/21/99 475 Morgan, J..2/28/99 470 May, R..4/24/99 468 Willett..5/23/99 440 Pledger, S..11/6/99 435 Nicholson, F..3/27/99 430 Craver, E..4/9/99

410 Pole-Summers .. 11/1 408 Been, R. 6/12/99 407 Ferrell...5/23/99 402 Rogue, J. 4/11/99 400 Smith, K. 1./9/99 385 Regan, C. 2/28/99 380 Simmons, A. 4/11/99 380 Werle, F. 5/1/99 363 Hallan, S. 2/28/99

148 lb. BENCH

292 Liggett, M..11/19/99 265 Knight-McNeil..1/23/99 260 Prewitt, C..2/27/99 250 Blackburn, L..3/6/99 240 Turcotte, C..9/11/99 240 Welch, M..12/19/99 236 Jacobson, M..12/19/99 235 Lercangee, P..10/2/99 231 Borzok, M..2/28/99

230 Heywood, L.3/13/99 220 Tyndall, D.4/24/99 215 Bowers, K.4/9/99 215 Slaga, D.5/1/99 215 Sauer, H.5/1/99 215 Gardella, J.10/23/99 215 Struven, S..10/23/99 214 Dangerfield, N..11/19/99 209 Schneidmill.6/13/99 209 Defalco..12/12/99

165 lb. BENCH

374 Suzuki, P.11/15/99 347 VanDeWeghe..11/20/99 303 Scanlon, J.../10/99 270 Williams, C...9/25/99 265 Blackburn, L../710/99 260 Krupinski, S..10/23/99 253 Kalser, J...5/29/99 248 Pernon, S...2/28/99 248 Silbert, L...7/3/99 248 Jacobson, M...11/7/99

242 Sortwell, A..2/28/99 240 Knight-McNeil...11/13/99 235 Tillinghast, M..3/13/99 231 Shanley, E..2/13/99 231 Rowse, S..3/20/99 231 Anderson, G..11/6/99 230 Sandfry, C..4/17/99 230 Tacktill, J..11/20/99 230 Newgaard, B..2/26/99

181 lb. BENCH

325 Brown, J..3/20/99 320 Boshoven, L..12/4/99 308 Havelka, J..8/15/99 292 Ford, K..7/11/99 260 Johnson, N..12/18/99 253 Carson, P..5/21/99 253 Perron, S..12/10/99 242 Kimoto, J..11/6/99 235 Look, L.1/30/99 231 Newgaard, B..11/26/99

225 Calhoun, P...B/28/99 225 Wiengardner, S..12/5/99 220 Neyers, J..12/5/99 215 Pack, S..17/20/99 214 Moore, K..2/28/99 214 Maile, J..9/19/99 210 Jones, K..10/23/99 200 Chow, S..4/25/99 200 Chow, S..4/25/99 200 Berry, K...6/19/99

198 lb. BENCH

290 Swanson, B..11/20/99 286 Johnson, M..4/17/99 286 Hembree, V..5/21/99 253 Cataldo, L..5/8/99 250 Barbee, S..10/23/99 250 Pole-Summers..12/7/99 245 Roberts, K..10/23/99 237 Overstreet, M..11/17/99 231 Look, L..5/23/99 230 Sabin, K..3/27/99

225 Norley..6/13/99 220 Calhoun, P..2/28/99 215 Ackley, N..5/2/99 210 Berger, J..5/2/99 210 LaFrance, L..12/11/99 205 Pack, S..2/27/99 203 Marickonis, V..11/6/99 200 Beachler, L..5/1/99 200 Beachler, L..5/1/99 200 Hirai, B..10/24/99

SHW BENCH

350 Sizemore, K.8/29/99 336 Ferrell..5/23/99 314 Malone, T..9/25/99 281 Thoms, S..5/2/99 275 Pole-Summers..11/19/99 270 Willett..5/23/99 265 Carroll, R..6/9/99 249 Scopacasa, T..5/2/99 248 Regan, C..2/28/99 248 Halian, S..9/19/99

248 Johnson, M.. 11/16/99 235 Sabin, K. 4/24/99 231 Werle, F. 5/1/99 231 Hall, H. 9/18/99 225 Smith, K. 1/9/99 225 Barbee, S. 11/6/99 220 Craver, E. 4/9/99 220 Craver, E. 4/9/99 220 Egger, P. 4/24/99 220 Washington, V. 5/2/99

148 lb. DEADLIFT

501 Dangerfield, N..11/19/99 465 Prewitt, C..2/27/99 441 Liggett, M..11/19/99 435 Clark, R..11/20/99 430 Bissette, W..4/9/99 402 Lercangee, P..10/2/99 405 Bowers, K..4/9/99 405 Bryar, C..10/30/99 402 Amerling, A..5/16/99 400 Catron, R..10/10/99

396 Covington, D..5/15/99 385 Roberts, R..3/27/99 385 Nieves, N..10/23/99 375 Knight-McNeil..1/23/99 375 Crowe, S..4/24/99 375 Ford, W..7/17/99 374 Birmingham..2/27/99 374 Cobaugh, M..5/21/99 374 Denison, L..8/7/99 360 Fullmer, N..11/20/99

165 lb. DEADLIFT

463 Scanlon, J..7/10/99 455 Krupinskl, S..10/23/99 441 VanDeWeghe..7/10/99 424 Beisito, L..10/23/99 420 Pike, S..10/30/99 418 Sortwell, A..2/28/99 400 Tacktill, J..11/20/99 336 Loya..11/13/99 335 Key, J..4/9/99 370 Todd, J..3/13/9

369 Martin, C.:1/16/99 369 Reske, K.:5/1/99 369 Scheffler, M.:6/5/99 365 Moss, S.:6/25/99 360 Nauhtway, B.:5/22/99 360 Meyers, J.:5/23/99 360 DelToro, P.:10/23/99 358 Wolfenberger.:5/15/99 358 Wolfenberger.:5/15/99

181 lb. DEADLIFT

515 Boshoven, L.:5/30/99 501 Brown, J.:3/20/99 490 Ford, K.:7/11/99 462 Look, L.:2/28/99 435 Havelka, J.:7/11/99 420 Hunter, S.:12/4/99 418 Moore, K.:2/28/99 402 Carson, P.:5/21/99 398 Richett, O.:4/11/99 391 Kimoto, J.:12/18/99

380 Martin, C..8/29/99 375 Chow, S..4/25/99 374 Giddings, P..11/16/99 370 Meyers, J..12/5/99 363 Hollink, S..4/11/99 363 McSloy, B..4/11/99 360 Smith, J..6/25/99 360 Jones, K..10/23/99 358 St.Elin, M..4/17/99 358 Ford..10/8/99

198 lb. DEADLIFT

575 Swanson, B..11/20/99
468 Look, L..5/23/99
430 Hembree, V..10/24/99
429 Overstreet, M..7/11/99
418 Cataldo, L..5/8/99
418 Hunter, S..6/5/99
415 Schaefer, L..12/5/99
410 Sabin, K..3/27/99
405 Williams, C..11/20/99
402 Moore, K..2/28/99

400 Barbee, S.10/23/99 390 Barba, M..10/30/99 380 Walkins, J.4/25/99 370 Pole-Summers.5/14/99 369 Harris, S.4/11/99 360 Abrego, Y.1/9/99 358 Calhoun, P..2/28/99 352 Budwig, J..10/2/99 352 Budwig, J..10/2/99 352 Holtink..10/8/99

SHW DEADLIFT

450 Ferebee, K..3/20/99 446 Schaefer, L.4/18/99 429 Willett..5/23/99 425 Greenup..7/18/99 415 Sabin, K..5/15/99 413 Murray, S..11/7/99 407 Hall, H..2/28/99 405 Evans, L.2/13/99 400 Edelson, N..4/10/99 400 May, R..4/24/99

400 Campbell, S..9/18/99 400 Callahan, D..12/4/99 391 Pledger, S..4/11/99 390 Sizemore, K..8/29/99 385 Simmons, A..1/9/99 385 Graver, E..4/9/99 380 Craver, E..4/9/99 380 Werle, F..5/1/99

148 lb. TOTAL

1173 Liggett..11/19/99 1155 Prewitt, C..2/27/99 1118 Dangerfield, N..11/19/99 1070 Lercangee, P..10/2/99 965 Bissette, W..11/19/99 955 Bowers, K..4/9/99 950 Nieves, N..10/23/99 920 Covington, D..11/20/99 900 Clark, R..11/20/99

898 Birmingham...2/27/99 885 Roberts, R...1/9/99 871 Cileeson, B...5/1/99 870 Zdunski, D...2/7/99 870 Crowe, S..4/24/99 870 Sheffler, M...1/20/99 855 Brubaker, M...4/25/99 854 Cobaugh, M...5/32/99 854 Perrett, L...5/22/99 854 Goupil, B...7/24/99

165 lb. TOTAL

1339 VanDeWeghe...11/20/99 1218 Scanlon, J...11/20/99 1095 Krupinski, S...10/23/99 1010 Tacktill, J...17/20/99 1003 Selsito, L...2/28/99 1003 Sortwell, A...2/28/99 953 Loya...11/13/99 950 Pike, S...11/20/99 931 Martin, C...1/16/99 915 Key, J...4/9/99

915 Moss, S..6/25/99 903 Newgaard, B..2/26/99 890 Jasper, J..1/9/99 885 Nauhtway, B..5/22/99 881 Newman, C..3/27/99 870 Fletcher, S..6/17/99 865 Reske, K..5/1/99 865 Scheffler, M..6/5/99 859 Ford, K..2/28/99 855 Galante, M..3/20/99

181 lb. TOTAL

1370 Boshoven, L..5/30/99 1339 Brown, J..3/20/99 1284 Ford, K..7/11/99 1201 Havelka, J..7/11/99 1157 Look, L..2/28/99 1036 Moore, K..2/28/99 1030 Carson, P..5/21/99 955 Hunter, S..12/4/99 945 Chow, S..4/25/99

900 Jones, K..10/23/99 897 Richett, O..4/11/99 895 Smith, J..6/25/99 881 Hoitlink, S..4/11/99 876 Ford..10/8/99 865 Jasper, J..3/27/99 860 Marrama, P..4/10/99 835 Calhoun, P..8/28/99 837 Giddings, P..11/16/99 826 St. Elin, M..4/17/99

198 lb. TOTAL

1250 Swanson, B. 4/3/99 1163 Look, L..5/23/99 1117 Hembree, V..10/24/99 1058 Overstreet, M..7/11/99 1041 Cataldo, L..5/8/99 1000 Pole-Summers..5/14/99 958 Hunter, S..6/5/99 940 Sabin, K..3/27/99 940 Williams, G..11/20/99

920 Calhoun, P..2/28/99 910 Watkins, J..4/25/99 900 Barba, M..10/30/99 898 Hoitink.10/8/99 892 Moore, K..2/28/99 890 Abrego, Y..1/9/99 890 Schaefer, L..12/5/99 848 Morley.6/13/99 840 Hirai, B..10/24/99 837 Gooden, L..4/11/99

SHW TOTAL

1205 Sizemore, K..8/29/99 1168 Willett..5/23/99 1120 Ferebee, K..3/20/99 1113 Greenup..10/8/99 1107 Ferrell..5/23/99 1097 Scopacasa, T..5/2/99 1075 May, R..4/24/99 1050 Pole-Summers..6/25/99 1030 Craver, E..4/9/99 1025 Morgan, J..2/28/99

1019 Regan, C..2/28/99 992 Werle, F..5/1/99 992 Pledger, S..11/6/99 964 Hall, H..2/28/99 953 Nicholson, F..3/27/99 948 Schaefer, L.4/18/99 941 Been, R..6/12/99 930 Hallan, S..2/28/99 925 Callahan, D..12/4/99



Linda Jo Belsito had the unprecedented distinction of winning world masters titles in both powerlifting and weightlifting in 1999



Julie Kimoto is a fast rising lifter in the women's ranks from Hawaii (Brian Baertlein photograph)



TEENAGE TOP 20

These are the TOP 20 Teenage powerlifters in the United States for the year 1999. If any errors or omissions are noted, please re-port them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers teenage or high school division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.



Ed Cridge is ranked in all 198 lb. class categories. (Robert Keller)

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114 lb. SQUAT 365 Goins, T..3(27/99 360 Roby, B..3(27/99 355 Fair, T..3(27/99 355 Roby, M..3/27/99 340 Tocquiny, J..3(27/99 340 Castro, P..3/27/99 330 Gastro, P..3/27/99 320 Pham, L..3(27/99

320 Conteras, M...3/27/99 315 Hughes, R..3/27/99 314 Aiteman, W.4/9/99 314 Gennaro, J.8./28/99 305 Stray, J.3/27/99 305 Candelaria, J..3/27/99 303 Zepeda, C..3/20/99 300 Jernigan, C..3/27/99

123 lb. SQUAT
440 Williams, M..3/27/99
430 Denman, M..3/27/99
415 Smith, J.3/27/99
410 Rivas, D.3/27/99
400 Oldham, Z..3/27/99
400 Picou, J.3/27/99
395 Holiday, C..3/27/99
390 Palmer, B.3/27/99
385 Tyler, W..2/27/99

385 Orlega, J..3/27/99 375 Howard, C..6/5/99 369 Hogan, D..11/13/99 365 Murphy, L..3/27/99 360 Bryant, M..3/27/99 360 Bryant, M..3/27/99 358 Smith, L..4/9/99 355 Walding, D..3/27/99 355 Walding, D..3/27/99 350 McDermott, W..3/13/99

132 lb. SQUAT 501 Maile, J..6/19/99 485 Giles, C..3/27/99 485 Allmon, R..3/27/99 470 Dunlap, D..2/27/99 451 Phillips, D..4/9/99 451 Phillips, D..4/9/99 425 Olvedo, D..3/27/99 425 Panyasee, J..2/27/99 425 Moore, R..3/27/99

100 Tyler, W...1/16/99 100 Ramos, C...3/27/99 195 Ramsey, B..3/27/99 185 Anderson, R..3/27/99 185 Medina, D..3/27/99 185 Outlaw, N..3/27/99 185 Lewis, J...3/27/99 185 Garza, A..3/27/99

148 lb. SQUAT 500 Trent, C. 3/27/99 490 Hoover, R. 3/27/99 480 Major, D. 3/27/99 480 Esparza, J. 3/27/99 475 Rogers, S. 3/27/99 475 Ryders, S. 3/27/99 473 Smith, T. 4/10/99 473 Tyler, W. 4/10/99 470 Willis, C. 3/27/99 468 Smith, B. 4/10/99

465 Williams, C.3/27/99 465 Wallace, A.3/27/99 462 Slight, K.4/10/99 460 Fajardo, J.3/27/99 450 Baker, R.1/16/99 450 Castaneda, C.3/27/99 450 Young, A.3/27/99 450 Young, A.3/27/99 445 Dews, B.3/27/99 440 Silas, O.3/27/99

165 lb. SQUAT 570 Suter, J..1/30/99 551 Capran, T..1/23/99 540 Hardow, B..3/27/99 535 Vigil, A..5/15/99 530 Jones, D..3/27/99 520 Johnson, J..3/27/99 520 Johnson, J..3/27/99 515 Hadnot, R..3/27/99 515 Martucci, R..11/20/99

510 Cornwell, J..3/27/99 510 Petrillo, D..10/23/99 505 Carr, C..3/27/99 503 Major, D..5/22/99 500 Futrell, B..3/13/99 500 Johnson, D..3/27/99 495 Pinon, J..3/27/99 495 Windham, N..3/27/99 490 Guerrero, A..3/27/99 490 Jones, L..3/27/99

181 lb. SQUAT 606 Lorenz, A.3/20/99 585 Phillips, M.3/20/99 585 Morrow, M.3/27/99 584 Williams, J.-4/10/99 575 Drayton, D.3/27/99 565 Sprabary, N.3/27/99 565 Sprabary, N.3/27/99 560 Bunch, J.1/9/99 540 Vigil, A.6/20/99 114 lb. BENCH 319 Booker, M. 5/21/99 248 Green, D. 5/1/99 214 Quillan, M. 5/22/99 210 Canta, T. 3/27/99 205 Fair, T. 3/27/99 205 Bray, 1.3/27/99 200 Pham, L. 3/27/99 200 Pham, L. 3/27/99 195 Candelaria, J. 3/27/99

195 Hughes, R..3/27/99 190 Sanchez, A..3/27/99 190 Payer, J..3/27/99 187 Aiteman, W..4/9/99 185 Roby, R..3/27/99 181 Zepeda, C..3/20/99 181 Tellez, E..5/21/99 180 Tocquiny, J..3/27/99 180 Gassaway, J..3/27/99

123 lb. BENCH 286 Hogan, D.:11/13/99 255 Garcia, T.:3/27/99 235 Tyler, W.:2/27/99 235 Orlega, J.:3/27/99 235 Oldham, Z.:3/27/99 226 Kildow, K.:9/17/99 226 Greig, E.:5/21/99 220 Rivas, D.:3/27/99 220 Palmer, B.:3/27/99

220 Woods, B.3/27/99 220 Payer, J.:11/6/99 215 Kinnard, A.:1/30/99 2315 Denman, M.:3/27/99 215 Midonado, L.:3/27/99 215 Murphy, L.:3/27/99 215 Hobard, N.:5/23/99 215 Modrigal, J.:6/5/99

132 lb. BENCH 300 Cannon, J.-7/10/99 297 Bentz, R.-6/99 281 Garza, J.-4/9/99 275 Romero, R.-10/9/99 270 Giles, C.-3/27/99 270 Bentnz, J.-5/15/99 260 Ramsey, B.-3/27/99 260 Davis, R.-7/24/99 255 Allmon, R.-3/27/99 255 Anderson, R.-3/27/99

253 Maile, J..6/19/99 250 Jano, J..1/16/99 250 Herrlinger, B..4/10/99 248 Nosek, R.6./99 245 Alexlander, G..4/24/99 240 Phillips, D..3/5/99 236 Olvedo, D..4/9/99 235 Estrada, O..3/13/99 231 Roth, J..5/21/99

148 lb. BENCH 380 Stevenson, Z..6/19/99 330 Kempf, J.6/25/99 314 Curatolo, D..5/15/99 300 Comardelle, I.1/16/99 300 Alberez, T..1/30/99 300 Santangelo, A..2/20/99 300 Kiziah, C.4/9/99 300 Tafelski, B..9/23/99 295 Regan, W..3/27/99

292 Albert, K..4/3/99 290 Weekley, D..12/12/99 285 Cadem, J..5/15/99 285 Gardenhire, V..6/5/99 281 McClesky, S..6/12/99 281 Snelling, R..11/5/99 281 Canfield, R..11/6/99 280 Hoover, R..3/27/99 275 Reffner, T..1/16/99 275 Bennett, E..3/13/99

165 lb. BENCH 360 Speilman, A..7/25/99 347 Beeson, A..5/15/99 341 Miller, B..3/7/99 336 Wood, J..6/19/99 335 Roger, K..5/22/99 330 Stiechen, J..10/23/99 330 Stiechen, J..10/23/99 325 Caprari, I..1/23/99 325 Caprari, I..1/23/99

325 Vanison, G..11/6/99 320 Jennings, R..2/20/99 320 Harlow, B..3/27/99 320 Pethy, J..5/15/99 320 Reidy, J..5/15/99 320 Reid, P..10/23/99 319 Alberes, T..4/10/99 319 DeBarr, M..5/2/99 319 Dellmyer, L..8/99 315 Kiziah, C..10/23/99

181 lb. BENCH 418 Pagan..3/6/99 375 Manners, L..5/29/99 370 Ross, K..5/99 360 Pagdilao, C..11/6/99 360 Gerocki, W..6/12/99 360 Jewell, D..7/17/99 360 Landido, M..4/17/99 360 Candido, M..4/17/99 367 Cavalieri, C..4/18/99 114 lb. DEADLIFT
375 Bowling, G., 3/27/99
375 Canta, J., 3/27/99
370 Fair, T., 3/27/99
360 Tocquiny, J., 3/27/99
360 Tocquiny, J., 3/27/99
355 Bray, J., 3/27/99
355 Villafranca, D., 3/27/99
355 Sankeney, A., 3/27/99
355 Cantrell, L., 3/27/99

352 Aiteman, W...4/9/99 350 Pham, L...3/27/99 345 Melancon, S...1/9/99 340 Cassawy, J...3/27/99 340 Cassawy, J...3/27/99 335 Critz, R...3/27/99 330 Castro, P...3/27/99 330 Castro, P...3/27/99 330 Holmes, C...4/9/99

400 Vasquez, R..3/27/99 395 Tyler, W..2/27/99 395 Williams, M..3/27/99 390 Rivas, D..3/27/99 390 Phillips, S..3/27/99 385 Remo, N..1/9/99 385 Murphy, L..3/27/99 385 Adami, T..3/27/99 380 Smith, M..1/30/99 380 Smith, L.4/9/99

132 lb. DEADLIFT
485 Phillips, D.3/5/99
473 Olvedo, D.4/9/99
465 Giles, C.3/27/99
462 Maile, J.6/19/99
457 Garza, J.4/9/99
455 Mammano, E..5/29/99
440 Perez, W.10/23/99
435 Dews, K..3/27/99
435 Dews, K..3/27/99

430 Renn, R..10/10/99 425 Toro, D..1/30/99 425 Allmon, R..3/27/99 425 Scott, O..3/27/99 425 Gonzalez, W..8/6/99 420 Medina, D..3/27/99 420 Outlaw, N..3/27/99 420 Vhite, M..3/27/99 413 Panyassec, J..4/9/99 410 Tyler, W..1/16/99

148 lb. DEADLIFT 600 Bryant, T..3/27/99 523 Redmon, B.6/19/99 507 Snelling, R..11/5/99 505 Hoover, R..3/27/99 505 Hoover, R..3/27/99 505 Trent, C..3/27/99 500 Silas, O..3/27/99 500 Rogers, S..3/27/99 490 Dews, B..3/27/99

490 Dews, B..3/27/99
490 Noctor, M.: 12/4/99
480 Baker, R..1/16/99
479 Kibler, K..4/10/99
479 Conner, C..4/10/99
475 Davis, M..3/27/99
470 Galvin, J..1/30/99
470 Galvin, J..3/27/99
470 Benitez, S..3/27/99

165 lb. DEADLIFT 626 Caprari, T..4/24/99 580 Lee, R..3/7/99 570 Jones, D..3/27/99 563 Vigil, A..5/15/99 560 Johnson, E..3/27/99 545 Suter, J..4/10/99 535 Redmen, B..10/10/99 535 Petrillo, D..10/23/99 530 Johnson, D..3/27/99 530 Pinon, J..3/27/99

529 Morgan, T..4/10/99 525 Moore, C..3/27/99 525 Henry, S..6/12/99 520 Ivers, K..9/18/99 520 Clark, C..5/15/99 518 Oliveira, J..6/19/99 515 Dantzler, T..1/30/99 510 Hadnot, R..3/27/99 507 Rasmussen, J..4/10/99 505 Cornwell, J..3/27/99

181 lb. DEADLIFT
620 Morrow, M...3/27/99
610 Phillips, M...3/20/99
605 Drayton, D..3/27/99
595 Williams, J...2/27/99
589 Koulopoulos, C...3/14/99
580 Henson, J...3/27/99
580 Stewart, M...11/20/99
575 Smith, J...3/27/99
570 Wolfe, J...3/27/99
567 Pagdilao, C...7/3/99

114lb, TOTAL 930 Fair, T.-3/27/99 895 White, D.3/27/99 880 Bowling, G..3/27/99 880 Tocquiny, J..3/27/99 875 Orliz, R..3/27/99 875 Roby, B..3/27/99 870 Pham, L..3/27/99 845 Bray, J..3/27/99 845 Roby, M..3/27/99

835 Villafranca, D..3/27/99 835 Candelaria, J..3/27/99 835 Hughes, R..3/27/99 825 Jemigan, C..3/27/99 820 Gassawy, J..3/27/99 810 Canta, J..3/27/99 810 Capeda, C..3/20/998 810 Canta, T..3/27/99 810 Conteras, M..3/27/99

123 lb. TOTAL 1085 Ortega, J..3/27/99 1070 Denman, M..3/27/99 1058 Hogan, D..11/13/99 1035 Smith, J..3/27/99 1035 Williams, M..3/27/99 1015 Tyler, W..2/27/99 1015 Tyler, W..2/27/99 1000 Oldham, Z..3/27/99 992 Henley, C..4/19/99 990 Jones, J..3/27/99

975 Holiday, C..3/27/99 975 Madrigal, J..6/5/99 970 Maldonado, L..3/27/99 965 Murphy, L..3/27/99 965 Howard, C..6/5/99 950 Phillips, S..3/27/99 940 Picou, J..3/27/99 935 Palmer, B..3/27/99 925 Bryant, M..3/27/99

132 lb. TOTAL 1220 Giles, C.3/27/99 1190 Garza, J..3/27/99 1190 Maile, J..6/19/99 1175 Phillips, D..3/5/99 1165 Allmon, R..3/27/99 1146 Olvedo, D..4/9/99 1140 Dunlap, D..4/9/99 1065 Scott, O..3/27/99 1065 Panyasee, J..4/9/99

1055 Moore, R..3/27/99 1030 Anderson, R..3/27/99 1025 Tyler, W..1/16/99 1020 Ramos, C.3/27/99 1005 Medina, D..3/27/99 1005 Collins, T..3/27/99 1005 White, M..3/27/99 1000 Outlaw, N..3/27/99 1000 Outlaw, N..3/27/99

148 lb. TOTAL 1275 Hoover, R..3/27/99 1265 Bryant, T..3/27/99 1250 Trent, C..3/27/99 1220 Major, D..3/27/99 1207 Smith, T..4/10/99 1205 Fajardo, J..3/27/99 1201 Tyler, W..4/10/99 1200 Rogers, S..3/27/99 1200 Rogers, S..3/27/99 1200 Castaneda, C..3/27/99

1200 Kempf, J..6/25/99 1196 Smith, B..5/15/99 1190 Curatolo, D..5/15/99 1180 Willis, C..3/27/99 1175 Williams, C..3/27/99 1165 Davis, M..3/27/99 1165 Home, M..3/27/99 1132 Sullivan, J..12/4/99 1140 Galvin, J..130/99

165 lb. TOTAL 1499 Caprari, T..1/23/99 1395 Vigil, A..5/15/99 1375 Petrillo, D..10/23/99 1370 Johnson, E..3/27/99 1355 Jones, D..3/27/99 1350 Harlow, B..3/27/99 1350 Hadnot, R..3/27/99 1325 Cornwell, J..3/27/99 1325 Cornwell, J..3/27/99

1317 Beeson, A..6/19/99 1295 Pinon, J..3/27/99 1290 Martucci, R..11/20/99 1285 Carr, C..3/27/99 1278 DeBarr, M..4/24/99 1270 Lee, R.3/7/99 1267 Ivers, K..9/18/99 1260 Johnson, J..3/13/99 1255 Peabody, C..3/27/99 1250 Taylor, A..3/27/99

181 lb. TOTAL 1525 Drayton, D..3/27/99 1520 Phillips, M..3/20/99 1520 Morrow, M..3/27/99 1540 Lorenz, A..3/20/99 1465 Williams, J..2/27/99 1385 Semon, K..2/27/99 1385 Jones, J..3/27/99 1385 Pagdilao, C..4/25/99 1375 Harbour, C..8/7/99 535 Milam, J..3/27/99 530 Capetillo, S..3/27/99 523 Semon, K..2/27/99 520 Bell, A..5/1/99 518 Marrama, R..5/16/99 515 Robinson, T..2/27/99 515 Grogan, J..3/27/99 515 Order, D..3/27/99 510 Ledoux, R..3/27/99

198 lb. SQUAT 600 Semdley, A..3/27/99 600 Lipsey, E..4/10/99 595 Goldin, M..6/20/99 590 Penry, W..3/27/99 580 DeLosSantos, A..3/27/99 575 Maxfield, m..3/27/99 575 Willingham, M..3/27/99 573 Bacon, T..2/26/99 573 Baer, T..4/10/99

573 Cridge, E.4/25/99 573 Swiedom, G..6/20/99 560 Hefner, E.3/27/99 556 Savole, R.6/20/99 555 Davis, P.3/27/99 555 Davis, P.3/27/99 550 Johnson, E.3/5/99 550 Idnion, E.3/5/99 550 Elliott, C..5/22/99

220 lb. SQUAT 705 Chovanec, P..5/15/99 670 Davis, J..3/27/99 655 McNeil, T.2/28/99 650 Etheridge, C..4/17/99 625 Martin, A..3/21/99 625 Sartain, M..6/27/99 617 Stiverson, J..6/20/99 610 Paxton, B..5/15/99 606 Werner, T..6/5/99 605 Swanson, J..1/30/99

605 Canterbury, J..3/27/9 605 Bowers, W..3/27/99 600 Hebert, J..1/9/99 590 Jones, J..3/27/99 590 Wolfe, T..3/27/99 584 Hughes, J..3/14/99 584 Crawford, P..4/10/99 584 Cunha, M..6/20/99 580 Bird, A..4/10/99

242 lb. SQUAT 675 Almy, K..3/27/99 650 Figueroa, M..3/27/99 633 Meyers, T..2/28/99 630 Coleman, D..4/11/99 610 Saldierna, E..3/27/99 600 Butls, J.-2/27/99 600 Ybarra, J..3/27/99 585 Arlerburn, T..3/27/99 584 Richardson, M..5/22/99 584 Maltby, M..6/20/99

558 Mattoy, M...6, 20/99 575 Dunlap, J..3/27/99 575 Dunlap, J..3/27/99 567 Geddes, A..4/11/99 565 Soigner, B..1/9/99 562 Mitchell, B..2/28/99 560 Patton, T..3/27/99 560 Patton, T..3/27/99 551 Stewart, F..2/28/99

275 lb. SQUAT 687 Thomason, H..6/5/99 675 Smith, C..3/13/99 660 Brown, D..3/27/99 660 West, B..3/27/99 650 McGee, J..3/27/99 650 Lambert, L..2/27/99 650 Lombert, L..2/27/99 650 Domeson, J..3/27/99 650 Domeson, G..3/27/99 650 Tsourounis, N..11/21/99

645 Butts, A..3/27/99 645 Sansom, D..3/27/99 630 Jordon, K..3/27/99 628 Cassen, B..6/28/99 620 Politte, S..3/27/99 610 Pate, J..1/30/99 605 Howard, C..3/27/99 600 Pritchette, J..3/7/99 600 Dehoyos, S..3/27/99

SHW SQUAT 785 Holmes, D..3/27/99 770 Deary, B.3/27/99 750 Achstam, F.3/27/99 755 Thomason, H.2/28/99 740 Coody, D..4/24/99 738 Collier, A..8/29/99 700 Orosco, A..3/27/99 690 Williams, L..3/27/99 680 Howse, M..3/5/99

680 Moetezuma, S..3/27/99 650 Hoffman, A..3/7/99 650 Davis, G..3/27/99 650 Esposito, G..11/21/99 630 Pennington, S..3/27/99 630 Pennington, S..3/27/99 630 Jones, R..3/27/99 630 Jones, R..3/27/99 628 Wynegar, R..6/20/99 622 Pickins, D..4/11/99 345 Drayton, D..3/27/5 341 Semon, K..2/27/99 341 Farm, C..7/3/99 340 Lakey, S..4/24/99 340 Limenez, A..5/8/99 336 Lorenz, A..3/20/99 336 Marrama, R..5/16/ 335 Grogan, J..3/27/99 330 Smith, P..2/27/99 330 O'Neal, S..3/27/99

198 lb. BENCH 450 Reilsono, C.,12/5/99 447 Larsen, A.5/23/99 430 Katz, J.,11/13/99 429 Ready, J.,6/12/99 407 Sweidom, G.,6/20/99 402 Savoie, R.,6/20/99 385 Wilson, T.,12/12/99 380 Woods, Z.,3/13/99 380 Badactch, D.,3/20/99 380 Aulisio, B.,4/18/99

374 Cridge, E..4/25/99
374 Hoyl, C..8/29/99
374 Davl, P..10/2/99
369 Castro, D..5/1/99
363 Oolden, M..6/20/99
360 Dubranski, N..2/20/99
360 Polyd, D..1/13/99
367 Bolden, M..6/20/347 Fassamala, S..5/22/99
347 Fassamala, S..5/22/99

220 lb. BENCH 475 Roberts, M..4/18/99 451 Rinchart, I.9/25/99 450 Myers, R..7/10/9 446 Larsen, A..2/13/99 445 Greene, C..12/11/99 420 Markovcy, E..7/18/99 410 Megergell, D..5/22/99 407 Chovanec, P..8/14/99

405 Martin, A..3/21/99 402 Brandon, Z..4/10/99 400 Strain, H..4/17/99 395 Hiser, C..4/24/99 395 Long, J..5/8/99 390 Tapp, T..4/10/99 380 Stanterbury, J..3/27/99 385 Brid, A..4/10/99 385 Erickson, T..5/23/99

242 lb. BENCH 510 Wendling, M..2/27/99 500 Arterbrun, T..3/27/99 495 Larsen, A..10/19/99 413 Bryant, L.1/30/99 405 Townsend, J..5/1/99 400 Tombes, R..3/27/99 400 Steiner, N..5/22/99 400 Tapp, M..12/4/99 390 Brand, M..5/15/99

390 Pabis, E..6/5/99
385 Marchant, K..7/10/99
380 Robinson, R..4/11/99
375 Ybarra, I..3/27/99
375 Marshall, S..5/8/99
374 Hinton, R..5/2/99
370 Ferguson, T..4/24/99
370 Hannum, I..6/19/99
369 Ruzich, C..9/18/99
365 Londre, B..3/13/99

365 Londre, B..3/13/99
275 Ib. BENCH
480 Stickland, H..12/12/99
462 Brown, D..4/11/99
455 Cook, S..8/15/99
440 Harlin, G..3/27/99
435 McGee, J..3/27/99
424 Wenning, M..8/29/99
415 Murray, D..3/13/99
413 Gassen, B..6/28/99
405 Butts, A..3/27/99

405 Morris, S..5/15/99 395 Lambert, L..2/27/99 385 Brown, C..7/3/99 385 Jones, M..8/7/99 380 Pritchette, J..3/7/99 380 Blankinship, M..6/20/99 375 Donez, G..3/27/99 375 Velles, L..4/10/99 375 Primrose, Z..5/1/99 375 McLaughlin, T..6/12/99

SHW BENCH
501 Wymegar, R..6/20/99
455 Christus, J.. 10/30/99
440 Davenport, S..6/5/99
435 Gillespie, C..3/27/99
425 Tyrone, E..3/27/99
415 Jenkins, M..5/29/99
410 Broussard, L.1/9/99
410 Moetezuma, S..3/27/99
407 Belcher, J..4/25/99

405 Kelly, G..2/27/99 402 Orosco, A..4/11/99 402 Collier, A..8/29/99 400 Kave, B..3/21/99 400 Bryant, J..3/27/99 400 Zawilinkski, M..11/20/99 391 Marien, J..4/11/99 385 Penington, S..3/27/99 385 Johnson, S..4/10/99 380 Howse, M..3/5/99 562 Lorenz, A..3/20/99
562 Brewer, D..4/10/99
551 Lucas, F..2/27/99
550 Balon, L..1/16/99
550 Moore, L.1/30/99
550 Jimenez, A..6/5/99
550 Brown, A..10/24/99
545 Peterson, J..3/13/99

198 lb. DEADLIFT
644 Krecji, J..2/21/99
600 Maxfield, M..3/27/99
600 Cipsey, E..4/10/99
600 Cridge, E..4/25/99
600 Rolli, C..10/2/99
595 Golden, M..6/20/99
589 Davi, P..6/19/99
584 Wednel, E..5/15/99
575 Eaton, L..2/27/99
575 DeLosSantos, A..3/27/99

575 Hill, B..3/27/99 575 Papillion, C..3/27/99 563 Kittles, M..2/28/99 560 Ruban, K..4/11/99 560 Paphel, L.5/16/99 550 Eslick, K..11/6/99 555 Sanlaul, L..3/20/99 551 Bonina,L..3/20/99 551 Campbell, J..4/10/99

220 lb. DEADLIFT 661 Miller, D..5/2/99 655 Walczak, D..3/14/99 650 Chovanec, P..8/14/99 639 Roberts, M..4/18/99 635 Kemmerer, K..6/5/99 625 Brady, C..3/27/99 617 Kahanek, C..11/6/99 615 Long, J..5/8/99 611 McNeil..2/28/99

610 Pederson, N..3/13/99 666 Crawford, P..4/10/99 606 Kaneshiro, T..5/29/99 605 Porter, S..3/27/99 600 Walsh, J..2/20/99 600 Bacon, T..4/10/99 600 Evers, D..10/10/99 955 markovcy, E..7/18/99 590 Rowe, B..3/27/99

242 lb. DEADLIFT 630 Davis, B..5/22/99 622 Murray, B..3/7/99 617 Miller, D..3/7/99 600 Scheide, S..2/20/99 600 Iensen, E..3/13/99 600 Arterburn, T..3/27/99 600 Rigueroa, M..3/27/99 600 Robinson, R..4/11/99 600 DelPrete, D..7/18/99 600 CelPrete, D..7/18/99

590 Ball, A..3/27/99
585 Johnson, C..2/27/99
584 Pratt, M..2/28/99
584 Butts, I..4/11/99
585 Geddes, A..4/11/99
575 Muwwakil, A..3/27/99
570 Colden, T..10/24/99
570 Tapp, M..12/4/99
567 Meyers, T..2/28/99
567 Richardson, M..5/22/99

275 lb. DEADLIFT 722 Brown, D..6/20/99 660 Lambert, L..2/27/99 660 Howard, C..3/27/99 635 West, B..3/27/99 620 Schmidt, B..7/18/99 600 Thomason, H..6/5/99 605 Sansom, D..3/27/99 600 Pate, J..1/30/99 600 Deate, J..1/30/99

600 Bagwell, T...3/27/99 600 Detcheverry, A...3/27/99 600 Long, M...B/14/99 600 Tsourounis, N...11/21/99 600 Loiselle, J...12/11/99 590 Harlin, G..3/276/99 580 Jordon, K...3/27/99 573 Johnson, C...4/11/99 573 Johnson, C...4/11/99 573 Gassen, B...6/28/99

SHW DEADLIFT 700 Howse, M..3/5/99 655 Howard, C..4/11/99 650 Collier, A..6/27/99 630 Watson, W..3/27/99 622 Thomason, H..2/28/99 620 Lively, B..3/27/99 615 Pugh, C..3/27/99 615 Washington, T..3/27/99 605 Pennington, S..3/27/99

600 Bryant, J., 3/27/99 600 Pickins, D., 3/27/99 600 Conkey, L., 6/20/99 590 Achstam, F., 3/27/99 585 McCowan, R., 3/27/99 580 Williams, L., 3/27/99 573 Davenport, S., 6/5/99 570 Williams, L., 13/0/99 565 Whitworth. 1/30/99 1370 Wolfe, J..3/27/99 1366 Marrama..5/26/99 1365 Bunch, J..1/9/99 1355 Grogan, J..3/27/99 1350 Ledoux, R..3/27/99 1344 Lucas, F..2/27/99 1344 Vigil, A..6/20/99 1340 Byrd, B..3/27/99

198 lb. TOTAL 1554 Golden, M..6/20/99 1548 Cridge, E..4/25/99 1500 Maxfield, M..3/27/99 1498 Lipsey, E..4/10/99 1487 Swiedom, G..6/20/99 1477 Davi, P..11/17/99 1460 Willingham..3/27/99 1432 Baer, T..4/10/99 1432 Wendel, E..5/15/99

1430 DeLosSantos...3/27/99 1430 Hill, B..3/27/99 1430 Semdley, A...3/27/99 1430 Triantaphilides...3/27/99 1410 Krecij, J...2/21/99 1410 Eaton,L...2/27/99 1400 Davis, P...3/27/99 1400 Kocurek, B...3/27/99 1385 Heiner, E...3/27/99

220 lb. TOTAL 1736 Chovanec, P..8/14/99 1685 Marlin, A..3/21/99 1620 Patlon, M..5/22/99 1576 McNeil, T..2/28/99 1576 McNeil, T..2/28/99 1570 Kahaek, C..11/6/99 1565 Markovcy, E../18/99 1559 Crawford, P..4/10/99 1555 Canlerbury, J..3/27/99

1537 Cunha, M. 6/20/99 1535 Jones, J. 3/27/99 1520 Pederson, N. 3/13/99 1520 Etheridge, C. 4/17/99 1515 Brady, C. 3/27/99 1515 Kemmerer, K. 6/5/99 1515 Miller, D. 9/18/99 1514 Bird, A. 4/10/9 1485 Tapp, T. 4/10/99 1482 Kaneshiro, T. 5/29/99

242 lb. TOTAL 1685 Arterburn, T..3/27/99 1615 Figueroa, M..3/27/99 1524 Meyers, T..2/28/99 1525 Kahanek, C..8/28/99 1521 Robinson, R..4/11/99 1515 Promise, R..3/27/99 1514 Butts, J..4/11/99 1510 Almy, K..3/27/99 1499 Richardson..5/22/99

1495 Ybarra, J..3/27/99 1492 Geddes, A..4/11/99 1490 Scheide, S..2/20/99 1490 Ball, A..3/27/99 1485 Mallby, M..11/20/99 1485 Tapp, M..12/4/99 1486 Coleman, D..4/11/99 1455 Miller, D..3/7/99 1445 Jensen, E..3/13/99

275 lb. TOTAL 1824 Brown, D..4/11/99 1705 Lambert, L..2/27/99 1670 Butts, A..3/27/99 1657 Thomason, H..6/5/99 1655 West, B..3/27/99 1655 McGee, J..3/27/99 1615 Howard, C..3/27/99 1616 Gassen, B..6/28/99 1609 Strickland, H..9/12/99

1605 Tsourounis...11/21/99 1600 Johnson, J...3/27/99 1585 Harlin, G...3/27/99 1585 Schmidt, B...7/18/99 1581 Wenning, M...8/29/99 1550 Jordon, K...3/27/99 1530 Pate, J...1/30/99 1525 Donez, G...3/27/99 1525 Donez, G...3/27/99 1520 Smith, C...3/13/99

SHW TOTAL 1763 Thomason...2/28/99 1760 Howse, M...3/5/99 1705 Marien, J..1/30/99 1680 Collier, A...8/29/99 1690 Achstam, F...3/27/99 1640 Wyilliams, L..3/27/99 1635 Holmes, D...3/27/99 1625 Orosco, A...3/27/99 1620 Pennington...3/27/99

1605 Deary, B..3/27/99 1600 Coody, D..4/24/99 1592 Howard, C..4/11/99 1590 Bryant, I..3/27/99 1590 Moelezuma..3/27/99 1576 Davenport, S..6/5/99 1575 Tyrone, E..3/27/99 1570 Pickins, D..3/27/99 1560 McCary, M..3/27/99 1550 jones, R..3/27/99



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MASTERS TOP 20

These are the TOP 20 Master powerlifters in the United States for the year 1999. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers masters division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case we don't know which weight class to credit the efforts against.



Jerry Capello tops the 220 list in the deadlift and total (Baertlein)

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114 lb. SQUAT 400 Snell, K...3/27/99 314 Leverett, A..6/12/99 305 McKinney, D..4/10/99 281 Bowers, S..10/20/99 275 Murphy, G..10/23/99 265 Shear, J..4/10/99 242 Gedney, J..3/13/99 240 Austin, K..3/27/99 240 Andes, S..11/6/99 231 Solan, C..10/20/99

226 Baker, N..11/17/99 225 Souza, M..5/16/99 198 Whiting, S..2/27/99 182 Kilikauskas, M..12/12/99 175 Stine, A..9/18/99 171 Brigham, C..5/21/99 170 Whidden, M..9/11/99 160 Pearl, S..10/23/99 159 Aliminosia, D..9/11/99

123 lb. SQUAT
325 Higgins, F.5/22/99
325 Galant, A.-10/23/99
314 Avigilano, N.-5/21/99
300 Murphy, G.-5/15/99
270 Jackson, D.-4/10/99
248 Hicks, C.-2/27/99
230 O'Neill, M.-4/25/99
225 Duncan, K.-10/23/99

200 Bryant, P..4/10/99 185 Howat, J..4/10/99 185 Olson, K..4/25/99 176 Tighe, T..3/20/99 140 Winkelbach, C..110/23/99

132 lb. SQUAT 410 Rosen, I.-11/20/99 400 Ruiz, A.-10/23/99 374 DelGallo, R.-11/6/99 363 Kennedy, C..2/26/99 352 Burgess, I..3/6/99 352 Carselio, J.-5/22/99 350 Dyer, P.-11/17/99 347 Kawasaki, N.-9/17/99 341 Stein, E..2/27/99

340 Havellana, F.-4/25/99 330 Morrison, G.-5/22/99 315 Holzbauer, D.-12/4/99 300 Blas, L.-3/20/99 292 Dingle, K.-2/22/99 295 Middleton, L.10/30/99 264 Fruzyna, B.-9/17/99 259 Blaize, M.-8/21/99 250 Calhoun, B.-10/23/99 248 Lonsdale, L.11/6/99

148 lb. SQUAT
575 Heath, D..6/25/99
518 Weinstein, L..5/22/99
501 Bridges, A.10/23/99
500 Griffith, P..6/25/99
485 Charles, R..5/21/99
485 Johnson, S..3/27/99
457 Heeding, J.8/14/99
445 Whitney, D.10/23/99
446 Mason, M..5/15/99
430 Hutchins, T..9/18/99

425 Prigg, C.4/10/99 420 Guajardo..6/25/99 420 Campbell, G. 11/19/99 418 Lofing, M.8/28/99 413 Rohan, B.5/22/99 410 McCarty, T.10/23/99 407 Oyeoka, B.4/10/99 407 Glass, F.9/17/99 405 Houle, R.10/23/99 402 James, K.3/20/99

165 lb. SQUAT 589 Roy, M..5/22/99 579 Rhodes, D..1/23/99 542 Rueltiger, R..3/7/99 545 Sacco, P..3/20/99 540 Little, A..9/18/99 534 Wodraska, C..3/13/99 530 Gill, U..3/14/99 523 Yeargin, S..10/16/99 523 Tyree, J..12/18/99 512 Graham, D..5/1/99

501 Posey, R..5/22/99
501 Long, K..8/1/99
501 Krockenberger, G..11/6/99
500 Mercorelli, D..2/27/99
500 Cirigliano, R..10/23/99
500 McCarthy, D..11/20/99
490 Taylor, J..4/11/99
485 Alduenda, S..10/24/99
475 Brenl, B..3/27/99
475 Blake, H..12/11/99

181 lb. SQUAT 699 Wambsgans, F.12/31/99 673 Vassallo, M.5/15/99 600 Winkler, D.4/10/99 600 Lichtenberger.5/2/99 600 Smith.10/30/99 589 Harrison, M.5/23/99 578 Thomas, W.5/23/99 578 Bindert, H.6/25/99 14 lb. BENCH 42 Snell, K..9/11/99 95 Murphy, G..9/18/99 81 Leverelt, A..6/12/99 81 Gedde, J..11/5/99 80 McKinney, D..4/10/9 150 McCarty, S..4/24/99 443 Gedney, J..3/13/99 431 Gedney, J..3/13/99 443 Rerbili M. 9/25/99

132 Baker, N..5/21/99 130 Shear, J.10/23/99 126 Krochmal, C..9/17/99 126 Mehmedbasich.11/5/99 126 Beccerra, K..11/13/99 116 Peterson, A..4/24/99 115 Brigham, C..9/17/99 110 Jacobs, C..1/16/99 110 Whiting, S..2/27/99 110 Bowers, S..10/20/99

123 lb. BENCH 242 Higgins, F.-5/22/99 220 Raburn.-9/18/99 210 Pichay, V.-5/1/99 203 Muth, L.11/5/99 200 Murphy, G.-5/15/99 181 Bellmer, J.-1/31/99 165 Avigliano, N.-5/21/99 165 Galant, A.-10/23/99 159 Lamb, P.-4/10/99 159 Hayes, S.-4/24/99

148 Hicks, C..2/27/99
145 Jackson, D..4/10/99
140 Bryant, P..4/10/99
130 Duncan, K..10/23/99
120 O'Neill, M..4/25/99
105 Olson, K..4/25/99
100 Lopez, L..8/28/99
99 Tighe, T..3/20/99
95 Howat, J..4/10/99

132 lb. BENCH 355 Detore, P.9/18/99 341 Cunha, I..5/22/99 303 Young, A..11/5/99 270 Corsello, J.5/22/99 281 Portnoy, P.9/25/99 259 Miele, T.9/25/99 242 Tantog, C.-7/3/99 240 Calhoun, B..10/23/99 231 Kawasaki, N..9/17/99 220 Burgess, i..5/22/99

220 DelGallo, R..9/18/99 220 Rosen, I..11/20/99 220 Holzbauer, D..12/4/99 215 Kennedy, C..2/26/99 214 Elibal, B..9/18/99 214 Dyer, P..11/17/99 209 Lamb, B..3/20/99 198 Morrison, G..5/22/99 190 Ruiz, A..1023/99

148 lb. BENCH
455 Heath, D.6./25/99
380 Higa, C.11/5/99
375 Detore, P.1/16/99
375 Evangelista, F..10/9/99
369 Cardon, L.5/15/99
352 Weingust, S..6/19/99
352 Bridges, A..10/23/99
335 Davis, B.4/10/99
335 Lupis, F.4/17/99
325 Weinstein, L.5/22/99

314 Henderson..7/25/99 310 Swanson, J.3/27/99 310 Wyve, R.4/10/99 308 Uyeoka, B.4/10/99 308 Burton, C.6/27/99 305 Burton, C.6/27/99 305 Hutchins, I.9/18/99 300 Syroustka, j..1/24/99 300 Olson, A.11/13/99

165 lb. BENCH 435 Miller, L.9/18/99 415 Hamby, D.-7/25/99 402 Craig, S.-9/17/99 390 Mercorelli, D.-2/27/99 390 Blocker, C.-2/7/99 386 Cayer, A.-8/8/99 385 Poteste, V.-1/16/99 380 Scardina, S.-4/17/99 375 Mongold, R.-12/4/99

374 McAllister, L.3/20/99 374 Underwood, G..3/27/99 360 Harrison, B..2/20/99 360 Sacco, P.3/20/99 358 Roy,M.5/22/99 350 Freeman, E.3/27/99 350 Haines, J.-9/18/99 341 Carglil, J.-4/3/99 341 Dobie, J.-9/11/99 341 Little, A..9/18/99

181 lb. BENCH 457 Yokley, 1..5/22/99 451 Beebe, B.../31/99 425 Green..3/21/99 420 Yan Allen, 1..3/6/99 418 Wood, 1..4/3/99 418 Rosenzweig, D..4/10/99 413 Riostergard, 1..9/19/99 402 Lichtenberger, M..5/2/99 114 lb. DEADLIFT 455 Snell, K..3/27/99 345 McKinney, D..4/10/99 30 Leverell, A..6/12/99 325 Murphy, G..10/23/99 320 Shearj, J.4/10/99 315 Mutlart, K..5/8/99 303 Bertoll, M..1/3/99 303 Bertoll, M..1/3/99 300 Stine, A..9/18/99 297 Baker, N..11/17/99

290 Austin, K..3/27/99 290 Tomaskovic, J..8/19/99 281 Solan, C.-10/20/99 280 Andes, S.-11/6/99 275 Gedney, J..3/13/99 275 McCarty, S.-4/24/99 242 Souza, M...5/16/99 231 Whiting, S.-2/27/99 225 Whidden, M..8/11/99

123 lb. DEADLIFT 413 Higgins, F.5/22/99 402 Muth, L.11/5/99 370 Bryant, P.4/10/99 363 Avigliano, N.5/21/99 360 Jackson, D.4/10/99 385 Galant, A.10/23/99 325 Murphy, G.5/15/99 310 Duncan, K.10/23/99 300 Picciotti, D.11/19/99

297 Lamb, P..5/21/99 292 Hicks, C..2/27/99 290 Lopez, L.8/28/99 260 O'Nelli, M..4/25/99 250 Winkelbach, C..10/23/99 248 Tighe, T..3/20/99 220 Howat, J..4/10/99 195 Olson, K..4/25/99

132 lb. DEADLIFT 515 Rorex, G..11/13/99 440 Ruiz, A..10/23/99 430 Rosen, I..11/20/99 413 Tantog, C..7/3/99 404 Kawasaki, N..9/17/99 402 Corselio, I..5/22/99 402 Corselio, I..5/22/99 402 Corselio, I..5/22/99 405 Cunha, I..5/22/99 406 Holzbauer, D..12/4/99

374 Morrison, G..5/22/99 374 Burgess, L..10/23/99 374 Dyer, P..11/17/99 365 Blas, L..3/20/99 363 Slein, E..2/27/99 355 Doi, T..4/24/99 350 Miller, B..6/6/99 341 Kennedy, C..2/26/99 340 Landess, G..6/5/99 325 Dingle, K..2/27/99

148 lb. DEADLIFT
573 Weinstein, L.5/22/99
551 Carr, J.9/25/99
550 Johnson, S.3/27/99
530 Belt, D.5/15/99
525 Whitney, D.10/23/99
510 Prigg, C.4/10/99
507 Rohan, B.5/22/99
507 Bridges..10/23/99
505 Houle, R.10/23/99
500 Heath, D.6/25/99

485 Kaneshiro, D..7/31/99 480 Corsi, D..5/1/99 480 Hoxworth...17/20/99 479 Uyeoka, B..4/10/99 479 Johnson, L.5/99 475 Cortes..5/22/99 475 Guajardo...6/25/99 475 Hutchins, T..9/18/99 474 Charles, R..11/19/99 465 McCarty, T..10/23/99

165 lb. DEADLIFT
623 Rhodes, D..1/23/99
622 Cayer, A..8/8/99
611 Little, A..5/1/99
606 Cirigliano, R..4/10/99
584 Tyree, J..12/18/99
575 Wahl, R..10/10/99
573 Blount, R..8/14/99
565 Theodorou, N..10/23/99
562 Brent, B..5/22/99
551 Ruetliger, R..3/7/99

551 Roy, M..5/22/99 540 Alduenda, S..5/22/99 540 Yeargin, S..10/16/99 535 Sacco, P..6/25/99 530 Gill,U..3/14/99 530 Taylor, I..4/11/99 523 Whitten, M..5/16/99 523 Graham, D..9/17/99 520 Horan, I..3/28/99 515 Sanlee, G..4/17/99

181 lb. DEADLIFT 666 Byas, A.5/23/99 628 Vassallo, M.5/15/99 622 Thomas, W.5/23/99 622 Wambsgans, F.12/31/99 617 Zweig, G..11/6/99 605 Beck, G.3/14/99 605 Beck, G.3/14/99 595 Scully, B.10/23/99 590 Sherdan, I.4/18/99 114 lb. TOTAL 1090 Snell, K..3/27/99 830 McKinney, D..4/10/99 825 Leverett, A..6/12/99 709 Murphy, C..10/23/99 705 Shear, J..4/10/99 649 Bowers, S..10/20/99 651 Gedney, J..3/13/99 630 Austin, K..3/27/99 628 Baker, N..5/21/99 622 Solan, C..10/20/99

615 Andes, S...11/6/99 590 Ruffner, D...2/6/99 580 Stine, A...9/18/99 562 Souza, M...5/16/99 540 Whiting, S...2/27/99 514 Bertoli, M...9/25/99 515 Jacobs, C...1/16/99 501 Whidden, M...8/11/99 490 Brigham, C...9/17/99

123 lb. TOTAL
123 lb. TOTAL
124 lb. TOTAL
125 lb. TOTAL
126 lb. TOTAL
127 lb. TOTAL
127 lb. TOTAL
128 lb. TOTAL
129 lb. TOTAL
12

610 Lopez, L..8/28/99 523 Tighe, T..3/20/99 500 Howat, J..4/10/99 485 Olson, K..4/25/99 475 Winkelbach, C..10/23/99

132 lb. TOTAL 1060 Rosen, I...11/20/99 1030 Ruiz, A..10/23/99 1025 Corsello, J..5/22/99 983 Kawasaki, N..9/17/99 980 DelGallo, R..11/6/99 946 Lamb, B..3/20/99 940 Dyer, P...11/17/99 936 Burgess, I..5/22/99 920 Kennedy, C...2/26/99 915 Holzbauer, D...12/4/99

903 Morrison, G..5/22/99 876 Stein, E..2/27/99 850 Blas, L.3/20/99 830 Havellana, F..4/25/99 805 Calhoun, B..10/23/99 771 Dingle, K..2/27/99 675 Fruzyna, B..5/21/99 665 Middleton, L..10/30/99 655 St. Lous, R..3/27/99

148 lb. TOTAL 1530 Heath, D..6/25/99 1399 Weinstein, L..5/22/99 1361 Bridges..10/23/99 1330 Johnson, S..3/27/99 1212 Rohan, B..5/22/99 1212 Rohan, B..5/22/99 1201 Charles, R..11/19/99 1195 Prigg, C..4/10/99 1195 Uyeoka, B..4/10/99

1180 Houle, R.:10/23/99 1173 Mason, M.:10/2/99 1160 Griffith, P.:2/20/99 1155 McCarly, T.:10/23/99 1145 Guajardo.:6/25/99 1145 Guajardo.:6/25/99 1134 Heeding, J.:8/14/99 1113 Johnson, L.:5/99 1110 Campbell, G.:11/19/99 1102 Lofing, M.:8/28/99

165 lb. TOTAL 1515 Rhodes, D...1/23/99 1499 Roy, M...5/22/99 1482 Little, A...9/18/99 1443 Ruetliger, R...3/7/99 1432 Tyree, J...12/18/99 1370 Gill, U...3/14/99 1366 Yeargin, S...10/16/99 1344 Cirigliano, R...4/10/99 1339 Graham, D...5/1/99

1333 Alduenda, S..5/22/99 1328 Wodraska, C..3/13/99 1310 McCarthy, D..11/20/99 1305 Mercorelli, D..2/27/99 1300 Horan, J..3/28/99 1300 Blount, R..8/14/99 1295 Blake, H..12/11/99 1276 Krockenberger.11/6/99 1270 Taylor, J..4/11/99

181 lb. TOTAL 1620 Wambsgans, F..12/31/99 1598 Vassallo, M..5/15/99 1570 Thomas, W..5/23/99 1535 Smith.10/30/99 1532 Lichtenberger, M..5/2/99 1526 Scully, B..5/23/99 1510 Byas, A..10/23/99 1500 Winkler, D..4/10/99 1500 Miller.4/24/99 1485 Beck, G..3/14/99 570 Branch, R. 4/10/99 567 White, R. 4/11/99 567 Scully, B. 5/23/99 562 Peterson, D. 5/22/99 562 Ruettiger, F. 9/18/99 551 Myers. 10/30/99 550 Alexander, G. 4/10/99 540 Wiley, D. 5/23/99 540 Wiley, D. 5/23/99

198 lb. SQUAT
710 Anderson, B. 9/26/99
688 Benlord, G. 5/22/99
661 Bell. 10/24/99
661 Compton, R. 11/6/99
650 Solan, D. 5/2/99
650 Trammel, L. 10/31/99
639 Kanemolo, k. 5/22/99
633 Richards, J. 8/14/99
628 Taghivand, B. 2/13/99

625 Wormely..10/30/99 625 MdDowell, J..11/20/99 615 Boyd, J..3/21/99 610 Newman, D..7/24/99 600 Thomas, W..6/19/99 600 Byrgess, C..11/6/99 600 Syvla, J..11/20/99 580 Valchine, J..1/17/99 573 Bower, B..5/23/99 565 Nichols, C..8/29/99

220 lb. SQUAT
765 Black, J..11/20/99
755 Sutphin, P..8/29/99
750 Henderson, A..11/20/99
700 Moody, R..11/20/99
677 Roberts, S..5/23/99
672 Cote, S..11/7/99
660 Byerly, K..1/17/99
655 Capello, J.3/28/99
655 Capello, J.3/28/99

655 Cohklin, T..5/15/99 650 Ronan, D..2/27/99 644 King, B..5/22/99 640 Young..3/20/99 640 Jeurink, J..5/30/99 640 Ferro, B..10/31/99 639 Lohmann, M..5/23/99 638 Burlingame, D..10/31/99 630 Bethel..10/30/99 628 Pessell, G..11/20/99

242 lb. SQUAT 835 Centano, B.-7/24/99 820 Susco, P.-6/26/99 810 Simmons, L.-2/28/99 755 Graham, J.-5/23/99 740 Ruquet, E.-11/20/99 733 Garcia, C.-11/6/99 715 Johnson, A.-8/26/99 700 Davidson, D.-10/23/99 683 Mistric, L.-11/6/99

675 McFarland, M...1/17/99 672 Zimmerman, E..11/6/99 670 Hendrix, A..11/20/99 666 Callendar, F..2/7/99 661 Barclay, B..5/29/99 655 Capello, J..8/1/99 650 Fulton, D..3/20/99 650 Kristoff, T..4/11/99 650 Mazzoda..8/21/99 639 Bradley, W..5/1/99

950 Lowe, G. 9/25/99 910 Bailey, D. 11/21/99 900 Florio, J. 2/28/99 850 Stewart, B. 4/11/99 845 Dimiduk, M. 11/21/99 770 Sandlin, R. 3/21/99 733 O'Donnell, T. 11/6/99 733 Meek, B. 11/20/99 722 Wilson, B. 10/31/99 720 Frizzell, M. 12/4/99

705 Messinger, J..1/30/99
705 Bruner, T..12/19/99
700 Mesa, D..4/11/99
699 Weeks, T..5/23/99
690 Pecktol, S..9/19/99
688 McDaniel, M..11/6/99
672 Pool, D..9/19/99
650 Babbitl, B..5/23/99
650 Combs, M..6/18/99
650 Pace..10/30/99

SHW SQUAT 935 Hunl, J..11/21/99 777 Lee, B..4/11/99 750 Jacobson, B..5/15/99 750 Doggendorf, M..10/2/99 730 Defelice, D..9/19/99 730 Wheeler..11/21/99 722 Magee, J..12/31/99 711 Benliey, T..11/17/99 705 Bivans, K..5/2/99

705 Brink, G..10/2/99 705 Nyholm, K..10/24/99 705 Israelson, M..11/20/99 702 Cain, M..9/12/99 700 Marlin, J.3/21/99 700 Crowley, D..4/11/99 683 Kruszynski, J..4/10/99 661 VanDeWeghe..5/23/99 661 Pledger, J..5/23/99 400 Ientinger, L.3/27/99 400 Dowling, M.3/27/99 400 Fortuna, J.10²4/99 387 Clayton, D. 8 15/99 385 Furey, M.2, 17/99 385 Essage, D.4/17/99 385 Smith..10/30/99 382 Thurman, T.3/27/99 380 Smith, H.3/13/99

198 lb. BENCH 556 Schwenker. 1/6/99 496 Piggee, D. 1. 99 499 Marinkovic, 1. 7/17/99 479 Yokley, L.3/6, 99 474 Olso, R.6/20/99 472 Kanemoto, K.9/25/99 470 Marcinkowski, K.6/12/99 462 Bell, G.-10/24/99 466 Clayman, G.-10/2/99

446 Vrable, J..9/19/99
445 Edwards, J..7/10/99
445 Watson, D..10/24/99
440 Palmer, C..11/6/99
435 Smith, B..1/30/99
435 Newman, D..5/9/99
435 Reifkind, M...5/22/99
436 Tidler, J..8/21/99
424 Benford, G..5/22/99

220 lb. BENCH 550 Harvie, D..8/28/99 545 Beaudoin, 5.10/9/99 523 Meza, M..5/20/99 910 Marinkovic, D.2/6/99 490 Kellczweski, R..1/9/99 490 Kellczweski, R..1/9/99 475 Mattia, K..10/16/99 473 Ehrhardt. 12/12/99 470 Gordon, C.2/21/99 470 Pochiba, B..12//5/99

464 Sekermestrovich, B..6/20/99 462 Ramey, S..11//6/99 462 Kobayashi, K..11/6/99 451 Olson, R..1/30/99 451 McMillan, D..10/31/99 451 McMillan, D..10/31/99 450 Matlson, K..8/28/99 450 Schoenebeck, N..12/4/99 441 Pessell, G.11/20/99

242 lb. BENCH 555 Simons, L... 2/28/99 551 Beaudoin, S... 5/23/99 534 Crossen, W... 5/23/99 501 Foster, S... 3/20/99 490 Kinger, B... 8/7/99 485 Sharkey, H... 6/99 485 Genet, D.11/6/99 480 Townsend, B... 12/5/99 479 Sweeney, M... 4/18/99

475 Matlia, K..2/27/99 475 Sowders, T..3/20/99 475 Sowders, T..3/20/99 475 Walker, S..3/27/99 475 Last, G..17/13/99 473 Chrun, G..4/10/99 473 Magruder, M..5/23/99 473 McCoy, G..6/20/99 470 Sampson, R..4/24/99 470 Jones, A..6/27/99 468 Currie, C..6/20/99

275 lb. BENCH 650 Reagan, B..5/15/99 589 Nelson, C..117//99 575 Lazzareschi, C..3/14/99 570 Taylor, K..4/17/99 535 Walker, B..8/7/99 547 Garza, B..3/6/99 545 Hood, R..3/6/99 535 Knight, M...B/7/99 534 Meek, B..5/23/99 525 Klinger, B...5/1/99

523 Dooley, B..7/31/99 523 Siddell, C..11/13/95 520 Stewart, B..4/11/99 515 Graube, J..9/25/99 517 Erizzell, M..9/17/99 507 Dini, F..9/19/99 505 Jackson, J..11/21/95 501 Gordon, M..9/19/99 500 Olesen, D..3/27/99

SHW BENCH 600 Cain, M..912/99 600 Hunt, J..11/21/99 589 Gillespie, B..11/7/99 574 Ramsey, A..11/7/99 560 Cutts, R..12/11/99 550 Chaffin, D..7/10/99 550 Chaffin, D..7/10/99 520 Watt,J..4/10/99 520 Watt,J..4/10/99

512 Fenumiai, I...5/23/99 512 Patterson, R...5/23/99 510 Dini, F...5/1/99 509 Vanzo, D...2/28/99 505 Olesen, D..1/23/99 501 Cable, F...7/24/99 501 DeFelice, D...9/19/99 500 Davis, R...9/18/99 500 O'Brien, M...10/3/99 496 Bond, A...7/31/99 585 Gottfried, R..2/2 585 Peterson, D..4/2 584 Molichka..7/25/ 580 White, R..3/27/5 580 Gallagher..4/25/ 580 Piermattei, F..10 578 Harrison, M..5/2 578 Pirozzolo, T..2/2 573 Conway..7/10/9

198 lb. DEADLIFT
755 Meyers, T..7/25/99
722 Cole, D..11/6/99
683 Fersiler, G..7/3/99
661 Richards, J..8/14/99
660 Wilcox, S..10/23/99
650 Boyd, J..3/21/99
645 Lewis, R..6/12/99
644 Bell, G..10/24/99
639 Steele, K..5/23/99
633 Solan, D..12/31/99

630 Valchine, J...1/17/99 620 O'Brien, C...12/11/99 611 Johnson, D...11/6/99 610 Krasowski, M...10/10/99 610 Korbowell, J...1/20/99 606 Comphon, R...9/18/99 605 Anderson, B...9/26/99 602 Buller, T...9/4/99 600 Taghivand, B...2/13/99 600 Cook, J...4/11/99

220 lb. DEADLIFT
705 Capello, J..3/28/99
688 King, B..10/2/99
683 Costa, J..6/20/99
680 Young..3/20/99
672 Dienberg, D..4/18/99
672 Desper, K..12/18/99
665 Burlingame, D..10/31/99
661 Cole, D..6/6/99
660 Dingle, G..5/1/99

660 O'Brien, C.8/29/99 650 Byerly, K..1/17/99 650 Hamblet, D..5/22/99 645 Stratlon, D..4/25/99 649 Hall, D..12/4/99 639 McCanse, B..2/13/99 639 Waldo, J..3/21/99 639 Clark, D..10/24/99 633 Muslo, M..4/11/99

242 lb. DEADLIFT 710 Simmons,L..2/28/99 705 Susco, P..2/20/99 699 Barclay, B..5/23/99 694 Cain, S..5/23/99 688 Capello, J.-11/7/99 683 Graham, J..5/23/99 675 Centano, B..7/24/99 660 Davidson, D..1023/99 650 Bradley, W..5/1/99

650 Currie, C..6/20/99 650 Skeva, D..8/7/99 650 LeBlanc, E..9/26/99 650 Peterson, F..10/24/99 650 Sandberg, L..11/19/99 640 Gregory, L.10/24/99 640 Davis, B..12/18/99 635 Lanthier, B..2/20/99

275 lb. DEADLIFT 830 Stewart, B. 4/11/99 750 Lowe, G. 9/25/99 710 Hodges...10/16/99 705 Dimiduk, M...9/12/99 700 Reagan, B..5/15/99 690 Pecktol, S...9/19/99 680 O'Donnell, T...11/6/99 685 McGeorge, B...3/20/99

680 Sandlin, R..3/21/99 677 Weeks, T..5/23/99 670 Florio, J..2/28/99 670 Morgan, E.12/4/99 661 Currie, C..2/6/99 660 Bailey, D..11/21/99 655 Vaccaro. D..2/13/99 655 Salisbury, S..3/6/99 650 Kruszynski, J..10/10/99 650 Pace..10/30/99

SHW DEADLIFT
782 Brink, G..11/20/99
744 Hodges,J...2/28/99
725 McCullough, T...3/21/99
725 Doggendorf, M...10/2/99
700 Hunl, J...11/21/99
683 Ratsch, P...9/11/99
683 VanDeWeghe...11/20/99
677 Kruszynski,J...4/10/99
672 Pecktol, S...11/7/99
661 Cain, M...9/19/99

655 Lee, B.-4/11/99 655 Nyholm, K.-4/11/99 650 Bond, A.-3/21/99 650 Acers, T.-4/3/99 650 Kingdom, T.-11/6/99 640 Wrenn, P.-10/24/99 640 Wheeler.-11/21/99 633 Rehberg, B.-2/13/99 628 Messinger, J.-3/27/99 1460 Peterson, D..5/22/ 1459 Harrison, M..5/22/ 1449 Reutiger, F..9/18/ 1445 Williams, T..6/26/ 1438 White, R..4/1/99 1437 Wiley, D..5/23/99 1435 Branch, R..4/10/99 1420 Piermattei..1/20/ 1410 Pirozzolo, T..3/14/ 1399 Wright, C..1/16/99

198 lb. TOTAL 1768 Bell, G.-10/24/99 1735 Anderson, B.-9/26/99 1658 Compton, R.-11/6/99 1650 Richards, J.-8/14/99 1647 Benford, G.-5/22/99 1614 Taghivand, B.-2/13/99 1614 Kanemoto, K.-5/22/99 169 Solan, D.-12/31/99 1595 McDowell...11/20/99

1580 O'Brien, C.12/11/99 1575 Thomas, W..6/19/99 1553 Lewis, R.6/12/99 1550 Valchine, J.-1/17/99 1540 Kook, J.-4/11/99 1540 Wormely..10/30/99 1537 Burgess, C.11/6/99 1535 Trammel, L.10/31/99 1515 Nichols, C..8/29/99

220 lb. TOTAL 1757 Capello, J...3/28/99 1741 Pessell, G...11/20/99 1735 Fullon, D..10/2/99 1730 Sutphin, P..8/29/99 1720 King, B..10/2/99 1720 Henderson...11/20/99 1719 Roberts, S...5/23/99 1690 Ferro, B..10/31/99 1680 Beaudoin, S...8/1/99 1675 Musto, M...4/11/99

1675 Lohmann, M..5/23/99
1655 Burlingame..10/31/99
1642 Conklin, T..5/15/99
1640 Ronan, D..2/27/99
1640 Moody, R..11/20/99
1636 Sample, L..11/6/99
1630 Young..3/20/99
1615 Bethel..10/30/99

242 lb. TOTAL 2075 Simmons, L.2/28/99 1900 Centano, B...7/24/99 1895 Susco, P..2/20/99 1807 Barclay, B..5/29/99 1807 Bayet, E.11/20/99 1774 Cain, S.5/23/99 1768 Graham, J.5/23/99 1735 Davidson..10/23/99 1735 Davidson..10/23/99 1730 McCandles..1/17/99 1720 McFarland..1/17/99

1708 Capello, J..8/1/99 1703 Mistric, L..11/6/99 1665 Hendrix, A..11/20/99 1653 Mazmanian..5/23/99 1653 Durso, J..11/21/99 1645 Durso, J..11/21/99 1645 Johnson, A..8/26/99 1640 Vivier, B..2/6/99 1640 Vivier, B..2/6/99

275 lb. TOTAL
2200 Stewart, B..4/11/99
2185 Lowe, G..9/25/99
2030 Florio, J..2/28/99
2000 Bailey, D..11/21/99
1980 Dimiduk...11/21/99
1912 O'Donnell..11/6/99
1890 Sandlin, R..3/21/99
1813 Weeks, T..5/23/99
1805 Frizzell, M..12/4/99

1800 Pecktol, S..9/19/99 1796 Messinger..1/30/99 1752 Bruner, T..12/19/99 1747 Wilson, B..10/31/99 1740 Mesa, D..4/11/99 1703 Tyring, P..6/6/99 1703 Pool, D..9/19/99 1630 Pace..10/30/99 1680 Slack, H..5/8/99 1680 McDaniel..11/6/99

SHW TOTAL
2235 Hunt, J...11/21/99
1923 Lee, B...4/11/99
1905 Doggendorf...10/2/99
1864 Brink, G...11/20/99
1865 Cain, M...9/12/99
1845 Wheeler...1/21/99
1815 Nyholm, K...4/11/99
1802 Wessinger...3/27/99
1802 WanDeWeghe...5/23/99
1769 Defelice, D...9/19/99

1758 Beniley, T..11/17/99 1725 Martin, J..3/21/99 1708 Hodges, J..2/28/99 1703 Kruszynski, J..4/10/99 1703 Crowley, D..4/11/99 1700 Crowley, D..4/11/99 1697 Israelson, M..11/20/99 1692 Jacobson, B..5/15/99 1686 Pledger, J..11/6/99 1685 Wrenn, P..10/24/99



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I'm going to do something here just a little bit unorthodox. Ready?! Close your eyes, relax, and think of nothing but empty space. Now, imagine with me for a moment about all the hard work you've done in the past to get into shape. Picture all of the running, bicycling, stair climbing, sit-ups, bench presses, curls and a myriad of other intense exercises. Concentrate on how your body reacted, how your muscles became harder and stronger, how your fat began to disappear and how you experienced more energy and vitality. Now, hold on for a moment as I transport you through time and space onto the sofa in your home. Imagine sitting there watching your favorite TV show and taking a pill. As you relax, the chemicals in the pill start to react with your body and something fantastic starts to happen. Your muscles start becoming harder and stronger, your fat begins to disappear and you suddenly notice a surge of energy and vitality! What is happening? You're obtaining the same results with the pill as you did with all of the hard work and exercise.

WAKE UP!!!

Obviously what you have just imagined is not possible as of yet, but we are getting quite a bit closer to its reality every day. Although we can't mimic all of the effects of exercise with chemicals, we can simulate some of them with new, very innovative, technology. I am talking about chemical compounds that have the ability to drastically increase your metabolism, "work" your muscles, and burn a great deal of body fat. The result is a leaner, harder, stron-

ger, more fit body! This whole concept of chemical exercise began nearly a year ago when I was researching a compound called 2,4-dinitrophenol (DNP). This amazing phenol was discovered in the 1800s and used mainly for dynamite manufacturing purposes. Back then, very little information was known about how DNP interacted with biological processes. Moreover, there were no agencies such as OSHA which regulated the handling of dangerous or toxic compounds. As a result, several workers in various dynamite manufacturing facilities handled the DNP freely — no respirators, no gloves, nothing! This might not have been a problem except that DNP is lipophilic (fat-loving) and readily absorbs through the skin. In combination with breathing DNP's vapors day after day, the workers began building up considerable quantities of DNP in their bodies. At first, symptoms were mild such as sweating, light fever, increased appetite, and insomnia. However, as the days passed, the DNP levels in their bodies steadily increased. It was only a matter of time before these poor souls began developing more serious side effects - extreme exhaustion, profuse sweating, high fever and disorientation. Eventually, as you might have guessed, a few of these men died. Upon investi-

Chemical Exercise!!!

as told by Derek Cornelius, Syntrax Innovations

gation, researchers discovered very high levels of DNP in their bodies — they labeled the cause of death as DNP poisoning. DNP is so potent that even a little bit absorbed through the skin or breathed in via fumes can cause a significant effect — especially when this occurs day after day. Reports of these poisonings prompted researchers to study DNP. Although, the reason wasn't clear at the time, they knew that DNP was causing a hyper-acceleration of the metabolism. Basically, their bodies were expending too much energy, too fast and thus the symptoms of exhaustion, sleeplessness, etc.

In the early 1900s, some researchers developed the bright idea that because DNP greatly increased the metabolism it would be an effective weight loss product. They formulated varying dosages of DNP and carefully monitored the effects on overweight and normal test subjects. Without exception. DNP potently increased their me-- sometimes in excess of 100% above normal. Once the dosage/ effect ratio was established, companies began selling DNP as a sure-cure for obesity. A lot of promises were made about the results that DNP would deliver, but unlike many things, the promises WERE fulfilled! With heightened metabolisms, individuals on DNP lost significant amounts of weight in just a short time. Others took a lower dosage just to stay lean and lithe. Unfortunately, some people decided that if a little was good then a lot would be better. This type of careless thinking brought a sure end to DNP sales in the United States. High dosages generated negative side effects and negative side effects generated negative reports. Not long after, the newly formed FDA put a halt to DNP being sold in the U.S. for

weight loss purposes. Who would have guessed that we would now be studying a fat loss technology that was developed over a half century ago? Actually, pharmaceutical companies in the last several years have been spending literally millions of dollars trying to perfect the technology behind DNP for weight loss! My own experience with DNP began about a year ago when several acquaintances and I experimented with a reasonable dosage to record its effects. Within a few hours of the first dose, we all began feeling a little hot and sweaty. As time passed, we became chronically restless and tired - even to the point of feeling

"With DNP, a little is good, but beyond a certain dosage it becomes toxic, even deadly..." out of breath. After two weeks we all lost between 7-10 pounds. Indeed, this is incredible in itself; however, it gets better, much better. During the three days following, something totally unexpected occurred. These "human guinea pigs", myself included, gained an amazing 3-5 pounds. We discovered very quickly that this increase in weight was due primarily to lean body mass gain and not to fat. Furthermore, upon returning to the gym everyone reported that they maintained or increased their strength.

These results intrigued me to the

point of doing in-depth research on DNP and the mechanism behind its fabulous metabolism increasing ability. What I found out was quite complex: I will attempt to put it in simple, easily understandable terms. DNP is what is known as a classical un-coupler of oxidative phosphorulation. Oxidative phosphorylation is the mitochondrial process which oxidizes organic substrates such as pyruvate and uses the resultant energy to convert ADP into ATP - the high-energy molecule that the body uses for fuel. Basically, the energy from the oxidation is funneled through many complex chemical reactions until finally ATP is formed. The chemical reactions are called coupling sites since they connect (or couple) the flow of energy with the flow of electrons in the chemical

Imagine with me for a moment many pipes attached end to end via valves. Now, imagine the pipe connected to a water supply. When the water is turned on it will flow through the pipe until it reaches a valve. As long as the valve is open the water will continue to flow. Closing the valve prevents the flow of water. Pau close attention now! Pick out a joint along the pipeline and imagine poking a hole in the pipe at this point. Water begins to flow through the hole and is wasted. To keep the same amount of water flowing through the pipe beyond the hole you would have to go back to the water supply and increase the flow. If you can understand this, you can understand what happens with oxidative phosphorylation and uncoupling. The pipes are representative of chemicals, the water representative of energy and the valves representative of the electrons (energy) at which the chemical reactions occur. Basically, an uncoupler pokes a hole in the chemical pipeline (at the place of a valve/chemical reaction) allowing energy to escape and be wasted. To compensate for the wasted energy and reduced production of ATP, energy containing substrates such as pyruvate are oxidized at greater rates to free more energy to be used in the process (same as increasing the flow of water). For reference, an inhibitor is analogous to shutting off the valve - energy flow is halted or prevented. We are interested in the phenomenon of uncoupling and not of inhibition. Controlled uncoupling of oxidative phosphorylation can be a very positive thing while inhibition of this process usually brings disastrous results. Interestingly, most uncouplers in high dosages actually become inhibitors and cause toxic phenomenon.

Thus, as an uncoupler, DNP makes oxidative phosphorylation inefficient. Normally this process is about 60% efficient; DNP steps in and makes the process only 40% efficient. As with any energy converting process, the energy which is not converted is wasted as heat—in this case, body heat. To maintain its normal supply of ATP, the body steps up its production (metabolism). In this whole process an incredible amount of calories are burned! What's even better is that nearly all of these calories come from fatty acids, i.e., adipose

Although the processes are quite different, DNP and physical exercise have similar end results. Both drastically increase the metabolic rate as well as create a high demand for ATP. If the demand exceeds the ability of the mitochondria to produce ATP, exhaustion results. The process of "getting in shape" is actually the body's adaptive response to the demand placed upon it during physical exercise. DNP is like physical exercise because it too makes the body work harder to produce a sufficient amount of ATP to fuel its energetic requirements. In fact, DNP places a higher demand on oxidative phosphorylation than exercise. Not only does DNP affect the entire body, but it does so 24 hours per day. Can you imagine physically exercising your body continuously day after day? Just as your body "gets in shape" with physical exercise so it does with chemical exercise. It is for this reason that all of the DNP experimenters felt stronger, healthier and more vital upon ceasing its usage.

Without a doubt, many of you are thinking that you would like to try some DNP on yourself. Potent fat loss with muscle loss (and possibly muscle gain) is only a dream for many people who long to be fit and lean. Although tempting, my advice is to stay away from DNP! Not only does it have explosive properties, but it is very difficult to obtain. Furthermore, the more DNP you take the more fat loss you will have. This leads to the temptation to take more and more in hopes of achieving better results. Unfortunately, the "more is better" philosophy will cause devastation when it comes to DNP. With DNP. a little is good, but beyond a certain dosage it becomes toxic, even deadlyremember the workers in the dynamite facility! Don't lose hope, though. I have been working on a naturally occurring uncoupler which seems to be safer and better the DNP. If all goes well, I will be reporting on this in the next issue.

Keep your eyes open — you won't vant to miss this!

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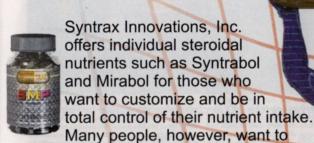
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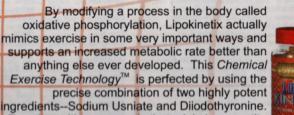
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19-21 Nov 99 - Atlanta, GA 425 Cooke (45-49) Raw 275* 325 475 225* 390* 360 500 370 375* 310* (55-59) Raw

123 lbs. Open Raw 350* (70-74) Raw 255* Romero Police Raw 350 SHW (14-16) Yates 345 415*

Nields Open Wright Mosley 181 lbs. (20-23) Rutherford (20-23) Raw Wallace Open Raw Wallace! Open Raw Wallace! Open Campbell, P Feinberg Lombardo Davis (33-39) Raw Misorski, Jr (40-44) Raw Witmer (40-44) Dunn Police Raw Reeves 515 520* (33-39) Resnik (40-44) Cunning 455 430 350 345 Pelis Int'l Friendship 114 lbs. Youth 335 260 Misorski, M 123 lbs. Open Reeves 198 lbs. (20-23) Brice Open Raw Cockman 335 (14-16) Raw 185 385 (20-23) 365 181 lbs. Cockman Open Campbell, G! Barrett Honaker Major Casagrande (33-39) Barrett (40-44) Major (20-23) Raw 310 (20-23) McClair 198 lbs. 285 (33-39) Olstein 220 lbs. (14-16) 275 Major Holling (50-54) (17-19) Graves (50-54) Raw Smith (55-59) 225 505 505* Mitsopoulos (70-74) Raw Simko (75-79) 395* 505 40-44) Ray 225 242 lbs 235 (20-23) Raw 445* 275 lbs. Police 225 505 (33-39) 365 Open Raw Rawls (33-39) Drisdom (45-49) Raw Rawls (50-54) Raw Cote (50-54) Rosenfield Police Kelley 242 lbs. (17-19) Raw Embry Open Feehan Kelley Wright Maitezos Delk Moorroe Padgett Radico Open Raw Cooke (33-39) Feehan Police Raw Louallen 505* DEADLIFT 345 MEN 165 lbs. 335 (65-69) 181 lbs. Open

Davis (55-59) Raw

Dunn 198 lbs. (17-19) Raw

Chamblis (20-23) Brice Open Casagran

(40-44)

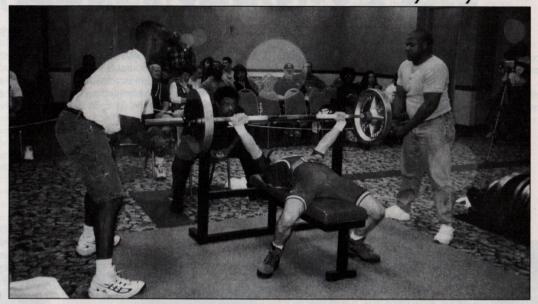
275*

425

275

530 660 550

WNPF WORLDS as told to PL USA by Troy Ford



Steve Petrencak, out of Ohio, made a 295 bench press in the 123 lb. class. (all photographs by Petrencak)

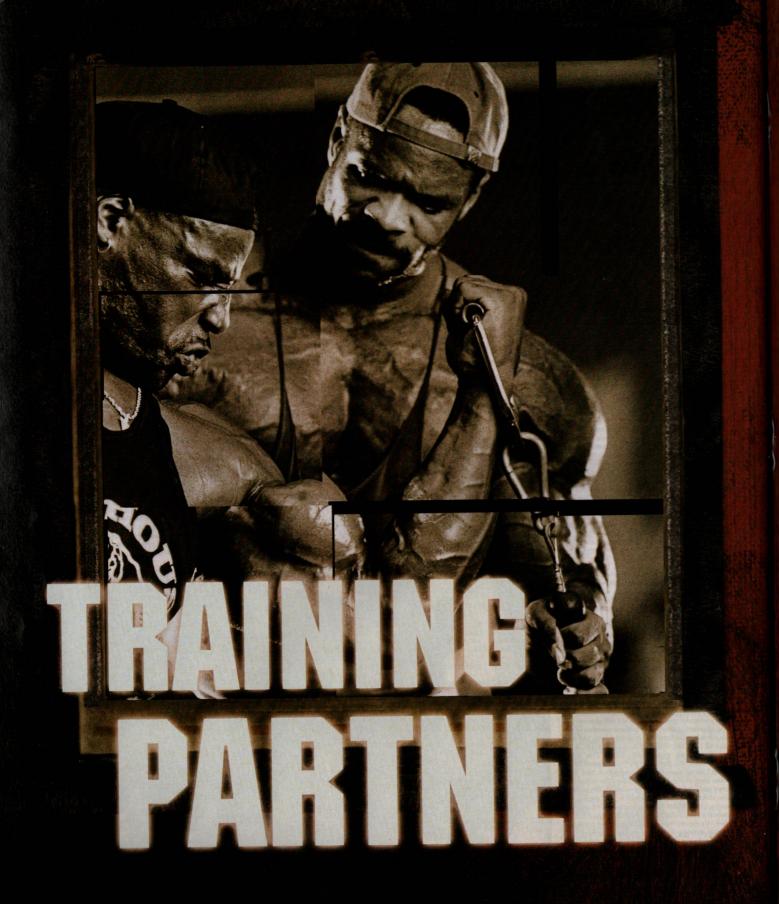
Smith 220 lbs. Open	575*	165 lk			Newbold International Frie	390 andshin	245 Cup	370	1005	(50-54) Raw Smith	370*	270*	575*	1215*	
Saunders	710*	Mann		325*	WOMEN 148 lbs					Police Raw	3/0	2/0	3/3	1215	
Open Raw		Open			Amos	-	-	-	-	DeAmicis	410*	275*	535*	1220*	
Thomas	675	Judge		480	(40-44)					220 lbs. (20-23)					
(33-39)		(33-39	9)		Amos	-	-	-	-	Dougherty	500	335	535	1370	
Thomas	675	Belkn	ар	450	World Powerlifting					Russell	450	275	415	1140	
(40-44)		181 lt)5.		114 lbs. Youth R					Open					
Walker	450	(20-23	B) Raw		East	95*	75*	150*	320*	Klayhold	715	425	625	1765	
242 lbs.		Krame	er	405	Youth					Cavanaugh	560	395	520	1475	
(17-19) Raw		4th		425	Darling	145*	85*	205*	435*	Gardner	575	345	515	1435	
Embry	455*	220 lb	s. (40-4	4)	123 lbs. Youth Ra					(40-44)					
Open Raw		Massr	rock	595*	Curry	165*	85*	200*	450*	Watson	440	260	500	1160	
Padgett	650	(45-49	9)		132 lbs. Open					(45-49)					
(33-39) Raw		Huell		525	Maez	360	260*	450	1070	Jones	405	305	500	1210	
Padgett	650	SQUA	T		(20-23)					(65-69)					
(45-49)		WOM	IEN		Mascio, Jr.	305	215	360	880	Branham	315	275	460	1050	
Davis	575	(14-16	5)		148 lbs. Open					242 lbs. (17-19)					
4th	590	Pole-S	ummers	410*	Brown	-	-	-	-	Williams	550	285	550*	1385	
(50-54)		Open			(40-44)					(17-19) Raw					
Raines	580	Pole-S	ummers	410*	Brown	-	-	-	-	Embry	430*	275*	455*	1160*	
275 lbs. Police		MEN	165 lbs.		Police					(20-23)					
Ferrell	650*	(45-49			Brown	-	-	-	-	Wood	520	340	605*	1465	
SHW		Granh	nam	500*	(50-54) Raw					Open					
(14-16) Raw			s. (40-4	4)	Hoxworth	370*	240*	480*	1090*	Rerucha!	710	490t	665	1865	
Yates	405*	Dunn		400*	165 lbs. Open					Zimmerman	675	395	525	1595	
Open Raw		(33-39) Raw		Yeargin	530	300	550	1380	Kristoff	590	370	620	1580	
Jahn	725*	Mison	ski, Jr	330	Metivier	475	295	480	1250	Open Raw					
(40-44)		4th		345*	(40-44)					Kristoff	590	370	620*	1580	
Pelis	600	198 lb	s. (20-2	3)	Yeargin	530t	300	550*	1380	(40-44) Raw					
Int'l Friendship (Cup	Brice		485*	(45-49)					Lovejoy	430	335	510	1275	
114 lbs.	OF BUILDING	(50-54) Raw		Graham	500*	310*	500	1310*	(45-49)					
Youth Raw		Smith		370*	181 lbs. Youth					Davis	460	325	575	1360	
Misorski, M.	100*	220 lb	s. (40-4	4)	Black	175*	125*	225*	525*		4th-Di	L-590			
132 lbs.		Walke		455*	Open					(50-54)					
(14-16) Raw		242 lb	s.		Lafoy!	600	420	650*	1670	Raines	525*	350	580*	1455*	
Kovelesky	225	(17-19) Raw		Alday	615	400	585	1600	275 lbs. (33-39) l					
148 lbs. (60-64)		Embry	,	430*	Davis	500	345	600	1440	Gallagher	490*	395*	475*	1360*	
Dodson	390*	Open			Campbell, P	550	455*	430	1435	(55-59)					
TOWARD COM		Malte	ZOS	575	Open Raw					Simmons	520*	380*	465*	1365*	
World Powerlifti					McNinch!	450*	340*	480*	1270*	SHW Open					
WOMEN	SQ	BP	DL	TOT	(40-44)					Jahn!	625	515	725	1870	
97 lbs. Youth	The Later				Dunn	400	330	480	1210	Open Raw			ALES !		
Curry	65*	35*	100*	215*	(45-49)					Jahn	625*	515*	725*	1870*	
105 lbs. Open					Williams	480	360*	540	1380		4th-BP	-520			
Kirkland	-	-	-	-	Pride	460	290	520	1270	(40-44)					
(33-39)					Police					Pelis	500	425	600	1575	
Kirkland	-	-	-	-	Reeves	415	335	520	1270	(45-49)			And trans	660	
123 lbs. (17-19)	Raw				(33-39) Raw					Wheeler	730*	475*	640*	1845*	
Brown	205*	115*	250*	570*	Misroski, Jr.	330	335	350	1015	International Frie		Cup			
Knight	-	-	-	-		4th-SC	2-345	DL-38	5	148 lbs. Open Ra					
148 lbs. (33-39)				The state of the s	198 lbs. Youth					Conyers	550*	400*	630*	1580*	
Bissette!	350	195	420	965	Caraway	235*	120*	275*	630*	Youth	1112				
	4th-SC	₹375			(17-19) Raw		12103	41320		Mann	245	195	325	665	
(40-44)			7204	W.Spa	Chambliss	290	205	400	895	(60-64)	-	valo	- Italian	and the same	
Wehr	295*	145	315	750	(20-23)	-				Dodson	290*	160*	390*	870*	
(55-59)			0.1		Brice	485	385	530	1400	165 lbs. (20-23)				Mit an	
Kostadinos	290*	145*	330*	765*	Open					Robbins	555W		525	1300	
Rubinosky	250	145	325	720	Watkins	600	390	580	1570		4th-BP	-325"			
Open					Honaker	575	415	550	1540	181 lbs. (20-23) I			THE PER		
Kostadinos	290	145	330	765	Major	-	-	-	-	Kramer	370	310*	405	1085*	
Police					(40-44) Raw	160		122	No.	and the same		2-380*	4th-DL	-425	
Rubinosky	250*	145*	325*	720*	DeAmicis	410*	275*	535*	1220*	220 lbs. (40-44) I		- W- 49	CONTRACT.	A I STREET	
SHW (14-16)					(40-44)	NO 1	COR	HELD A	Mulino	Mann	350*	315*	405*	1070*	
Pole-Summers	410*	275*	345*	1030*	Brown	570	370	550	1490	Open			The state of the s	The same of	
Open			-	MALIO	Major	-		5000	-000	Daubert	630	475	575	1685	
Pole-Summers	410	275*	345	1030	(45-49)		10000	The state of	With the same	TABLE DURING	4th-BP	480*			
Newbold	390	245	370	1005	Mascio, Sr.	470	380	500	1350	(45-49)	OREST O	MOSS N	N DECEMBER		
(33-39)					Phillips	450	350	500	1300	Huell	470	300	525	1295	

630	475	575	1685	
4th-B	P-480*			
600	400	650	1650	
530	370	565	1465	
530	370	565	1465	
600	400	650	1650	
	4th-8 600 530 530	4th-BP-480* 600 400 530 370 530 370	4th-8P-480* 600 400 650 530 370 565 530 370 565	4th-8P-480* 600 400 650 1650 530 370 565 1465 530 370 565 1465

bombed out over the three day event, some lifters weren't deep enough in the squat or had their knees bent at the start and end of the squat and some just couldn't handle the weight. The judging was strict from what everyone was saying. Of course, some lifters felt they were robbed and you know the blame was put on the officials and not the lifter. We expect that to happen at every meet and there is nothing the WNPF or any other organization can do about it. One thing I can say about the WNPF officials is that they will never take anything away from any lifter; they may give you a lift, but they will never take one from you. And there is no favoritism, we don't care where you come from NY, CA, FL, the Moon or Mars. If you do the lift correctly you will see a white light, do it wrong and



Superheavyweight Adrian Luster with the biggest Bench Press in the history of the WNPF - 640 pounds.







EXTREME XXL® LOADED WITH 50GRAMS OF WHEY PROTEIN ISOLATE, 215 GRAMS OF CARBOHYDRATES, 1070

TO HELP INCREASE AND MAINTAIN MUSCLE MASS AND ENERGY LEVELS.* EXTREME XXL'S NEW GREAT FLAVOR-STRAWBERRY BANANA IS A GREAT SUPPLEMENT TO HELP YOU ATTAIN YOUR GOALS.*

A FORCE IN THE GYMTM





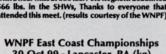
		ge McCray BP		Ironwoman	BP	DL	TOT
	- BOI		(Kg)	WOMAN 105 lbs. Open		400	
BENCH		275 lbs.		Kassel	57.5!	122.5!	180
WOMEN		(40-44) Raw		148 lbs. Open Raw Delfalco	95*	142.5*	227 5
165 lbs. (50-54)	90*	Foster	255*	165 lbs. Open Raw	93	142.5	237.5
Kennedy MEN 165 lbs.	90-	Patrick Pollack	176 157.5	Orliss	85*	157.5*	2442
Novice Raw		Novice Raw	15/.5	Ironman	03	137.3	2442
Aumenta	126		165	148 lbs. (55-59)			
Lifetime Raw	120	Lucky	162.5	Dranikoff	70	95	165
Joseph	165	Novice	102.5	165 lbs. Open			
Open Raw		Nelson	167.5	Dambach	117.5	197.5	315
Joseph	155	Pullum	165	(33-39) Raw			
(33-39)		Pollack	157.5	Alpert	147.5*	202.5*	350
Sanfilippo	175*	(33-39)		181 lbs. Youth			
Bravard	122.	5Patrick	175	Hameed	60*	100*	160
181 lbs. Open Ra	w	Pullum	165	(17-19) Raw			
Lowther	157.	5(40-44)		Lombardo	110	150*	260
Novice Raw		Butz	175	Open			
Adams	-	(40-44) Raw		Warshany	182.5	222.5	405
Hanily		5Moyer	107.5*	Open Raw			
Lombardo	135	(50-54)		Lowther	157.5	160	317.5
(17-19) Raw		Kane	145	(40-44)	122.5	240	382.5
Wright	90	Burton	140	Maxwell	122.5	240	382.5
(40-44)		(55-59)		(60-64) Derisi	145*	216	360
Gerckens		Mitsopoulos	172.5	198 lbs. Open	143	210	300
Brager (55-59) Raw	132.	5220 lbs. Lifetime		Pollack	157.5	220	377.5
Freed	127	5Hudak	230	Lifetime	137.3	220	3//.3
198 lbs.	13/.	Open Raw	230	Pollack	157.5	220	377.5
(14-16) Raw		McClain	185	Novice			
Althouse	75*	(40-44)	103	Pollack	167.5	220	377.5
Open		Ehrhardt	215*	(40-44)			
Patrick	175	(60-64) Raw		Williams	125	232.5	357.5
Pollack		5 Phillips	182.5*	220 lbs. Lifetime			
Open Raw		242 lbs. Junior		Hudak	180	230	410
McCov	170	Imurhadze	180	(33-39) Raw			
DEADLIFT		Open		Quinn	180	275	435
WOMEN		Taylor	187.5	Novice			
165 lbs.		Guzik	167.5	Coiante	197.5*	240	437.5
Open Raw		(33-39) Raw		242 lbs. Novice Raw			
Poitevien	107.	5 Wiggins	200	Baldock	180	227.5*	407.5
MEN		(40-44)		275 lbs. (33-39) Raw			
165 lbs. (33-39)		Taylor	187.5	Defalco	227.5	272.5*	500
Bravard	227.	5 Capers	175	(40-44) Raw	172.5*		
198 lbs.		Novice		Foster SHW (45-49) Raw	1/2.5	255	427.5
(14-16) Raw		Risi	132.5	Sullivan	165	200*	385
Althouse	117.	5(40-44) Raw		(33-39) Raw	103	200	303
Open Pollack	220	Althouse	122.5	D'antonio	205	252.5*	457 5
Lifetime	220	275 lbs. (40-44) Hunter	192.5	Open Raw	203	232.3	437.3
Pollack	220	Cherry	180	Reghetti	187.5	302.5*	490
Novice	220	Open	100	* - WNPF American Reco			
Pollack	220	Hunter	192.5	American Record. Best			
(40-44) Raw	220	Cherry	180	Warshany, BP: Gene Ry			
Moyer	205	(40-44) Raw	100	Champions - Kodiak Por			
(46-49)	-03	Foster	172.5*	Owls. BP Champs: World			
Hatten	237	SHW		3rd Workout World. I the			
Police		Novice		came out to lift in this me			
Williams	232.	Spain	285*	the most important meets			

135

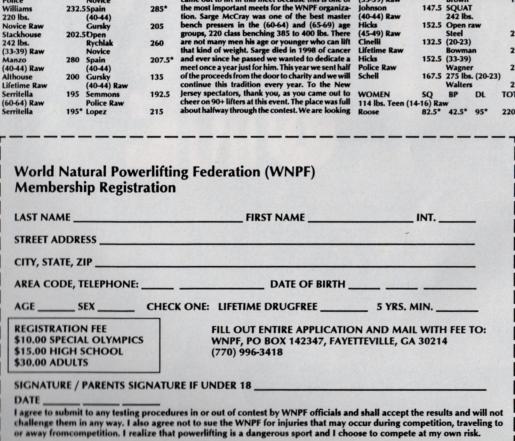
Manzo (40-44) Raw

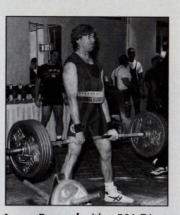
200 Gursky

for a larger facility to hold our NJ meets because they have gotten that BIG. Some highlights include Ronna Kassel from PA. putting up excellent numbers such as a 57.5 bench press and 122.5 deadlift at 102 lbs., Stacy DeFalco from NJ benching 95 kilos at 134 lbs. raw, Pat Kennedy from PA. benching 198 lbs., at 52 yrs. of age in the 165s. Rick Alpert settling two American records in the 165 submasters raw division. Emanuel Sanfilippo won the submasters division and set a new record with a 36.5 lbs. bench press. Bob DeRisi, 62 yrs. old, benched 325 lbs. Ron Ehrhardt, 41 yrs. old, 211 lbs. and one of the top master lifters in the WNPF benched 474 lbs. coming off a neck injury. Bill Phillips from NJ is the only man to ever come close to Sarge McCray, and he benched 402 lbs. in the 220 class, at 61 yrs. old. Mike DeFalco benched 501 lbs. raw in the 275 lbs. class. Adam Spain in the SHW novice class benched 457 lbs. and deadlifted 566 lbs., Gene Rychlak from PA benched 573 lbs. with a near miss at 600 lbs. Pete Reghetit deadlifted 566 lbs. in the SHWs, Thanks to everyone that attended this meet. (results courtesy of the WNPF)



30 Oct 99	- Lar	caster, PA	(kg)
BENCH		275 lbs.	
148 lbs. Open		Open Raw	
Folken!	172.5	Hilderley	172.5
165 lbs.		(40-44) Raw	
Lifetime raw		Hilderley	172.5*
Legg	102.5	Open Raw	
Open Raw		Richardson	185
Legg	102.5	DEADLIFT	
(45-49) Raw		165 lbs.	
Legg	102.5	Lifetime Raw	
Police Raw		Legg	152.5
Legg	102.5	Open Raw	
(33-39) Raw		Legg	152.5
Alpert 181 lbs.	147.5	(45-49) Raw	152.5
(40-44) Raw		Legg Police Raw	152.5
Witmer	117.5		152.5
198 lbs. Open	117.3	181 lbs. Open	
Bogdan	1875	Bailey	197.5
(40-44)	107.5	Novice	137.5
Blackburn	162.5	Bailey	197.5
(50-54)		Lifetime	.,,,,
Angelaccio	147.5	Neiman	232.5
(55-59) Raw		242 lbs.	
Johnson	130	(33-39) Raw	
220 lbs. (40-44)		Johnson	220
Horvath	165	(45-49) Raw	
Police		Ginelli	187.5
Horvath	165	275 lbs.	
242 lbs.		(40-44) Raw	
(33-39) Raw		Brown	185
Johnson	147.5	SQUAT	(
(40-44) Raw		242 lbs.	
Hicks	152.5	Open raw	235
(45-49) Raw Cinelli	122 5	Steel (20-23)	235
Lifetime Raw	132.5	Bowman	215
Hicks	152 5	(33-39)	213
Police Raw	132.3	Wagner	272.5
Schell	167.5	275 lbs. (20-23	
		Walters	227.5
WOMEN	SQ	BP DL	TOT (
114 lbs. Teen (14			
Roose	82.5*	42.5* 95*	220*
	A 10 10 10		,





Lance Bravard with a 501 DL at the East Coast Championships

100 115 310

MEN 132 lbs. (33-39)

Sandler 148 lbs. (20-23)	95	100	115	310
Roth	150	77.5	150	377.5
Open raw Bowman	172.5	102.5	177.5	452.5
165 lbs. Open Kingure	227.5	140	165	532.5
(33-39)				
Bravard (33-39) raw	150	120	227.5	497.5
Alpert 181 lbs. (17-19) R	145 aw	147.5*	200*	492.5*
Roose	160	125	192.5	477.5
Open Lawrence	210	145	197.5	552.5
Novice Lawrence	210*	145*	197.5	552.5*
Open Raw Grucella	227.5	150	210	607.5
(33-39) Raw				
Myers (40-44)	192.5*	150	227.5*	570*
Roth 198 lbs. (17-19) R	250*	147.5	235	632.5
Flemembaurn	175	115	227.5	517.5
(17-19) Nicolosi	242.5	140	232.5	615
Open Honaker!	240	190	250	680
220 lbs. Open Petrides	227.5	185	257.5	
Open Raw				670
Reem (33-39) Raw	220	147.5	272.5	640
Reem 242 lbs. Open	220	147.5	272.5	640
Wagner	272.5	157.5	247.5	677.5
Bowman Killen	215 227.5	172.5 155	262.5 250	650 632.5
(33-39) Wagner	272.5	157.5	247.5	677.5
(45-49) Raw				
Cinelli 275 lbs. Open	157.5	132.5	187.5	477.5
Walters Open Raw	227.5	165	190	582.5
Brooks	200	137.5	225	562.5
SHW Open Ferrell	250	177.5	305	732.5
*WNPF American records fell also	records	Severa	WNPF	Pa. state
thanks to the liften	s that at	tended	his cont	test, and
although it was one this year, we still	had a	good t	ime. O	ancaster ne lifter
this year, we still commented that w because some lifts whatever reason.	ve didn'i	have m	any at t	he meet
whatever reason.	We didn	't have	many li	fters be-
Worlds, three wee	ks later.	One th	ing I mu	st men-
tion is that the offi ing, they do just as	good of	a inha	anvon	. This is
not to say that the	y don't	miss cal	s, becar	use they
not to say that the do, but they are ri them and they we away from any life	ould ne	ver, eve	r take a	nything
piatiorm. Some ill	ters jus	T don't	unaerst	and the
rules and they are nique to get their l	not will	ing to a	djust the	eir tech-
had a few first time	e lifters a	and a fer	w vets a	nd most
of the first time something to lear	n from	and a	ew of	the vets
thought that we we them. We get no sa	ere takin tisfactio	g some	hing aw	ay from
from anyone. Most	the WN	IPF offic	ials are	ifters or
former lifters and that is put forth to g	et ready	forone	of these	events.
If you are red light you did wrong, and	ed, ask t	tell you	F officia	als what
can adjust and com	e back a	nd kill t	ne weigh	nt on the
next attempt. Tha Ramada staff in La	ancaster	for allo	wing u	s to use
their facility. (Than	ks to th	e WNPF	for the	results)

WABDL 24-Hour Idaho Iron Great Northern BP/DL Great Northern BP/DL
11 Sep 99 - Post Falls, ID
LIFT 165 lbs.
EN G. Anderson (40-46) 181 lbs.
L. Feusi
eig 374 Master (40-46) 165 lbs. 132 lbs.
lford 253 W. Greig

WOMEN Master (40-46)

132 lbs.		L. Feusi	192
W. Greig	374	Master (40-46)	
(47-53) 165 lbs. B. Heriford	253	132 lbs. W. Greig	148
WOMEN	-33	181 lbs.	
97 lbs.	122	L. Feusi	192
C. Loukprasong 114 lbs.	132	(47-53) 148 lbs. R. Ballard	159
D. Snow	314	165 lbs.	
165 lbs.	303	B. Heriford UL	170
G. Anderson Junior (20-24)	303	L. Miller	-
148 lbs.		MEN	
C. Stuckey MEN Class-1	286	Master (38-47) Law/Fire 165 lbs.	
165 lbs.		J. Dobie	341
K. Navarro	-	T. Hines, Sr.	214
181 lbs. E. Kuskie	496	(48+) 275 lbs. P. Fay	374
4th	507	Open Law/Fire	
198 lbs. K. Watson	424	181 lbs. E. Kuskie	352
SHW	424	M. Miner	292
B. Baker	-	Master (40-46)	
242 lbs. M. Chrysler	551	165 lbs. J. Kasper	264
Open 132 lbs.	33.	242 lbs.	
O. Martinez	413	W. Crossen	507
181 lbs. J. LeGard	617	275 lbs. B. Greig	451
198 lbs.	017	SHW	
B. Hines	551	P. Ratsch	352
220 lbs. B. McCanse	617	(47-53) 220 lbs. C. Endicott	_
SHW		J. Paggett	374
P. Ratsch	661	242 lbs.	
4th Junior (20-24)	683	H. Parris (54-60) 275 lbs.	
165 lbs.		G. Nelson	551
D. Felch 198 lbs.	523	(61-67) 220 lbs. H. Smith	303
D. Anderson	435	(68-74) 242 lbs.	303
E. Mil-Homens	622	J. Crowe	159
C. Ratliff Law/Fire Open	446	(75+) 198 lbs. O. Whitehead	187
181 lbs.		242 lbs.	
E. Kuskie	496	V. Starkel	303
4th Submaster (34-39	507	Junior (20-24) 165 lbs.	
275 lbs.	'	D. Travis	341
R. Williams	352	198 lbs.	
144 (20 47)			220
Master (38-47) Law/Fire 165 lbs.		S. Fletcher	330 424
Law/Fire 165 lbs. J. Dobie	-	S. Fletcher E. Mil-Homens Submaster (34-39	424
Law/Fire 165 lbs. J. Dobie (48+) 275 lbs.	-	S. Fletcher E. Mil-Homens Submaster (34-39 181 lbs.	424
Law/Fire 165 lbs. J. Dobie	- 600 611	S. Fletcher E. Mil-Homens Submaster (34-39	424
Law/Fire 165 lbs. J. Dobie (48+) 275 lbs. P. Fay 4th Master (40-46)	- 600	S. Fletcher E. Mil-Homens Submaster (34-39 181 lbs. A. Berry 198 lbs. B. Blum	424
Law/Fire 165 lbs. J. Dobie (48+) 275 lbs. P. Fay 4th Master (40-46) 198 lbs.	- 600 611	S. Fletcher E. Mil-Homens Submaster (34-39 181 lbs. A. Berry 198 lbs. B. Blum 220 lbs.	424
Law/Fire 165 lbs. J. Dobie (48+) 275 lbs. P. Fay 4th Master (40-46) 198 lbs. M. Buclos B. Hines	- 600	S. Fletcher E. Mil-Homens Submaster (34-39 181 lbs. A. Berry 198 lbs. B. Blum 220 lbs. D. Skidmore 308 lbs.	424 303 612
Law/Fire 165 lbs. J. Dobie (48+) 275 lbs. P. Fay 4th Master (40-46) 198 lbs. M. Buclos B. Hines 242 lbs.	- 600 611	S. Fletcher E. Mil-Homens Submaster (34-39 181 lbs. A. Berry 198 lbs. B. Blum 220 lbs. D. Skidmore 308 lbs. J. Barada	424
Law/Fire 165 lbs. J. Doble (48+) 275 lbs. P. Fay 4th Master (40-46) 198 lbs. M. Buclos B. Hines 242 lbs. R. Nelson	- 600 611	S. Fletcher E. Mil-Homens Submaster (34-39 181 lbs. A. Berry 198 lbs. B. Blum 220 lbs. D. Skidmore 308 lbs. J. Barada Class-1 165 lbs.	424 303 612
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River. Fifty nine benchers and 40 deadlife rt. DEADLIFT: In master (40-46) Mark Duclor

won with 551. Any time you deadlift over 500 and are a master lifter and dung free, you're doing god, AL739 Ruce Cenig from Canada did 28 and tited 84.18 Ruce had on this finger banding the har in the 84.19 Ruce had on this finger banding the har in the 84.81 which at age 44 is phenomenal. He used to 20 norm with Lee Moran and played pro hockey with the San Joes Share. At super had Rachd and a sew office of the 35 at 22.81 twa has in time the 16.52 about 17.9 of the lifters in the meet had never compreted before. In master (47-53) Clifford Endicoit did 43.12 at 20.1 twa has in time the 1.61 fact, 2 about 17.9 of the lifters in the meet had never compreted before. In master (47-53) Clifford at 198. In master (75-9) Davido Miller set a world record with 30.1 the next had not been compreted before. In master (47-53) Clifford at 198. In master (75-9) Davido Miller set a world record with 30.1 the 10.10 factors of the 10.10

Current Card # (If Renewal)

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Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

City		State		Zip		Area Code/Telephone
Current WABDL Classification Elite Master 1 II III IV	Referee Status World National State	U.S. Citizen? Y N	Date of Birth	Sex M F	Today's Date	Card Issued By
Registration Fee \$ Make checks payabl			E: All WABI	DL-sanc	tioned mee	ets will be subject to
WORLD ASSOCIATION PRESSERS AND DE P.O. Box 5292 Bend, Oregon 97708	ON OF BENCH	to sub	mit to any t	esting p	rocedures of and shall a	ge detection, I agree leemed appropriate accept the results
	at initial	Signa	39,300,527			



Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably 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 people who may be interested your competition.

4 MAR, WV State High School PL, Rick Dee3m, Parkersburg H.S., 1511 Blizzard Dr., Parkersburg, WV 26101, 304

4 MAR, Larry Frederick Memorial BP Challenge, North Penn YMCA, 608 E. Main St., Lansdale, PA 91445, Steve Unrath, 215-368-1601 ext 230.

4 MAR, Walker's Gym BP Clasic (men, masters, teen, women, police, fire, mili-tary-open & raw) Walker's Gym, 220 E. Broadway, Hopwell, VA 23860, 804-458-7918

4 MAR, APF Bike Week Bench Bash & Deadlift, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

4 MAR, USAPL Dakota BP (men, women, teen, collegiate, masters, sculptured trophies) Rich Edinger, Box 1295, Fargo, ND 58107, 701-799-5316

4 MAR, SLP Missouri State "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-

5429, sonlight@advancenet.net

4 MAR, USPF Central California BF (Frazier Park) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, or Steve Denison 661-664-7724

4 MAR. WABDL Oklahoma State BP/ DL, Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059

4 MAR, All Church Meet (open to all church members and church sponsored teams) Pastor Peter Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410

4 MAR. Police & Firefighters Nationals (Holiday Inn KCI, Kansas City, KS, 816-456-2345) James Duree, 913-596-7326

5 MAR, ANPPC Central USA PL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 217-253-5429,

5 MAR, USPF New Jersey High School Drug Free Championships, Paul Sacco, 609-567-0046

11 MAR, 4th APF Michigan Sr. State PL (men/women: open, teen, jr., sub-master, master, novice) Dan DeFelice, 19461 Volland, Roseville, MI 48055, 810-294-7055 after 6PM please, ddefelice@mediaone.net,

11 MAR, WNPF New York Bench & Pull (Armonk - near White Plains) WNPF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com
11 MAR, WEPOF World Superman (PC,

BP, DL) WEPOF, 6278 N. Summer Cir., Douglasville, GA 30135, 770-949-9299 11 MAR, USAPL Nebraska Law Enforcement BP & DL (certified law enforcement, incl. corrections - open, master, submaster, women - Ft. Calhoun) Tim Anderson, 1829 South St. #42, Blair, NE 402-426-0665, timanderson@huntel.net

11 MAR, USAPL 3rd Judgment Day/

Eclipse 2000 Drug Free BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115,

11 MAR, NASA Ohio State (Springfield, OH) NASA, Box 735, Noble, OK 73068, 405-527-8513

11 MAR, WPA World Cup BP (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa 11 MAR, USAPL Military Nationals (San Diego area, CA) Chris Turner, 619-238-7168 (h)

11 MAR. March Madness BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

11 MAR, AAU State Championships

(raw/assist., open, submaster, master, youth,teen - natl. judges, world qualifier) Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266 11 MAR, 16th Mike Giardina's Biggest Bench Press (open men, women, teen, submaster, masters) Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 (after 6pm)

11 MAR, Hawaii State PL (raw/assist, age 5-95, all divisions, World PL qualifier) Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266 11 MAR, USPF Texas State (Dallas, TX Men & Women, open, BP, class I, teen, 40-49, 50+, submaster, 20-23) Seguin Fitness, 1415 E. Court, Seguin, TX 78155,

11 MAR, APF Central Calif. Open/Nov-ice, PL/BP (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860 11,12 MAR, 6th USPF American Open PL/BP (Philadelphia - drug tested - open, teen, jr., collegiate, pol/fire/mil, sub-master, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net 11,12 MAR, USAPL Massachusetts State

Open High School (boys & girls) H. Waldron, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680
12 MAR, USAPL Washington County

Open (PL, BP, DL - open, teen, master, women - Ft. Calhoun) Tim Anderson, 1829 South St. #42, Blair, NE 68008, 402-426-0665, timanderson@huntel.net 12 MAR, Wisconsin Open BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

12 MAR, WNPF Northeastern (PL, BP,

DL, SQ - Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 15 MAR, APA New England Collegiate &

High School & Regional BP (New Haven, CT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa

18 MAR, XPF 3rd N. Sam Houston Bench Press, Leg Press, and Deadlift State Championships, Greg Shaw, N.H.H.C., 333 Sam Houston Pkwy., Houston, TX 77060, 713-814-7331

18 MAR, Ironman BP, DL & Record Breakers, Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156,

18 MAR (new date), WPO Qualifier

lantic Ave., Ormond Beach, FL 32176, 904-677-4000

18 MAR, APF Maine State Open BP, Russ Barlow, RR #2, Box 126, Turner, ME 04282, 207-225-5070 or Shane ME 04282, 207-223-3070 of Shah McKenna 207-442-0180 18 MAR, ANPPC Drug Free World

Cup Intl. Bench Press (teen, women, men, master) ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775 18 MAR (new date), APF Alabama Spring Classic, Robbins Fitness Advan-tage, 421 15th St. East, Tuscaloosa, AL

35401 205-344-5200 18 MAR, 11th Cabin Fever DL plus BP, Mike Schroen, Box 92, Goshen, IN 46527, 219-537-9329

18 MAR. Snake River BP/DL (non-sanctioned - Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6PM, 208-523-0600) 18 MAR, USAPL Illinois State/Great

Rivers Open PL/BP (open, women, teen, submaster, master, police & fire, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

18 MAR, AAU Arkansas State (open to all, Eureka Springs) Rusty Stafford, Box 699, Berryville, AR 72616, 870-423-

18 MAR, AAU lowa Planet Fitness Push Pull Challenge (assisted & raw, teen, nov-ice, open, masters) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrat@willinet.net 18 MAR, WNPF Alabama Open, Pedro

Hollingsworth, 3202 Bermuda Dr., Northport, AL 35473, 205-333-9952 18 MAR. NASA Pennsulvania St. (Pittsburgh, PA) NASA, Box 735, Noble, OK 73068, 405-527-8513

18 MAR, Y2K Muscle Power Bash BP/ DL Classic (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217253-5429, sonlight@advancenet.net 18 MAR, Miami County Championships

(high school, masters, open men & women) Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-5720/3197

18 MAR, Old Dominion BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com 18 MAR, CPC Western Canadians, Allan Sprague, Box 150, Mile House, BC, Canada, 250-296-3676 or Jon Wolbers 250-989-1545

18,19 MAR, AAU USA BP & USA DL (youth, teen, Jr., novice, open, submaster, master, law enf., military open/raw - men/women - Moreno Valley, CA) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797 18,19 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

19 MAR, WPF/EPC PL Team Cham pionships (Aldershot, England) Carl Smith Tel/FAX +43-316-817683 or

cmsith@netway.at
19 MAR, USPF Rhode Island State PL/ BP, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, Cranston, RI isabella@efortress.com

19 MAR, WNPF Western New York (Niagara falls, NY - national qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm. 24-26 MAR, USAPL High School Na

tionals, Joe Lewis, 4120 Cty Rd. A, Oshkosh, WI 54901, 920-233-7605 25 MAR, USPF Houston Muscletech Class, Keith Scruggs, 713-782-3389 25 MAR (new date), USAPL The

Battle of the Great Lakes III PL & BP (Cleveland, OH - H.S. - FR/SO - JR/SR, JRS, Men & Women Open, masters 40-



2000 PRO FITNESS POWER LIFTING SCHEDULE

MARCH 18, 2000 - IRONMAN BENCH, DEADLIFT AND RECORD BREAKERS CHAMPIONSHIP. LO-CATION: Pro Fitness, Rockaway, NJ

MAY 20, 2000 - HEAVY METAL CLASSIC - FULL MEET. LOCATION: Hopatcong High School, Hopatcong, NJ

AUGUST 12, 2000 - NJ BENCH PRESS OPEN. LOCA-TION: Pro Fitness, Rockaway, NJ

SEPTEMBER 17, 2000 - POLICE AND FIRE NATION-ALS - BENCH PRESS AND FULL POWER MEET. LOCATION: Holiday Inn, North Newark

NOVEMBER 18 & 19, 2000 - NJ STATE POWERLIFT-ING CHAMPIONSHIPS, LOCATION: Hopatcong High School, Hopatcong, NJ

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49, grandmasters 50-59, great grandmasters 60+, police/military/fire, raw, collegiate, novice, 1st meet) Gary Kanaga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608 (h),

25 MAR, 3rd Texas State DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

25 MAR, Unsanctioned Cowtown Gym & Fitness (PL & BP - Ft. Worth, TX) Bill Goldsborough, Lily Belen, 817-738-

25 MAR, Norfolk Novice Power Meet (guest lifters welcome - 4 wks. notice) Charles Sanford, Box 43, Norfolk, MA 02056, or Rich Dorr Sr. 781-544-9207/

25 MAR, USPF Closed Georgia PL & Open Deep South BP (Forsyth, GA) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n) 25 MAR, Abdon's Open Bench Classic, Dungeon Gym, 2833-CS. Live Oak Rd., Moncks Corner, SC 29461, 843-761-5632 or Floud Powe 843-875-1434 25 MAR, WNPFS. Carolina (PL, BP, DL,

SQ) (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418.

25 MAR, 20th Central Ohio Open BP, Dean Glitt, 351 John St., Circleville, OH 43113, 740-474-9776

25 MAR. AAU N.C. State Pl (Flizabeth City) Paul Bossi, 252-333-1454 ext 239 25 MAR, IPA High School Nationals, McDonough High School, Pomfret, MD, Dave Bradshaw 301-934-2944 25 MAR, West Coast Bench Press Championships, 650-757-9506

25 MAR, APF/AAPF Iron Island Tri-State Power Meet (NY, NJ, CT), Ralph Raiola, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014

25 MAR, NASA Texas State (Dallas, TX) NASA, Box 735, Noble, OK 73068, 405-527-8513

25 MAR, 25th USPF West Virginia State PL, USPF Single Lift SQ & DL, USPF Holley Strength Systems PL, BP, DL (Institute, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

25 MAR, Indiana Open BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-

MUM FIX

5429, sonlight@advancenet.net

25 MAR, USAPL Capital City Push-Pull Classic III BP and/or DL, L.C.G. 517-483-1227 or after 8:00PM EST Jeff Buchin 517-669-9368

25-26 MAR (new date) WABDL Budweiser Drug Tested World Record Breakers BP/DL & APF Regional PL including strongman contest (Shiloh Inn, Richland, WA) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

25-26 MAR, AAU and ADAU Great Lakes & raw BP (national qualifier) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

26 MAR, SLP Illinois State BP/DL (Joliet.

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Tuscola, IL 61953, 217-253-5429,

sonlight@advancenet.net
26 MAR, 1st Pittsburgh Area Monster BP and/or DL (men & women - cash prizes, Holiday Inn Airport) Mike Barravecchio, 301 Springwater Ct., Moon, PA 15108, 724-457-2708

26 MAR, Bay State Correctional Meet (guest lifters welcome, 4 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056 or Tim McDonald or Larry Givens, 617-727-

MAR, IPF Pan-Americans

1 APR, 1st annual Sarasota BP, The Gym, Paul Yoder, 2490 12th St., rasota, FL 34237, 941-366-2005

1 APR, "100% RAW" Bench Press Nationals (men & women, all age groups/wt. classes - limited entries - entry deadline 3/11) Spero Ts-hontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

1 APR, Weightlifting Unltd. BP, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288 6-8:30pm

1 APR, APF Maine State Open, Russ Barlow, RR #2 Box 126, Turner, ME 04282, 207-225-5070 or Shane McKenna

1 APR, NASA Tennessee State (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

1 APR, 2nd Wisconsin's Best Bench press, Glen Woychik, N34145 Moga Rd., Independence, WI 54747, 715-985-2608 1,2 APR, Power Palooza II PL & BP & DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

1,2 APR, WPA World PL & BP (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com www.angelfire.come/fl/wpaapacpa 1,2 APR, SLP NATIONAL DRUG FREE POWERLIFTING CHAMPION-SHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, II. 61953, 217-253-5429, sonlight@advancenet.net 1,2 APR, USAPL Frank Kostyo Memorial Southeastern Championships, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268

2 APR, Pennsylvania Open PL (BP, DL, SQ - 1st 5 - sculptured trophies - Best Western - University Inn - Indiana, PA) Joe Spellane, 724-639-9661

2 APR, PPL Spring "Drug Free" Classic PL, DL, BP, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

5-9 APR, PAPF Men's & Women's Open, Symposium, Congress (Radisson O'Hare, Chicago, IL) Pan American Powerlifting Federation, 774 Fig St., Golden, CO 80401, 3 0 3 - 9 8 9 - 0 8 3 1 ,

www.PanAmPL.com
7,8 APR, USAPL N. Carolina State (Kinston, NC) Ed Smith 252-523-0660 8 APR, Yadkin Spring Push/Pull (proceeds to St. Jude's Hospital-deadline 3/ 22/00) Steve Lundy, Box 1266, Yadkinville, NC 27055, 336-679-8660 8 APR, 12th APA Beast of the Northeast BP/DL, Carl Seeker, 24 Jefferson St., Warren, PA 16265, 814-723-3442 8 APR, APA Sunshine State BP/DL

(Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, angelfire come/fl/wnaanacha

8 APR, USA "RAW" BENCH PRESS FEDERATION SPRING NATIONALS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429,

sonlight@advancenet.net

8 APR, USAPL Missouri State/Ozark
Open PL/BP (St. Louis, MO) Mike Cissell,
15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 after 8pm, mcis904082@aol.com, usapinationals.com

8 APR. WNPF Atlanta Open PL/BP/

DL/SQ, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

wnpf@aol.com

8.9 APR, USPF National High School, Junior, Collegiate (Ft. Hood, TX - men, women) Seguin Fitness, 1415 E. Court, Seguin, TX 800-378-6460.

www.seguinfitness.com 8,9 APR, USPF California State Meet (Bakersfield - open, submaster, masters - no formulas) Chris Kostas, 1854 Pineridae Rd., Frazier Park, CA 93225. 661-245-0115 or Steve Denison 661-

8,9 APR, USAPL California State PL (Modesto, CA) Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464 9 APR, Kings Fitness Lb. for Lb. Cham pionships (most reps & tonnage - Hazlett, NJ) Ryan Vella, 732-335-0911,

www.kingsfitnessgym.com 9 APR, WABDL Benefit Texas State PL, Bob Garza, 9234 Beaver Bend Ct., Hous-ton, TX 77037, 281-820-5923 9 APR. Franklin Health & Fitness Spring BP/DI Classic (Franklin, IN) Dr. Darrel Latch, 126 W. Sale, Tuscola, IL 61953,

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Mesquite Nevada

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1st place qualifies for the AAU World PL 11/4-5/200 In

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14-16 APR, NASA High School Na-tionals (Dallas, TX) NASA, Box 735, Noble, OK 73068, 405-527-8513 15 APR, AAU Kansas State & Oz Invi-tational, Mike Medina, 408 Martin, Osawatomie, KS 66064, 913-755-6584 15 APR. USAPL New Millenium Washington State, Power Promotions, 23106 19th Dr. SE, Bothell, WA 98021, 425-

486-5864, mtrupi@seanet.com 15 APR, Country Jamboree Raw BP contest (Seffner, FL) Hank Carter, 813-684-1259 (D), 654-8051 (E),

15 APR, NASS North America's Strongest Woman (novice, open, teen, masters) Linda Holland, 300 W. Northern

Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net
15 APR, lowa/Midwest Open BP/DL and Trap Deadlift (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net

15 APR, 1st USAPL Thunder At The Beach Meet, Pinelands Regional H.S., Little Egg Harbor Township, NJ, Betty or Art, 609-294-3600 11AM-5:30PM EST 15 APR, Nebraska State/Midwest Open PL, Rick Hussey, 8905 Grant, Omaha, NE 68134, 402-392-2496

15 APR, 9th Dungeon Power Works BP/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-

15 APR, WABDL Oregon's Best BP & DL (Timber Inn, Coos Bay, OR) Gus Rethwisch, Box 5292, Bend, OR 97708,

15 APR, APA BP Nationals (Florence SC) APA, Box 27204, El Jobean, FL 941-697-7962, wpa50@hotmail.com,

www.angelfire.come/fl/wpaapacpa 15 APR, SLP Tennessee State PL (Carthage, TN) Dr. Darrell Latch, 126 W Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 15 APR, Spring BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-

3932, valifting@aol.com 15,16 APR, USPF Master Nationals (incl. submasters Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, strength@exis.net,

www.powerandstrength.com 15,16 APR, APF L.A. Lifting Club Invitational Classic & California State Championships PL/BP (Burbank, CA) Joe Avigliano, 818-846-5438

15.16 APR, USAPL Collegiate Nationals, USAFA, Cpts. Andrew Bates & Richard Schoske, CO Springs, CO, 719-282-0586

16 APR, 15th Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-

16 APR. AAU Mass State High School BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729 22 APR, PPL Iron Warriors Drug Free PL, BP, DL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806 22 APR, USPF Pennsylvania BP & DL (Philadelphia - drug tested - open, teen, jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

22 APR, NASS Tennessee Strongmar (TN resident, open, teen) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378 heavydutybubba@aol.com

^{*} For the advanced athlete or coach / CEU's available

22 APR, WEPOF Open Kentucky State BP/DL (open, teen, women, subm master, raw - Glens Gym, Louisville, KY) Stiles Corum. 502-375-1067

22 APR, USAPL Maine Millennium PL & BP (men & womens open, teen, mens submaster, masters, grandmaster, police & fire) Mark Clevette, Box 506, Warren, ME 04864, 207-273-2412

22 APR, AAU N.H. State, Rob Dion, EWHC, 80 S. Main St., Concord, NH 03301 603-225-0034

22 APR, Effingham Open BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

22 APR. Central Wisconsin BP (Adams. WI) John Easterly, 734 Deerborn Dr., Grand Marsh, WI 53936, 608-339-3977 28-30 APR, AAPF National Power lifting/Bench Press/Deadlift (Plano, TX) James Capehart, 972-

29 APR (new date), USPF Washington State, Ted DePoe, 360-426-5973
29 APR, AAU National BP (Little Rock, AR), Larry Kye, 114 Chickasaw, Jacksonville, AR 501-982-7668. 72076. Ikye@netscape.net

29 APR, Immaculate Heart of Mary Spring BP, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-

29 APR, AAU All-South Power Classic (PL, SQ, BP, DL - men/women - open, teen, jr., submaster, master) ESP+ Promotions, Box 704, Randleman, NC 27317, 336-672-1170, FAX 336-498-

29 APR, USAPL Eastern USA BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932,

Contest, Sanctioned APF

cash prizes

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29 APR, 21st ADAU Raw Drug Free Powerday BP & DL Classic (separate meets, open, teen, jr., submater, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

29 APR, WNPF Virginia PL/BP/DL/SQ (Richmond, VA) WNPF, Box 142347, Favetteville, GA 30214, 770-996-3418.

29 APR, USPF Spring Classic Push n' Pull BP/DL, Shane Williams, Rt. 1, Box 149, Wewoka, OK 74884, 405-257-2163 29 APR, SLP Indiana State BP/DL (Carmel, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

29 APR, USAPL Zumbro Valley Open, Steve Johnson, 405 5th St. NW, Kasson, MN 55944, 507-634-4730

29,30 APR, NASA N. Carolina St. (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

30 APR, 8th Red Baron Bench Press, Corning Community College Intramural & Recreation, 1 Academic Dr., Corning, NY 14830, Deb Prutsman, 607-962-9476

30 APR. CPA Canadian Champi ships, Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Que Canada J1E 2S2, Tel/Fax 819-346-9466

30 APR. Pl. West Colorado Classic Sortwell Productions, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075 30 APR, Hillsboro Power & Fitness BP/ DL (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

30 APR, USAPL "All American" BP (Taylor, PA) Power Gym, Joe Moceyunas 570-562-3642 or bob Granko 570-342-0668 APR, Python Spring Drug Free Classic

HUGE IRON Powerlifting Schedule

March 4, 2000 - APF Bike Week Bench Bash & Deadlift Contest

March 18, 2000 (new date) - WPO Qualifying Event for May 20th

May 6, 2000 - AAPF Florida State Powerlifting Contest (Drug tested)

May 20, 2000 - First Ever WPO Professional Contest, \$25,000 total

June 3, 2000 - APF Florida State Open Powerlifting Contest

June 17, 2000 - AAPF Police & Fire Powerlifting (Drug Tested)

July 15, 2000 - APF Florida Push/Pull for Total In Memory of Lawrence

September 9, 2000 - APF Bench Bash for Cash. \$6,000 Total Cash

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November 11, 2000 - AAPF Southern States Powerlifting Champion-

December 2, 2000 - APF Southern States Open Powerlifting Cham-

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(BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

3-5 MAY, "100% RAW" Elementary, Middle, High School & Collegiate National Championships (men & women, all wt. classes, limited entries, deadline 4/15) Spero Tshontikidis 8121 Needwood Rd. #104 Derwood, MD 20855, 301-990-

3-5 MAY, AAU Elementary, Middle & High School Nationals (Elizabeth City, NC) Paul Bossi, 252-333-1454 ext 239 (competition closed after first

4-6 MAY, AAUPC 100% Raw High School Nationals (men/women-all AAUPC age/wt. classes) Dr. Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

6 MAY, (new name) IPA Southern Open & East Coast BP, Fit by 4 A's/Max Muscle, 501 Ashley Phosphate Rd., #149, N. Charleston, SC 29418, 843-767-4628 or Floyd Powe 843-851-1434 6 MAY, Hardcore Bench Bash (Selmer, TN) Garry Robinson 901-645-5980 (h), 901-645-1839 (cell)

6 MAY (new date), ADAU 18th Drug Free New Jersey PL & BP/DL (all raw open, teen, jr., sub., master, law & fire, novice, out of state) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-

6 MAY (new date), Biggest Bench On the River III (\$6000 cash giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922

6 MAY, WNPF North American BP/ DL and Iron Man (Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

6 MAY, 17th Southern States Bench Press (open, over 40, women, novice, teen) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633 6 MAY (new date), USPF Mid Cities BP & Free Power Seminar by Chuck LaMantia and Bob Seibold (Norwalk, CA) Chris Kostas, 1854 Pineridge Rd. Frazier Park, CA 93225, 661-245-0115 6 MAY, AAPF Florida State (drug tested) Huge Iron Prods., 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

6 MAY, USAPL N. Dakota St. PL & The Fargo Open (men, women, teen, collegiate, masters, sculptured trophies) Rich Edinger, Box 1295, Fargo, ND 58107,

6 MAY, USAPL 4th Detroit Rock City Meet, Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866/

6,7 MAY (new date), USPF Virginia State Open & H.S. PL & BP (Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 7 5 7 - 4 8 1 - 6 9 6 3 ,

www.powerandstrength.com
6.7 MAY, NASA WV State PL. BP. PS (Ravenswood, WV) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283,

6.7 MAY, USAPI, National Masters (World Qualifier - Cleveland, OH) Ed or Frank King, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464 (9-5) or Larry Miller, 216-425-0912 (6:30pm-8:30pm) 7 MAY, 2000 USPF Reg. 4 & West Virginia State Bench Press, Dave Jeffrey, Box 231, Parkersburg, WV 26102,

304-489-2428, uspf@netassoc.net 7 MAY, AAU NE Regional World Qualifler, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-



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The Y2K USPF Sub-Masters & Masters Nationals to Be Held On April 15-16, 2000 In

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E-Mail: strength@exis.net Website: http://www.exis.net/

7 MAY, Hooter's Florida State Deadlift Championships, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801,

7 MAY, Wisconsin State Bench Press, Muscles & Fitness, 2509 E. Washingto Ave., Madison, WI 53704, 608-249-4227, Ford Sheridan

7 MAY, USPF Spring BP (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220 13 MAY, USPF Maryland BP & PL (Colora, MD) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

13 MAY (new date), USPF Alabamo State PL, Southeastern Regional PL/ BP, Alabama H.S. PL for Keys for PKU Foundation (open, class II, masters, women, h.s.) Jeff Green/Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438

13 MAY, APF/AAPF SW USA PL (Arlington, TX - novice, open, teen, sub-master, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX

13 MAY, USAPL Indiana State PL & Hoosler Open PL/BP, Greg Simmons, 100 E. Miller Dr. #29, Bloomington, IN 812-330-1012, n@indiana.edu

13 MAY, Big Bench Shootout (deadline 5/1/2000 - men, women, teen, jr., sub-master, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

13 MAY, NASS SW USA & Texas Strongman Challenge (Arlington, TX novice, open, teen, masters) Bill Holland, 300 W. Northern Ave., Sag 76179, 817-847-6082, wwilly@swbell.net

13 MAY, APF/AAPF Great Lakes PL, BP, DL (World Gym Elyria - men, women, pro/am, open, teen, jr., submaster, ma ter, novice) Dave Hopkin 440-324-4313 Don Rothgery, 165 Alexander Dr., Elyria,

13 MAY, APF California Strict Curl, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

13 MAY (tentative), NASA Missouri State, NASA, Box 735, Noble, OK 73068, 405-

13 MAY, Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429 sonlight@advancenet.net 14 MAY, PA Assisted & ADAU PA St.

Raw BP (Teen, jr., men, women, submaster, master) Bob Verner, 514 Loretto Rd., Pgh., PA 15217, 412-521-2620 19.20 MAY. WARDI Southern States BP & DL (Gadsen, AL - in conjunction with Willie Nelson/Beach Boys concert) Rich Hagedorn, 256-441-0143, FAX 256-



presents

The Los Angeles Lifting Club Invitational Classic And APF California State Championships **Powerlifting & Bench Press Competitions** April 15th & 16th, 2000

"Come see & lift with the Best in the World" J.M. Blakley, Gary Frank, Tom Waddle, Amy Weisberger, and more contact: Joe Avigliano, 818-846-LIFT (5438)

Qualifying totals for Invitational Classic Divisions only

20 MAY, USAF & Gold's Gym Armed Forces Day BP Challenge (men/w open, teen, submaster, master, law enforcement, military) Ed Miller - Gary Heim - Tom Kickline, Gold's Gym, on, PA 610-797-6800

20 MAY, Heavy Metal Classic PL (Hoptacong H.S., Hopatcong, NJ) Pro Fitness, 350 Route 46, Rockaway, NJ 973-629-9156,

20 MAY, Baddest of the Bad Bench Press, Mike Farmer, 21 W. Clark Ave., Box 199, Milford, DE 19963, 302-424-

20 MAY, 4th Best on the Bench (touch 'n go) Gloria Knight-McNeill, Box 71425, Durham, NC 27722, 919-477-9467 or Willie Lynch 252-478-8191

20 MAY, APA 5th Mon Valley Fitness Center Classic BP/DL/BP reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, mvfc@dp.net

20 MAY, Training Center's 4th Annual Strongman Contest, John Green, 102 Beaver Ct. East, Bear, DE 19701, 302-322-0926, jsmith3287@aol.com 20 MAY (tentative) NASA New Mexico

State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513 20 MAY, WPO Pro Meet, Huge Iro 910 S. Atlantic Ave. Ormond Bch, FL

32176, 904-677-4000 20 MAY, LIFETIME NATURAL POW-**ERLIFTING SOCIETY NATIONALS,** Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429,

onlight@advancenet.net 20 MAY, Blue Ridge BP/Curl Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932,

20,21 MAY, APF Master, Teen, Jun-

IL) Jim Johnston, 630-264-1571 20,21 MAY (amended date), WNPF

Lifetime Nationals (Youngstown, OH - all divisions, wt. classes, age divisions - world qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670

20,21 MAY, United States Intercontinental Championships, 650-757-9506 21 MAY, Ambler Area YMCA Raw BP Open (Upper Dublin H.S., Ft. Washington, PA) Paul Felix, 2315-657-8323,

21 MAY, 2nd AAPF Metro Detroit Open PL. BP. DL. John Maddox 248-642-2002 or John Cuciurean 810-598-2417 21 MAY, Hard Core Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

24-28 MAY, IPF Women's Worlds (Buenos Aires, Argentina) 27 MAY (tentative) NASA Teenage Nationals, NASA, Box 735, Noble, OK 73068, 405-527-8513

MAY, Max Flex BP/DL Classic (all divs. - Pierre, SD) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760 28 MAY, Double Masters Invitational PL, lom Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

3 JUN. USPF South Texas (men & women - below class I, open, teen, BP, masters, submasters, juniors) Seguin Fitness, 1415 E. Court, Seguin, TX 78155. 800-378-6460.

3 JUN. YMCA BP/DL Wars (open, master, women, teen, police & fire, novice, special olympic) Brad Klinger, 40 Summer St., Kingston, NY 12401, 914-339-4865

3 JUN (new date), USPF California State Novice/Juniors (Bakersfield - Class Il & below - open quest lifters welcome

1/2 entry fee) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, or Steve Denison 661-664-7724

3 JUN (new date), Full PL or single lift meet, George Bardis, Asphalt Green, 555 E. 90th St., NY, NY 10128, 212-369-8890 ext 243

3 JUN, USPF New England PL/BP & New Hampshire State Meet, Dave Follansbee, 865 Second St. #7, Mancheser. NH 03102, 603-626-5489

3 JUN, APF Florida State Open, Huge Iron Productions, 910 S. Atlantic, Ormond ch, FL 32176, 904-677-4000 3 JUN, Central States Open BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-

5429, sonlight@advancenet.net 3 JUN, 20th APF West Coast Open (all divs. & novice) Rick McClung, 136 SE 1st, Newport, OR 97365, 541-574-4507,

3 JUN, WNPF Raw Nationals & Drug Free Nationals (PL, BP, DL, SQ -Panama City Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 3,4 JUN, WABDL Pepsi Northwest Regional BP & DL (Doubletree Hotel, Springfield, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

3,4 JUN, NASA Master & Submaster Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-

3,4 JUN, (new date) AAU Nationals PL & USA Raw Open & USA American BP (open, masters, submasters, law, military - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

4 JUN, Indiana Open II BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429. sonlight@advancenet.net

9-11 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoe-maker Dr., Killeen, TX 76543, 254-526-0779, jtruck52@hotmail

10 JUN (new date), Georgia Games BP & DL (Atlanta, GA) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-

790-3806, pythongym@aol.com 10 JUN, USPF Reg. III (men, class II, women, teen, master)Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575

10 JUN. Firehouse Strongman/Woman Contest (open, police/fire) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (h), FAX 301-423-2965, grahambo@libertybay.com
10 JUN, 7th Miller's Ironhouse All Natural BP (open, raw, HS, teen, women, Natural BF (open, raw, F15, teen, women, subs, master, grandmasters - sculptured awards) Miller's Ironhouse Gym, 218
Williams St., Cumberland, MD 21502,
3 0 1 - 7 7 7 - 0 6 4 4,

10 JUN, WABDL U.S. BP, U.S. Arm Curl, U.S. Chin-Up, U.S. Strength Classic (all three) (men/women open, middle school, h.s., jr (19-23), submasters (35-39), masters, fire, police, special olympian, novice - all wt. classes) Glen Murphy Jr., Box 1013, Westminster, MD 21158, 301-759-4707

10 JUN, 18th USAPL Viking Open (open, women, teen, masters, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

10 JUN, Bearfest III (Eastside Gym, OK) Bear

bear@pols.com

10 JUN. Immaculate Heart of Mary Festival 2000 BP & DL, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

10 JUN, Pasco Power Team's King of the Bench (1/2 hr. North of Tampa, FL) Rick Lawrence, 727-942-7894 or Mike Marin 727-863-2228

10 JUN, New England Open Arm Wrestling (men. women, rt. hand - seated) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

10 JUN APF Muscle Beach Venice Bench Press, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

10 JUN, Superman Celebration BP/DL Classic (Metropolis, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-

253-5429, sonlight@advancenet.net 10 JUN, AAU 5th 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 10 JUN, APF Calif. State BP (TBA) Bob Packer 559-439-4394 or Jeff Budwig. 559-248-0860

10.11 JUN, APF Sr. Nationals chigan) Dan DeFelice, 810-294-7055. ddefelice@mediaone.net.

www.APFMichigan.com 10,11 JUN, WDFPF Europeans PL & Single Lifts (Galway, Ireland) Anita Mahoney IDFPA 11 JUN, WNPF Police & Fire Na-

tionals, Paul Dunn, 162 Park Ave. #F-6, E. Orange, NJ 07017, 973-687-7308

11 JUN, APA Connecticut Open BP & DL, Donna Slaga, 38 John Brook Rd. Canterbury, CT 06331, 860-546-2091,

15-18 JUN (new date), York Barbell Strength Spectacular IPA World Cup & Bob Hoffman's Strength Challenge York Barbell, 3300 Board Rd., York, PA 17402, Mark Chaillet, 800-358-9675 17 JUN, USAPL Push/Pull BP/DL, Jody Woods, Box 163288, Sacra mento. CA 95816. 916-431-5503

17 JUN, Power Mania 2000, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
17 JUN, AAPF Police & Fire Powerlift

Ing Open (Drug Tested) Huge Iron, 910 Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000. hugetron@bellsouth.net

17 JUN, Summer 2000 Push/Pull, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516 219-674-6683

17 JUN, WABDL Hawaii Invitational (Honolulu, HI) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600 17 JUN (tentative) NASA West Texas

Open (Amarillo) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 JUN, USA "RAW BENCH PRESS SUMMER NATIONALS (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, onlight@advancenet.net

17 JUN, Max Flex BP & DL Classic (all

divs. - Memphis. TN) Hobo Productions. Box 1971, Crystal Lake, IL 60039, 847-

17 JUN, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France 17,18 JUN (additional day), WNPF Youth, Teen, Jr. Submaster, Master Nationals & American Championships (Baltimore, MD) WNPF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com 17,18 JUN, 16th ADAU Raw Drug

Free No Boys Allowed Women, Men

Submaster & Master (State/Out of State) and PA Open (no age groups) Siegel Engraving, 304 Daisy St., Clearfield, 16830. 814-765-3214.

18 JUN, NASS Thick Bar (2") Worlds (Hurst, TX - novice, open, teen, masters, women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwilly@swbell.net

23-25 JUN, EPC European BP & PL (Waldmischel, Germany) Juergen Weinberger, +49-6204-969502

24 JUN, USPF North Jersey Drug Free High School Championships (Clifton, NJ) Ron Reuther, 973-684-7392 or 594-

24 JUN, Ozark Open II BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-24 JUN, Max Flex BP & DL Classic (all

divs. - Denver) Hobo Prods. Box 1971. Crustal Lake, IL 60039, 847-277-7760 24,25 JUN, TWIN LAB WABDL Na tional BP & DL (Holiday Inn Select N., Irving, TX) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, Ken Anderson, 972-392-3132 25 JUN, Illinois Prairie State Games BP (State residents only - men, master, scholastic, women) Dana Rosenzweig 629 Springwood, Belleville, IL 62220, 618-277-6022 (d), 236-2802 (e)

25 JUN, 6th APF Freedom Hill Outdoor BP & DI Classic (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6PM please. ddefelice@mediaone.net.

25 JUN. Best of the Southwest BP and or DL (natural, raw) Steve Siwiak, McMurry, PA, 724-941-7270

25 JUN (corrected date), PL West Summer Benchfest, Sortwell Productions. 11360 W. 84th Pl., Arvada, CO 80005,

25 JUN. World Gum Summer BP/DL (Joliet II) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, @advancenet.net

JUN, USPF S. Jersey Open BP & DL (Wildwood, NJ) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

JUN, Texas/World Police Games (Aus tin, TX) TPAF, Box 2040, Abilene, TX 79604, 800-624-9752, 915-676-1545. FAX 915-676-5033

JUN, USAPL New England States Bench Press, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm JUN, ANPPC Drug Free High Nationals (Boys: 13-15, 16-18) AN-PPC, Box 1484, Mt. Vernon, IL 62684. 618-244-5775. anppc@aol.com

1 JUL, 100% Raw Summer Deadlift (open, women, masters, teen) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (h), Fax 301-423-2965, grahambo@libertybay.com 1 JUL (new date), Intl. Bavaria Cup DL (women, men, jr., master) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany, (0)871-77575

1 JUL. SLP NATIONAL BP/DI CHAMPIONSHIPS (Carmel, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429,

sonlight@advancenet.net 1,2 JUL, IPA National Bench Press, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506

or 878-0100 (gym) 3 JUL, lowa/Midwest Open BP on the Square (Sigourney, IA - open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577,

515-673-5240 hammes@kdsi.net 7-9 JUL (new date), USAPL Men's

Natls, Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

7-9 JUL, ADAU Nationals (PL-men & women - open, submaster, master, junior, teenage) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 JUL, WNPF Western PA (Blackhawk H.S. - Beaver, PA - PL, BP, DL - open to all drug free lifters) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-

792-6670 8 JUL, WNPF BP/DL/Ironman Nationals (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 8 JUL, NASA AZ State, NASA, Box 735,

Noble, OK 73068, 405-527-8513 8 JUL, Allentown Sports Festival BP/DL, Fred Glass, 811 N. Jordan St., Allentown, PA 18102, 610-770-9333

8 JUL. 7th Eastern OK BP (Eufala, OK pro, open, novice, teen, jr., masters, women) Kim Brownfield, Box 36, Council Hill OK 74428, 918-473-1059

8 JUL, Max Flex BP & DL Classic (Ft. Lauderdale) Hobo Productions, Box 1971, Crustal Lake II 60039 847-277-7760 15 JUL. The Training Center's Summer Bench press (open men/women -New Castle, DE) 302-328-5438

15 JUL. Beach Bench Press (Angola. NY) Butch Minor, 716-652-0183 15 JUL, New England's Strongest Man/ Woman (5 events) Louie LaPoint, 337

Roxbury St., Keene, NH 03431, 603-352-8590 15 JUL, APF Muscle Beach Venice Deadlift, Venice Beach Athletic Center, 1800

Ocean Front Walk, Venice, CA 90291, 310-399-2775 15 JUL, APF Florida Push/Pull for Total in Memory of Lawrence Monberg, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

15 JUL, SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429 15 JUL (tentative) NASA East Texas Open (Kilgore) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 JUL, Max Flex BP & DL Classic (Seattle) Hobo Productions, Box 1971, Cristal Lake II 60039 847-277-7760 15 or 22 JUL. USPF East Beach PL (natural, open, master, women) Santa rbara, A) Kevin Fisher, 805-963-3439 16 JUL, USPF Summer Slam (NHSP) J. Fellows, Box 375, Belmont, NH 03220 22 JUL (new date), Independence BP/ Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

22 JUL, ANPPC WORLD CUP, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

22 JUL, Hawaii State Pull/Push & World Bench Press Qualifier, Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266

22 JUL, USAPL 3rd BP & DL Battle on the Beach (Metro Beach, Mt. Clemens, MD Mike Lawrence 248-616-5447 22 JUL. NASA Tri-State Natural (Mono-

lift, no entry free for spec. olympians, PL, BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1pm CST 27-29 JUL, "100% RAW" Nationals (men & women, all age groups/wt. classes, limited entries, deadline 7/1) Spero Tshontikidis, 8121 Needwood Rd. #104. Derwood, MD 20855, 301-990-2874

29 JUL, Max Flex BP & DL Classic (all divs. - San Francisco, CA) Hobo Produc-

tions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

29,30 JUL (new date), WNPF New Jersey (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

JUL, 7th Border Classic BP, Tito's Gym 245 Fairfax, Brownsville, TX 778520, 956-504-3324

JUL?, NASA Illinois Regional, Lindell Smith, 508 E. 5th, Flora, IL 62839 3-5 AUG, AAU Jr. Olympics, AAU High School National PL (raw -Orlando, FL) Spero Tshontikidis, 8121 Needwood Rd. #104,

Derwood, MD 20855, 301-990-

2874, rawpower@eds.com 4th and 6th AUG, WABDL National Powerlifting Championships (Holiday Inn Select, Wilsonville, OR-10 mi. south of Portland on I-5-shuttle provided - double ply BP shirts & squat suits, single ply DL suits - no canvas shirts or suits) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600

5 AUG. USPF Barbee Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Corpus Christi, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460 www.sequiafitness.com

5 AUG, Low Country Push/Pull #2, The Dungeon Gym, 2833-CS. Live Oak Rd., Moncks Corner SC 29461 843-761-5632 or Floyd Powe 800-358-9675 5 AUG, APF Muscle Beach Venice Push/ Pull. V.B.A.C., 1800 Ocean Front Walk. Venice, CA 90291, 310-399-2775

5 AUG, APF USS Escanaba Memorial Outdoor PL/BP Classic (men/women: open, teen, jr., submaster, master, police/ fire/military) Tom O'Brien, 441 Carpen ter Ave. NW, Grand Rapids, MI 49504, 616-453-0488

5 AUG. Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 5.6 AUG, USAPL Nevada St. PL/BP, Jim Kralich, Box 2281, Elko, NV 89803, 775-934-4241, jimlle@cyberhighway.net or Laurie Evans 775-738-4245

5.6 AUG, WABDL World Cup BP & DL & Strongman Contest (Portland, OR - Holiday Inn Airport) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, FAX 541-330-1465, eanderson@hwy.net

12 AUG, N.J. Bench Press Open, Pro Fitness, 350 Route 46, Rockaway, NJ 973-627-9156.

12 AUG WARDI Regional World Qualifier, Chris Kostas, 1854 Pineridae Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724 12 AUG, Team Weber Strength PL (BP, Trap Bar DL) Bob Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695 12 AUG, Max Flex BP & DL Nationals (all divs. - Chicago, IL) Hobo Produc-tions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

12 AUG, Greene Co. Strongman/ Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

12,13 AUG, 2nd WNPF Lifetime Drug Free Worlds (all events/divisions - Daytona Beach, FL) WNPF, Box 142347, Fayetteville, GA 770-996-3418, 30214. wnpf@aol.com

12.13 AUG. AAU Raw Nationals (Kingston, MA - near Boston) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764 12.13 AUG. NASA World Cup PL.

BP, PS (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513 13 AUG, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-

17 AUG, Old Settlers Days BP/DL Classic (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

19 AUG, Indiana State Fair BP/DL (In-

dianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 19 AUG, Alabama APF Push/Pull,

Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200 19 AUG. MidAtlantic BP/Curl, John Shifflett, Box 941, Stanardsville, VA

22973, 804-985-3932, valifting@aol.com 19.20 AUG. AAPF/APF Snake River PL/BP (Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6 PM, 208-523-0600) apf id mhiggins@yahoo.com

20 AUG, Illinois State Fair BP/DL (Spring-

field, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429,

sonlight@advancenet.net

26 AUG, 5th Grantte State Open BP or DL (men.women, teen, ir., submaster, master, novice - deadline 8/12/2000) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26 AUG, APF Iron Warrior 2000 "Festival of Strength" Iron Pentathlon, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775 26 AUG (tentative) NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

26 AUG, Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429 sonlight@advancemet net

27 AUG, USAPL/IPF East Coast Deadlift (men/women - open, masters, submasters, jr., teen, police/fire, military, special olympians, novice) Jacqueline Davis, John Gengo, 1190 Washington Green, New Windsor, NY 12553, 914-569-0457

27 AUG, DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429 sonlight@advancenet.net

27-28 AUG, AAU North American PL/USA BP (youth, teen,jr., novice, open, submasters, masters, law enf. military - open/raw - men/women -Moreno Valley) M. Drake, Box 108, Nuevo, CA 92567, 909-928-4797 AUG, APF L.A. Lifting Club Summer Bench Blast (Burbank, CA) Joe Avigliano,

818-846-5438 2 SEP, WABDL Washington State BP & DL (Hoquiam, WA) Don Bell or Gus Rethwisch 541-389-0600 FAX 541-330-1465, eanderson@hwy.net

9 SEP, East Coast Classic Arm Wres tling (men, women, seated - rt. hand) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

9 SEP, APF Bench Bash for Cash (\$10,000 total cash prize) & NPC Daytona Beach Muscle Classic, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

9 SEP, Tennessee State Fair BP/DI (Nash-ville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, 9 SEP, Pound for Pound Nationals

(m/women SQ/BP/DL - Kansas Citu) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760 9 SEP, USAPL Michigan Hall of Fame meet Dick Van Eck 616-521-4031 9 SEP, USPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7,

Manchester, NH 03102, 603-626-5489 10 SEP, WNPF Mid Atlantic Bp & Ironman/Woman (BP & DL) & USSA Power Curl Brian Washington Box 20042, Baltimore, MD 21284, 410-265-

13-17 SEP. 2000 IPF Jr. Worlds

(Kau-Hsiung, Taiwan) 15-16 SEP, USAPL Bench Press Naonals, Dr. Mike Cissell, 1296 Henke, Lake St. Louis, MO 63367, 314-561-1242

15-17 SEP, ADAU National SQ. BP. DL (separate contests - all age groups / wt. classes) Joe Orengia, 4460 W. 26th St., Erie, PA 16506, 814-833-3727

16 SFP "100% RAW" DI Nationale (men & women, all age groups/wt. classes, limited entries, deadline 8/26) Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

16 SEP, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513 16 SEP, Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

16 SEP, Big Three Classic (m/w - SQ/ BP/DL - Detroit) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760 16 SEP. 2000 Beast of the East. Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201 16,17 SEP, Big Daddy's Push Pull, 650-

757-9506 17 SEP. Police & Fire Nationals BP/BP (Holiday Inn, N. Newark, NJ) Pro Fitness, 350 Route 46, Rockaway, NJ 078666, 973-627-

9156, www.profitness.com 17 SEP, Wisconsin Open II BP/DL

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(Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

23 SEP (new date), WNPF Georgia BP/DL/IronMan (Atlanta, GA) WNPF. Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23 SEP, SLP OPEN NATIONAL POW-

ERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429. conlight@advancenet.net

(Buffalo, NY) Hobo Prods, Box 1971, Cristal Lake II 60039 847-277-7760 23,24 SEP (new date), WABDL Budweiser Strength Festival (BP, DL, Strongman 234 & below, 235 & above) & WABDL BP/DL and Oregon State PL Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, FAX 541-330-1465, eanderson@hwy.net

24 SEP, Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527

24 SEP, SLP Iowa State BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
30 SEP, APF L.A.L.C. Push/Pull Classic

(Burbank) Joe Avigliano, 818-846-5438 30 SEP, NASA Ohio Reg. NASA, Box 735, Noble, OK 73068, 405-527-8513 30 SEP. Ozark Open III BP/DL Classic Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

SEP, WNPF Delaware (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com SEP, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

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1 OCT. Northern Illinois Open BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5-8 OCT, WPF World BP & PL (Graz. Austria) Carl Smith, Tel/Fax +43-316-817683 or csmith@netway.at 7 OCT. 6th APF Wolverine Open (men/ women: open, teen, jr., submaster, mas ter) Dan DeFelice, 19461 Volland Roseville, MI 48066, 810-294-7055 at ter 6pm. ddefelice@mediaone.net

7 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola 61953, 217-253-5429,

ght@advancenet.net 7 OCT, USPF Central California Championships (San Luis Obispo) Gene Estrada, 805-544-0155

7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817,

clayton@blast.net
7,8 OCT, USPF BP & DL Nationals (Shiloh Inn. Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507. 360-754-2475

8 OCT, APA Bay State BP/DL (Worces ter, MA) APA, Box 27204, El Jobean, FL 33927. 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa

8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 OCT, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220 14 OCT (new date), WNPF Palmetto BP/DL/IronMan (Greeneville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 14 OCT. NASA Big River Classic, Darvi & Tobey Johnson, 1626 E. Co. Rd. 196. Blytheville, AR 72315, 870-763-9094,

14 OCT, Fall BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3032 wallfting@gol co

14 OCT. NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzle, TN 38201, 901-352-1378, heavydutybubba@aol.com

14 OCT, Flowertown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-

7077 or Floyd Powe 800-358-9675 14 OCT, 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-

948-7823 14 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068 405-527-8513

14 OCT. SI P Arkansas State BP/DI (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 OCT, Alabama Championships, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-

15 OCT, Chicagoland Open BP/DL Clas sic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429 sonlight@advancemet net

17-22 OCT. 2000 IPF World Mas ters (Prague, Czech Republic) 20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (B D F P F) 21 OCT, PPL Georgia State PL, BP DL, PPL, 2250 Lumpkin Rd., Augusta GA 30906, 706-790-3806

21 OCT, 9th USPF Muscle Beach Venice

Special Olympics Power Lift-off (invitation only) Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291.

21 OCT, NASA lowa Regional (Des Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 OCT, Max Flex BP & DL Classic (all divs. - Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-

28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., sub-master, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-

765-3214, engrave@clearnet.net 28 OCT (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

28,29 OCT, ANPPC NATIONAL DRUGFREE POWERLIFTING CHAM-PIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 29 OCT, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488

OCT, AAU World Bench Press (Bos ton, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343. 781-767-0764

OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or

4 NOV. USPF Texas Cup Classic (men & women, below class I, open, teen, BP, Seguin Fitness, 1415 E. Court, Sequin, TX 78155, 800-378-6460,

4 NOV, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charleston, SC 29406, 843-744-7800 or Floyd Powe 800-358-9675

4 NOV, NASA St. Louis Regional (Fairvie Hts., IL) NASA, Box 735, Noble, OK 73068 405-527-8513

4 NOV, Mike Stone Memorial/Southeastern USA PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 217-253-5429. 61953.

sonlight@advancenet.net 4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com

4 NOV. USAPL State of Michigan Cham pionships (BP. DL. Iron Man. PL - Lansing, MI) Mike Lawrence, 248-616-5447 4,5 NOV, Physique Magnifique Power-lifting Championships, 650-757-9506 4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr.,

open, submasters, masters, law enf., military, physically challenged open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo,

9-19 NOV, AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz, 800-537-5532

11 NOV, 7th Ed Jubinville BP (men, women - all age groups/wt. classes) Berk-shire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217

11 NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932,

11 NOV, NC, VA, SC Regional (Henderson, NC) Ben Zak, Box 978, Grandy, NC 27939, 252-453-6116

11 NOV, WNPF East Coast BP/DL/ IronMan (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-96-3418, wnpf@aol.com

11 NOV, AAPF Southern States (drug ted) Huge Iron Productions, 910 S.

Atlantic, Ormond Beach, FL 32176, 904-677-4000

11 NOV, SLP Kentucky State BP/DL Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429 sonlight@advancemet net

11 NOV, Max Flex BP & DL USA Championships (all divs. - Denver, CO) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-

11.12 NOV. USPF U.S.A. Nationals Open Championships (Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724

12 NOV, USAPL Ohio PL & BP (open men & women, teen, raw men, women, and masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King 440-439-5464

12 NOV, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terreace, Taunton, MA 02780, 508-823-5729 12 NOV, Franklin Health & Fitness BP/ DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-

253-5429, sonlight@advancenet.net 14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan) 16-19 NOV, WNPF Worlds (all

events/divs. - Atlanta. GA) WNPF. Box 142347, Fayetteville, GA 770-996-3418,

wnpf@aol.com
16-19 NOV, 2000 WABDL Drug
Tested World BP/DL Championships
(Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

18 NOV. USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 18 NOV, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801. 907-789-5997

18,19 NOV, N.J. State Championships (Hopatcong H.S., Hopatcong, NJ) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156,

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18,19 NOV, World Championships of Strongmen (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

19 NOV, SLP Missouri Regional "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net 24-26 NOV, WDFPF World Single

Lift BP & DL (nr. Como, Italy) Ivano Bianchi (WDFPF Italia) NOV, 3rd Southern States BP/DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

NOV, lowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-

NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

2 DEC, APF Southern States Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000 2 DEC, Son Light Winter Classic BP/DL,

Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

3 DEC, APF/AAPF Texas No Gear Allowed PL (Hurst, TX - novice, open, teen, submaster, master, BP only, Dl only) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwilly@swbell.net
3 DEC, WNPF 3rd Sarge McCray BP/

DL/IronMan (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

9 DEC (new date), APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

9 DEC, 3rd AAPF Michigan State PL, BP, DL, John Maddox 248-642-2002 or John Cuciurean 810-598-2417

9 DEC, Mimi's Power Day BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 DEC, Robbins Fitness Advantage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

9 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115

9,10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited en-tries, deadline 11/1) Spero Tshon-tikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-

9,10 DEC, USAPL Virginia State PL/ BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com
10 DEC, WNPF Eastern Regional BP

Open & Ironman/woman (BP & DL) & USSSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264 ecnower@hellatlantic.net 10 DEC. 8th ADAU Raw Drug Free Coal Country BP & DL Classic (separate meets - open, tene, jr., submaster, master) Siegel Engraving, 304 Dalsy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

10 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

16 DEC, USAPL 2000 Holiday Class (national qualifier) Power Promotions, 23106 19th Dr. SE, Bothell, WA 98021, 425-486-5864, mtrupi@seanent.com 16 DEC, Christmas BP/Curl, John

Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com 31 DEC, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

DEC?? USPF World BP/PL (Europe) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

DEC, APF Southwest PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, www.supergames2001.co.nz,

info@supergames2001.co.nz MAR, USPF New Hampshire State & New England Open (Bedford, NH-open, women teen masters) Dave Follanshee www.usabodybuilding.com, 865 Second Manchester, NH 03102, 603-626-

28.29 APR, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org. 12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

OCT 2001, WABDL World BP/DL Championships (Las Vegas, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

OCT, AAU Worlds (San Juan, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

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 in this listing are new competitions or updates to previous entries.

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Christmas For Kids BP/DL

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OMEN		K. Dangbar	250
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Kapaldo	280	J. O'Neil	600*
bmaster		C. Hays	475
Foster	460	B. Ekeborn	385
aster (40-49)		S. Mathison	260
Newman	400	SHW	
Furey	375	R. Edmon	325
Basile	425	DEADLIFT	
ster (50-59)		WOMEN	
Elliott	405	V. Luongo	350*
. Hays	325	148 lbs.	
2 lbs.		J. Dinaso	335
McCline	245	198 lbs.	
8 lbs.		D. Newman	530
Fox	270	242 lbs.	
1 lbs.		T. Roesch	650
Furey	375	275 lbs.	
Nicholos	330	B. Ekeborn	570
8 lbs.		S. Mathison	510
Newman	400	Master (40-49)	
		D. Newman	530
Newman	400	D. Newman	530

listributed by the local Salvation Army as a res distributed by the local Salvation Army as a result of these lifters efforts. Thanks once again to the Mall Merchants Association for their continued support! Since 1984 the Cross County Mall has hosted almost fifty powerlifting events! The bench press competition got off to a bang with the great lifting of Valerie Weber. Going 3 for 3, Valerie ended with a personal best 265! That's one strong lady! In the teenage class Tony Wilson came up from H & B Cym in Centralia, It. for the win, finishing with 385. Weighing in at 198, 19 year old Tony almost locked out 400 on his final attempt! 2nd place in the teenage class went to first-time from H & B Gym in Centralia, IL for the win, finishing with 385. Weighing in at 198, 19 year old Tony almost locked out 400 on his final attempt! 2nd place in the teenage class went to first-time competitor Duane Frost. Dan Kapaldo took the junior class, pressing 280 at a bodyweight of 175. Dan lifted with the Power Line Gym team out of Chicago Hts, IL. Greg Foster brought all three of his boys and wife with him and once again won the submaster class with a strong opener of 460. Greg went on to a very close attempt with 500 for his final lift, JUST missing the lockout on his right side. You can bet he'll get that 500 in his next competition. Of course, by then Greg will probably be a master lifter Speaking of master lifters, we had 3 great ones in the 40-49 age group. When the smoke settled all three were within 5 pounds of taking the title. First place, however, went to Dave Newman who finished with 400 at a 197 bwt. Dave has had a great year of lifting, winning both the National AAPF and World AWPF titles along with the AN-PPC World Cup. 2nd place went to Rob Furey who is still looking for his first 400 bench. Rob finished with 375 after his third attempt with a pr 390 failed to lockout. 3rd place went to David Basile who got only his opener with 425. David, who weighed in at 229 failed twice at 440, a weight he usually handles with ease. At master 50-59 Charles Elliottook all 3 attempts to get his 405 for the win. 2nd place went to Merle Hays who also had problems, getting just his opener of 325. In the open division Tyrone McCline lifted well in his first competition, finishing with 245 at a 125 bwt. That's almost a double bodyweight bench the first time out! Eric Fox took the 148s finishing with another great finishing with 245 at a 125 bwl. That's almost a double bodyweight bench the first time out! Fric Fox took the 148s finishing with another great bench of 270 weighing in at a light 1401 Rob Furey took the 181s with 375 over Peter Nicholas' 330. Peter lifted well, going three for three, this being his



One of the Great Ones! T.C. Roesch locks out an easy 650 @242 for the win at the Christmas for Kids Classic. (D. Latch)

Above ... Jim O'Nell gets his first

600 and 1st place at 275 as well as

Best Lifter at the C hristmas for

Kids Classic. (Darrell Latch photo)

opener with 335 before stalling with a pr 370 twice. You got the strength Jim, It's Just that sometimes we try a little too hard. Dave Newman took the open 198s and the master 40-49 class with 530. Not bad for a guy who hasn't touched a deadlift since the AWPC Worlds in September! T. C. Roesch, owner of Roesch's Gym in Springfield, It. got the best lift of the day with 650 at 242. T. C. is one of the greatest natural deadlifters anywhere, with picture-perfect form. Oh, yea, he's also one of powerlifting's true gentlemen. At 275 Brett Ekebom led the way with 570 over Shane Mathison, who finished with 510. Shane had competed the day before in Rockford and was understandably a little tired. Power Line Cym, owned by Valerie Webertook the team title. Also lifting for Power Line was David Basile and Dan Kapaldo. Well, it was a great meet and everyone seemed to have a great time, including the large crowd gathered to watch, who was very supportive of the lifters. See you again next year! (results from Dr. Darrell Latch) **New Hampshire State PL** 30 Oct 99 - Troy, NH SQ Open 165 lbs. H. Decato

220 lbs. Teen 165 lbs. 440* 235* 20 lbs. 425* 275 lbs. J. Joyce 750 Master (45-49) 198 lbs. W. Smith-48 475* WOMEN Open 105 lbs. 315*

Kirds Classic. (Darrell Laten photo)

Kirds Classic. (Darrell Laten)

Kobic. (Darrel attempt. And up it went, another pr at 350 for Vanessa! At 148 it was Jim Dinaso who got an easy (Thanks to Louie LaPoint for providing the results

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Tank Tops — 2 color logo	\$10.00
Wrestling Singlets — Black, Navy Blue, Royal Blue, Red S, M, L., XL, XXL	\$28.00
Wrestling Singlets with full 2 color Inzer Advance Designs logo	
Wrist Wraps — full length with velcro and thumb loop	
Wrist Wraps — heavy duty, full length with velcro and thumb loop	\$17.00
COMPETITION BELTS Lever Belts	Account with although Haldings , assured to be supported by the section state, factors and the section of the section state, and the section at 10 th a leading to the part of CLL in the section at 10 th a leading to the part of CLL in the section at 10 th and the section

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

Chalk —	The very best for grip — 1 lb. box of 8 - 2 oz. blocks
• suede on both sides • 6	rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00
	4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
	• any color • made in USA • lifetime guarantee

	1 - 2 oz. block	\$2.00
Suit Slippers — makes putting on tight suits easier.	M, L	\$19.95
A . C B (10	Tours on Number	\$5.00

A State of the Company of the Compan	T-SHIRTS	
	(limited availability)) laminos de St. (1) (20)
Inzer Intensity - multi-color	deadlift design	*10.00
OFFICIAL MEET T-SHIRT	Solvat Sacurity Francisco	
Baddest Bench in America	- multi-color design	\$10.00
Hawaii World Record Bre	akers - years of 85, 86, 87, 88, 89, 9	0 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

APF Tournament of Champions BP 09 OCT 99 - Portland, OR

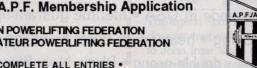
123 lbs. Open J. Coy 275 lbs. Master (40-44) G. Nelson 580 lbs. Open J. Cunningham 540 lifter/Bwt. Rep. 198 lbs. Open G. Warrinton 540* T. Camp – 220 lbs. Master (40-44) S. Beaudoin 194 J. Coy 122 39 F. Evangelista 147 37 242 lbs. Teen A. Larsen 495* G. Nelson 262 29 Cunningham 282 29. 123 lbs. Open 275 lbs. 580*

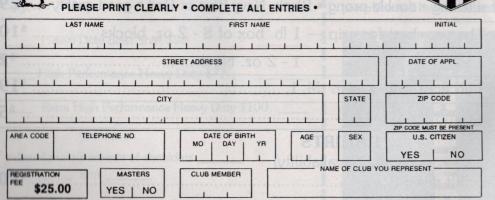
*-New Oregon record. On October 9th 1999, the



 MEN		Amateur 198 lbs.	
Amateur		G. Combs	40
181 lbs.		220 lbs.	
D. George	341	M. Bryan	39
198 lbs.		Master (40-44)	
G. Combs	407	Open 198 lbs.	
G. Austin	396	G. Combs	40
S. Massey	341	Master (55-59)	
R. McNutt	402	Amateur 165 lbs.	
220 lbs.		K. Samples	24
M. Bryan	396	198 lbs. (50-54)	
275 lbs.		B. Samples	31
T. Lyons	479	DEADLIFT	
Open 132 lbs.		WOMEN	
K. Dawg	303	Junior	
WOMEN		D. Watker-23	27
165 lbs.		Amateur 123 lbs.	
C. Williams	275	D. Walker	27
MEN 198 lbs.		MEN 198 lbs.	
B. Tracey	496	G. Austin	48
220 lbs.		220 lbs.	
S. Curser	402	J. Bowden	50
M. Wiedemer	325	242 lbs.	
275 lbs.		W. McComas	65
J. Ritchie	650	275 lbs.	
R. Rhoads	551	T. Lyons	62
K. Burgess	485	Open 132 lbs.	
S. Brooks	468	K. Dawg	35
308 lbs.		220 lbs.	
R. Fusner	650	M. Wiedemer	54
I. Pruitt	545	242 lbs.	
Submaster (35-39)	L. Angle	55
Amateur 198 lbs.		275 lbs.	
S. Massey	341	S. Brooks	62
Submaster (35-39))	SHW	
Open	113	J. Sheets	60
B. Tracey	496	Master (45-49)	
es branco		Amateur 181 lbs.	

NEW A.P.F./A.A.P.F. Membership Application **AMERICAN POWERLIFTING FEDERATION** AMERICAN AMATEUR POWERLIFTING FEDERATION





ATHLETES, fill out card completely and mail with fee to: ARE YOU A PREVIOUS

A.P.F. MEMBER

MAKE CHECK PAYABLE TO: A.P.F. 62 S. BROADWAY AURORA, IL 60505

I CERTIFY THAT THE ABOVE ANSWERS
ARE CORRECT AND THAT I AM ELIGIBLE
IN ACCORDANCE WITH THE RULES OF
SIGNATURE X

Anateur 105.

R. Fortsen 518

Judge: Mike Hill - APF/AAPF Powerlifting card and Referee card holder, Chris Young (State Chairman APF/AAPF) - APF/AAPF Powerlifting card and Referee card holder, Bob Hill - APF/AAPF Powerlifting card and Referee card holder, (results by Mike Hill)

APA Texas Open BP/DL

13 N	ov 99	- Waco, IX	
WOMEN		Master under 24	
97 lbs.		S. Taylor-47	350
L. Harris-16	90	Master over 242	
H. Harris	190	D. May-49	325
. Maddox-13		DEADLIFT	
UNL		WOMEN 97 lbs.	
C. Gonzalez-16	105	L. Harris-16	210
148 lbs.		105 lbs.	
S. Bates	225	H. Harris-15	180
165 lbs.		J. Maddox-13	180
D. Scheihagen	265	Unlimited	
B. Chapman	215	C. Gonzalez-16	250
198 lbs.		Master	
S. Holmes	300	P. Hurst-47	265
220 lbs.		181 lbs. (Drug To	
C. Bowen#	405	W. Smith	500
R. Graham	355	181 lbs.	
D. Kelinske	350	W. Smith	500
W. Jones	340!	220 lbs.	
I. Sicotte	340!	G. McMillon	615
S. DiLiberto	325	D. Kelinske	500
275 lbs.		R. Graham	460
D. May-49	340	242 lbs.	
Submaster		W. Jones	510
C. Bowan	405	S. DeLiberto	475
G. McMillan	385	J. Sicotte	460
	ie for fi	st place. *-TX Stat	e Ma
ter Record. 1st	Place A	den's Team: UNT	Powe
Team. 1st Place	Women's	s Team: MLB's. (The	nks t
Scott Taylor for	providin	g these contest res	ults)
Secret imploi for		0	,

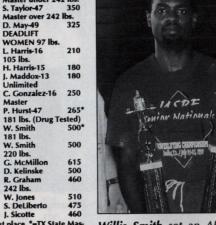
USAPL Day of Domination BP 6 NOV 99 - Moosic, PA (kg) Quarto, M-23 125 Master Scopelliti, T-47 117.5 Nealis, J-49 150 Jeffords, R-52 107.5 198 lbs.

198 lbs.		Polak, D-29	130
Vanorden, I-41	57.5	Lifetime	.30
Marickonis, V-36		Zupko, C-36	177.5
Teen 148 lbs.	92.3	Polak, D-29	130
	77 5	Harashinsk, B-28	167.5
Dolson, S-18 Open 148 lbs.	11.3	lunior	107.5
Teeter, G-35	112	Calvey, R-21	152.5
Anderson, M-44	140	Johnson, J-23	170
Lifetime	140	Master	.,,
Teeter, G-35	117	Wurz, A-68	112.5
Teen		Gelheiser, B-43	157.5
Wentworth, J-18	80	Zimmerman, C-46	
Canfield, R-18		220 lbs.	
Oskins, C-17		Robinson, E-61	147.5
Thomas, S-19		Costigan, R-51	100
Master	12/1	Gismondi, J-46	172.5
Anderson, M-44	140	242 lbs. Open	
165 lbs.	.40	Mozeleski, D-33	185
		Svalina, J-28	0
Open Legg, B-49	105	Teen	TO STATE OF
Evans, D-32		Couch, T-17	147.5
Terry, D-29		.Master	147.5
Lifetime	1/22	Davies, R-49	165
	105	Tomasetti, B-47	137.5
Legg, B-49 Burnett, R-46	130	Open	.37.3
	130	Plummer, J-37	210
Teen	117	5Pascoe, M-28	165
Gannott, J-17	117	Lifetime	103
Master	102	5Plummer, J-37	210
Monk, J-58	102.	Pascoe, M-28	165
Legg, B-49	130	Teen	103
Burnett, R-46	130	Dowlin, B-19	150
181 lbs. Open		275 lbs. Open	130
Dickey, T-29	130	Johnson, K-44	235
Quarto, P-23	130	Teen	233
Lifetime	130	Rehrig R-16	150
Quarto, M-23	130	Master	130
Teen	100	The state of the s	187.5
Wo, J-16	100	5319 lbs. Master	107.2
Rolak, D-17	10/.	McCarthy, T-52	195
Junior V22	120	McCartily, 1-32	193
Cusumano, V-22	130		

USAPL Longhorn Open

20 N	ov 99	- Aust	in, TX	
MEN	SQ	BP	DL	TOT
123 lbs. Collegia	ate			
Murphy, L.	320	200	360	880
Kollaja, J.	230	175	285	690
132 lbs. Collegi	ate			
Grantonic, B.	260	170	310	740
132 lbs. Open				
Grudzinski, P.	305	150	320	775
148 lbs. Collegi	ate			
Lugo, E.	350	240	415	1005
Sides, P.	390	185	405	980
Bates, S.	255	245	360	860
165 lbs. Teen (1	6-17)			
Perrault, D.	380	270	405	1055
165 lbs. Junior				
Tan H	460	270	490	1220

165 lbs. Collegiate



Willis Smith set an APA Drug Free Texas 181 lb. division record with a 500 deadlift at the APA Texas Open Deadlift Meet. (photograph courtesy of Scott Taylor)

Moreno, C.	485	305	430	1220
Tan, H.	460	270	490	1220
Young, C.	450	305	430	1185
Knight, K.	425	290	420	1135
165 lbs. Open				
Riffe, T.	440	300	535	1275
Tan, H.	460	270	490	1220
165 lbs. Master				
Quinata, J.	400*	295*	410*	1105
181 lbs. Junior				
Spoerle, E.	460	325	470	1255
Karber, B.	470	290	460	1220
181 lbs. Collegia	ate			
Cowey, B.	500	350	520	1370
Nguyen, M.	460	285	540	1285
Najvar, J.	455	290	495	1240
St. Romain, C.	450	305	460	1215
Urn, K.	450	260	460	1170
181 lbs. Master	(40-44)			
Dobrovolski, M.	410	255	490*	1155
181 lbs. BENCH	ONLY			
Gant, Tory	-	370	-	370
198 lbs. Junior				
Chovanec, P	640*	360	555	1555
Christiansen, A.	470	340	510	1320
198 lbs. Collegi	ate			
Chovanec, P.	640*	360	555	1555
Hilliard, J.	505	280	565	1350
198 lbs. Open				
Ash, E.	560	400	620	1580
Saxby, S.	375	250	415	1040
Geyer, R.	355	245	425	1025

1200 Rahrer, M. Master (50-54) 1215 430 600 345 660 1605 475 355 515 1345 475 355 515 1345 Parsons, M. Graham, R. Kelinski, D. 220 lbs. Open 220 Master (45-49) Rosenberg, S. 550* 325 540 1415 Master (50-54) 600 305 685 1590 Master (50-54), Guzman, O. 480* 300 220 lbs. Teen (16-17) BENCH 200 lbs. Teen (16-17) 480* 300 490 1265 330 Etheredge, M. 242 lbs. Junior King, J. 242 lbs. Collegiate 475 360 630 395 600 1625 242 lbs. Comp.
Jones, W. 475 360
242 lbs. Open
Moore, B. 475 340
242 lbs. Master (45-49)
243 lbs. Master (45-49)
244 lbs. Master (45-49)
245 350 530 136 585 140 350 470 275 lbs. Collegiate 350 385 103

Vaughn, C. 275 lbs. Open 275 lbs. Open Ringer, M. 670 Luke, J. 405 275 lbs. Master (50-54) Surell, E. 650 3 319 lbs. Junior 735* 485* 720* 194 Harris, R. 735 WOMEN 123 lbs. Teen (18-19) 130 290 135 320 740 123 lbs. Cones Hollmig, A. 230 Vance, K. 220 123 lbs. Master (40-44) 135 275 105 270 115 310 680 225 545 LeBlanc, T. Dunn, K. 132 lbs. Open Smith, L. Anderson, C. 265 105 215 105 A lbs. Op-mith, L Anderson, C. 255 148 lbs. Colleglate Burrow, R. 320 165 3 Craft, B. 260 115 220 115 350 300 315 275 255 Ashcralt, b.
Smith, B.
220
113
148 lbs. Open
Clark, R.
Sheffler, M.
300
165
Sheffler, M.
325
165 435 Sheffler, M. 325 Cowan, J. 325 148 lbs. Master (40-44) Covington, D. 360* 170 325 165 350 355 390* 355 Covington, D. 3 Cowan, J. 3 165 lbs. Collegiate Rodriguez, A. 2 170 275 685

APPLICATION FOR REGISTRATION American Powerlifting Association

Last Name	Fi	rst Nam	e	Initial	Date of App
Street Address		City		State or Province	
Country		Zip Cod	e	Telephone	Number
Date of Birth	Age	Sex	Mail	and make che	cks payable to
Social Security Number		N They'r	A CONTRACT OF STREET	O. BOX 2720 EL JOBEAN,	

Registration Fee: S20 High School Athlete: \$10

Parents Initial	I Certify that	
If Under 18 yrs.	the above answers	
	are correct	
	X	

181 lbs. Collegiate Reese, A. 270 140 330 740
*-American Record. (Thanks to USAPL & Kim
Beckwith for providing these competition results)

NASA AZ Regionals 20,21 Nov 99 - Phoenix, AZ

227 lbs.

S. Pena-nov 180 154 lbs.

124	187 lbs.		R. Cole		13
5		102.5	170 lbs R. Galv		14
0	250 lbs. R. Sampson-m1	207.5	187 lbs		
5	205 lbs.	160 5	J. Pena-		16.
3	L. Mclean-m2 250 lbs.	162.5	205 lbs R. Walk		17
	R. Sampson-mp	207.5	250 lbs		20
	170 lbs. M. Laurel-nov	135	R. Samp	pson-p	20
5	205 lbs.		M. Yate	s-sm2	14
0		165 SQ	M. Laui BP	DL	TOT
5	227 lbs.			0	182.5
		0	182.5	0	0
0	250 lbs.	55	0	0	55
	M. Slaughter-cm1 227 lbs.	33	0	U	
		70 65	0	0	70 65
	250 lbs.	03			
	M. Slaughter-m1 227 lbs.	55	95	122.5	272.5
	J. Allison-sm	70	182.5	305	557.5
	J. Allison-sqsm 154 lbs.	250	0	0	250
	M. Sessous-wnov	30	50	70	150
	M. Sessous-wsm Powerlifting 227 II	30 he	50	70M	150
	S. Pena-int	60	180	150	390
	205 lbs. R. Hudson-jr	227.5	132.5	230	590
	T. Parton-jr	192.5	135	210	537.5
	J. Jackson-jr 227 lbs.	182.5	125 2	12.5 520)
	J. Durso-ml	287.5	177.5	272.5	737.5
)	250 lbs. K. Deutsch-m1	265	165	255	685
)	F. Sondgeroth-ml		160		570
)	154 lbs. R. Gidcomb-m3	125	97.5	137.5	360
	187 lbs.	122 5	122.5	145	400
•	J. Gallagher-m3 227 lbs.	132.5	122.5	143	400
;	J. Durso-mp	287	177.5	285	750
	250 lbs.				
	K. Deutsch-mp 170 lbs.	265	165	255	685
	C. Teasley-nov	205	145	227.5	577.5
	J. Allen-nov 205	147.5 lbs.	147.5	260	555
	L. DeAlva-nov	200	145	187.5	532.5
	J. Jackson-nov E. Tejada-nov	182.5 185	125 125	212.5	520 515
	227 lbs.				
	C. Springhower-no	OV	200	120	245
	S. Goldberg-p	137.5	82.5	170	390
	187 lbs. J. Pena-p	272.5	165	245	682.5
I SELECT	205 lbs.		•	•	-252.
	B. Zorn-p 170 lbs.	-252.5	0	0	
	G. Smith-sm2	240	142.5	255	637.5
	187 lbs. J. Coates-sm2	207.5	125	240	572.5
	205 lbs. I. Wiseman-sm2	260	150	255	665
	170 lbs.				
	C. McKelvey-whs 154 lbs.	87.5	55	87.5	230
,	D. Roesti-wjr	150	82.5	152.5	385
	J. Janicke-wjr SHW	95	50	105	250
	T. Lunsford-wnat	-92.5	0	0	-92.5
	110 lbs. P. Eaton-wnov	100	47.5	125	272.
	SHW		0	0	-92.5
	T. Lunsford-wnov 119 lbs.				
	S. Laird-wp	77.5	62.5	110	250
	SHW T. Lunsford-wp	-92.5	0	0	-92.5
	119 lbs.	77.5	62.5	110	250
	S. Laird-wsm2 SHW				
	T. Lunsford-wsm2	-92.5	0	0	-92.5

AAU Fred Rogers/Paul Smart BP/DL

Oct 9	9 - Sa	vannah, NY	
BENCH		198 lbs. Open	
WOMAN		J. Smith	29
Raw 132 lbs.		220 lbs. Open	97
L. Delasocruz	150*	S. Young	350
MEN		D. Grass	-
198 lbs. (20-23)		242 lbs. (50-54)	
C. Vaccaro	305*	J. McAllister 400	
D. Wilbert	295	(35-39)	
(35-39)		R. Murray	440
L. Cichelli	415*	319 lbs. (35-39)	
220 lbs. (40-44)		S. Rogers	450
W. Carrol	375	DEADLIFT	
242 lbs.		114 lbs. (12-13)	
D. Kingwater	365	L. Cole	165
275 lbs.		132 lbs. Raw	
C. Demcovich	440	WOMAN	
(35-39)		L. Delasocruz 230)*
S. Carter	380	148 lbs.	
Open		J. Sykes	300
R. Sprague	325	198 lbs. Raw	
BENCH		(20-23)	
Equipment		C. Vaccaro	525
MEN		D. Wilbert	500
181 lbs. (50-54)		220 lbs. Raw	
J. Hopf	285	M. Hall	535
		242 lbs. Raw	
		T. Kristoff	620

*State Record. The 2nd Annual Fred Rogers/Paul Smart Bench Press/Dead Lift in Savannah, New York featured some fine lifting and quite a few state records. On the women's division Lisa H. Delasocruz set a state record in Bench 150 lbs. and dead lift 230 lbs.. In the 148 Jamie Sykes bench 185 and DL 300. In the 181, 50-54 John Hopf with a bench of 285, in the 198 Open Jonathan Smith with a 290, 198 Submaster Raw Leo Chichelli with a state record of 415. In the 20-23 Raw what a battle with Chris Vaccaro with a state bench 305, DL 525 just edged out close friend Doug Wilbert bench 295 DL 500. In the 220 Open Sam Young took honors with bench 350 220, 40-44 Wayne Carroll with 375 bench, 242 Raw Dave Kingwater with bench 365, 242, 50-54 John McAllister with a state record 400. 242, 35-39 my friend R.L. Murray with an off day still got 440, 275 Open Robert Sprague in his first meet 325, 275, 35-39 Scott Carter 380, 275 Raw Chris Demcovich 440, 319, 35-39 Big Dawg Steve Rogers with a state record 450. In Deadlift only 12 year old Logan Cole with state record 165. 220 Raw Mike Hall with 535, 242 Raw Tom Kristoff 620. As all these people above, we love the sport of power-lifting and hope that the rolitics of lifting does the state than 150 power state than 150 power-lifting and hope that the rolitics of lifting does the state than 150 power-lifting and hope that the rolitics of lifting does that the second state than 150 power-lifting and hope that the rolitics of lifting does that the second state than 150 power-lifting and hope that the rolitics of lifting does the sport of power-lifting and hope that the lift of the second state and the power lifting and hope that the lift of the second state and the second st Mike Hall with \$35, 242 Raw Tom Kristoff 620. As all these people above, we love the sport of power-lifting and hope that the politics of lifting don't ruin it! I would like to thank special people who help me get this meet off every year: first my wife Michelle, without her this would not happen. The people who set up and tear down: RL Murray, John Murray, Terry Stafford, Jim Lee. The spotters: Rich Molisani and Joe Cole. Great job guys. Savannah Elementary staff. Referees Tom Kristoff, Nancy Odit, Lyle Hanvey, and announcer Cody Bartlett. Another great job done by all who helped. This meet will take place every September it is in memory of my best friends, my father Fred Rogers and my childhood friend Paul Smart. I miss you guys. (thanks to "Big Dawg"Steve Rogers, AAUPC/New York State Chairman, for providing these results to PL USA)



Participants at the Fred Rogers/Paul Smart Memorial Bench Press Championships . (Michelle Rogers)

NC Reg 30,31 C					187 lbs. F. Sumner-dlm2 315		65	122.5	127.5
BENCH SHW		T. Baro 205	ody-mp	150 lbs.	138.8 lbs. M. Cranford-dlw	hs	0	0	57.5
M. Price-int 138.8 lbs.	245	J. Early 250.2	bs.	195	57.5 L. Brady-dlwjr	0	0	87.5	87.5
D. Creech-jr 187 lbs.	97.5	B. Wils	on-mp	192.5	205 lbs. S. Barry-ml	62.5	122.5	240	425
C. Hoskins-jr B. Barbour-m1	112.5 155	W. Fer	guson-n	np 160	187 lbs. J. Shoaf-m2	55	130	165	350
T. Baroody-m1 205 lbs.	150	B. Bart T. Baro	our-n	155 150	F. Sumner-m2 170.8 lbs.	65	122.5	177.5	315
J. Early-m1 227 lbs.	195	170.8		di di Sarro	M. Denton-p P. Dodson-sm	62.5 738.54	127.5	195 122.5	385
D. McMillan-m1 315 lbs.	205	SHW M. Pric		245	335 170.8 lbs.	750.54	02.3	122.3	130
W. Ferguson-m1	160	170.8 l	bs.	sm1167.5	P. Dodson-sqsm Powerlifting	125	0	0	25
K. Payne-m5 187 lbs.	165	280 lbs		140	170.8 lbs. A. Cale-ml	227.5	-120	0	107.5
B. Barbour-mp	155	119 lbs			187 lbs. F. Sumner-m2	80	122.5	127.5	330
Power Sports		E. Glas	sberg-w	p 55	248.8 lbs.	- 13	Alby over	re. United	
187 lbs.	C	BP	DL	TOT	B. Wilson-mp 170.8 lbs.	327.5	192.5	272.5	792.5
F. Sumner-bpm2 170.8 lbs.	0	122.5	0	122.5	T. Waylett-p M. Denton-p	205 177.5	152.5 127.5	227.5	585 500
138.8 lbs.	0	122.5	0	122.5	A. Cale-p 187	227.5 lbs.	-120	0	107.5
L. Brady-bpwjr 138.8 lbs.	115.74	52.5	52.5		S. Overton-p C. Andrews-p	210	150 135	202.5	562.5 547.5
D. Creech-chs 187 lbs.	47.5	0	0	47.5	205 lbs. R. Grizzi-p	205	145	220	570
C. Hoskins-cjr 205 lbs.	65	0	0	65	227 lbs. M. Blackwell-p	STET HE	127.5	MAJORN	545
J. Fender-cjr 187 lbs.	65	0	0	65	250.2 lbs. B. Wilson-p	10 422 10	192.5	272.5	792.5
F. Sumner-cm2 170.8 lbs.	0	0	127.5	127.5	170.8 lbs. D. Lewis-sm1	dor me	117.5	per gule	502.5
P. Dodson-csm 138.8 lbs.	62.5	0	0	62.5	227 lbs. M. Blackwell-sm1	Control Page		es for the	NAME OF THE PARTY
M. Cranford-cwhs	22.5	0	0	22.5	(Thanks to NASA i			212.5 ese meel	

ASSOCIATION OFFICE COPY

This is a membership application form. Complete all areas and return Part One to the address shown.

For information on registration and program, call 1-800-AAU-4USA.

AAU membership provides each member with an opportunity to participate in AAU events.

.db&	Pillille	ary coverage	e) for all properly s	anctioned AAU ever	n is secondary and is nts and supervised pro- local AAU Association	applicable after any ractices of member cluon.	ubs. Regular Fee	"AB" Fee
ANNUAL N	ИЕМВЕ		Regular Fee	"AB" Fee	Adult Athletes in to Baseball, Biathlon, Base Kayak, Gymnastics, Mo	he Following Sports: sketball, Broomball, Cycling, odern Pentathlon, Multi-Eyer	20.00	23.50
Coach	6		10.00 12.00	12.00	(Decathlon, Pentathlon), Physique, Softball.		
Volunteer or Adult Athlete		Following Sp	12.00	Not Available	Adult Athletes in t	Tumbling, Triathlon, and We he Following Sports: otball, Hockey (Ice and Rolle	20.00	25.00
Aerobics, Badmi Diving, Fencing, Challenged, Bac	inton, Bator Golf, Jump	Twirling, Bowling Rope, Physical	ng, Canoe, Cross Cour		Adult Athletes in the Chinese Martial Arts, Ju Adult Tae Kwon D	Polo and Wrestling. he Following Sports: udo, Jujitsu, and Karate to Athletes	Not Available 20.00	25.00 Not Available
			SPORT CODE	ASSOCIATION CODE	Adult Powerlifting MEMBERSHIP CH CATEGORY ON	IECK	30.00 CoachOfficial	35.00 — Volunteer
			A STREET,	e Number	CHECK ONE: Youth Pr	rogram Adult Progra	Added Benefit	Yes No
			San and		Club No.:	Club Name:	E-Mail	
THE AM	MATEUR	ATHLETIC UN	ION OF THE UNITE	ED STATES, INC.	ARE YOU ALREADY COVE	ERED WITH HEALTH & ACCID	ENT INSURANCE?	☐ Yes ☐ No
Date of Birth	Age	Sex Ap Male Female	oplication Date Socia	al Security Number		und by the AAU Co		
First	a kall	Middle	Last	1.72922_13	and the release a membership dues,	and indemnity of the I certify that I have no	AAU. By payi	ng my annual eted of any sex
Address		ani .	The state of the s	on that training to		or, if so, I must appl he AAU National Office		p (and receive
City			State Z	in Code	NOTE: Parent/Guar	rdian signature require	d if member unde	er 18 years old.

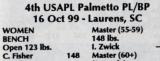
NASA NM PL/BP/PS (kg) 13 Nov 99 - Alburquerque, NM 154 lbs.

BENCH 250 lbs

M. Smith-int 154 lbs. F. Jaramillo-jr 205 lbs. G. Schuster-m1	-195 147.5	170 l			
F. Jaramillo-jr 205 lbs.	147.5				-125
	CONTRACTOR OF THE PARTY OF THE	154 I	bs.		
	147.5	F. Jan 205 I	amillo-p	MCZ	147
227 lbs.			rdinand-	-D	182
K. Williams-m1 280 lbs.	185	227 I	bs.		
C. Siddell	237.5	M. Te	upel-p		195
187 lbs.	No.	V. Mo	Coy-sm	1	172
J. Moskowitz-m2 205 lbs.	157.5			n d bu	
D. Roybal-m2	170	127 II	ormack-	wnov	55
187 lbs.	NAME OF		del-wna	t	87.5
V. McCoy-nat	172.5	o like i	1,160,000	Teps:	100
Powerlifting 154.3 lbs.	SQ.	BP	D	TO	To c
V. Echowarry-jr 205 lbs.	150	80	167.5	397	.5
M. Gurule-jr 187 lbs.	205	155	217.5	557	.5
205 lbs.	265	115	250	630	Bar.
	200 187.5	147.5		562	
227 lbs.	107.3	120	195	502	.5
K. Williams-m1 205 lbs.	250	185	205	640	
	205	140 147.5	217.5	562	
170 lbs	200	147.3	215	562.	.5
T. Everett-nat 187 lbs.	182.5	127.5	212.5	522.	5
V. McCoy-nat :	222.5	172.5	230	625	
187 lbs.	250	-195	0	55	
S. MacKay-nov 227 lbs.	202.5	137.5	220	560	
G. Hecathorn-nov 1 280 lbs.	162.5	130	220	512.	5
N. Barnreiter-nov 2	297.5	190	262.5	740	
	195	120	195	510	
	222.5	172.5	230	625	
170 lbs.			0.04-23	Picter	
	182.5	127.5	212.5	522.	5
205 lbs.	195	120	195	510	
W. Robertson-sm22 154 lbs.	25	125	272.5	622.	5
	70	42.5	100	212.	
S. Yazzie-wmp 7 154 lbs.	70	42.5	100	212.	5
	40	87.5	135	362.	5
K. Purser-wnov 7	5	45	92.5	212.	5
(Thanks to NASA for	r provid	ding the	se meet	resul	ts)

284th BSB Powerlifting (kg)

56 kgs.		M. Green-M	512.5
D. Jackson-M	320	90 kgs.	
60 kgs.		K. Ballentine-S	622
. Pharms-S	455	M. Rippel-Sp	610
67.5 kgs.		J. Willson-S	530
. Harms-Sp	460	D. Miranda-Sp 5	10
75 kgs.		100 kgs.	
D. Campbell-S	544	D. Wilson-H	680
. Price-S	525	R. Ritey-S	659.5
-Shape. Sp-	Spange	dahlem. H-Hoh	enfels.
M-Mannheim.	Team	Champions: 1st	Relaium



C. Fisher	148	(Form		
165 lbs. L. McGill	154	J. Tate	na)	31
198 lbs.	134	M. Bra	nham	27
B. McGill	198*	MEN		
Jr. (18-19)			114 lbs.	
242 lbs.		D. Gre		24
P. McDaniel	303*	148 lb		
Submaster 275 II		I. Zwic		_
E. Wright	402	165 lb		
Master (40-44)		E. Pryc	r	30
275 lbs.		181 lb	s.	
M. Jackson	451	J. Abel		38
Master (45-49)		198 lb		
220 lbs.		C. Mai		39
L. Hoffman	264	242 lb		
Master (50-54)		B. Mc		41
275 lbs.		275 lb		40
K. Cushman	308	J. Ashe E. Wrig		40
O Down	60	BP BP	DL	TOT
Open Power WOMEN 132 lbs	SQ	BP	DL	101
C. Lee-16	71*	71*	132*	275*
148 lbs.				-, -
J. Thompson	187	231	281	699
165 lbs.	100			
R. Hackney-60	214*	132!	292	639*
R. Huckiney ou		4th-D	-294!	
198 lbs.				
E. Williams-34	286*	187*	330	804
C. Hall-16	132*	121*	176*	429*
Class II & Below	165 lbs			
E. Pryor	374	303	479	1157
R. Sutter	407	303	374	1085
220 lbs.				
P. Tanner	523	303	551	1377
242 lbs.			TO STREET	
E. Hinton	551	391	650	1592
Jr (14-15) 165 lb	s.			
B. Bearhalter	352	176	352	881
D. Myers	187	170	319	677
Jr (16-17) 165 lb	236	148	248	633
J. Reaves Jr (18-19) 148 lb		140	240	033
	· _	O TOWN	_	_
J. Herring Jr (20-23) 114 lb			-79 (3)	
J. Ray	115	93	154	363
148 lbs.				505
C. Coyle	187	1 54	275	617
220 lbs.				
J. Naggy	501	352	501	1355
242 lbs.				
A. Edwards	88	137	154	380
Submaster SHW	5 00 5			
A. Gary	490	352	518	1361
Master (40-44) 1				un-policy
S. Yeargin	523	303	540	1366
198 lbs.	4 18	7.3		4000
W. Kellett	347	292	429	1069
Master (45-49)	220 lbs.	000		100
L. Hoffman	396	264	374	1036
Master (50-54) 2		200		124
K. Cushman	429	308	507	1245
Master (56-59) 1	48 lbs.			
((()		TM		
1111				



Regina Hackney set a USAPL American Women's Masters record in the deadlift of 294 lbs. at the 4th annual USAPL Palmetto Classic PL & BP Championships. (photograph by Bob Burchett provided via Dan Lark)

Zwick	_	-	-	- 10	P. Tanner	523	303	551	137
laster (60+) (By	Formu	la)			242 lbs.				
. Branham	319	275 M	457	1052	S. Clontz	512	303	573	1388
Tate	402	319	451	1173	276 lbs.				
pen 114 lbs.					I. Haller	722	473	749	1945
. Green	325	242 Aj	358	925	SHW				
65 lbs.	323	-4-7	330		G. Faulkenberry	705	336	606	1647
Yeargin	523	303	540	1366	L. Turley	567	407	567	1543
Prvor	374	303	479	1157	L. Hongland	473	374	573	1421
98 lbs.		303		to be being	B. Duncan	_	-	- 19	_
. Matos	501	391	556	1449	Guest Lifters 242	lbs.			
20 lbs.	301	331	330	200000000000000000000000000000000000000	B. McSwain	584	418	622	1625
. Pernell	655	440	551	1647	*-State Record.			ecord.	

Bencher: Jess Abell. Best Female Bencher: Cladie Fisher. Best Male Power: Jeremy Haller. Best Female Power: Jennifer Thompson. Summary: The 4th Annual USAPL Palmetto Classic Powerlifting and Bench Press Championships were held in Laurens, SC on October 16, 1999. We had 43 lifters compete in the contest. Many state records were set. The referees included: Jerry Beckham, Scott Case, Mike Requa, Regina Hackney, Brian Butts, Scott Hammond, Dan Lark, Ernie Fleisher, and platform manager, Brian Hansen. Thanks to all the spotter/loaders and meet personell who helped out! (results by Dan Lark, USAPL SC State Chair)



USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725 (219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures as a condition of continued membership. I agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance or with the substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method, I permit USAPL so chooses.

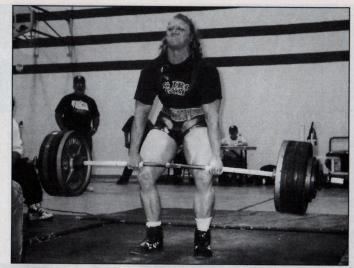
(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

A REAL PROPERTY AND A	(All m	nemberships expire Dec. 31; Those purchased after Nov. 1, will expire D	Dec. 31 of the following year.)
IGNATURE:	P. McDolevicov SD 2	If under 21 yrs., Parent Initial:	Date: Prior Reg. #
lame:	Secure of the second of the se	Phone:	E-Mail:
ddress / City / St	ate / Zip Code:	the party of the street of the	
ate Of Birth:	Age:	Sex: U.S. Citizen? USAPL Registered (Club Represented:
ompeting Divisions: open een (14-19 yrs.)	Membership Prices: Adult - \$40.00	USAPL Merchandise: ■Logo T-Shirt = \$15.00 (Size Oty) ■Rulebook = \$25.00 ■Logo Patch = \$5.00	Method Of Payment: Credit Card: Visa - Master Card - Discover Exp. Date
unior (20-23 yrs.) laster (40 yrs. & up)	High School - \$30.00	Polo Shirt w/Logo - (s-xl) = \$35.00 (xxl & up) = \$37.00 (navy - white) (Size Qty)	*
collegiate	Special Olympian - \$10.00	•Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00 (navy) (Size Oty)	Credit Cardholder Signature
Police & Fire	Tax Deductible Donation	 Logo Hats (denim – black – white) = \$15.00 Referee Designation Polo w/Logo- (s-xl)=\$30.00 (xxl & up)=\$32.50 	Check / Money Order #
and Ohempion		Ref Status (Size Qtv.)	Total Purchased:

Omaha (
20 No	v 99	- Oma	ha, N	E
BENCH		220 lb	36.	
WOMEN		M. Re	inig	425*
Open 165 lbs.		S. Ver		415
S. Bressman	185	J. Bou		320
MEN			r (40-49	
Open 132 lbs.		220 lb		
T. Vrba	190	B. Co	co	325
165 lbs.		Maste	r (50+)	
S. Frankl	400	165 lb		
181 lbs.		T. Full	er	2300
R. Williams	425	198 lb)S.	
220 lbs.		K. Lov	ve	230
K. Kriecek	415	220 lb		
242 lbs.		B. Ma		315*
S. Caldwell	505	275 lb		
275 lbs.		B. Kul		350
M. Uhrlaub	430	Super		550
Novice 220 lbs.		R. Ruf		385
B. Gatchell	400	DEAD		505
242 lbs.			220 lbs	
I. Grandig	450	M. Ma		560
S. Derby	345	Novic		-
Super		198		lbs.
T. Zielinski	340	I. Ram	ierez	450
Submaster		220 lb		450
165 lbs.		M. Ma		560
J. Halpine	255		181 lbs.	300
198	lbs.	M. Ste		580
S. Bolter	330		r (40-49	
		181 lb		,
		J. Jone	The state of the state of the	530
Open	SQ	BP	DL	TOT
165 lbs.	34		DL	101
D. Roy	400	180	420	1000
275 lbs.	100		720	1000
R. Ruffcorn	450	430	450	1330
Super	-	450	450	1330
D. Pearson	755	420	500	1675
Novice 165 lbs.			500	.0,5
G. Monico	350	245	400	995
220 lbs.	1000			
D. Satterfield	315	280	425	1020
Teen 242 lbs.			-	.020
M. Maltby	580	365	540	1485
Submaster 220 II				. 100
B. Miller	345	260	465	1070
242 lbs.			403	1070
P. Mason	600	420	600	1620
Master (40-49)	-	-	000	.020

375 295 405

Master (40-49) 181 lbs.



98 at the Omaha Open (Machulda)

Becca Swanson	pull	s 575	at 19
Master (50+) 220 lbs.			
C. Toney 325	275	500	1100
WOMEN	BP	DL	TOT
Open 132 lbs.			
T. Saba	165	335	500
148 lbs.			
C. Grandig	160	335	495
198 lbs.			
B. Swanson	290	575	865
Submaster 148 lbs.			
N. Fullmer	170	360	530
Master (40-49) 148 lbs.			
Z. Baumel	155	305	460
MEN Open 220 lbs.			
K. Parish	425	570	995
275 lbs.			
V. Beatty	365	600	965
Novice 198 lbs.			
D. Harvey	305	425	730
Submaster 275 lbs.			

V. Beatty	365	600	965
Master (40-49) 181 lb	s.		
C. Blades	285	380	665
198 lbs.			
D. Harvey	305	425	730
Master (50+) 220 lbs.			
U. Kanto	290	515	805
*-All Time Nebraska re	ecords reg	ardless (of associa-
tion. Outstanding Lifte	ers: Full M	eet - Par	is Mason,
tion. Outstanding Lifte Bench Lt. Wt Shawn	ers: Full M Frankl, Be	eet - Par	ris Mason, Wt Sam
tion. Outstanding Lifte Bench Lt. Wt Shawn I Caldwell, Bench Maste	ers: Full M Frankl, Be er - Rich R	eet - Par nch Hvy uffcorn,	ris Mason, Wt Sam Deadlift -
tion. Outstanding Lifte Bench Lt. Wt Shawn I Caldwell, Bench Maste Mark Stewart, Combin	ers: Full M Frankl, Be er - Rich R ned Wom	eet - Par nch Hvy uffcorn, - Becca	is Mason, Wt Sam Deadlift - Swanson,
tion. Outstanding Lifte Bench Lt. Wt Shawn I Caldwell, Bench Maste Mark Stewart, Combin Combined Men - Ke	ers: Full M Frankl, Be er - Rich R ned Wom ith Parish	eet - Par nch Hvy uffcorn, - Becca . This r	ris Mason, Wt Sam Deadlift - Swanson, neet also
tion. Outstanding Lifte Bench Lt. Wt Shawn I Caldwell, Bench Mastk Mark Stewart, Combin Combined Men - Ke included the induction	ers: Full M Frankl, Bei er - Rich R ned Wom ith Parish n of the fir	eet - Par nch Hvy uffcorn, - Becca . This r st three	ris Mason, Wt Sam Deadlift - Swanson, neet also members
tion. Outstanding Lifte Bench Lt. Wt Shawn I Caldwell, Bench Mast Mark Stewart, Combin Combined Men - Ke included the induction	ers: Full M Frankl, Bei er - Rich R ned Wom ith Parish n of the fir	eet - Par nch Hvy uffcorn, - Becca . This r st three	ris Mason, Wt Sam Deadlift - Swanson, neet also members
tion. Outstanding Lifte Bench Lt. Wt Shawn I Caldwell, Bench Mast Mark Stewart, Combin Combined Men - Ke included the induction	ers: Full M Frankl, Ber er - Rich R ned Wom ith Parish n of the fir rlifting Ha	eet - Par nch Hvy uffcorn, - Becca . This I st three ill of Far	ris Mason, Wt Sam Deadlift - Swanson, neet also members ne. Those
tion. Outstanding Lifte Bench Lt. Wt Shawn I Caldwell, Bench Mast Mark Stewart, Combin Combined Men - Ke included the induction of the Nebraska Powe	ers: Full M Frankl, Ber er - Rich R ned Wom ith Parish n of the fir rlifting Ha ck Hussey	eet - Par nch Hvy uffcorn, - Becca . This r st three ill of Far , John J	is Mason, Wt Sam Deadlift - Swanson, neet also members ne. Those ones, and

23 Oct 99 - B	rowns	sville,	TX
MEN	BP	DL	T
Teen 114 lbs.			
G. Jackson	135	315	4
148 lbs.			
G. Singler	135	315	4
198 lbs.			
J. Saldana	330	405	7
F. Vasquez	- 88	485	4
242 lbs.			
J. Vela!	320	515	8
FEMALE Open 148 lbs.			



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IULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

MANAGEMENT OF A TOTAL			
2nd Southe			
23 Oct 99 -	Brown	sville,	TX
MEN	BP	DL	TOT
Teen 114 lbs.			
G. Jackson	135	315	450
148 lbs.			
G. Singler	135	315	450
198 lbs.			
J. Saldana	330	405	735
F. Vasquez		485	485
242 lbs.	624		10
J. Vela!	320	515	835
FEMALE Open 148 lbs		Rose	
G. Koepke	135	295	430
198 lbs.	CHA TE	-51	Botto
S. Barbee	250	400	650
Master 148 lbs.			
G. Koepke	135	295	430
198 lbs.	0.00		
S. Barbee!	250	400	650
Novice 148 lbs.	240	200	705
B. Morgan	340	365	705
C. Andres	250 135	400	510
G. Singler 165 lbs.	135	315	450
G. Wood	170	300	470
C. Garcia	180	300	180
181 lbs.	100	on Board	100
l. Leal	305	345	650
198 lbs.	303	343	033
G. Alvarez	240	440	680
220 lba.	on no the	tole gills	-
M. Sanchez!	415	500	925
M. Licon	390	505	895
242 lbs.			
O. Valdez	410	465	875
M. Quantz	330	350	680
Open 165 lbs.			
P. Ramirez	330	400	730
E. Garcia	235	415	650
181 lbs.			
. Galyean!	330	530	860
R. Ayala	365	455	820
198 lbs.	DOETHER		
. Guevva	400	425	825
220 lbs.	200	House	THE R. P. LEWIS CO., LANSING, MICH.
F. Silva	425	505	930
M. Sanchez	425	500	925
M. Licon	390	505	895
SHW	ELLINE UP DE		
F. Sanchez!	500	675	1125
Submaster 165 lbs.	wingh Rel	n regarie	
E. Garcia	235	415	650
198 lbs.	-		
C. Ortiz!	430	450	880

220 lbs. M. Licon	390	505	880
Master 220 lbs.			
F. Silva	250	315	565
242 lbs.			
M. Quantz!	330	350	680
Law 181 lbs.			
J. Galyean	330	530	860
198 lbs.			
C. Ortiz	430	450	880
220 lbs.			
F. Silva			
!-OL. We had an ex old out, standing ro	oom only. A	Many Bi	rownsvi
!—OL. We had an ex old out, standing re records were broke ported the lifters. Fr lifter with a total of 1 was Shary Barbee wit sponsored by Tito's Tito's Gym. Our next	cellent turn bom only. A n and the celled Sanchez 125. Female that otal of 6 Gym and the meet will be	out. Se dany Br crowd r was ou outstant 550. The he meet be the 3	eating warewasting waste and in the standing life in meet water the site ward Annual in the site ward
!-OL. We had an ex old out, standing re records were broke ported the lifters. Fr lifter with a total of 1: was Shary Barbee wit sponsored by Tito's	cellent turn bom only. A n and the celled Sanchez 125. Female that otal of 6 Gym and the meet will be	out. Se dany Br crowd r was ou outstant 550. The he meet be the 3	eating warewasting waste and in the standing life in meet water the site ward Annual in the site ward

16 Oct 99 - Nashville, TN (kg) 227 lbs. K. Johnson-sm1 227.5

215 205 lbs.

215 Tumminello-138 lbs. A. Rego-wjr

SQ BP DL TOT

42.5

	A. Solo-csm A. Solo-dlsm	72.5	0	0 232.5	72.5 232.5
	170 lbs.				
	R. Ortega 205 lbs.	45	120	177.5	342.5
	B. Aldridge-nov 250 lbs.	55	122.5	205	382.5
n, n	C. Goldston-nov 187 lbs.	62.5	145	250	457.5
-	B. Boyer-sm 170.8 lbs.	75	0	0	75
1,	R. Ortega-sq 154.3 lbs.	132.5	0	0	132.5
e	S. Alford-sqsm PL 205 lbs.	167.5	0	0	167.5
h	J. Wakefield-hs 280 lbs.	115	100	147.5	362.5
	J. Crouch-jr 187 lbs.	277.5	155	235	617.5
	J. Witty-mp 205 lbs.	150	115	160	425
	J. Hines-mp 154 lbs.	182.5	122.5	227.5	532.5
	B. Merz-nov	132.5	75	147.5	355
	P. Prater-nov 227 lbs.	100	95	135	330
	D. Franks-nov 280 lbs.	215	145	235	595
	W. Johnson-nov 227 lbs.	285	185	247.5	717.5
	R. Gore-p 250 lbs.	250	160	220	630
	T. Dunlap-p	305	180	320 8	05
	S. Hill-p 280 lbs.	272.5	165	295	732.5
	W. Johnson-pr 154 lbs.	285	185	257.5	727.5
	P. Prater-sm1	100	95	135	330
	227 lbs. C. Nelson-sm1	242.5	170	230	642.5
	250 lbs.				
	J. Sluss-sm1 280 lbs.	182.5	132.5	190	505
	W. Johnson-sm1 127 lbs.	285	185	247.5	717.5
	T. Fisher-sm1 187 lbs.	127.5	92.5	125	345
	B. Boyer-sm2 205 lbs.	227.5	160	252.5	640
	M. Owens-t 110 lbs.	215	1125.5	237.5	565
	P. Nichols-wjr	90	55	107.5	252.5
	P. Nichols-wnov P. Nichols-wp	90	55 55	107.5 107.5	252.5 252.5
	(Thanks to NASA			se mee	t results)
	Tenne	ssee F	Power	Fest	
	27 Feb		cKenz	zie, TN	
	BENCH 175 lbs. & under		S. Roy		380 300
	T. Bowman	305	226-27		300
	M. Ray	300	R. Ricl		560
	J. Sikes	230	S. John		460
	176-200 lbs.	440	R. Lon		405
	B. Beecham R. Horner	440 405	276 lb S. Wya	s. & up	525
	J. Hawkins	405	WOM.		323
	201-225 lbs.	345 6	E. Crip		155
	M. Wieckowski	455	Teen		
	P. Rankin	450	G. Kel	ly-309	405
	D. Allen (Thanks to Omega	405	renath 1	aam fa	reculte)
	(manks to Omega	rorce 31	rengin	eam 10	results)

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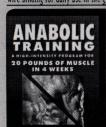
Steroid-Programs



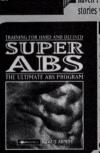
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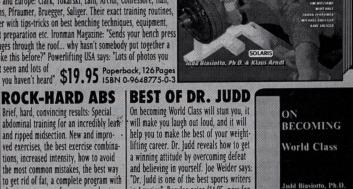
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\$9.95 Paperback, 100 Pages 15BN 0-9648775-2-X **USAPL Central Colorado Open** ALANA JAYLO 20 25 55 10 19 JUN 99 - Aurora, CO (kg) 198+ SQ BP DL TOTAL Novice M. CARLSON 115 80 152.5 34 Open C. MIRABELLA 185 125 215 525

Open					M. CARLSON	113	00		347.10
C. MIRABELLA	185	125	215	525	Open	THIS F	TO THE	NEWSTIN	Hall thes
148					LINDA SCHAEFER	145	77.5	192.5	415
Teen					Teen				
R. MITCHELL	45	52.5	137.5	235	CHRISTINA TOO				Sabo Pti
ROBERT CHU	75	35	95	205	(thanks to USAPL	or prov	iding th	ese mee	t results)
165						A STATE OF			
lunior									
D.CLAUSEN	102.5	82.5	130	315	LICAL		C4-4-	(1)	
TODD FAYTA	97.5	67.5	130	295			State		THE STATE OF
	37.3	07.5	130	-,,	16,17 Oc	t 99 -	Rocka	way,	NI
Master (40-49)		105	175	435	WOMEN	SO	BP	DL	TOT
M. CUCINELLA	155	105	1/3	433	Open 132 lbs.	34			o stage
Teen		1000				147.5	85	157.5	390
BEN GRAHAM	67.5	45	115	227.5	C. Femia		03	137.5	330
181					MEN Open 123 lt		72 5	150	360
Master (50-59)					M. Harvis	137.5	72.5	150	300
T. BYINGTON	145	95	167.5	402.5	B. Lozito	-	-	-	-
Open					Open 148 lbs.				
TIM RICKETT	210	195	220	625	H. Galanakis	115	75	152.5	342.5
198					165 lbs.				
lunior					K. Davis	220	165	260	645
MATT GARAND	182.5				M. Vail	182.5	175	207.5	565
Novice					181 lbs.				
V. TRUJILLO	142.5	145	182.5	470	I. Dalessio	217.5	160	245	622.5
R. MARTINEZ	172.5	1	0	0	R. Falcone	215	167.5	225	607.5
Teen					198 lbs.				
TRENTON BLAIR	110	92.5	145	347.5	J. Dally	242.5	150	262.5	655
	110	92.3	143	347.13	F. Arcibal	212.5	147.5	225	585
220					220 lbs.				
Master (40-49)		***	265	654.5	B. Callahan	280	182.5	267.5	730
RAY BIRCH	227	162.5	210	527.5	K. Brunskill	247.5	162.5	275	685
RON CARICH	162.5	155	210	527.5	K. Farley	237.5	197.5	245	680
Novice	A SOLD	TI SHE				242.5	175	255	672.5
B. CHAPMAN	250	160	272.5	682.5	M. Shrobola		1/3	233	072.5
Open				673	M. Maher	65	-	_	-
D. NOELDNER	250	140	252.5	642.5	242 lbs.				700 5
242					D. Nemow	290	197.5	245	732.5
Master (50-59)					J. Rosinski	275	152.5	267.5	696
NICK SINARDI	152.5	102.5	232.5	487.5	275 lbs.				
Novice					M. Clark	300	232.5	282.5	815
C. BELLIN	207.5	127.5	237.5	572.5	S. Onwfork	245	152.5	280	677.5
Open					275+ lbs.				
C. COLCHADO	137.5	150	227.5	515	J. Weiss	292.5	182.5	300	775
Women's	137.0				Formula				
					Out of State WO	MEN LI	ght		
114					I. Davis-124	137.5		182.5	410
Open					S. Allison-128	145	72.5	157.5	375
opoutae			00	200	S. Allison-128 A. Bain-132	77.5	40	97.5	215
LAURIE KRAUSSI	E 70	50	80	200	Out of State WO		-	37.3	
132							62.5	150	330
Teen					M. SERRE-165	117.5	02.5	130	330
R. MIKKELSON	60	40	75	175	Teen MEN Light				

)5	J. Montero-167	152.5	122.5	215	490	
	J. Beandy-165	TO DESCRIPTION	1100	O BUS	17 1900	
17.5	Teen MEN Heavy	240	147.5	227.5	615	
17.5	J. Nicholosi-197 Juniors MEN Light	_	147.3	227.3	013	
15		192.5	120	220	532.5	
15	A. Watkins-156	182.5	142.5	165	490	
	J. Golba-146	157.5	105	195	457.5	
sults)	S. Imbriaco-142		103	193	437.13	
esuits)	Juniors MEN Hea	300	185	300	785	
	G. Anderson-269	317.5	152.5	310	780	
	J. Zpagan-273	247.5	165	260	672.5	
	M. Stinson-296	247.3	103	200	0,410	
10 30	C. Nelson-280		-		775	
OT	Submasters MEN	292.5	182.5	300	775	
	J. Weiss-290		185	260	745	
90	R. Lapoccia-271	300 175	125	205	505	
90	J. Pessioli-191		125	205	303	
60	Masters MEN Ligh			110	190	
50	M. Rosenwald-17 452.5	2	152.5	110	190	
	P. Buckbauer-178	-	-	-	-	
42.5	Lifetime MEN He					
	B. Siegfried-271	225	180	230	635	
45	K. O'connor-224	142.5	137.5	197.5	477.5	
65	Formula Raw					
apulo-	P. Kandinov-167	157.5	130	215	502.5	
22.5	V. Yarnodl-129	102.5	95	125	322.5	
07.5	J. Weiss-178	105	75	160	340	
	J. Wolff-162	92.5	65	137.5	295	
55	Raw MEN Heavy					
85	G. Whalin-187	182.5	140	227.5	550	
	T.m Jones-188	.165	125	220	5100	
30	R. Cassidy-215	137.5	125	192.5	455	
85	Out of State MEN					
80	M. Cagiola-162	225	165	217.5	607.5	
72.5	B. Joholt-162	145	82.5	160	387.5	
•	R. Pannali-163	112.5	55	110	277.5	
	T. Taylor-165	-	-	-	-	
32.5	Out of State MEN					
96	Lamoureaux-242	250	215	247.5	712.5	
	J. Backos-199	215	145	227.5	587.5	
15	M. Cunha-213	215	160	207.5	582.5	
77.5	D. Kingston-236	205	155	235	595	
VISTO I	R. Cote Jr-220	25	192.5	70	287.5	
75	The Meet revisite	ed a set	ting of p	ast state	champi-	
	onships, Hopatco	ng High	School,	Hopato	ong, New	
182CB	Jersey. The meet	, like o	ther US	APL me	ets spon-	
10	sored by Pro Fitne	ess, con	tinued to	utilize	the finest	
75	of equipment (Ele	eiko pla	les, sued	e cover	ed beach,	
15	big visible light s vised in rules br	ystem,	etc.) The	e lifters	were ad-	
30	comparable to the	at of nat	ional me	etstand	lards. The	
-	comparable to the	4-1- 46		dande in	a consis-	

tent and fair manner, Just under sixty competitors did their best to make this meet exciting and in keeping with the high caliber lifting expected at this 16th annual state championship. Lifting on both days went smoothly and efficiently allowing for short days. Lifters competing at this meet will be well prepared should they chose to go on to a national level meet. All the competitors should be congratulated on job well done. As follows are some of the highlights as this writer sees them. Five women lifters hit the platform on day one. Amongst them was Christine Femla who competed as the only NJ female lifter. Christine continues to improve and lift solidly. Marsha Serre and her proteges (Amanda Bain & Susan Allison) lifted efficiently and were well focused. Jackie Davis continues to impress all show the stuff that has made her a many time national champion. In the open division of the state championship, Kenny Davis, up a weight class to 165, impressed all with a 9 for 9, national meet qualifying total. Matthew Vail lifted well at 165 and made an impressive 385 lbs. bench press. At 181, two experienced lifters, Ron Falcone & John Delassio, did battle down to the last deadlifts with the younger lifter prevailing. Jerry Dally, primarily based on superior bench press prowess, took first place at 198 over the improving Francis Arcibal. Brian Callahan (220), Darren Nemow (242), Matthew Clark (275) and Jim Weiss (275+) all lifted well and are deserving state champs. All divisions (i.e. teen, junior, master, out-of-state, etc.) competed against each other by formula. Jim Nicholosi, Andrew Walkins, George Anderson and John Zpagan were impressive in the teen-junior divisions. As I recall it, John Zpagan did his squats without benefit of a supportive suit. Rocco Lapoccia seemed to really enjoy himself and did well in the ifietime division lifting with very little gear. All 7 "Raw" lifters did well. The out of state divisions for both days was quite competitive with former national champ Mike Cagiola winning the meet a

From the Chairman of AAU Powerlifting: "I have been watching and reading with great interest, all of the recent comments about AAU Powerlifting. The comments do not accurately reflect what is happening to AAU Powerlifting in most cases.

It is true that as of January 1, 2000 AAU Powerlifting can no longer use the drug testing program that was utilized in the past. The AAU stopped the program due to drug testing litigation in another AAU sport in 1998. That same litigation required AAU sports choosing to drug test, to provide liability insurance. Powerlifting chose to drug test. At that time, September 1998. AAU Powerlifting did not have the funds to provide the liability insurance, subsequently no drug testing. It was not until April of 1999 that AAU Powerlifting could test, due to the commitment of four Powerlifting Committee members. Nick Theodorou, Bill DePorter, Martin Drake and myself. AAU Powerlifting continued to drug test until September 1, 1999.

Upon examination of our current drug test program it has become evident for us to deal with liabilities in today's society that changes have become necessary. In part to protect AAU Powerlifting, it's meet directors, and the AAU, we have taken this opportunity to upgrade our substance abuse program. It has also become evident that we need to remain current with the new developments in the biotechnology industry as these changes are driving the changes in the testing programs of the NCAA, USOC and the IOC.

In September 1999 at the Annual AAU Conventions Executive Committee meeting, the drug testing issue was once again addressed. Bill DePorter and I presented to the Committee an idea for independent, third party drug testing. Basically, taking the collection of samples out of the hands of AAU Officials,

1999 AAU BEST IN THE STATE OF NORTH CAROLINA

	AST.	BENCH	RAW	BENCH	AST. I	Lifting	RAW	P-Lifting	TEEN	RAW BP	TEEN	RAW P/L
114 123 132 148	240 230 275 280	B. Honeycutt J. Chavez H. Garcia B. Zak		B. Honeycutt J. Chavez D. Moore B. Zak	715 580 1175 1035	E. Midkiff J. Gallop H. Garcia B. Zak	715 580 710 1035	E. Midkiff J. Gallop C. Clay B. Zak	155 135 220 200	S. Mercer B. Beach D. Moore D. Davis	715 580 710 805	E. Midkiff J. Gallop C. Clay D. Sylvester
165	420	F. Headrick	350	D. Donald	1420	M. Puckett	1240	C. Kerley	315	C. Sithes	1050	C. Sithes
181	400	K. Terry	380	M. Bell	1330	J. Moore	1150	N. Roten	295	K. Robertson	1000	L. Lamb
198	440	J. Winters	405	P. Bossi	1680	J. Inlow	1260	R. Maynard	300	J. Whidbee	1120	I. Gordon
220	500	B. Ely	370	K. Mallory	1715	C. Gibson		W. Julian	300	D. Dashields	915	A. Midgette
242	520	S. Reid	520	S. Reid	1410	J. Williams	1345	D. Michaels	350	T. Midgette	1000	T. Midgette
275	550	R. Tinnen	530	C. Elliott	1660	T. Smith	1660	T. Smith	315	L. King	1125	L. King
319	480	A. Cherry	410	K. Payne	580	C. White	580	C. White	170	C. White	580	C. White
SHW	620	M. Neal	180	C. White	2000	M. Neal	620	C. White	180	C. White	620	C. White
Formu Wome	en	men/Masters										
		Bench		BENCH		Lifting		P-Lifting				
1)		night-McNeil		ccerra	B. Hic		D. W					
2)		ccerra		estcott	F. Ho		T. Co					
3)	K. W	estcott	R. Sn	yder	D. Wi	ison	K. Ne	dding				
Maste	rs											
		Bench		Bench		Lifting		P-Lifting				
1)		lawkins III	D. Yo		T. Kin		K. Mo					
2)	D. Yo		J. Ha		R. Sw		W. Al					
3)	V. Co	onstantino	R. Sta	aten	R. Mc	Clendon	J. Turi	ner				
	1999	State Champi	onship	P Teams								
				le School		High School		Open				
	-Lifting			beth City Elite		Beach Boys		Enterprise Wo				
Rench	Pressi	ng	Haw	kins Youth Millis	try	Blum High S	chool	Beach Boys/Fi	tness De	epot		

and utilizing the services of trained personnel, thereby minimizing liability. The Committee accepted the idea at that time. A request was then made to extend our current drug test program and the general liability insurance policy. We were granted the extension to December 31, 1999.

In the mean time, that deadline has come and gone and again AAU Powerlifting cannot drug test, BUT. we have been working with the Center for Drug Free Sports to develop a substance abuse program that will allow drug testing for AAU Powerlifting. Needless to say, the process is taking a lot longer than we had hoped or expected. Preliminary discussions have shown that we need to include policies and procedures to address the independent drug testing procedures. Also, there is a need to develop an ongoing substance abuse education pro-

With regard to funding, it is not

our intent to have the meet director or the powerlifter bare all the burden of financing this program. Hence, we will be looking at ways to develop funds for this type of program.

I would like to make it clear that AAU Powerlifting is committed to:

1) Remaining a drug free organization and provide the powerlifter a fair platform for competition.

2) Providing education and concise rules and guidelines for a drug free competitive sport.

 Providing an accepted independent third party substance abuse program

Integrity, honesty and loyalty provide the impetus for AAU Powerlifting to continue. All athletes deserve the opportunity to compete on a fair platform. For those Powerlifters that utilize banned substances please compete in those organizations that permit their use.

One last issue that I would like to address and that is the use of equipment. The term that we have chosen to denote the division for use of equipment is "Equipped". Once again, we are committed to offering both, RAW and Equipped,

Respectfully, Harry Halverstadt, Chair AAU Powerlifting

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Stigler, K 132 lbs.	90	Glade, R Hoy, D	240
Lynch, J	100	Master-2	
Thorn, T 148 lbs.	100	George, R Novice 242 lbs.	305
Miller, W	145	Ferguson, T	385
Newman, C Submaster 148 lb	105	Troxel, J Bishop, E	350 305
Newman, C	105	Open	
181 lbs. Engel, C	175	Holmes, L Last, G	520 475
	125	Madison, P	445
Strum, C Teen 114 lbs.	140	Submaster Bender, K	430
Ruge, H 123 lbs.		Harris, J	320
Millage, B Crosser, A	190 85	Master-1 Last Gene	475
132 lbs.		White Frank	385
Wobschall, B 148 lbs.	140	Master-2 McNally Dave	365
Cole, R	235	Open 275 lbs.	
Hansen, H Hansen, D	180 170	Kirchner, K Novice	415
Hartson, J	115	Schuck, D	400
165 lbs. Short, D	240	Submaster Matthew, J	395
Byers, M	210	Open HWT	420
Bums, D 198 lbs.	180	Summers, J Submaster	430
Katz, J	430	Bruce, D	395
Niehaus, J Cross, D	300 255	Novice Kaldenberg, J	215
220 lbs.		Trap DEADLIFT	
Skelton, C 242 lbs.	305	Teen 114 lbs. Graeser, L	275
Vasquez, N	250	123 lbs.	105
HWT Harris, G	380	Crosser, A 132 lbs.	185
Open 132 lbs.		Wobschall, B	330
Hillesheim, W 148 lbs.	245	148 lbs. Hansen, H	385
Whiff, B	330	Helmke, J	200
Submaster Whitt, B	330	Submaster 181 lb Ruse, D	440
Master-1		Teen	200
Olson, A Novice 165 lbs.	300	Harms, R 198 lbs.	290
Novice 165 lbs. Donavan, B	265	Warwick, M	430
McAnally, C Open	150	220 lbs. Master-1 Swieter, D	390
Weber, E	310	Novice	340
Harris, C Submaster	300	Crosser, K Reg. DEADLIFT	340
Dressler, K	280	WOMEN 132 lbs.	200
Master-1 Broeg, R	260	Thorn, T 181 lbs.	200
Master-2	125	Engel, C	255
Glanzer, D Novice 181 lbs.	125	Teen Tiedtke, B	465
Doobay, D	325 300	Mossman, A Skelton, C	315 425
Rebhuhn, E Kincaid, K	280	Novice 165 lbs.	
Open Smith, E	365	Donovan, B Open	390
Doobay, D	325	Harris, C	455
Submaster DeFrancisco, C	350	Milia, M Submaster	450
Maynard, B	340	Milia, M	450
Druger, C	295 250	Master-1 Broeg, R	380
Ruse, D Master-1		Master-2	
Konecny, S	330	Glanzer, D Open 181 lbs.	190
Master-2 Stan, S	305	Ruse, D	405
Dewey, D	180	Novice Rebhuhn, E	350
Novice 198 lbs. Nelson, J	315	Novice 198 lbs.	
Lull, C	305 280	Duggan, M Open	475
Shipley, T Conley, W	280	Herkelman, B	475
Cross, D	255	Duggan, M Michael, M	475
Open Katz, J	430	Submaster 220 lb	s.
Michael, M	390 385	Cole, G Master-1	645
Hagberg, H Herkelman, B	380	Schmoller, M	475
Novice 220 lbs. Hallengren, J	275	Novice Hallengren, J	425
Crosser, K	240	242 lbs. Open	
Open Anderson, J425		Troel, J Novice 275 lbs.	675
Submaster 220 lb)S.	Schuck, D	605
Cole, G Duff, S	465 450	Open Kirchner, K	550
E Culm	3300	Open HWT	
(Thanks to Wayn	e Hami	Summers, J mes for providing re	450 esults)
E MARKET		AND ALTERNATION TO	ALC: U

For Review "PAUL ANDERSON - The Mightiest Minister" is a book by Randall J. Strossen, Ph.D., of IronMind Enterprises, Inc., who began work on the project after learning that Larry Coleman, the man who produced the Paul Anderson documentary video tape a few years back, had been pulled away from his subsequent plan to produce a book of collected articles about Paul. Paul's widow Glenda asked Mr. Strossen if he would be interested in the project, and what was planned to be a one year effort turned into 4 years. Those years were worthwhile, because the end product is a book that is a masterpiece of many dimensions. The physical presentation of the book is an example of the reverence and care that Strossen consistently brings to all that he undertakes, and the breadth of the editorial coverage and the variety of accompanying historical photographs are forged into cohesiveness by the logical structure that Randy chose to relate the glorious tale of this iron icon's life and influence.

To put the impact of Paul Anderson into perspective, consider the stature of those who respected him so intensely. Tommy Kono wrote the foreword for the book. Contributions collected for this book came from the likes of Bob Peoples, Peary Rader, Harry Paschall, Ray Van Cleef, Bob Hoffman, as well as many others whose names are not as familiar, but who were just as awed by Paul's accomplishments.

The story of Paul Anderson's inspiring lifting career is familiar, but the degree of detail and the intimate perspective brought to the subject in this book makes the tale even more compelling. From a childhood remarkable only for the challenge of Paul dealing with Bright's disease, he streamed into the consciousness of his family, friends, the fraternity of weightlifters throughout his state, nation, and eventually the world, on a pace that accelerated from one hardly imaginable feat of strength to the next, and after conquering the world of weights with a stunning array of championships and records, he stepped forward into a new arena, the role of humanitarian, dedicating his life to the nurturing of those who needed a strong hand to show them the right way in life.

The collection of childhood photographs of Paul is the most extensive you will see anywhere and they draw your eye, almost hypnotically, to the text that flows around them. Once Paul got into weights his body and physical power virtually exploded upward. The chronicle of Paul's elevation to the highest echelons of the weightlifting world is, once again, a canvas of rare historical photographs, eye witness accounts of his exploits, and the step by step tally of his lifting greatness. Included as well are many copies of newspaper clippings, record certificates, etc. that document his "dazzling rise", including a particularly exclusive image of Paul's legendary silver dollar squat on the Ed Sullivan Show back in 1957.

Following his unexpected illness and, therefore, difficult victory in the Olympic Games, Paul left the world of amateur athletics and pursued "professional" means to serve the ends he had in mind. There are photographs of Paul's television appearances, his wrestling career, his boxing career, and some of the most incredible strength feats he ever performed. Of course, Paul was doing the powerlifts, particularly the squat, long before powerlifting was functional as a sport, and this book verifies his status as the "First Powerlifter" as well as the irony that many of his most astounding lifts took place before and outside the realm of organized competition and, therefore, any form of "official" credit.

Another remarkable aspect of Paul's later life was that he was hardly able to train his lifts in a consistent manner, with the hectic travel and appearance schedule demanded by his desire to support and expand the Paul Anderson Youth Home. According to Paul "....because I had to make 500 appearances a year, and do without sleep sometimes 72 hours, and eat out of a 7-11 store, I was not able to progress when I was actually in my prime ..."

There is also a chapter on Paul's training and diet - two areas where Anderson developed and put into practice some very innovative strategies, some of them virtually forgotten, but potentially very useful to today's strength athletes.

The book relates how the effects of the Bright's disease that Paul suffered at age 5 came back in his later life to exact great suffering, necessitating a kidney transplant and gradually inflicting an increasing array of physical disabilities upon him. Despite his ailments, Paul's actions at the Youth Home let the world

know that his spirit was stronger than ever, but at the age of 61, the great, booming (physical) voice of Paul Anderson was stilled. Through memorials, and this book surely stands as a mighty one, Paul's words and deeds will continue to be heard and continue to inspire generation after future generation.

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Hagberg, H
Herkelman, B
Novice 220 lbs.
Hallengren, J
Crosser, K
Open
Troel, J
Open
Open
Anderson, J425
Schwaster 220 lbs.
Schwaster 220 lbs.
Cole, G
Open
Open
Midwest Open
Team Champs from Des
Moines, IA (front row, left to right) Kraig
Kincaid, Dan Schuck, Gene Last, back row
Cosimo DeFrancisco, Steve Duff, Carol
Newman. (courtesy of Wayne Hammes)

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Son Light Winter Classic BP

165 lbs.		242 lbs.	
D. Phillippe	295	C. Price	410*
181 lbs.		MEN Teen	
B. Hanrahan	355	C. Robinson	365
198 lbs.		Master (40-49)	
B. Cable	400*	E. Pool	420*
220 lbs.		Master (50-59)	
T. Nixon	415	H. Ruhser	325
		M. Cable	305

T. Nixon

415 H. Ruhser

325

A. Cable

A. Cable

305

Personal Record. Best Lifter. Brian Cable. The Son Light Winter Classic Bench Press Championship was held December 4, 1999 at Son Light Power Gym in Tuscola Illinois. The turnout was somewhat small but the crowd, which outnumbered the contestants two to one, was loud and supportive. At 165 Doug Phillippe got a strong opener with 295, but struggled on his next two attempts with 310. Doug came oh so close, but problems with his right elbow just would not let him lock it out. He'll be back! At 181 it was Brian Hanrahan with a strong 355, raw and without a bench shirt, weighing in at a trim 180. This was within five pounds of a double bwt. bench, raw! Brian attempted a 365 pr. and came close, but just a little out of the groove. At 187, Brian Cable took the 198s with a personal best 400. It was Brian's 28th. birthday and I think he got what he wanted - that 400! Brian's efforts also earned him best lifter honors for the competition. Tony Nixon came in at 206 and finished with 415 for the win at 220. Tony tried a final attempt with 430, which he obviously had the strength for, but got a little out of the groove on the way down. Chuck Price came for and got another pr, with his second attempt at 410. It was a strong attempt, but a 415 third attempt just seemed too heavy. Chad Robinson took top honors in the teenage division with 365. It was Chad's first competition and he was nervous, so we made it even worse we put him



Charles Price PRS 410 for the Son Light Classic 242 title . (D.Latch)

in a bench shirt for the first time! Got some good experience on that day! But Chad did good, just you know me, after his opener Eddie called for 410, missing a 385 pr, with his whole family (including his grandmother) cheering him on. Up next was didie what a great way to come back! At master more than a year and had knee replacement sur-

		"	Lifting for	Lifters"	
	Paul Aggen memorials,	Appli	cation for	Registratio	<u>on</u>
Last Name	stands os did a se di	First		Initial	IPA # for Renewal
Street Address	JAG* E			City	
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Telephone	Date of Birth		Age	Sex	Pro Am Elite Am
Sign if above answe	rs are correct. Par	rents sig	n if under 18 y	ears.	Date

lift, and even stayed after the competition for a deadlift workout! Harry, who always has great benching form, got all three of his attempts, ending with 325 for the win. Second place went to Mike Cable, who is also just getting back in competition. Mike ended with 305, looking stronger with each attempt. Mike is fifty-four and has been competing since the age of sixteen. Boy, I bet he has some war stories to tell! Hey, we had a great time. Thanks to my old workout partner, bodybuilder and world champion powerlifter Linda Middleton for her help. (Thanks to Dr. Darrell Latch for results)

USAPL Fall Classic PL/BP 23 Oct 99 - St. Amant, LA

Collegiate 165 lbs. J. Cassard

Open 198 lbs.

220 lbs. C. Lambert	305	S. Lem 242 lb.		335
		T. Babe	cock*	435
WOMEN	SQ	BP	D	TOT
Collegiate 97 lbs.				
S. McMillian* 105 lbs.	265	120	290	875
K. Goff 114 lbs.	240	95	295	630
A. Andries	270	130	280	680
N. Beraldi 181 lbs.	240	135	270	645
A. Troxdell 198 lbs.	250	170	270	890
L. King Master	245	120	225	590
P.Chidester MEN High School	200	110	185	495
C. Possa(STA)-15 275 lbs.		190	425	1060
M. Kamper(AL) Collegiate 123 lbs		240	470	1070
D. Holloway-LaTer 765		280	170	315
132 lbs.				
M. Kiletico(LaTech 1025	1)	355	235	435
J. Walker(LaTech) 148 lbs.	350	245	380	955
C. Grubbs(LaTech)	400	245	475
C. Gallo(LSU) 165 lbs.	380	250	405	1035
C. Gahagan(LaTec 455 181 lbs.	th) 1135		415	265
B. Schexnaydre(LS 1425	U)-19	545	315	565
J. Baudoin(SLU) 220 lbs.	495	365	520	1380
E. Whalen(LaTech))	550	340	600
T. Wenner(ULL/U) 1470 242 lbs.	ISL)	610	340	520
E. Sardierna(LaTec 1425	hn)	580	315	530
J. Townsend(LaTed	ch)	510	370	500
J. Hebert(LaTech) SHW	550	250	490	1290
D. Brown(LaTech) 1765	Total as	600	465	700
MEN Open 123 lb P. Parker(STA) 242 lbs.	305	100	350	815
M. Kane 275 lbs.	450	330	460	1240
K. Wnuk* (Thanks to Paul Flo	880 etcher	500 via US	650 APL for	1830 results)
(Inalias to Faul Fi	ciciier	, via US	ALL IOF	results)

USPF Pikeville Open 18 Dec 99 - Pikeville, KY 455 R. Burruss 475° 355 550° 1380°

*-New State Records. The first USPF meet in Kentucky since 1992. Only 1 of these lifters had any previous powerlifting experience and only two lifters used any equipment other than a belt. Nevertheless, several state records were established and a few were broken. The judges were Impressed by the quality of the lifts as several lifters were 9 for 9. For powerlifting, strongman and multi-sport competitions go to www.multisports.net. USPF KY State Meet - 26 February 2000. (Thanks to Pro Fitness for providing these competition results)

USPF Winter Classic DL (kg) 18 Dec 99 - Camarillo, CA

WOMEN		B. Hurt-188	232.
A. Wilk-153	52.5	J. Johnson-195	227.
MEN 123 lbs.		M. Valencia-190	222.
M. Prinster-119	95	M. Brown-197	217.
181 lbs.		220 lbs.	
M. Berman-180	95	D. Johnson-220	210
	92.5	242 lbs.	
198 lbs.	.000 to	D. Robuck-222	257.
B. Denton-197	160	275 lbs.	
220 lbs.	1,191,0	J. Planas-246	272.
M. Bierman-220	160	R. Mansfield-250	257.
M. Santop-209	152.5	308 lbs.	
O. Ramirez-210	132.5	G. Brink-301	320
SHW		D. Dallmeyer-303	280
Russel Santop-263	155	Master Under 50	
M. Hale-236	80	K. Fisher-219	305
MEN	-	R. Mansfield-250	257.
Open 165 lbs.		Master Over 50	
Covarubias-162	245	G. Brink-301	320
C. Barriere-156	107.5	D. Dallmeyer-303	280
181 lbs.	.07.13	M. Edson-218	185
B. Wayne-179	227.5	M. O'Kelley-206	142.
B. Byrne-181	220	Master (60+)	
B. Cavalier-169	0		210
D. Curunci-109	ERGO]	F. Marangio-217.5	182.
		V. Wood-197.5	150

S. Virgin Novice 16 S. tent J. Sills K. O'Brys. 181 lbs. A. Prinoz 198 lbs. J. Franks 7. Robins C. Fuchs 275 lbs. J. Parms Submaste D. Wallac B. Thoma 319 lbs. C. Callah MEN Mai. D. Holzh 220 lbs. (D. Wallac J. Bosk (45-49) J. Hodso (45-49) J. Hodso (775 lbs. (M. Frizze 275 lbs. (P. Foster P.

Best Litter Light: Gabe Covaruolas. Best Litter Fleavy: George Brink. 1st Place Team: Santa Barbara Pow-erlifting. Referees: Don and Fran Haley, Chris Kostas, Harvey Shapiro. Announcers: Rich Abbott and Chris Kostas. Scorekeeper: Krishna Roos. Spot-ters & Loaders: Ian Stallings, Chris and Tony Dixon. (Thanks to Chris Kostas for providing the results).

USAPL KY State/Blue Grass Open

BENCH		c c	1	410
181 lbs.		S. Sul		410
A. Furnas	410		ervino	450
198 lbs.	420	MEN.	ervino	430
J. Hall	420		220 lbs.	
220 lbs. C. Poure	450	I. Bur		380
Bluegrass	SQ	BP	DL	TOT
132 lbs.		Indiana in	E Paul Sea	
C. Reinitz	385	230	400	1040
A. Wright	285	155	315	755
148 lbs.		-hade D		
D. Hargrove	350	280	400	1030
M. Rollings	350	200	400	950
R. DeGeaffe, reod	450	275	-	725
165 lbs.	1000		000	4000
J. Holzbauer	565	360	575 510	1500 1360
B. Beck	510	340	465	1155
T. Harlow	450	240	405	1140
J. Figy	450 350	265	365	940
S. Oden	350	225	303	940
181 lbs.	661	400	550	1550
R. Perine	565	300	590	1445
J. Volek	405	265	405	1075
A. Davis C. Piolemeier	375	205	350	930
198 lbs.	3/3	203	330	930
B. Barnes	570	345	635	1545
D. Wallace	625	355	560	1540
S. Malecha	580	365	555	1530
B. Thomas	525	305	535	1365

The Strongest Shall Survive"... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467. Camarillo, California 93011, before this book sells out again FOREVER!

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	470	225	475	1170	E. Nimnich 123 lbs.	125	45	130	300	B. Harris 319 lbs.	550	350	550
	405	205	460	1070		200	165	360	765	J. Minervino	315	450	225
nski	405	203	400	10/0	M. Andrew	300		230	530	KY State Novice			
	400	230	405	1040	L. Mielarz	210	90 65		350	T. Robinson	455	375	475
el	405 395	230	365	990	N. Forss	110	65	175	350	J. Utterback	450	260	475
ıd	393	230	363	990	132 lbs.			325	805	242 lbs.	430	200	4/3
	400	460	530	1240		320	160	323	803	B. Stone	420	330	525
ble	450	460	530	1240	148 lbs.	200	175	285	750	275 lbs.	420	330	323
		400	570	1485	K. Lara	280		250	605	I. Parman	580	470	610
	515	400	370	1403		235	120		540	KY State MEN Su			
lbs.				****		220	105	215	540		525	365	535
	550	350	550	1450	165 lbs.					B. Thomas	323	303	333
D. P. LOS				000	G. Kalk	280	165	345	790	198 lbs.		200	475
/ino	315	450	225	990	E. Newby	175	65	235	475	J. Utterback	485	260	4/5
		1000	100		KY State WOMEN					220 lbs.			
A DATE OF	640	385	655	1680	M. Denbon	165	75	220	460	B. Abrams	525	310	500
65 lbs.		10.00			132 lbs.					KY State MEN M			
	370	250	440	1060	M. Sedlaczek	150	115	225	490	S. Busby	450	285	480
	270	190	365	830	181 lbs.					220 lbs. (40-44)	36	DE LOS	
an	265	200	350	815	S. Hunter	350	180	420	955	D. Hall	585	410	640
					KY State WOMEN		114 lbs.			M. Peters	-	370	-30
zich	450	270	425	1145	T. H olland	175	75	220	470	(45-49)		WHITE IN	OF FOLL
					KY State MEN 165	lbs.				H. Key	275	175	350
	520	320	540	1380	J. Figg	450	265	425	1140	(50-54)			
son	455	390	475	1320	181 lbs.					T. Johnson	360	250	375
	400	275	445	1120	M. Kellner	265	200	315	780	(60-64)			
					198 lbs.					S. Woods	405	255	495
n	580	470	610	1660	B. Thomas	525	305	535	1365	242 lbs. (45-49)			
er 198 lb)S.				C. Nantz	500	310	500	1310	R. Ganang	530	435	600
ce	625	355	560	1540	L. Williams	320	235	405	960	275 lbs. (50-55)			
as	525	505	535	1365	A. Robinson	330	225	400	955	J. Hurle	550	395	500
95.25 NO					220 lbs.					(55-59)			
nan	720 .	510	630	1860	D. Bouk	490	285	465	1240	P. Foster	265	210	355
ster 132	lbs. (5	0-54)			H. Key	275	175	350	800	Thank you to ev	eryone	who pa	rticipa
auer	315	220	380	915	242 lbs.		resistent	Marin San		judges, spotters a			
(40-44)					D. Delarnott	660	475	600	1565	wonderful job. A			
(40 44)	490	285	465	1240	R. Ganong	530	435	600	1565	did an outstand			
	430	203	400		B. Harris	550	350	550	1450	everyone come	out to s	upport	the me
industry.	360	250	400	1010	B. Posev	400	325	525	1250	lifters. It was ev			
(40-44)	300	230	400	1010	319 lbs.	400	343	323	1230	meet that helped			
ell	720	465	620	1805	S. Bosaw	425	505	500	1310	lifters, judges, loa			
(55-59)	720	403	020	1003	KY State Teen 148		303	300	1310	had a great turn o			
(33-39)	265	210	355	830		365	200	425	990	hope to see you a			
Burney &		210	333	030	K. Deaton KY State POF 242		200	423	990	Corum of Payne			
1114 lbs													

605 580 525

675 575 460

475 315 300

485 435 380

550 575 465 465 365 280

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Mimi's Power Day BP/DL 11 Dec 99 - Rockford, IL Master (40-49) L. Toder-Schaye Master (50-59) D. Harper Master (60-69) Teen (13-15) Ltwt. 275 C. Irons Master (50-59) Diane Harper Master (60-69) 145* S. D'Agostin 135* 4th Teen (13 -15) hvywt. 285 Teen (16-17) Ltwt. J. Snimms Teen (18-19) B. Thompson 165 lbs. A. Spielman Teen (16-17) hvywt. T. Dollak 365 375 Submaster R. Jacoby B. Holifield Master (40-49) K. Long S. Coogan Master (60-69) J. Twet 350 R. Lee 165 lbs. K. Janisse 220 lbs. E. Maroscher 350 265 C. Gordon W. Haas K. Simplot K. Long D. D'Agostin Master (60-69) J. Twet DEADLIFT

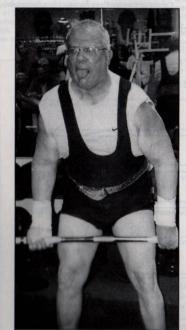
120* 4th *-Personal record. Best BP Lifter. Andrew Spielman. Best DL Lifter: Eric Maroscher. TEAMS: Trail's End, Jack's Power Team. We all had a great time at Mimi's Power Day in Rockford, Illinois on Decem-

330

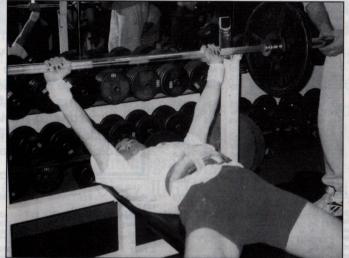
242 lbs. J. Casemier B. Holifield 275 lbs. S. Mathison

D. Lamps J. Page J. Joslin

B. Thompson M. McCarter



64 Year Old JACK TWET finishes 500 for the win at 60-69 at the Mimi's Power Day Contest. (photographs are by Dr. Darrell Latch)



Margaret DeBerry locks out a PR 190 @123 at Mimi's Power Day.

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ber 11, 1999. Mimi Fagan is the owner of Apex Gym, the site of the bench press/deadlift competition. Mimi, who is a national level bodybuilder with a long list of titles, one strong powerlifter, a college professor and a great supporter of our sport. We thank Mimi so much for hosting this event. It was a treat to have all the "girls" from lowa there, along with their coach Vernon Phillips. It was also good to have Margaret Deberry competing again, who's one great lifter. Another thing which made this day so special was the presence of two great teams, the first led by a great master lifter, jack Twet from Wisconsin and the second was a group of local teenagers coached by another master great Richard Lee. It's always good to see the young lifters involved, especially when they are led by such a positive role model. We had a great turnout with almost seventy entries, a lot of women and of course the kids. A special thanks goes out to Mrs. Richard Lee for judging along with all the others who helped make this event such a success. WE HAVE WHAT YOU NEED: **Belt-Squat** Belt 88.00* Glute/Ham Machine 730.00* **Power Bench** Rack 785.00*

> Combo **Power Rack** 900.00*

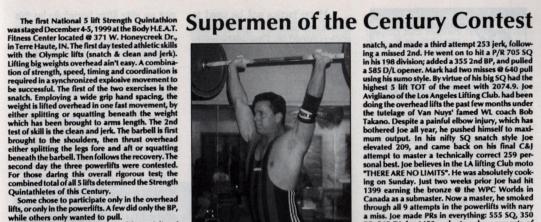
under 151 lbs.	CR	BP	DL
M. Chapman	151	45	130
151-175 lbs.		17.15	
B. Ballinger	62.5	-	-
J. Happach	55	-	230
B. Carrigan	42.5		_
176-200 lbs.			
T. Villa	70*	-	-
S. Vollmer	_	125	205
201-230 lbs.			
T. Carrigan	57.5	177.5	-

for the first time. At 16-17 Trevor Dollak only got his opener of 275 but that was good enough for the win. Second place went to Mark Judson who finished with 210. Brian "Elvis" Thompson competed in the bench for the first time, capturing the 18-19 class with 210. In the open division best lifter Andrew Spielman had some problems keeping his butt on the bench, but still managed a great 365 @ 154 on his second attempt to take the 165s. Andrew is a young 'raw' lifter who, as his form continues to improve, can develop into one of the great ones. Second at 165 was Kevin Janisse who only got his opener of 250. missing 255 twice. Next only got his opener of 250, missing 255 twice. Next up was the 220s, led by Matt Burch, who finished with 455. Matt brought still another win to Jack Twet's team from Wisconsin. Second place went to Eric Maroscher who finished with a strong 415. Clenn Lemmers finished in third place, getting just his opener of 400. Kevin Hudson was fourth with 325 and Jason Clevenger fifth with 295. Jim Casemier took the 242s with 350, lifting unopposed. At 275, Shane Mathison opened a little too heavy, failing with 315 all three times. John Page won at SHW where he too got only his opener of 350. Robert Jacoby took the submaster class, pressing 265 © 171 for the win. There was a good turnout for the master men's 40-49 class with five competitors. Craig Gordon came out the winner with 450 © 216, though he had hoped for 500. Craig certainly has the strength, just doesn't quite have the shirt yet. It'll come! Wally Haas was second with 330 followed by Kerry Simplot's 350. Fourth place went to Kim Long with 300 and fifth place went to Low Dave D'Agostin who finished with 225. The master men's 60-69 class was won by Jack Twet, who finished with an easy 330. (I talked Jack into a fourth with a pr 345, which he missed, so he's probably still mad at me!) Once again, the best lifter award went to Andrew Spielman who was successful with 365 © 154! Boy, what a group of deadifiters! First up were the ladies. Margaret Deberry continued her winning ways with a great personal record 285 to lead the open women's class. 285 © 123 - not too shabby! Second place went to a lady who just keeps getting stronger, Jo Phillips. Jo went four for four ending with a personal best 340! She may have been beaten by formula, but that's still a whole lot of weight for a lady to pull! Catherine had pulled another five pounds, she would have beaten Jo. At submaster, new mom Debbie Janisse took the class with another personal record, this one with 120. First-time competition. Stead First Harpers and by Gormula if Catherine had pulled another five pounds, she wou

also got a new pr with her win at 60-69, finishing with 135. In the teenage division Andy Biasin took the 13-15 age group with 145 over Spencer D'Agostin who finished with 170. Andy weighed in at 135 versus Spencer's 165. Both were competing for the first time. At 16-17 Trevor Dollak only got

1999 Testosterone Showdown

under 151 lbs.	CR	BP	DL
M. Chapman	151	45	130
151-175 lbs.			
B. Ballinger	62.5		-
J. Happach	55	-	230
B. Carrigan	42.5	-44	-
176-200 lbs.			
T. Villa	70*	-	-
S. Vollmer	-	125	205
201-230 lbs.			
T. Carrigan	57.5	177.5	-
*-New record for the	e strict pread	cher cur	I. (Thank



Open-Masters H. Glossbrenenr 132

132

176

121

D. Gard

M. Phillips

M. Abraham

T. Pirano (16-17)

Nichols (18-19)

S. Lumpe (open - su B. Curry (16-17)

D.Hughes (40-44)

CJ

154

171

165

253

132

259

242 452

270

225

425

OL

285

319

429

253

297 245

Superman of the Century - 4-5 Dec 99 - Terre Haute, IN

SQ



second day the three powerlifts were contested. For those daring this overall rigorous test; the combined total of all 5 lifts determined the Strength Quintathletes of this Century.

Some chose to participate only in the overhead lifts, or only in the powerlifts. A few did only the BP, while others only wanted to pull.

Jim McCarty, 39, the greatest 5 lift specialist of all time, held this competition in his hometown. Little did I realize when I started coaching Jim (@ age 15 back in 1975) that he was destined to become one of the greatest-ever superstars. Jim was the only strength athlete in the 80s to attain an ELITE Rating in both Olympic Lifting and Powerlifting. Even today his combined 5 lift bests of 2460 lbs. @ 165 bwt. have not been approached by anyone in the World.

Jim spent four months promoting this event. He sent out 500 entry blanks, and ran up a monster phone bill attempting to get a number of past stars who'd excelled on all 5 strength tests. Most indicated they'd do it next year, as they didn't have time to sufficiently prepare. When it was all said and done, 22 showed up to participate in the 2 day event. Conflicting dates with other competitions syphoned away talent (over 100 had been expected). The Mid American WL Championships, an annual Chicago event, kept the weightlifters away. A rival power meet likewise hurt the powerlifting furnout. Only 6 competitors dared to test themselves in the combined test of 5 events over the weekend. They laid it all on the line and must be commended for having the stones to do so.

On with the action, starting on Saturday. Dillon Gard, 15, from Martinsville, IL, was game to do it all. At lightheavy he won the teen division overall with a 5 lift aggregate of 1057.6 lbs. Dillon zapped

Superman of the Century a 4-5. Dec QQ - Terre Haute. IN

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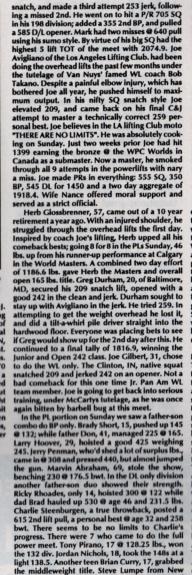
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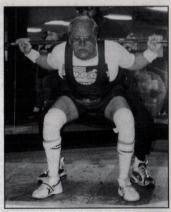
1450

1365



amis, Joe made Pist in receivable; 355 S-6, 250 of 1918.4. Wife Nance offered moral support and retriement a year ago. With an injured shoulder, he struggled through the overhead lifts the first day, Inspired by coach Joe's lifting, Herb upped all his comeback bests; going of lor 8 in the PLI Sunday, 46 bs. up from his trunerey performed two day effort of 1186.6 lbs. gave Herb the Masters and overall open 16.5 lbs. title. Greg Durham, 20, of Ballmore, MD, secured his 209 snatch lift, opened with a good 422 in the Cean and jerk. Durham sought to stay up with Avigliano in the jerk. He treed 259, in 3 attempting to get the weight overhead he lost it, and did a litt-swire one; was placing bets to see thould a little-swire one; was placing bets to see thould a little-swire one; was placing bets to see to do the Wt. only. The Clinton, IN, native squat stackhed 209 en 242 class, loc Gilbert, 31, chose to do the Wt. only. The Clinton, IN, native squat stackhed 209 en 242 class, loc Gilbert, 31, chose to do the Wt. only. The Clinton, IN, native squat stackhed 209 en 242 class, loc of loc with the stay of the same through with local bad comeback for this one time jr. Pan Am Wt. Lam member, loe is going tog set back into section combo do IP only. Brashy short, 15, pushed up 145. Larry Hoover, 29, hosted a good 425 weighing 1425, lerry Benaman, who of shed all to our surplus liberates the stage of the stay of t

to 950, but lost his balance. On one last try, with his face a mask of intense concentration, he took the massive barbell out of the MonoLift, and upon receiving the signal to begin, he took the massive weight down, this time past the barrier of no return and then motored right up to a 3W success. The crowd went nuts. Nine hundred fifty lbs. is by far the heaviest dunk made on Hoosier soil. In the BP Tom upped 520, then 550, and almost had 565 on a final lift. He pressed his 3rd the easiest of all, but got out of the groove when he almost had it. In the



Herb Glossbrenner squats 310



Amy Weisberger gets to work on Tom Waddle's grip problem. (photos courtesy Herb Glossbrenner)

(article continued from page 18)

contest. This concept will not only speed up the sport but will create a sense of urgency for the lifter to perform proper powerlifting technique in order to have a chance to get into the spotlight, compete for the big bucks and separate the men from the boys.

On Platform #1 the normal one-minute to get to the platform when your name is called to perform the lift will be adhered to. On the other hand Platform #2 which will be out in front of the cameras and in the spotlight in front of the audience where you will be the main focal point as you perform your lift you will be given three minutes to get to the platform. This will allow the lifter enough time to get wrapped up (especially on the squat), do your psyche routine or whatever it is that you do to mentally prepare for your lift. The cameraman will capture this on film as you pump up the audience with your actions. When this airs on television the people watching at home can really get the total feel, the whole concept of what the powerlifter's mindset is before he performs the arduous task of lifting Huge Iron.

The three-minute rule for Plat-



entertainment aspect of WPO (TM). I will gladly encourage anything for entertainment sake, robes with the lifters' name on them similar to what boxers do with their nicknames, head dresses, hats, costumes of any kind that will add to the entertainment of WPO (TM). If you are fortunate enough to perform your second and third attempts in front of the cameras, when your name is called and your three minute period starts, the lifter and two of his coaches will proceed to the platform area, through the main door where the lifter will then go out into the main lifting area, being embraced by the cameras and audience. If you choose to wear any costume as you approach the platform and get ready to lift all within the three minute time frame, keep in mind, you may disrobe or take off any costume and hand it to vour coach and then go and perform the lift. If the lifter is successful with the lift I will also encourage them to be very vocal generating

create excitement to get the audience pumped up. One will be bright lights and fireworks for when lifters make huge third attempts or world records. There will be music of the lifters' choice played upon the lifter's entrance out to the platform to get ready to lift. As mentioned before there will be card girls, attractive young ladies that will walk around the audience with cards stating the lifter's name, how much the lifter is attempting to lift and if it is a world record. I feel this will be very entertaining and appreciated by the audience. In addition to the card girls. the Huge Iron Dancers that will make appearances before the contest starts, in between the squat and bench and between the bench and deadlift and even at the end of the deadlift for a finale. Their routines will be choreographed and well rehearsed similar to a New York Broadway production.

Many tactics will be used to

In closing I would like to drive home these four major points that will redefine powerlifting and help it reach its true potential... the Super Open, the Platform #1 & #2 concept to speed up the sport, the different entertainment aspects and obviously the possibility of getting a network television contract to air WPO (TM) Powerlifting for an ex-

not an elite lifter hopefully by this time you have realized that I am totally committed of this cause of making WPO (TM) Professional Powerlifting a reality in American society and abroad. I will spare no expense for its success and will go to any lengths necessary so the powerlifter is perceived as one of the premier athletes of the new millennium. Winning a perspective WPO (TM) world powerlifting title will be just as prestigious as hitting a home run in the World Series. kicking a winning field goal in the Super Bowl or sinking a clutch putt at the Masters Championship for the big money. In turn making powerlifting synonymous when showcasing superior, human athletic performance. If you feel as strongly as I do, in order for powerlifting to be taken seriously and the powerlifter able to gain the respect and notoriety that he rightfully deserves, then there is no other recourse than to have professional powerlifting. So start training and get focused because I need YOUR interest for the WPO (TM) to be a success. Ask for Kristi, Lisa or muself, Kieran Kidder, President of the WPO (TM). Thank you very much!

Sincerely yours

(article continued from page 7).

successful, this was just a little gut check bump. You passed! Watch out Argentina! Sarah Greenup, the 16-17 almond eyed beauty, overthrew her Teen division and finished second in the overall, on bodyweight, with 487.5. She had a rough go in the squats, making her 202.5 opener on her 3rd attempt after some depth advice from Vladimir.



Harriet Hall (52) took the 198s (L. Maile)

He actually said her squats were a little too low. Imagine that! She corrected the trouble and secured her Junior World team spot, Sarah is a light, powerful UL with plenty of room to grow. She's got some serious wheels! Bench press superstar Deb Ferrell bronzed with a strong finish, despite some benching disappointment. She pushed up a strong 160 on her third, but the judges didn't approve. Deb already

owns this record, she'll surely be back to break it soon. Sabrina Pledger took fourth as well as silver in the 18-19 division on bodyweight behind Jessica Watkins, with 447.5. Sue Hallen, the new Women's Committee chair, rounded out the class with a strong 112.5 bench to end with 410 and Masters gold in the 40-44s.

The Open Team Championship was secured again by Team Titan, which is consistently dominant. The top three combined teams were Louisiana Tech, The Alaska Iron Maidens, and The Phantom Corps Power Team. The Iron Maidens and Phantom Corps were the top two Masters teams, while Santa Rosa High School was the Best Teen/Jr. team.

As always, it's sad to leave your PL buddies after such a strong, fun, and productive weekend. I look

USAPL Women's Nationals

forward to seeing the Women's team members soon in Argentina (don't cry for us) and look forward to checking successful results posted by the Junior and Masters teams. See you at next year's Women's Nationals!



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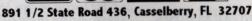
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	rowerining for an ex- iod of time. If you are Kieran Kidder

29-30 JAN				131211111	67.5 kg. Teen 16-17				
	SQ	BP			G. Nosbisch	130	72.5	140	342.5
unior					Teen 18-19		40.	127.5	292.5
. McMillian Open	125	57.5	140		T. LeBlanc T. Williams	122.5 97.5	42.5	110	257.5
	125	57.5	140	322.5	B. Ashcraft	A STATE	Domen.		
	125	50	127.5		Juniors			170	410
/.Talbott /.Coss	90	55	117.5		R. Roberts K. Callier	162.5	77.5 62.5	150	350
Masters 40-44					T. George	102.5	55	120	277.5
	125	50	127.5		Open			100	420
Masters 45-49 D. Aliminosa	85	40	100		D. Covington R. Clark	157.5	82.5 70	180 202.5	420 412.5
18 kg.	0.5	-			K. Beckwith	142.5	95	172.5	410
een 14-15	ZAVI				R. Roberts	162.5	77.5	170	410
	135 75	75 32.5	137.5 97.5	347.5 205	K. Miller G.Nosbisch	125 130	77.5 72.5	152.5	355 342.5
een 18-19	13	32.3	37.3	203	Masters 40-44	130	,		
. Ellis	110	47.5	130	287.5	D.Covington	157.5	82.5	180	420
	90	45	90	225	K.Herring J.Cowan				
uniors C. Goff	120	47.5	147.5	315	Masters 55-59				
	60	37.5	80	177.5	E. Compton	875.	65	127.5	280
Open		70	142 5	255	F. Ireland				
. Hartwig .Maile	142.5 135	70 75	142.5	355 347.5	75 kg. Teen 14-15				
C. Baqui	100	42.5	137.5	280	L. Pledger	105	45	115	265
. Ocampo	85	60	125	205	Teen 16-17			107.	262 5
C. Mehmedbasich Masters 40-44	60	55	90	205	E. Olmedo Teen 18-19	92.5	42.5	127.5	262.5
C. Mehmedbasich	60	55	90	205	K. Ford	155	92.5	162.5	410
Masters 55-59					C. Day	120	57.5	147.5	325
. Gedney	107.5	62.5	127.5	297.5	Juniors	147.5	105	155	407.5
52 kg. Teen 14-15					C. Newman Open	147.5	103	133	407.3
M.Jimenez	92.5	50	92.5	235	L. Belsito	170	95	195	460
Teen 18-19					K. Ford	155	92.5	162.5	410
A. Cullum	132.5	75 55	132.5	340 235	C. Newman S. Perron	147.5	105 105	155 160	407.5 390
M. Fanguy N. Beraldi	85	33	33	233	R. Welding	137.5	82.5	167.5	387.5
unior					D. Chaney				
A. Andries	127.5	65	132.5	325	Masters 40-44	170	05	105	460
Open	137.5	82.5	177.5	397.5	L. Belsito R. Welding	170 137.5	95 82.5	195 167.5	387.5
. Davis S. Bowers	125	62.5	142.5	330	P. Corns	130	65	152.5	347.5
A. Dopkosky	102.5	62.5	107.5	272.5	Masters 50-54				220
Masters 50-54	125	62.5	142.5	330	M. Serre Masters 60-64	120	60	150	330
S. Bowers 56 kg.	125	62.5	142.5	330	R. Hackney	107.5	62.5	125	295
Teen 16-17					82.5 kg.				
S. Lepert	102.5	65	127.5 92.5	295 202.5	Teen 16-17				
M. Jimenez R. Vasquez	70	40	92.5	202.5	D. Pena Teen 18-19				
Teen 18-19					L. King	120	57.5	112.5	290
K. Vance	100	47.5	117.5	265	Juniors	120	00	132.5	342.5
Juniors K. Conway	115	57.5	150	322.5	A. Troxtell Open	130	80	132.5	342.5
A. Piotrowski	87.5	47.5	112.5	247.5	L. Look	202.5	112.5	215	530
R. Bryant	70	40	95	205	C. Martin				
Open S. Mobley	160	77.5	172.5	410	A. Sortwell Masters 40-44				
C.Hicks	125	72.5	142.5	340	A. Sortwell				
K. Conway	115	57.5	150	322.5	90 kg.				
J. Russell	110	50 62.5	115	285 277.5	Teen 16-17 L. Gooden	125	60	140	325
D.Christensen Masters 40-44	95	62.5	120	2//.5	Junior Junior	123	00	140	323
L. Lopez	105	50	140	295	A. Trufant	142.5	70	142.5	355
M. Whidden	95	50	122.5	267.5	Open	170	120	190	480
Masters 45-49 C. Hicks	125	72.5	142.5	340	H.Hall G. Williams	170 175	120 97.5	190	462.5
60 kg.			OPEN	A bos	L. Cataldo	167.5	107.5	172.5	447.5
Teen 16-17		AL THOU	hoens		L. Schaefer	130	75	195	400
N. Sperbeck R. Willis	120 117.5	75.5 50	125 115	320.5 292.5	Masters 40-44 P. Calhoun	125	120.5	142.5	370
S. Swagerty	117.3	30	recordes	272.3	Masters 50-54	or Have	120.5	and h	Alcur
R. Vasquez					H. Hall	170	120	190	480
Juniors		105	140	200	90+ kg.				
J. Darling V.Aguila	145 147.5	105 50	140 145	390 352.5	Teen 16-17 S. Greenup	205	90	192.5	487.5
V.Miles	100	67.5	135	302.5	J. Gooden	152.5	67.5	142.5	362.5
B. Roseboom	92.5	42.5	107.5	242.5	Teen 18-19	167.	02.5	1075	447.
Open E Stein	150	82.5	177.5	410	J. Watkins S. Pledger	167.5 185	92.5 85	187.5 177.5	447.5
E. Stein C. Femia	152.5	92.5	160	405	J. Rogue		OUTO	9,900	9/10
A. Overdeer	150	92.5	160	402.5	Open	T. oct	Regar	00000	
J.Darling	145	105	140	390 370	L. Willett	210 205	137.5	190 192.5	537.5 487.5
S. Allison K. Dingle-Craig	147.5	70 72.5	152.5	342.5	S. Greenup D. Ferrell	160	152.5	175	487.5
J. Rey	with die	to part	and ha	christs	S. Pledger	185	85	177.5	447.5
A. Simons					S. Hallen	150	112.5	147.5	410
Masters 40-44	130	72.5	140	342.5	E. Craver Masters 40-44				
K. Dingle-Craig Masters 45-49	130	, 2.3	. 40	3.2.3	S. Hallen	150	112.5	147.5	410
E. Stein	150	82.5	177.5	410	Masters 65-69				
Masters 75-79	4	22 5	02 5	100	S.Haycock				

(article continued from page 15)

coverage of the event. When Raimonds Bergmanis competed in this event he lost both his shoes less than half-way down the course. Committed to the competition he continued and completed the course, but once over the finish line it was seen that both of his socks were covered in blood as the friction generated by pulling a 17 ton truck had taken a large patch of skin off both soles of his feet. Medical treatment was given immediately and a rueful Bergmanis was seen later hobbling to the dining room at the New Dolmen

The Atlas Stones were next, the five stones having to be lifted on to a platform of varying height. Laszlo Fekete is experienced with stone lifting and proved it by being the only athlete to lift all five stones. Veneberg picked up more valuable points by gaining 2nd place, followed by the gutsy Bergmanis, Pittuck, Hofmann, Baskin.

The placings were tight overall at this stage with just 5 points separating 1st and 4th; Veneberg had the lead followed by Baskin, Fekete and Bergmanis. The next event was the Hercules Hold with plenty of scope for athletes to move up or down the points table. Veneberg won this event, fairly comfortably, holding the pillars for an excellent time of 45.87 seconds. Fekete gave his chances of qualifying a boost by coming in 2nd, followed by Hofmann, Bergmanis, Baskin and Pittuck.

The Deadlift Hold with the car was next and Whit Baskin had to shine in this event to give himself a chance of qualifying. Shine Whit baskin did, producing not only the best time of the heat, but the best time of the competition thus far. Looking like he was struggling at around 30 seconds. Whit Baskin just held on from there and went on to post an absolutely incredible time of 2 minutes, 11 seconds. The large crowd at this event were going crazy as the seconds ticked by and Baskin's efforts had even experienced strongmen just shaking their heads in disbelief. Second place went to Bergmanis, followed by Veneberg, Fekete, Hofmann and Pittuck.

After 5 events, the overall placings were Veneberg in front with 25 points and a 4 point cushion over Baskin with 21 points and Fekete with 20 points. It seemed likely that Veneberg would qualify, but who would join him in the finals? That question would be answered by the next event - the Medley, involving tire flipping and carrying and dragging an anchor and chain. All six contestants competed at this event at the same time, producing a great climax to an exciting competition. Fekete, in coming fourth, had to beat Baskin by two places in order to qualify. Baskin was dragging the last object, the chain, for a fifth place finish, but stumbled and fell a meter from the finish line. This gave Hofmann the opportunity to finish 5th, and Baskin was disastrously in 6th place. By finishing 2nd to Veneberg in this

event, Bergmanis had an outside chance to qualify and so it was up to the referees with the calculators to work out the final standings.

The final standings for this heat could not have been closer. Berend Veneberg won with 31 points, followed by Fekete and Bergmanis - both on 23 points, followed by Baskin with 22 points, and Hofmann and Pittuck with 16 and 11 points respectively. Fekete joined Veneberg in the final as on countback his overall placings were better than Bergmanis'. Whit Baskin, however, had served notice to all that he could be a major force in the future and at 22 years old he certainly has years of competing ahead of him if he

THE FINAL

Was this the toughest line-up in the history of W.S.M. finals? The answer perhaps comes down to individual opinion, but what a line up of great athletes it was! They were: MAGNUS SAMUELSSON of Sweden; JAMIE BARR of Scotland; JOUKA AHOLA of Finland; RENE MINKFTTZ of Denmark; JANNE VIRTANEN of Finland; SVEND KARLSEN of Norway: HUGO GIRARD of Canada TORFI OLAFSSON of Iceland BEREND VENEBERG of Holland; and LASZLO FEKETE of Hun-

These 10 athletes who had all come through the qualification rounds and who were there by right, now had 7 events to contest to find out who could legitimately call himself the World's Strongest Man for 1999.

1st EVENT -THE SUPER YOKE

This apparatus, made up of 2 engine blocks, weighed an incredible 800 lbs. and had to be carried down a 30 meter course. Not only is great strength and endurance necessary, but also balance to prevent the voke from swinging like a pendulum. Girard, Veneberg, Virtanen, Samuelsson and Ahola contested the first heat. Virtanen led for the first 25 meters but Ahola just guickened his pace and won the event from his ning partner.

Fekete, Barr, Olafsson, Minkfitz, and Karlsen contested in the 2nd heat and Karlsen won this heat handily with a time faster than Ahola in the 1st heat. A casualty in the second heat was Rene Minkfitz who collapsed, injured, a few meters from the start line and this unfortunate occurrence resulted in his not being able to continue in the final

2nd EVENT - THE DEADLIFT

This event produced some spectacular lifting. The apparatus was a standard bar, but with shaped rocks on each end rather than the usual plates. The height of the bar was the standard position as used in powerlifting competition and unlike some previous W.S.M. competitions, no straps were allowed.



Ahola Truckin' the Maltese Cross

This event showed just how strong these athletes are and, remember, these athletes are non-specialists as they have to practice a variety of events in their preparation for W.S.M. competition. All the contestants pulled well, but the top three were simply incredible. Jouka Ahola won this event with a 380 Kg. deadlift performed with some room to spare. When one considers his relatively light bodyweight of around 121 kg., this lift surely shows he is one of the hest deadlifters on the scene at present. Svend Karlsen bagged second in this event with an excellent 375 kg. pull while the thick and well-muscled Berend Veneberg garnered 3rd with a pull of

After these two events the points table showed that Karlsen and Ahola shared 1st place, with Virtanen 3rd, followed by Veneberg and Samuelsson.

3rd EVENT - THE BOAT PULL

A 300 kg. boat had to be hauled up a fairly steep incline. The rope used to haul the boat up was relatively thick, thereby testing the grip along with leg and back strength. Magnus Samuelsson put his huge arms to good use here and pulled the boat up in a winning time of 31.62 seconds beating Girard, who came 2nd by just over a second. Virtanen came next, then Karlsen and Ahola. This changed the points table in that Karlsen now had the lead, followed by Ahola, Samuelsson, Virtanen and

4th EVENT - ATLAS STONES

This event mimicked the event in the qualifiers in that 5 Atlas Stones of differing weight had to be loaded on to a platform of varying height. Ahola was quite confident of victory in this event, but Fekete shocked them all completing all 5 stones in a time of 43.13 seconds. Ahola was second, followed by Virtanen and Samuelsson who also managed all five stones.

The lead changed again after this event and at this stage the top five were

Ahola, Karlsen, Virtanen, Samuelsson, and Veneberg.

5th EVENT - PLANE PULL

This was a very tough event with the competitors required to pull a 148 passenger, 70 ton plane! Getting this huge load to move was very hard, but, once moving, most competitors were able to post good times. The competitors chasing Ahola had to get good points here to prevent Ahola pulling away, but both Finns were dominant in this event with Virtanen gaining a great first place with Ahola in 2nd. So after 5 events the top five were Ahola, Virtanen, Karlsen, Samuelsson and Girard.

6th EVENT - THE LOG LIFT.

A huge 360 kg. log was placed on trestles with the competitors having to press for repetitions one end of the log. The loading of the pressing end of the log was calculated to be 110 kg. The Canadian Hugo Girard showed his incredible upper body power by managing a great 17 repetitions which gave him a good victory in what was recognized as one of the power events. Samuelsson attained 15 reps in a gritty performance which gained him second place, but Ahola, once again, showed his great all round ability by getting 3rd place with 14 reps.

Ahola now led the field, with a 5 point cushion over Virtanen. The next three were very close with only 1.5 points separating Samuelsson, Karlsen,

7th EVENT - THE MEDLEY.

The Farmer's Walk was the first part of this event, and each cylinder the athletes had to carry weighed 120 kg. Tire flipping was next, followed immediately by a combined anchor and chain drag. Svend Karlsen showed his fitness and power by taking 1st place, but Ahola was again in the money, gaining 2nd, followed by Girard, Virtanen and

FINAL STANDINGS.

The final points tally showed that Jouka Ahola had won by a point margin over his training partner Janne Virtanen. Karlsen did well in coming 3rd, followed by Girard, Samuelsson, Veneberg, Olafsson, Fekete and Barr.

For training partners Ahola and Virtanen to come 1st and 2nd respectively shows that these Finns must be doing a lot of things right in their training and preparation. If Ahola can stay healthy, surely it is feasible that he could equal or even surpass the all time record of 4 W.S.M. wins achieved jointly by the great Sigmarsson and Magnusson.

With strongman events gaining popularity, this is surely good news for lifters and fans alike and the W.S.M. contest this year will be another great one, as this competition goes from strength to strength.

Israeli Bench Press Championship

Teen 70 kgs.		M. Lassar	12
M. Haiat	115	N. Halaby	12
G. Ytah	95	90 kgs.	
A. Khaujman	85	L. Gal	18
70+ kgs.		V. Zatolovsky	17
V. lajimenko	125	E. Jossel	17
L. Munitz	105	100 kgs.	
Y. Munitzur	105	H. Patiyar	17
Open 67.5 kgs.		D. Apelbaum	14
O. Shestakov	135	Y. Leybovitch	14
75 kgs.		100+ kgs.	
D. Wyner	125	O. Barron	22
82.5 kgs.		S. Tessler	19
A. Shachar	180		
(Thanks to Josep	of Edmo	nd for providing r	esults

11 Dec 99 - Bothell, WA

USAPL Push-Pull Holiday Classic

Open 97 lbs.	34	Dr	DL.	101	
C. Loukprasong	-	55	140	195	
123 lbs.					
K. Nikolaisen	200	100	260	360	
T3 (18-19) 132 lb	s.				
J. Walker-!	300	155	305	460	
165 lbs. Open					
P. Ribic	-	145	330	495	
198+ lbs. Open					
L. LaFrance	-	210	285	495	
S.O. WOMEN					
D. Fleming	-	90*	250*	340	
MEN T1 (14-15)	125 lbs				
D. DeHart	-	115*	240*	355	
165 lbs. Open					
J. Cranston	-	300	550	850	
R. Bondurant	-	325	465	790	
M. Withers	-	315	425	740	
R. Gadbury	-	260	420	690	
S.O. MEN 165 lb	s.				
E. Fleming	-	120*	300*	420	
M1 (40-44) 165 I	bs.				
R. Avery	-	280	260	540	
Open 181 lbs.					
P. Plush	-	320	560	880	
L. Bos	-	310	465	773	
R. Borman	-	285	420	705	
198 lbs. Open					
T. Stark	-	405	525	930	
T. Tomko	-	293	525	810	

13 Nov	99 - 1	Haita, ISK (kg)	- 1			8.
70 kgs.		M. Lassar	127.5			-	
laiat	115	N. Halaby	125	1 /4	5004		
tah	95	90 kgs.		second 4	DIS TON	2000 PAGE	anni Pa
haujman	85	L. Gal	185	1.1	2		1 50
kgs.		V. Zatolovsky	177.5	1 8	397		8 68
jimenko	125	E. Jossel	170	•	77 48		
unitz	105	100 kgs.					
unitzur	105	H. Patlyar	170		V-	III	
n 67.5 kgs.		D. Apelbaum	140		'	11.13	
hestakov gs.	135	Y. Leybovitch 100+ kgs.	140			"house	
Vyner	125	O. Barron	220			100000000000000000000000000000000000000	-
kgs.		S. Tessler	190			ACCOUNT OF THE PARTY OF	W.
hachar	180			42	7.	ALC: NO.	1
nks to Josep	f Edmo	nd for providing r	results)	-	90		
					100	Section Reports	Marie Control

Referees at the Israeli Bench Press Championships include (from left to right) Alex Hayman, Edmond Jozsef, Simion Mynaker, Ghenady

Ribokon,	and R	oman	Lytva	ak. (pr	oto provided	by Jo	ozser	tamo	na)
I. Naab	-	300	425	725	G. Higa	805	470	660	1130
S. Klindera	-	265	425	690	R. West	-	315	565	880
A. Bahnik	-	205	461	665	Jr.				
Jr.					M. Greene	-	480*	630*	1110
R. Lester	-	375*	600*	975	M4 (55-59)				
M1 (40-44)					R. Smith	-	415	560*	975
G. Brown M4 (55-59)	135	325	525	950	G. Thomas M6 (65-69)	-	430*	145	575
R. Schuller	-	240*	440*	680	T. Yost	-	285*	420*	705
220 lbs.					319 lbs. Open				
E. Leland	-	305	670	975	B. Anderson	-	510	455	965
T3 (18-19) 270	lbs.				* - Single lift WA				
C. Greene	-	445*	555	1000	38 lifters this wa				
Jr. 220 lbs. J. Wilkins	-	415*	585	1000	diversity. Four lift qualifying totals	by also	perform	ing the	squat.
M1 (40-44) 22	0 lbs.				Walker from OR				
M. Foley	-	340	475	815	were successful				
A. Hall	-	260	450	710	Nikolaisen show				
M2 (45-49)					of a qualifying to				
B. Coury	-	310	520*	830	shattering as Ca				
275 lbs. Open					tounding 140 po				
K. Stewart-*	-	510	750*	1260	only 73 1/4 . In h	er first r	neet Pris	cilla Rib	ic pos

flu two days earlier, performed exceptionally well, Special Olympians Diane Fleming and her husband Eric continue to improve, and lifted better than ever. The youngest lifter, David DeHart, demonstrated his ability in fine fashion. In the 165 band Eric continue to improve, and lifted better than ever. The youngest lifter, David DeHart, demonstrated his ability in fine fashion. In the 165 pound class, Rob Bondurant shows a quiet confidence in his lifting, but Jody Cranston's deadlift was too much. Though he qualifies as a masters lifter. Perry Plush won the open 181 division showing the older guys still have it. With a nice 405 bench, Todd Stark took the 198 open division. Junior 198er Roland Lester easily set new state records. Although Gerald Brown was alone in his division he put out a solid effort and made flawless lifts. Richard Schuller, continuing his comeback, keeps showing improvement, setting new state records in both lifts. Winning the 220 pound division, Eric Leland put up an impressive 670 deadlift, and teen lifter Chris Greene blew away the state bench press record. In addition to helping build the platform he lifted on, 220 master Brad Coury is making impressive gains. He set a state record 520 deadlift and just missed locking out 550. Kevin Stewart, coming off a plane just hours earlier was a little disappointed, but made his 510 bench look easy and set a new state record deadlift. With the big lift of the day, Grant Higa got everyone's attention with an easy 805 squat. Junior 275 lifter Michael Greene followed his younger brother's lead and set a state bench press record. 275 masters Robert 0. Smith and Gary Thomas split the honors and set deadlift and bench records respectively. Retired police officer Tim Yost competing again after a ten year absence also so new marks in the record books. Open 319 lifter Brent Anderson had a fine day putting on a great performance in the bench press. We would like to thank Willie Austin and the Gateway Athletic Club for supporting our efforts in hosting powerlifting meets and a big thank you to Inzer Advance Designs for their sponsorship. Thanks also to Anthony Carillo and John Naab for supplying additional equipment. Thanks to the judges and volunteers who worked tirelessly to make this meet a grea

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22ND Louisiana Tech HS Invit. 22 Jan 00 - Ruston, LA J. Bohanan 198.25 lbs. J. Brown J. Hauley J. Blake R. Bolton M. Banks K. Ratliff G. Culberss S. Brown D. Walker D. Walker A. Payton L. Cornwell J. Clay 270 280 265 240 230 190 180 175 155 140 165 160 120 125 125 120 125 115 115 80 310 305 285 265 220 230 225 180 185 180 745 745 670 630 575 540 530 470 455 400 500 525 485 485 430 480 500 420 430 430 445 320 285 275 290 300 270 250 250 285 200 1345 1330 1310 1250 1220 1210 1200 1150 1135 585* 525 525 550 475 490 460 450 500 470 420 475

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NI	200	125	315	705	J. O'Neal	400	275	440	1115	your
. Nora	255	135			S. Lacombe	405	250	415	1070	
l. Brazil	250	160	270	680	J. Lewis	340	230	465	1035	addre
Dantzler	240	120	315	675	B. Cooper	405	225	390	1020	Santa
Evans	200	110	185	495	A. Brooks	400	215	400	1015	6880
32.25 lbs.	2/1	100	425	000	P. Crawford	375	230	400	1005	
I. Smiths	365	190	435	990	J. Coyle	380	240	380	1000	lana,
Fields	360	195 205	350	905 865	C. Murphy	405	220	335	960	Attn:
Horton	315	195	345		K. James	300	210	385	895	
Martin	230	200	340	765 750	J. Rawls	340	275	265	880	(Coad
Saucier	275 250	165	275	740	F. Hatten	300	225	350	875	
Warner Duplissey		150	325	720	C. McKaskle	360	165	345	870	
	260		310		B. Young	250	245	300	795	
I. Wiley	250	145	285	680	J. Marshall	250	150	380	780	R. Roruemore
/. McVay	240	140	255	680	E. Brewton	255	150	355	760	L. Lenard
48.75 lbs.	420	225	445	1090	A. McKinzie	225	185	315	725	T. Sawyer
. Taylor	415	220	435	1070	C. Stickney	275	150	300	725	B. Eason
Johnson	425	210	435	1055	220.25 lbs.	-/-	130	300	,	L. Coody
Saxton	375	210	455	1040	J. Swanson	610*	340	585	1535*	D. Martin
Griffin			385		C. Upton	550	295	605	1450	M. Zeka
. Reynolds . Mathews	340	240	395	965 950	J. Nash	545	310	570	1425	F. Lee
		250	390	940	N. Ryan	555	305	525	1385	J. Franklin
Larkin	300	230		920	C. Sanders	540	270	515	1325	M. Moore
Humpry Barker	330 325	230	360 360	920	H. Hamilton	510	290	500	1300	WOMEN 97 II
	300	205	380	885	W. Williams	495	255	500	1250	S. Moye
Brooks	325	180	375	880	C. Colis	450	280	450	1180	A. Kirts
Bynumm Schmitt	320	190	350	860	A. Johnson	400	245	525	1170	J. Haynes
Meredith	295	145	410	850	B. Brown	430	270	460	1160	H. Foster
Herbert	250	190	340	780	E. Horn	465	245	450	1160	E. McVay
	225				L. Ricks	420	270	460	1150	N. Cloessner
. Perkins		185	360	770	L. Ducote	410	290	440	1140	105.75 lbs.
Floresca	290	170	300	760	J. Bryant	450	235	450	1135	J. Long
. Carter	225	170	360	755	J. Dean	405	260	465	1130	S. Cook
. Lemieux	195	180	290	665	J. Evans	415	225	450	1090	J. Smith
Bougies	215	155	245	615	C. Wright	420	250	400	1070	J. Porter
Terrell	175	170	250	595	B. Dickerson	435	235	380	1050	K. Bordelon
65.25 lbs.		-			C. Jackson	425	225	400	1050	L. Miller
Smith	505	295	515	1315	A. McCoy	400	180	315	995	A. Day
Roberts	450	255	585	1290		350	220	350	920	B. Honeycutt
Suter	510	260	515	1285	J. Humphries M. Stevenson	285	230	400	915	M. Roark
Logan	500	275	480	1255		315	225	335	875	S. Descant
Martin	385	220	450	1055	J. Johnson	315	175	325	815	L. Harris
Carter	380	260	400	1040	C. Wilson			295	700	L. Brown
. Watson	330	255	385	970	B. Nolan	265 315	140 190	0	505	J. Keen
Santacoloma	315	210	385	910	B. Flowers 242.25 lbs.	313	190	U	303	C. Glasper
Banks	270	165	405	840		590	300	540	1430	G. Lard
O'Neal	305	165	360	830	B. Soigniee K. Powell	555	270	510	1335	H. Egloff
. Alexander	300	200	330	830		525	275	500	1300	114.5 lbs.
Tobin	225	200	400	825	M. Lowry V. Williams	475	325	450	1250	A. DeVille
Crockett	290	175	355	820	B. Adkins	510	265	440	1215	A. Herbert
. Dicarlo	250	205	345	800	M. King	430	345	435	1210	A. Gary
. Bradford	270	185	340	795	M. Newton	440	320	440	1200	A. Tyler
Smith	275	175	315	765	J. Dixon	445	275	455	1175	I. Hall
Walton	225	225	315	765	C. Smith	370	260	500	1130	S. Jordan
Jackson	275	160	325	760	K. Holiday	410	210	500	1120	T. Cantrell
Simpson	235	175	335	745	D. Brannan	400	260	440	1100	K. Smith
. Herndon	250	160	310	720	G. Beene	400	240	410	1050	H. Dye
Boyd	200	185	290	675	D. Dupree	345	200	365	910	N. Pugh
. Samuha	220	155	290	665	J. Verhalen	305	210	300	815	A. Arbour
Alwell	200	120	285	605	R. Soileau	245	165	340	750	R. Conlay
. Morrow	315	0	0	315	B. Hudson	245	180	310	735	C. Oxley
Roberts	0	0	0	0	C. Guillot	290	0	0	290	C. Waldrup
. Patterson	0	0	0	0	275.5 lbs.	250			290	123.5 lbs.
81.75 lbs.	400				L. Wright	600	330	525	1455	P. Lewis
Brazil	480	315	510	1305		530	340	560	1430	A. Matt
Moore	455	240	600	1295	J. Eckhart		340			A. Carouthers
White	430	255	570	1255	J. Jarred R. Harrison	575 540	315	500 505	1415 1360	S. Newman
Arceneaux	475	250	510	1235	S. Henderson	510	290	535	1355	I. Home
Brooks	455	295	480	1230		510	290	535	1335	A. Cunninghai
Bell	400	315	480	1195	R. Williams			550		
Benson	460	245	490	1195	C. Bates	500	260		1310	A. Matt A. Tracy
. Thompson	455	260	455	1170	K. Price	490	330 275	485	1305	C. Simmons
Holmes	450	215	485	1150	J. Heath	530	310	480	1285	A. Taylor
Maxwell	410	205	510	1125	G. Coody	475 500	205	500 520	1285 1225	V. Phillips
. Burshell	385	265	445	1095	K. Mayes				1200	A. Smith
Floyd	385	240	450	1075	B. Hurley	440	300	460	Marie Controller In	S. Thompson
. Corley	385	235	450	1070	T. Waldron	445	255	460	1160	S. Yankowski
Mason	375	250	435	1060	R. Niswanger	375	285	475	1135	T. Lester
Arbour	370	285	405	1060	J. Dauzat	475	250	385	1110	
Generoso	405	220	420	1045	L. Grimm	475	170	385		N. Patten
. Bordelon	350	255	415	1020	N. Leachman	375	215	425	1015	132.25 lbs.
Joseph	335	245	415	995	L. Shirley	290	270	400	960	M. Armond
Akinniyi	375	215	400	990	W. Humphries	345	215	400	960	V. Radford
Baldwin	350	205	420	975	B. Morgan	315	245	390	950	K. Sanderson
Brown	380	195	390	965	J. Braggs	400	150	365	915	L. Terrell
. Mahaffey	325	225	400	950	C. Whittlesey	530	285	0	815	K. Pirkey
Heath	410	210	315	935	D. Garr	300	185	320	805	S. West
Oglesbee	350	160	370	880	M. Lindsey	0	0	0	0	M. Roark
Downs	325	165	340	830	SHW (275.5+ lbs	5.)	270	575	1450	B. Duchesne

J. Smith	280	90	320	690	
P. Bordelon	230	115	300	645	
K. Bordelon	225	105	250	580	
T. Lowe	215	85	275	575	
J. Newman	205	125	235	565	
A. Zwahr	225	105	235	565	
J. Cherry A. Doiron	195 190	100	.240 255	535 535	
J. Vanya	200	105	225	530	
L. Guynes	210	100	220	530	
M. O'Boyle	200	95	210	505	
K. Steele	190	80	190	460	
E. Nash	155	60	195	410	
E. Gorum	140	75	170	385	
H. Roberts	145	80	160	385	
L. Bean	115	70	150	335	
A. Herrena J. Warren	0	0	0	0	
165.25 lbs.					
K. Kelly	285	145	340	770	
J. Smith	275	120	275	670	
D. Johnson	250	115	300	665	
A. Fondrens	245	140	240	625	
C. Coco	200	110	305	615	
C. Bennett	210	115	225	550	
J. Vanya T. Wilson	215 190	100	220	540 520	
C. Robertson	160	120	235	515	
J. Potts	205	70	220	495	
M. Miller	190	100	195	485	
A. McConnell	150	75	170	395	
K. Watson	150	85	155	390	
181.75 lbs.	Teggio				
J. Haynes	330	125	330	785	
E. Norris	305	155	300	760	
A. Rashal M. Bearden	225 245	125	310 255	660	
K. Magnon	200	105	230	535	
T. Fife	190	85	235	510	
K. Nielson	190	95	205	490	
J. Wilson	180	90	150	420	
C. Davison	150	70	200	420	
C. Washington	140	70	205	415	
M. Coutee	130	75	185	390	
D. Littleton	135	75	170	380	
198.25 lbs. K. Whittlessey	320	150	350	820	
M. Randolph	285	140	335	760	
D. Johnson	320	140	300	760	
S. Harris	290	120	350	760	
L. Meynard	300	120	300	720	
A. Austin	260	125	280	665	
L. Lucas	255	125	260	640	
L. Wampler	115	75	175	365	
220 lbs.	200	165*	200	025	
M. Herrington J. Gooden	360 360	150	300 295	825 805	
K. Rochow	280	115	326	715	
M. Moss	230	125	305	660	
B. Sisson	260	135	250	645	
S. Horn	245	110	275	625	
H. Vanya	240	115	250	605	
J. Galloway	205	105	275	585	
A. Beraud	200	105	225	530	
G. Clark S. Merritt	170 200	105	225 170	500 475	
J. Seigler	155	100	215	470	
220.25+ lbs.	133		-13	4,0	
T. Dials	405*	200*	360	965*	
N. Gibson	335	150	350	835	
L. White	320	140	325	785	
J. Tucker	230	135	250	615	
M. Heard	255	115	230	600	
V. Dorastanti	240	130	200	570	
C. O'Banion *=La. Tech Invit	180	100		485	
ducted by the Lo	nuisiana	Tech Po	werlift 1	Team and	1
Louisiana Tech S					
Talton. Meet Da					
Gym-Louisiana	Tech Uni	iversity.	Meet Pr	ofile: 348	8
Lifters (216 mer	and 13	2 wome	n) - 5 P	latforms	
Meet Time: 11 h	ours, 05	minute	s. WON	IEN: Out	-
standing Female	Lifter: P	am Lew	vis - Wes	t Hardin	,
Texas, Wilks Coe	micient 1	.195, 12	23.5 lbs.	WI. Class	5
- 745 lbs. Total (1 1st 63 pts. ASH,					
Monroe, 4th 34	t pts. W	est Ha	rdin 5t	h 14 nte	•
LaSalle, 6th 13 p	ts. Natch	itoches	.7th 11	pts. Buck	-
eye, 8th 10 pts.	White C	Dak, 9th	5 pts.	Ouachita	2
Christina, 10th 4	pts. Bol	ton, 11	h 3 pts.	Pineville	,
eye, 8th 10 pts. Christina, 10th 4 12th 1 pt. Winns	boro, 13	th 0 pts.	Browns	boro, TX	,
14th 0 pts. Laker	view, 15t	h O pts.	Block, 1	6th 0 pts	
Neville, TX, 17t	n U pts.	Farmer	ville. M	EN: Out	-
standing Male Li					
- Tioga High Scl 165.25 lbs. Wei	aht Class	1200	lbe To	tal MEN	;
TEAMS: 1st 49 p	s. West	Monroe	2pd 48	pts ASH	
3rd 42 pts. Ma	dison C	entral.	MS. 41	28 pts	-
Nachitoches, 5t	h 16 pts.	Caldw	ell Paris	h, 6th 15	5
pts. Farmerville,					
9th 5 pts. Creek	view, TX,	9th 5 p	ts. Piner	ville, 11th	h
4 pts. McCall,	11th 4	pts. Bo	ton, 13	th 3 pts	
Menard, 13th 3	pts. Ceda	ir Creek	, 15th 1	pt. Delta	
15th 1 pt. West	Ouachi	ta, 0 pt	s. Jena,	U pts. St	
Mary, 0 pts. L	keview,	U pts.	Buckey	e, U pts	•
Winnsboro, 0 p Marshall, TX, 0 p		U DIS	. Arcad	a, U pis	
maisman, ix, up	ts Navill	e Onte	West H	ardin TV	
() Dis. (MISCHIES	ts. Nevill	e, 0 pts.	West H	ardin, TX	,
to Billy Jack Talt	ts. Nevill	e, 0 pts.	West H	ardin, TX . (Thank ch Power	5
0 pts. Ouachita to Billy Jack Talte lifting Team, for	christian on, Coac	e, 0 pts. n, 0 pts. h, Louis	West H Minden iana Teo	. (Thank	5
to Billy Jack Talte lifting Team, for	christian on, Coac	e, 0 pts. n, 0 pts. h, Louis	West H Minden iana Teo	. (Thank	5
to Billy Jack Talte lifting Team, for	christian on, Coac	e, 0 pts. n, 0 pts. h, Louis	West H Minden iana Teo	. (Thank	5







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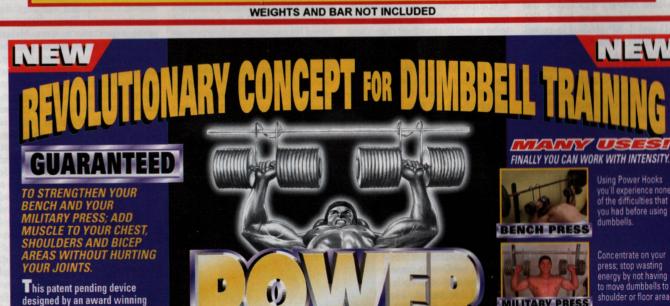
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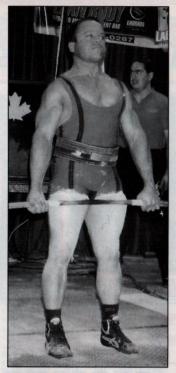
(article continued from page 11)

hands for grip enhancement. His final lift was 683. It came right up with strength and authority - held strong. His final result of 2138 moved him into 2nd place on the All Time World List in the 198s right behind Ed Coan's 2204 done twice back in 1985. If you figure in the 881 SQ he wasn't credited with, it adds up to 2160. Jess's showcase was by far the outstanding performance of the whole meet.

220: Kevin Hammerton, GBR, regained the WPC World title @ 220 that he'd won in 1997. Kevin's landslide victory gave GBR their final gold tally of 3 in the Men's Open. Several other aspirants fell by the wayside. First to retire was defending champ Gerhard Depner (AUT). Charles Maxwell, USA, also failed to register his SQs (804). The USA's chance for a silver medal was left up to Texan Mike Meza. Mike survived the SQ, getting his 804 opener, then missed two with 826. Mike got called for his 496 (inadequate lockout) - and moved up to 501! This time - good lift! Unfortunately he couldn't a DL passed. The USA had two bombers - oh my! This class accounted for two other donuts: neither Staudinger (CAN) nor Vanderberg (RSA) got a squat passed.

Jukka Alto (FIN) picked up the bronze medal, getting but 1 SQ (661) and 1 BP (463). He pulled two (705) for 1890. Andrew Dextor (CAN) came to do battle. He won for Canada their only medal of these championships in the Men's Open - a big silver! Andrew was on a roll, missing only one lift all day. He came back to make his missed 2nd attempt 672 SQ good on his final try Dextor was flawless after that: BP - 474, 490, then 501. In rapid fire succession - DL: 650. 694, and 716. TOT 1890 good job. Hammerton, looked strong. The British Bull needed 3 tries to secure his big 826 SQ opener. His 2nd looked good, but earned 2R. He went way low with final, which was ground up for 3W. His SQ technique makes his lifts look easy, even with maximum effort. Kevin reached 501, his 2nd BP. In the DL he made all of them convincingly: 705, 727, and finally 749. TOT of 2077 is an impressive result and most deservedly earned under tough conditions. He's champ still and is unquestionably GBR's best powerlifter in the WPC.

242: Harri Hissa (FIN) came through on his final SQ - 727 - after missing it on a 2nd. He did likewise in BP, getting his final 507 lift following a rejected 2nd round lift. Would you believe it Harri pulled the rabbit out of his hat on the DL



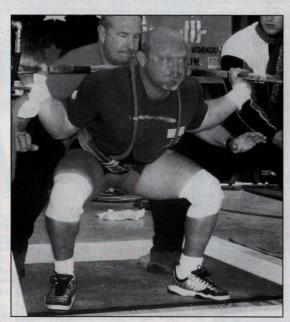
Neville Primich of South Africa

also. Following his 744 2nd attempt miss he came through for a good final effort. Harri might have just saved energy by just skipping the second round and jumping from first to 3rds. His TOT of 1978 was a fine performance for a bronze medal. USA's Dennis Muratori has to be one of the toughest men alive. In the SQ, he busted right through the sticking point with 826 for a very good lift. He took 843 down and up as well, but only got one judge's thumb up. He repeated. I thought he'd get it but it was 2R once again. In the BP, he knocked off 474, followed by a powerful

501. Then calamity befell him. Using his thumbless grip, he was putting the works to 518. About three quarters of the way up, it suddenly popped out of his hands. Before the spotters had time to react it fell full force on his chest. I figured he had to have broken ribs, but Dennis came out acting as though nothing had happened. He pulled up 661, then 699. He even finished up 716, but got reds for it. TOT 2017 and a silver medal for Muratori. Dennis gets my vote for the STUD OF THE YEAR.

USA's Paul Urchick was in a real jovial mood during the whole championships. Now for the second straight year he's champ. He lifted with his usual determination, even though he didn't make the lifts he wanted. Paul opened with 859 and got his depth called by Ernie Frantz (perfect) just to be safe. He went to 903, got up, and received 2R, presumably for depth. On his 3rd, he sat a tad lower and started up. Midway it stalled, and he dumped it. Paul pressed 507 and 523, but couldn't fully lock out with 534. Finally, he went a perfect 3 for 3 in the DL - 705, 733, and finally 749. His 2132 TOT is quite commendable under eagle eyed judging.

275: Ano Turtianen was simply unbeatable this year. He won his first WPC title two years ago in Blackpool. There he took out the strong American duo of Trevizo and Obradovic. Returning last year in Graz, he sought to derail the USA locomotive - Craig Gallo - but instead eliminated himself opening with a 574 BP, a European Record try, and failing three times. No such poor judgement this year. He proved to be a true squat master getting all 3: 837, 881, & finally a strong deep 898. BP: a 529 opener was EZ. Next his 573 try earned 3R, but he came back on a 3rd got it! With a toy (for him) 749 DL, he had his 2nd World title. That taken care of, he went to 815 and pulled that like a feather. He had a huge 2287 TOT. His final try was a monster 865, trying for 2336. That weight stopped him. He won this category by a whopping 231 lbs. margin and joined his teammate Selkainaho as a gold medallist for Finland. USA's hopes rested on the powerful shoulders of Shelby Robbins and Jon Grove, the APF Seniors Champion. Grove SQed 749, but 793 pinned him both times. Jon became the 3rd American to bomb out, as in the BP he failed 3 times to



Jesse Kellum earned the Best Lifter in the Men's Open.

get it accepted. His final lift looked good to me, but they said his foot moved. This left Seniors runner-up Shelby Robbins of Alabama to go it alone. He sweated an ocean to make weight with his trademark cellophane "raincoat", and came in right on the weight limit. Shelby smoked his 760 opener, then jumped big to 843. He lost his balance and came down on his right knee, rescued by the spotters. I figured he'd hurt himself, but nope! He came back on his 3rd and roared right up with it - yes! It's good! Robbins got one in with 496; went to 540 for a miss. He bounced right back and made it on his third. Shelby put the works to both 628 and then 672 DLs, and sewed up 2nd place (2055 TOT). Steffan Hayn, GER, posted 3 SQs (738), and got one lift each in BP & DL (429 & 639 respectively) for 1807 and 3rd place.

308: Last year's champ Richard Coates was sidelined all year with injuries and was unable to defend his title. In his absence, the USA had two strong representatives. Grand old warrior Scott Warman returned to the battlefield. He'd won at the Seniors and was here seeking his 8th WPC World title. His back-up was Art LaBare. the burly Costa Mesa, Californian. Art was a man with a purpose. He wouldn't be satisfied with anything less than gold. Two others with great expectations were Heiser Kuttroff from Germany, and the Canadian Deacon of Dunk himself. Allen Mehan. The partisan crowd was rooting for their home boy. Kuttroff was a powerful, yet unknown force. LaBare, 39, lifted with the vigor of young man. He opened with 771 and tentatively

> eased himself into the hole and blasted up like a rocket. He went straight to a PR 859, descended shakily, and hunked it right up. He got two reds. Undaunted, he repeated - and got up this time - okay! Kuttroff made a dramatic impact. He began at 815, and exploded up. He increased to 881 no sweat and finally he went to a powerfully executed, deep 903! Wow. I'd seen Allen Meehan, CAN, before. He SQs deep. Coming in with a huge PR of 970 set 3 weeks earlier at Russ

Barlow's Pine Tree



The Mass That Moves Iron!!! the USA Big Boys (left to right) Jim Voronin, Garry Frank, and Aaron Ross

Warman came in @ 903 and made it look like the bar was empty. He went straight to an enormous 953, and handled it also - but was ruled shallow. On a last ditch effort, tapping his reservoir, he went down and up - and it was ruled good! At this point Scott appeared to be in the driver's seat, but the others were able to gain lost ground in the bench. Warman has had two shoulder operations, and had trouble touching his chest with 479, which was missed. His second attempt went up unevenly, and was judged no good. Only on his final try did he make good. Meehan couldn't budge his 485 start. He went to 496, and drew 2R. He also stayed alive by making it on his do-or-die last chance. LaBare dueled the German for BP supremacy. Both men began at 551, and both lifts looked strong. Kuttroff went to 584, and got by, but it was no go with 595. Art took 584 also. He quivered through his 2nd attempt, but was rejected. He did it again strongly. This time they said his foot moved. The DL would decide the distribution of medals. Meehan raised 661, then 699. He got 716 up, but saw 2R. 2116 TOT - 4th place today. Kuttroff made them all: 639, 683. and finally a hard fought 716. He had 2204. Art went after him, jumping from 688 to a good 744, which locked up the bronze - 2155! Warman began with 771 and had 2204, leading the pack, though tied with Kuttroff, but at a much lighter bodyweight. LABARE DARED to

go for all the marbles. Warman

passed his 2nd attempt to gain rest

and see what he needed, if Art got

his final lift. LaBare stepped up to

tackle 793. If successful, he'd cause

Open. Al started with 854. This

looked like a toy. On an increase to

920, he lost his balance, but roared

back to blow it away on a 3rd.

a three way tie and would have the silver, but not gold, in a three way tie. Up the 793 came. He channeled every ounce of his being into making the lift. He got it up, but sagged ever so slightly on his right side. They said he didn't have that side locked out - no lift! Nevertheless, it was a courageous effort. Scott had the platform all to himself for his last lift, and lift it he did - 826 lbs. with nary a hitch or hesitation. It went so easily it left everyone wondering just how much more he could do. It was heartwarming to see a great champion return to his former glory. He's a quiet, polite, humble giant who deserves our congratulations, honor and respect

bronze medal. Newrkia dominated

in the SQ, horsing up 859 as op-

posed to Wegschuder's 771. Both

men were close, strengthwise, on

the bench. Josef pulled further ahead

of his teammate, 551 to 540, and

now up on him by 99! Newrkia, 38,

had three good pulls to finish with

688 - TOT 2099 on an 8/9 day.

Wegschuder, the superior puller,

had a lot of deficit to make up. He

hoisted 749 on his 2nd lift, then

went for what he needed, 793, to

get 2105, which would pluck the

bronze from his teammate's pocket.

He missed, so Newrkia got the

bronze, just as he did last year.

Now, the two USA mega-monsters

fought to decide the title. Neither

Jim Voronin, 34, nor Gary Frank,

also 34, had won a World title. Now

the mastodons collided. Frank, the

ex-pro football NOSE GUARD.

opened at 843 - NOT SO HARD -

good lift. Gary watched as Voronin

missed his 881 opener. Gary took

the same weight, but drew reds for

depth even though he handled it

easily. Jim came out for his 2nd try.

They dilly-dallied adjusting the "Greig

lift's" arms. The delay was just

enough for Jim to have had his

wraps on too long and he mis-

grooved it. Frank lifted it again, but

it wasn't low enough. Voronin came

stomping out like an angry giant.

FEE-FI-FO-FUM! This time, he blew

it right up perfectly, and looked

good for much more. On to the BP.

Voronin, with his palms forward

style, upped 611, but raised his butt

doing 639. The final try for big Jim

was 650. He lifted it easily, for a

for delivering one more time. SHWTS: Last year GBR's great champion Peter Tregloan, 40, won his 6th title, topping USA's Voronin. Powerhouse Pete saw the right opportunity to retire, and will always be remembered as a champion! The average bodyweight of this year's six behemoths was 357.7 lbs. 2,146.3 total lbs. of beef on the hoof. Thomas Wegschuder, the Austrian back up man, was deadlocked with USAs Gary Frank for runner-up heaviest man. Both men scaled 374.8. Big Jim Voronin, the Titanic Texan, came in as the biggest behemoth @ 376.9. Josef Newrkia, AUT's top man was 347.2. Dereck Renberg tipped the Fairbanks at 336.4 while Tyler Spearin, CAN, was the shortest and lightest @ 336.2. Spearin was built like a barrel on legs. His features were punctuated by a dark fuman-chu moustache. We thought Tyler was history. After he failed 672, he went to 716 and missed that too. Tyler gutted out his 3rd, and got 2W, which had the crowd cheering their hometown hero. Renberg, the other Maple Leaf hopeful, sat deep and got all 3 -

but it sagged on the left arm before he finished it - no good. Hi repeat was okay for 2W. Gary wasn't fooling around and went up to a PR 705, but missed. Voronin led by 39, but that was not nearly enough, even though he lifted splendidly in DL, pulling 705 to sew up 2nd. Next came a PR 749, also good, before he missed a 755 final try -TOT 2281. Frank got caught with virtually no DL warmups - only 225x5 before he was called out for his opener. It was a whopper - 848 and he smoked it like the plates were filled with helium. Gary was World Champ right off the bat. He jumped big to 903, wanting to increase his TOT from where it stood (2353) to 2408! Gary worked himself into a frenzy, came stomping out, grabbed the bar, and ripped it right up. It didn't quite lock on his 733! The Canadian duo end up right hand side - 2R. His final attrailing the pack. Dereck got an tempt wasn't as close. This massive 1846 TOT for 5th while Tyler occupied 6th with 1785. Wegschuder lift brought to an end these magnifiand Newrkia dueled to see which cent championships. possessed the most AUSTRIAN POWER; but more importantly. which would claim the coveted

lifetime PR. Frank got rushed on his

warm-ups. He came out for 661,

In closing, I'd like to thank the Greigs for a remarkable job. An event of this proportions is a tremendous order. I'll rate it 4 stars! I must mention that the judging was strict, but mostly fair and consistent all week, until the final day where the squat judging deteriorated. A few bogus lifts got by, and the official who was passing them was removed from his chair after the damage was done. I thought the BP judging was too tough on the lifters, especially on the final day. In the past I've bitched about loose judging. The same applies for being too much of a hard ass.

Enough said on that. Now let's talk about respect. One official came all the way from East Coast to judge. He notified those on the referee's committee that his intention was to come. He was not given the simple courtesy to be informed anything otherwise. When he arrived he was told that he was not on "the list". This is after he spent all his money on plane fare, lodging for the week, etc. He was treated with disrespect - VERY TACKY.

My special thanks to Neville Primich and the RSA PL Federation who presented me with a beautiful plaque of appreciation honoring my journalistic dedication for publicizing and supporting the Powerlifting movement. That was the icing on my cake for this fabulous week I spent in Calgary, Alberta, Canada. I'm overwhelmed. Thanks again Bruce for a great competition. Ernie Frantz praised me for lifting well, for a man with no arms or legs. Does that make me physically challenged?

Herb Glossbrenner

Pan American Powerlifting Federation Inaugural Men's & Women's Open Championships, Symposium & Congress. Radisson O'Hare Hotel, Chicago USA, April 5th to 9th, 2000. Free Admittance For All Lifting Events: * All Day Powerlifting Symposium, \$175 with 2 Buffets Meals Provided, Certificate of Attendance Awarded. * PAPF Showcase to the Greatest Powerlifters of All Time - FREE. * PAPF Lifting, Demonstration and Sponsor Areas - FREE.

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The PAPF is hosting their Inaugural Men's & Women's Championships April 5th to 9th. Full details available at www.PanAmPL.com. Date: Wednesday, April 5th, 2000. Time: 8:30 AM to 9:30 PM. Venue: Pan American Powerlifting Federation Event. Radisson O'Hare Hotel, Chicago, 6810 Mannheim Road, Rosemont, IL 60018. Discount Hotel Rates are available on registration by fax. Admin: David Anderson-

Turrell, 774 Fig Street, Golden, CO 80401

Wednesday, April 5. The agenda for this symposium will be as follows: 08:30-08:45 - Introduction and Comments by Mauro Di Pasquale 08:45-09:30 - History of Powerlifting - Further Inside Powerlifting by Terry Todd. 09:30-10:15 - Working with the Elite Powerlifter by Eric Serrano 10:15-10:30 - BREAK. 10:30-11:15 - Basic and Advanced Training for Powerlifting by Robert Wagner 11:15-12:00 - Advanced Strength Training by Charles Poliquin 12:00-12:45 - The Deadlift - the Ultimate Measure of Strength? by Ray Benemerito 12:45-13:30 - LUNCH BREAK - Buffet 13:30-14:15 - Powerlifting Injuries by Ken Kinaken. 14:15-15:00 - Stability Training and injury prevention/enhancing overall strength by Michael Hartle. 15:00-15:15 - Nutrition for the Powerlifter - Introduction by Mauro Di Pasquale 15:15-16:00 - Supplementation Pyramid for Strength-Power Athletes by Jose Antonio 16:00-16:15 - BREAK. 16:15-17:00 - Cuffing-edge research on enhancing lean Muscle Mass by Rehan Jelali. 17:00-17:45 - Effect of Macronutrients on Serum Testosterone and Cortisol by Thomas Incledon. 17:45-18:30 - A Power Lifters Guide To Altering The Testosterone -Cortisol Ratio With Nutritional Supplements by Chris Street 18:30-19:15 - SUPPER BREAK - Buffet 19:15-20:00 - Women and Strength by Jan Todd 20:00-20:45 - Confidence: A winners Formula by Dan Wagman 20:45-21:15 - Q&A Period- Ask Away Please! 21:15-21:30 - Closing Remarks by Mauro Di Pasquale. Please note that there may be some unavoidable last minute changes to the agenda. Registration Fees: Morning Attendance Only - \$75 including coffee break. Afternoon & Evening Only - \$125 including coffee break and Dinner Buffets.

Thursday, April 6. 9:00 AM Technical Meeting for Lifters & Officials

Thursday, April 6. 10:00 AM PAPF Inaugural Congress (closed to public)

Thursday, April 6. Men's & Women's Lighter Body Weight Classes: 1 PM to 6 PM. Weigh In 11 AM to 12:30 PM Lifting begins 1 PM and continues into the evening to 6 PM. Sponsors displays and tables will be situated in the Foyer adjacent and continuous with the Grand Ballroom, the site of the competition.

Thursday, April 6. Meet Some of Powerlifting's All-Time Greatest Lifters. 7 PM toll PM. A Tribute to The Powerlifting Greats of the Americas. Includes introductions, videos and question and answer sessions. The following have confirmed their attendance: Joe Bradley, Jimmy Moir, Rick Gaugler, Ernie Frantz, Walter Thomas, Tom Campbell, Fred Hatfield. Larry Pacifico, Terry and Jan Todd

Friday, April 7. Men's & Women's Light to Middleweight Classes. 9 AM to 6 PM. Weigh In 7 AM to

8:30 AM Lifting begins 9:00 AM and continues until 6 PM

Friday, April 7. Exhibition and Strongman Stunts. 8 PM toll PM. Come and see the festivities! Some of the World's Strongest men will be there to dazzle you with their feats of strength.

Saturday, April 8th. Men's & Women's Light Heavyweight Classes. 9 AM to 10 PM. Weigh In 7:00 AM to 8:30 AM Lifting begins 9:00 AM and continues until 10:00 PM

Sunday, April 9th. Women's Heavyweight & Men's Heavyweight and Super Heavyweight Classes 11 AM to 5 PM. Weigh In 8:00 AM to 9:30 AM Lifting begins 10:00 AM and continues until 5:00 PM. Banquet and Closing Ceremonies 7:00 PM Onwards. Sumptuous Buffet with drinks.

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Drug Testing - Comprehensive Drug Testing will include the top three and one random lifter in every class. Up to half the lifters entered will be drug tested. This will be the most drug-tested meet in history.

Attention All Spectators Please mention the PAPF in order to obtain the special low hotel rates that have been negotiated by the PAPF for all those attending this special event. Special Hotel Rates for the PAPF Events: \$85 USD for singles or double occupancy. 800 rooms reserved for the five nights. In order to obtain this special price you must reserve by March 1st., 2000 by contacting the Radisson direct. As well, for the best air travel rates contact David Anderson-Tyrrell by e-mail David@PanAmPL.com. There will be a courtesy shuffle service between the O'Hare International Airport and the Radisson Hotel O'Hare.

Attention Competitors, Officials and Invited Guests. Hotel accommodation and admittance to the banquet will be provided free of charge by the PAPF for all lifters, officials and invited guests. Also there will be no country or lifter entry fees, and no drug testing fees charged. These expenses will be absorbed by the PAPF through sponsorship opportunities. The only events that will have restricted access are the PAPF Congress which will be by invitation only and include the PAPF Executive Committee and the PAPF National Federation Officers. The PAPF Banquet is open to attendees with a US\$35.00 admission fee per person.

Attention Exhibitors. The symposium and championships will be attended by a number of industry leaders in the fields of clinical nutrition, sports performance supplementation, lifting equipment, books and service organizations. All exhibitors will provide information about new products and services. If you would like to find out more about the PAPF Entry-Level or Full Sponsorship packages then please visit our website www.PanAmPL.com or e-mail david@PanAmPL.com for further details or answers to your questions.

Refund Policy Refund requests must be received in writing and postmarked prior to March 1, 2000. A processing fee of \$25.00 will be charged for all refund requests. The PAPF is an Umbrella Federation for all IPF affiliated powerlifting federations in the Americas.

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J. Williamson 148	185*	205	310*
A. York	135		
D. Jewell	230*	350	440
L. Ellington 220	135	125	225
C. Snearley 242	175	225	
L. Sanders	185	250*	465*
Masters/Submast	ers		
40-44 D. Shart		220*	
D. Short 55-59			
H. Glossbrenner 181		230*	
50-54			
J. Howard	140*	265* 4th	375 400*
55-59	165*	260*	385
J. Johnson	163	4th	400*
198			
35-39 K. Magnen	200*	200	385*
220	200	200	303
45-49 T. Blacketer	225*	440	525
242	223	***	323
45-49			
B. Rhodes	220*	135	575*
275 45-49			
J. Hensley		450*	
SHW		450	
40-44			
K. Luczkowski	145*	370	350*
Open 148			
S. Dishman	200*	350	430
165			
J. Gilbert	275*		
S. Lumpe J. Watson	220*	340 345*	475 475*
181	200	343	4/3
J. Kenna	200*	255	505*
D. Scherschel		260	270
198	2074	265	655*
M. Phillips 220	285*	365	633
T. Kollacs	200*	275	550*
S. Nagle	255		
S. O'Kelley		475*	
242	225	365*	505
B. Norman T. Freidline	245*	365	540
S. Corum	243	340	650*
The state of the s			

felt that those proficient in both lifting activities presented the TOTAL PACKAGE as a true SUPER-MAN of the IRON GAME. Using two rating formulas, combining WL (Sinclair) and PL (Schwartz), Jim McCarty's 2460 lbs. sum for the 5 lifts @ 165 ranked No. 1 among the USA's 100 best. It also earned him the title of WORLD'S SUPERMAN OF THE CENTURY with 2036 rating points. This edged out his closest challenger Gennadi Vorobyev, a 198 pounder who accumulated 2033 pts. Jim felt that an organization that showcased the best of both lifting forums was necessary and would be popular. Thus W.E.O.P.F was formed. Jim organized and held it's first meet on March 11, 1998 in Indianapolis. It was something for everyone. A power clean was contested (for the weightlifter) as well as the bench press and deadlift, the two most popular powerlifts. In the course of 18 months no less than a dozen competitions have been held in Indiana, Kentucky, Illinois and Ohio. There are now over 400 registered members and it is growing daily. Despite a potpourri of pitfalls, obstacles, and problems lim, nearly single-handedly, promoted, produced, and organized this fine competition. Personal problems & misfortune surfaced only weeks



Shane Dishman tries, but misses, 360 at 148 (Glossbrenner photos)

Shane Dishman tries, but misses, 360 at 148 (Clossbrenner photos)

1. Howard

Mark Phillips pulled 655 at 198

Shane Dishman did the full 3 lifts and set a record with a 200 power clean. Next he tried 225, squat style, and almost got it before losing his balance and toppling over backwards. Shane's from Greenfield, IN, and has only been lifting for 9 mos. His 350 BP was a personal best. He pulled 430 and gave 460 a go. Dale Scherschel, 27, picked up two awards @ 181 with his BP & DL. Kevin Dean, 31, 185 1/4, made all 3 BPs-up to 3751 Jerry Kenna, 41, hunked out two records, a clean & DL at 181. Steven Nagle, 30, out of Ft. Mitchell, KY, power cleaned 255 @ 214 and called It a day. Shawn O'Kelley, 44, of Franklin, IN won the Open and Masters BP. He holds BP records in several organizations, and his 475 2nd attempt shove @ 220 stood up as a new record here.

O'keiley, 44, of Frankin, IN won the Open and Masters BP. He holds BP records in several organizations, and his 475 2nd attempt shove @ 220 stood up as a new record here.

The 220 full meet winner was Tom Kollacs, 32, the remaining member of Lentych's South Bend gym. Tom pulled a new mark (200) to his chest and smashed the DL record with a 550 opener.

Less than 3 years ago, Bill Norman, now 30 of Indianapolis, weighed 380 libst McCarty started him training just 1 year ago. Bill is now 236 and punched a record 365 BP on the way to his full meet runner-up @ 242. Ted Freidline, 30, is one of Indy's top chiropractors, He does the strongman events and came in here @ 226 1/2 for his first lifting meet. Ted, with huge well shaped thigh development, was easily the best built man of the competition. He edged out Norman for the 242 title, beginning with a record setting 245 clean. He then went on to add a 340 BP, and 540 DL, for perfect 9-9 day. Scott Menddiikowski, 20, was another out of South Bend. He performed in the BP (330) and got a 490 DL with nary a miss.

Charles Stennburger is a BP specialist who just started lifting 8 months ago. He couldn't showcase his specialty lift here because of a shoulder injury. Instead he yanked up a PR 610 weighing 260 1/2. Charlie was yet another dedicated volunteer whose help was greatly appreciated. Stiles Corum, 39, of Louisville, KY. Is the WEOPF KY Chairman. He trains at Mike Doggendorf's gym in Louisville with WPC World Champ Rich Coates. Stiles tipped the scales @ 240 1/2 here. He'd hurt himself doing a 500 BP in practice. This didn't detour him from coming here and manhandling a new record DL 650. Way to go Stiles!

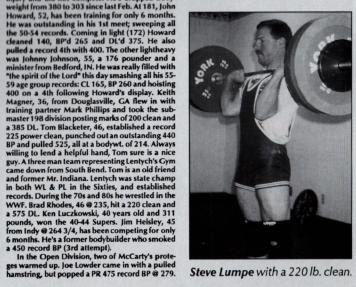
The outstanding lifter for the whole competition was Mark Phillips, 20, a 198er from Douglasville, GA, where he owns a health food store. Mark set a record of 285 in the power clean, added a 365 BP, then uncorked a great 655 DL on a 3rd attempt; a record smashing effort @ 196 3/4 bwt. Mark has vacated the teen ranks, readying for some bigger lifts. He's been tra

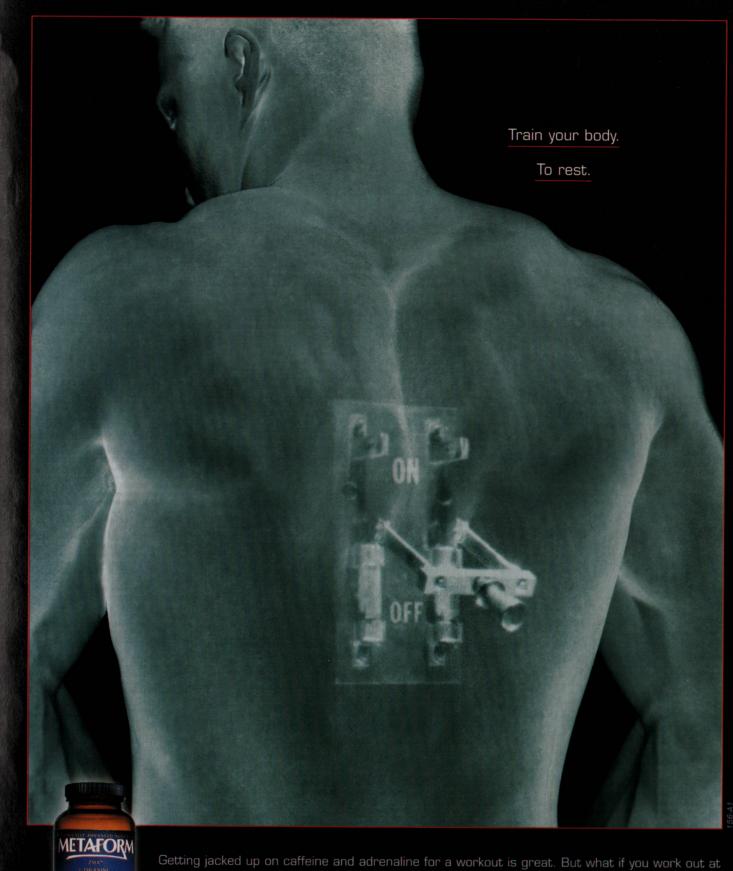
mail for the past year and is aiming for some big things.

Thus concludes a great, smooth running competition, with greater things yet to come. Anyone interested in getting involved and becoming a part of WEOPF as lifters or state chairpersons can get in touch with Jim McCarty, 7812 Musket St. Apt B, Indianapolis, IN 46256, (317) 578-3824, JMcC878244 @ aol.com. Soon, certificates will be available for the Superman of the Century rankings, also for WEOPF National Records. Dates TBA for the upcoming meets next year: High School Nationals (Martinsville, IL). The Superman Nationals (Louisville, KY). Jim also plans to start a WEOPF "raw" division for those who want to "go it" without equipment.

raw division those who saint o got without equipment.

In closing, a special thank you to the primary sponsor of this event: JOHN INZER of INZER ADVANCE DESIGNS. For top of the line equipment write P.O. Box 2981, Longview, TX 75606. PH: 1-800-222-6897 or 903-236-4012.





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3rd Pottstown	Power Challenge
9 OCT 99 -	Pottstown, PA

		Ottstown, 1 A	
BENCH			350
WOMEN		C. Morris 198 lbs.	405
Raw Light R. Fiore-109		D. Ernst	330
Law & Fire		S. Lewis	370
	115	C. Bentzoni	375
R. Carroll-206	265	A. Pierson	355
Open 111 lbs.			275
T. Falcone	150	M. Honaker	410
116 lbs.		S. Reynolds	410 355
S. Parrish	160	J. Hughes J. Ricks	315
122 lbs.	140	J. Ricks 220 lbs.	313
J. Apple 129 lbs.	140	M. Hopstetter	435
K. Fox	145	J. Martin	300
K. Kelly	115	T. Succarotte!	540
Guest	1911	J. Borner	380
S. Mason-129	175	K. Michaels	325
139 lbs.		P. Norris	455
C. Roehring	110	P. Grohoski	500
176 lbs.		242 lbs.	
D. DeFranco	150	J. Parrish	400
176+ lbs.		D. Dolby	380
R. Carroll!	265	C. Kitchen	405 440
Teen 13 yrs.	00	R. Succarotte	475
R. Knoll-143	90	M. Moran J. Arnold	520
(14-15) M. Riegel-132	170	S. Esposito	470
Bohnenblust-145	130	275 lbs.	4,0
M. Noctor-147	230	R. Mullen	475
S. Huntzinger-160		R. Ceriani	435
S. Haas-215	270	F. Adler	300
(16-17)		SHW	
S. Schaeffer-238	205	C. Eckroth	380
T. Nichols-221	240	J. Weidaw	335
D. Crocco-202	200	T. Lukosius	455
D. Bordner-167	250	K. Hampe	440
G. Holmes-165	225	M. Moyer	400
C. Oskins-161	210	DEADLIFT WOMEN	
P. Curley-143 (18-19)	220	Raw Light	
J. Tucker-176	220	R. Fiore-109	230
J. Martin-172	220	Open 111 lbs.	
E. Koehrsen!-167	280	T. Falcone!	340
J. Sell-155	235	116 lbs.	
J. Wentworth-142	165	S. Parrish	325
Junior		129 lbs.	
B. Rundle-192	285	K. Fox	255
MEN Raw Light		139 lbs.	-
E. Griffin-137	245	C. Roehring	230
M. Barnhill-148	220	176 lbs.	***
K. Bast-150	235	D. DeFranco	315
W. Claypatch-163	2/5	Law & Fire S. Piper!	265
Middle C. Race!-210	420	MEN	203
S. Cage-214	325	Teen 13 yrs.	
Heavy	323	R. Knoll-143	210
J. Klein-235	380	(14-15)	
T. Brown-257	370	M. Riegel-132	350
G. Milawski-265	350	Bohnenblust-145	250
R. Robbins-281	275	M. Noctor!-147	480
Law & Fire		S. Huntzinger-160 S. Haas-215	365
J. Parrish-233	400	S. Haas-215	430
J. Holbert-213	400	(16-17)	245
R. Collins-169	315	P. Curley	345
J. Mazza!-165	395	G. Holmes-165	380
Submaster E. Habecker-247	380	D. Crocco-202 S. Schaeffer-238	360 435
L. Griffin-206	385	(18-19)	433
	200	E. Koehrsen-167	400
J. Roth-198	355	J. Martin-172	380
R. Fernandez-165	220	J. Tucker-176	420
S. Esposito!-228	470	Junior	
Master (40-44)	170	B. Rundle!-192	540
M. Gerckens-175	305	R. Cirafesi-237	
	200		-
P. Yoder-179	290	Submaster	-
P. Yoder-179 B. Weidaw-202	325	R. Fernandez-165	
P. Yoder-179 B. Weidaw-202 J. Knoll-207	325 410	R. Fernandez-165 J. Breese!-181	540
P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214	325 410 325	R. Fernandez-165 J. Breese!-181 J. Roth-198	540 490
P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220	325 410 325 255	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194	540 490 400
P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237	325 410 325 255 450	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194 L. Szymanski-250	540 490
P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237 D. Ernst-195	325 410 325 255	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194 L. Szymanski-250 Master (40-44)	540 490 400 600
P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237 D. Ernst-195 Master (45-49)	325 410 325 255 450 330	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194 L. Szymanski-250 Master (40-44) F. Piermattei-178	540 490 400 600 580
P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237 D. Ernst-195 Master (45-49) M. Roberts-193	325 410 325 255 450	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194 L. Szymanski-250 Master (40-44)	540 490 400 600 580 550
P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237 D. Ernst-195 Master (45-49) M. Roberts-193 J. Rundini-211	325 410 325 255 450 330	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194 L. Szymanski-250 Master (40-44) F. Piermattei-178 D. Ernst-195	540 490 400 600 580
P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237 D. Ernst-195 Master (45-49) M. Roberts-193	325 410 325 255 450 330 315 365	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194 L. Szymanski-250 Master (40-44) F. Piermattei-178 D. Ernst-195 J. Knoll-207	540 490 400 600 580 550 570
P. Yode-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reess-220 B. Brinton-237 D. Ernst-195 Master (45-49) M. Roberts-193 J. Rundini-211 D. Glenney-216 B. Hill-242 R. Ceriani-245	325 410 325 255 450 330 315 365 360 400 435	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Dieze-194 L. Szymanski-250 Master (40-44) F. Piermattei-178 D. Ernst-195 J. Knoll-207 P. Yoder-179 Bl Brinton-237 (45-49)	540 490 400 600 580 550 570 450 570
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P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237 D. Ernst-195 Master (45-49) M. Roberts-193 J. Rundini-211 D. Glenney-216 B. Hill-242 F. Adler-262 Master (50-54) W. Bowman-213	325 410 325 255 450 330 315 365 360 400 435 300	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194 L. Szymanski-250 Master (40-44) F. Piermattei-178 D. Ernst-195 J. Knoll-207 P. Yoder-179 Bl Brinton-237 (45-49) F. Adler-262 D. Banik-178 J. Kane-226	540 490 400 600 580 550 570 450 570 355 555 600
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P. Yode-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237 D. Ernst-195 Master (45-49) M. Roberts-193 J. Rundini-211 D. Glenney-216 B. Hill-242 F. Adler-262 Master (50-54) W. Bowman-213 D. Boynes-222 B. Bellerby-239 Master (55-59) R. Cianciulli-158 Mitsopoulosi-198	325 410 325 255 450 330 315 365 360 400 435 300 415 355 335	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Dieze-194 L. Szymanski-250 Master (40-44) F. Piermattei-178 D. Ernst-195 J. Knoll-207 P. Yoder-179 Bl Brinton-237 (45-49) F. Adler-262 D. Banik-178 J. Kane-226 R. Ceriani-245 B. Hill-242 R. Klenk-195 (50-54) W. Bowmani-213	540 490 400 600 580 570 450 570 355 555 600 575 575
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P. Yoder-179 B. Weidaw-202 J. Knoll-207 S. Cage-214 L. Reese-220 B. Brinton-237 D. Ernst-195 Master (45-49) M. Roberts-193 J. Rundini-211 D. Glenney-216 B. Hill-242 F. Adler-262 Master (50-54) W. Bowman-213 D. Boynes-222 B. Bellerby-239 Master (55-59) R. Cianciulli-158 Mitsopoulost-198 MEN Open 148 lbs. B. Caskey T. Pinnkett 165 lbs.	325 410 325 255 450 330 315 365 360 400 435 300 415 355 335 110 380	R. Fernandez-165 J. Breese!-181 J. Roth-198 M. Diezel-194 L. Szymanski-250 Master (40-44) F. Piermattel-178 D. Ernst-195 J. Knoll-207 P. Yoder-179 Bl Brinton-237 (45-49) F. Adler-262 D. Banik-178 J. Kane-226 R. Ceriani-245 B. Hill-242 R. Klenk-195 (50-54) W. Bowmanl-213 J. Wilmont-224 (55-59) R. Clanclulli-158 Raw Light M. Barnhill-148 K. Bast-150 Middle	540 490 400 600 580 550 570 450 575 575 575 440 375 490 385
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. Martin-205	400	J. Ricks	58
Heavy		M. Honaker	53.
G. Milawski-265	535	C. Bentzoni	47.
. Klein-235	570	E. Brady	49
C. Eckroth!-271	605	220 lbs.	
Law & Fire		K. Michels	55
. Holbert-213	550	J. Sleboda	51
L. Szymanski-250	600	T. Succarotte	68
R. Collins!-169	515	C. O'Brien!	68
. Parrish-233	600	M. Hopstetter	64
. Weber-199	480	J. Weber	48
Open 148 lbs.		242 lbs.	
B. Caskey	385	R. Cirafesi	-
165 lbs.		J. Parrish	60
A. DePalma	410	275 lbs.	
181 lbs.		R. Ceriani	57
D. Banik	555	F. Adler	35
F. Piermattei	580	J. Cirelli	50
C. Morris	555	S. Weber	56
198 lbs.		R. Mullen	65
D. Ernst	550	SHW	
S. Lewis	425	C. Eckroth	60
A. Pierson	500	M. Moyer	70
S. Reynolds	510	All the second second	
		ranz Adler. Grand	Chan
pion Bench Pres	[Deadlift combined	: Tor
Succarotte, Team	s: High	School Bench Pre	ess 1s

S. Reynolds
S. Reynolds
Sportsmanship Award: Franz Adler. Grand Champion Bench Press & Deadlift Combined: Tony
Succarotte. Teams: High School Bench Press 1st:
Schuylkill Valley HS. Bench Press & Deadlift Combined: Tony
Deadlift Jalley HS. Bench Press & Deadlift Combined: Step Section of the Section of Section Press and Press 1st:
Schuylkill Valley HS. Bench Press & Deadlift Combined: Step Section of Section Press 1st place Team: Rattlesnake, 2nd. Club Nirvana, 3rd. Nowell Powerfilting, Deadlift 1st: Danko's. The 3rd Annual Pottstown
Invitational Power Chalenge was held at the
Ramada Inn. Coming off the heels of my successful
inaugural Power Polatora event, I felt the need to
continually improve the manner in which I pro
mote & host my events. I would like to again
acknowledge the ttreless efforts of 5 extraordinary
people without whose help I would be lost: Pat
Kennedy, Gary Benensky, Brian Crowe, Su Mason,
Suan Zakrzewski. You are all a credit to the sport.
A total of 124 lifters came from 5 state to do battle.
We had alarge number of 1st time lifters which was
highlighted by 13 year old Robert Knoll of nearby
Mohnton. Kobert wowed the crowd with his poise
& raw strength at his age. Many if not all weight
And my Charley and the same of the same of the same had to cough up the
classes (Alivisions were highly competitive, which
also saw the introduction of the raw division. 1st

ship place were again contested by small margins.

Don-ten Inc. again provided 1st place sculptured
tophies, 2nd. Sthip place trophies, 1st and places and
meet 1 shirts which were designed by yours truly
and myn close friend Andy Pierson who unfortunately suffered an injury in training prior to this
shout a 2 bour drive, he volunteered to spot and
load plates when we were short personnel and
wouldn't leave the platform until he was 1flight
out. And also he was a constant vocal supporter of
played true powerfilting, heart by not only traveling
to this meet from his home in New Irress, which
all the spotters & loaders it in an Down I

2000 Winter Blues Meet 15,16 JAN 00 - Wyoming, MI

SQUAI				
A. Pushman-220	380			
BENCH				
Novice				
G. Mendez-165		240		
Masters (45+)				
J. Jeurink-220		315		
Open				
D. Horn-198		300		
G. Washington-2	42	320		
WOMEN	SQ	BP	DL	TOT
Submaster SHW				
L. Pushman	160	100	_	_
(55+) 148 lbs.				
V. Pearce	125	70	155	350
Open 181 lbs.		WY SOM		
L. Boshoven	510	310	510	1320
MEN Teen (14-15			310	1320
B. Miller	375	185	400	960
		103	400	900
Teen (17-18) 242		200	400	1075
D. Hartesveldt	425	200	450	1075
Novice 198 lbs.	91111111	HEIGH		NO.
A. Cancel	400	315	400	1115
M. King	375	230	400	1005

275 lbs.				
D. Currie	425	440	525	1390
308 lbs.				
M. Bushle	425	380	530	1335
Open 148 lbs.				
N. Shackleford	-	-	530	-
Thanks to everyo	ne who	particip	ated in	this meet

Thanks to everyone who participated in this meet, as everyone helped out loading and spotting. Special thanks to Lynne Boshoven for the generous use of her gym. An amazing thing happened to Jim Jeurink on the way to his wedding; he stopped in at Cold Steel Gym and hit an all-time PR in the bench press at 46 of 315. Congratulations Jim! Oh yeah, and good going on the marriage thing too. The rest of the meet featured lots of other PRs too, which of the meet featured lots of other Pris too, which we've come to expect: there's no pressure to rush through lifts, and because it's small, people don't sit around all day and get burned out, and yet because there are always top notch lifters around, people still get very fired up. Plus the equipment is the best that money can buy: for example, lifters are always enging to example up the Morelift. the best that money can buy: for example, lifters are always going to squat more using the Monolift. In the bench only, Gil Mendez put 40 pounds on his bench in about a month and a half. Good going Gil. In the powerlifting, Brandon Miller hit all PRs getting an impressive 400 deadlift at just 14, while Coach Boshoven just beamed, and he is now just 40 lbs. shy of his first 1000 lb. total. Also hitting all PRs was Angel Cancel in winning the Novice 198

	C 99	· Hurs	t. TX	
ADLIFT	1st	2nd	3rd	
8 lbs. Novice		-110	3.0	
O'Neal!	425	460*	500	
NCH	1st	2nd	3rd	
8 lbs. Masters				
Scherer!	230*	240*	250*	
5 lbs. Submas			9019	
Scherer!	365*	385*	400	
1 lbs. Open	300	-		
Ar'Rasheed	390	400	400	
0 lbs. Novice	3,0	400	100	
Roe	340	390*	425	
pen	340	3,0	4.0	
Pierce	385	385	420	
0 Submasters	303	303	120	
Gibson	300	325	340	
5 lbs. Open	300	323	340	
Fields	385	405	Pass	
asters 50/54	303	403	. 433	
Haywood!	305	320*	330	
ILL MEET	SQ	BP	DL	TOT
5 lbs.	sq	Dr	DL	101
Kicinski!	375*	280*	440*	1095*
		200	440	1093
1 lbs. Submas Ortega	315	250	405	970
8 lbs. Novice	313	230	403	,,,
Hannan!	395	290	435	1120
Vance	455*	335*	480	1270*
2 lbs. Open/S		333	400	12/0
Zaworski!	600*	360*	590*	1550*
ovice/Open	000	300	3,00	1330
Workman	605*	385	635*	1610*
asters 60/64	003	303	333	
Trant!	255*	250*	275*	780*
State Record.				
ar of the APF/	AAPF To	xas No f	Gear Por	werlifting
ampionships.	This was	the sec	and vea	r that our
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lifters in as m	any divi	sions. Re	ginning	with the
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d been sick for				

"WDFPF News (10th February 2000). 2000 Schedule - The international calendar for this year has now been finalized: European PL & Single Lifts -Galway, Ireland - on 10/11 June. Promoter Anita Mahoney (IDFPA). World PL & Congress / World Single Lift Squat-Antwerp, Belgium-on 20/21/22 October. Promoter Wim Backelant (BDFPF). World Single Lift Bench Press & Dead Lift - nr. Como, Italy - on 24/25/ 26 November. Promoter Ivano Bianchi (WDFPF Italia). Countries as yet unrepresented in the WDFPF can obtain information about affiliation / drug control, etc. from President Andrew Cominos on (Tel:) UK-1637-860770 or (Fax:) UK - 1637 - 860828 or (E-Mail:) Andrew@wdfpf.demon.co.uk. US participation is through the ADFPF registration group. For details contact Judy Gedney on (Tel:) 309-298-1757 or (Fax:) 309-298-2981 or (E-Mail:) Judith_Gedney@ccmail.wiu.edu. Other News: A referee's clinic is being organized on March 4 near Marseilles, France to be attended by 10 invited officials of the ANABBP (Algeria). In addition to the training of Algerian referees, their officials will be attending and assisting in drug testing procedures. In this way it is hoped that Algeria will be able to embark on their own out-of-competition testing programme, and will be fully affiliated in time for their lifters to take part in major internationals this year. We look forward to welcoming them into the WDFPF. With thanks and best regards, Andrew Cominos,

(President - W.D.F.P.F.)"

In the 181 open division Randy Ar'Rasheed did a 390 but was having a bad day and could not come close to breaking his own record. Randy in last year's contest set the state record at 405. Now I know that these lifts may seem light to some but remember no one in the contest was allowed to year's contest set the state record at 405. Now I know that these lifts may seem light to some but remember no one in the contest was allowed to wear any type of supportive gear. Newcomer Douglas "Spike" Roe set a novice record at 390. Ray Pierce started his day out badly missing his opening attempt at 385, after a few minutes of waking up Ray came back to finish the day with a 420 in the open division. Mark Gibson in the submasters division had a three for three day finishing with a 340. Gregg Fields returned to the platform after several years off to start a business and family. Gregg did 405 on his second attempt and had the foresight to know that there was nothing left and passed his third attempt. It was good to see Gregg return and I'm sure we will see him more in the future. Paul Haywood lifting in the masters 50/54 division had a good day with a new state record at 320. This was Paul's first trip to an APF contest and we hope to see him again soon. In the full meet Dr Steve Kicinski, lifting in the open & submaster 165s set four new state records. Has anyone noticed or is it just me, we seem to have a great deal of medical professionals in this contest. In the submasters 181 class Guadalupe Ortega totaled out at 970. Curtis Hannan in the 198 Novice totaled 1120 just short of his own record. Heath Vance, 198, Novice, another newcomer had an impressive beginning with three new records totaling 1270 in the APF side of things. Another lifter making his way back to the platform after several years away was Bob Zaworski, in the Submasters he set a total of 4 new state records and is now lifting at a much lighter bodyweight than in the past. Our overall Champion and 4 year running competitor Pat Workman was back this year and set a new total record at 1610. Pat has been with us since we stated the no gear format and we always appreciate loyalty. Mike Trant, a newcomer in powerlifting is beginning at the young age of 64. Mike set 4 new state records and 1'm sure we will see him again. A special thanks to David

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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

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Sep/95... TRIPLE SENIORS ISSUE AD-FPA/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/WDFPFWorlds, 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

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ters, 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

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lun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

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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, lames Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage Apr/98... Bull Stewart Speaks, USAPL

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cused Benching, Top 100 275s. Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, 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.

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ing Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s. May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside

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