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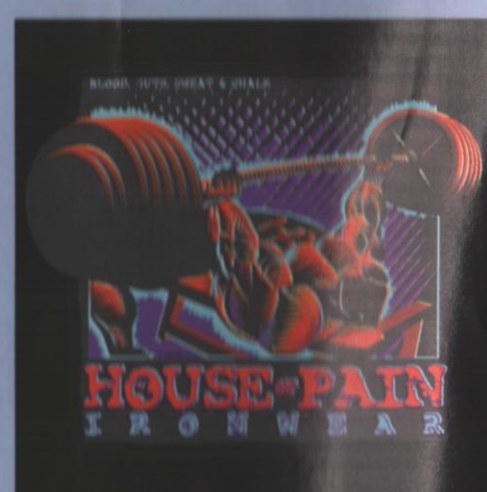


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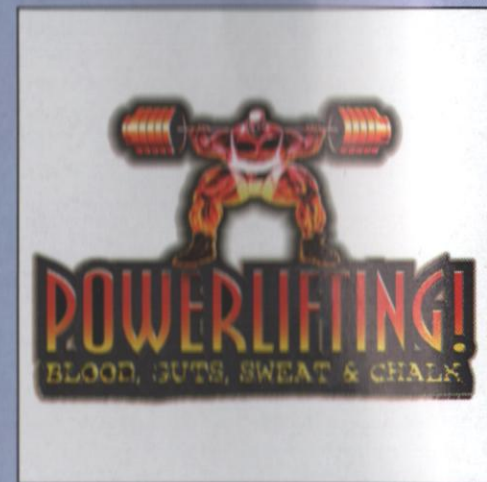
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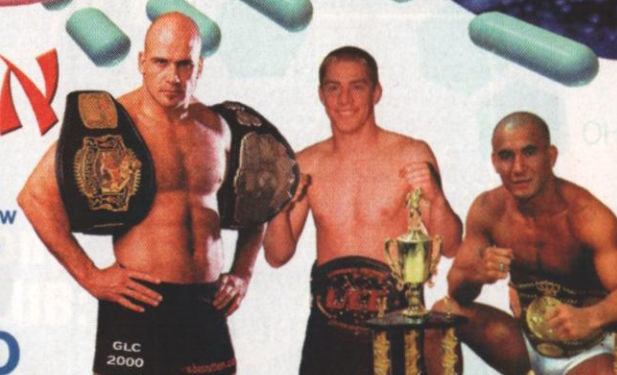
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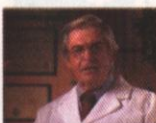
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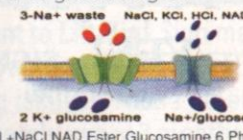
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ON THE COVER .... IPF World Champion Sioux-z Hartwig

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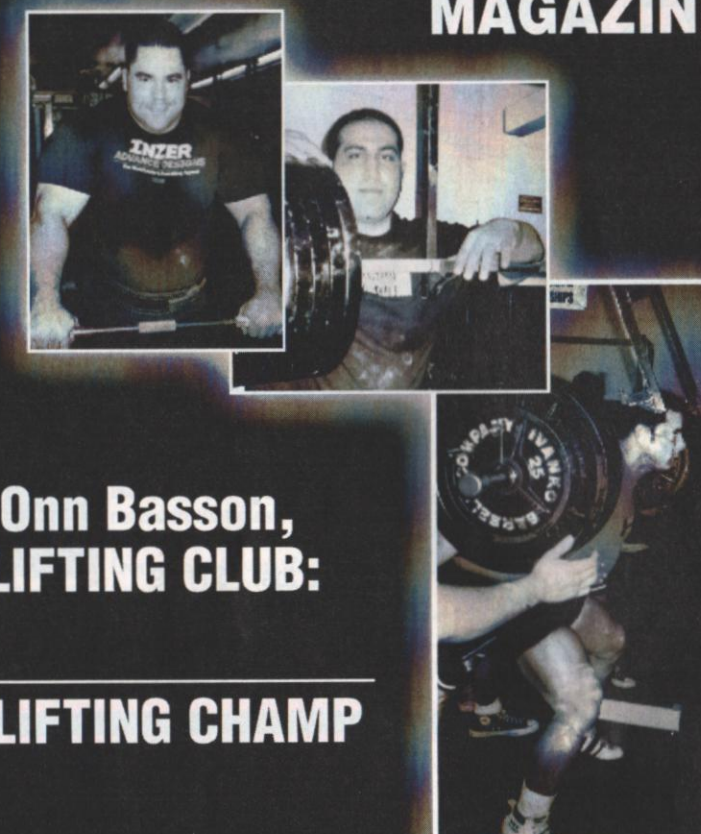
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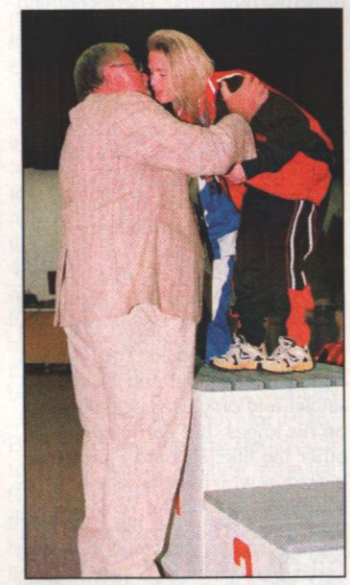
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It was the town of Nymburk in the Czech Republic where the IPF Bench Masters World Championships were held. This was just the third year of this popular IPF championship. The Asian nations were not in attendance. Even with no Asian representation 255 lifters (59 women and 196 men) representing a total of 22 nations were present for the competition. The championships took place at the Nymburk Sports Centre. This is a large Eastern style sports complex that incorporated the hotel. The complex featured indoor Olympic pool, basketball courts, indoor and outdoor tennis, running tracks and cross country courses and three soccer fields complete with film room, training classrooms, and, of course, the powerlifting hall.

Master benchers from around the world competed in three age groups, Master 1, ages from 40 through 49, Masters II with ages from 50 through 59 and Masters III aged 60 years and over (only Masters I & II for the women competitors). Head Coach Kevin Farley led the USAPL coaching staff, and they stayed busy during this fast paced competition. Nectar Kirikiris was Assistant Coach and Team manager. Chris Hughes also served as an assistant coach.

Some of the lifters pitched in to help their teammates. Back stage was always a crowded and busy place. In speaking with members of the USA coaching staff, the view was that the strict IPF judging was conducted in a blind and fair manner to all the lifters. A member of the coaching staff noted that this USAPL Master's team did a lot to present a positive view of the USAPL to the lifters elsewhere in the world. This



Peter Thorne presents the first winner, 48 kg. Dori Illieditsch (GER) with her IPF gold medal and a kiss.

## IPF World Masters Bench Press as told to POWERLIFTING USA by Peter Thorne

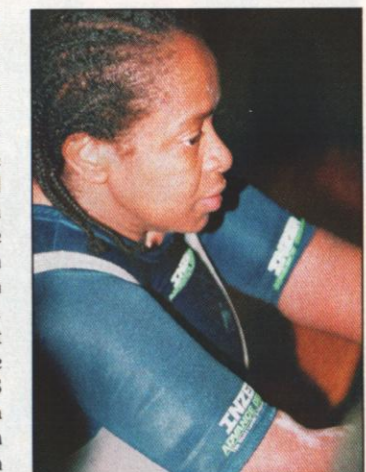
group of men and women demonstrated the way an international team should conduct themselves. Good sportsmanship and camaraderie was the order of the day.

On Thursday April 17 the Master I Women began. At the end of the day the USA women came in 2nd place, behind the strong German women's team. Patricia Siveny, the first USA competitor, had a rough start but got her opener and 4th place on her third attempt. At 60 kg. Angela Simmons picked up the first USA medal with her third place finish. Brenda Howard went 3 for 3 for 5th place. At 75 kg., Pamela Zangl came up with an American bronze medal in her class. Then, in the 82.5s, the USA's Andrea Sortwell brought in the first gold. Andrea's first two attempts were solid and strong. It was a World Record try on her third attempt. Andrea rocketed the weight off her chest to about 1 inch from lockout, and there it stopped. Then Paulette Calhoun finished the 90+ kg. class with a USA Silver medal.

### IPF Masters World Bench Press 16-20 APR 03 - Nymburk, CZ

Women Masters I	BP1	BP2	BP3	BP
105 lb. class				
Illieditsch GER	476	176	467	176
Vaulakorpi FIN	132	449	449	132
114 lb. class				
Svahn DEN	187	490	490	187
Engelbrecht GER	170	176	181	181
Carli NDL	165	170	176	176
Andreani FRA	143	154	459	154
123 lb. class				
Hollis GB	203	209	244	209
Krampf AUT	203	203	244	203
Czachor FRA	467	467	187	187
Siveny USA	470	470	170	170
Stoyke GER	132	137	449	137
132 lb. class				
Taret FRA	231	248	253	248
Bialova BLO	244	225	225	225
Simons USA	203	220	220	220
Kashirina RUS	198	209	244	209
Howard USA	126	132	137	137
148 lb. class				
Herbin FRA	198	214	220	220
Huser GER	198	209	244	209
165 lb. class				
Hohmann GER	231	242	253	253
Halvarsson SWE	209	225	246	225
Zangl USA	181	187	209	187
Kokkonen FIN	148	459	459	148
181 lb. class				
Sortwell USA	248	253	266	253
Takacova CZE	242	240	248	248
Witt GER	242	240	248	248
Speth GER	231	231	248	248
Pawlik POL	476	176	467	176
198 lb. class				
Herchenhein	264	275	286	275
Ponomareva SHW	198	---	231	231
Formgren SWE	264	281	297	281
Calhoun USA	220	225	240	225
Grunske GER	187	198	220	198
Teams: Germany 62, USA 50, France 39, Best Lifter: Taret 126.91, Hohmann 116.15, Hollis 112.72				

In the Women's Master II Jeann Harms did not get her opener and after three tries was out of the competition. 60 kg. Helen Sauer was on target with her World Master Record



Paulette Calhoun took the silver

opener of 92.5 kg. followed by a 2nd WR at 97.5 kg. She was 2nd in the "best lifter" calculations with 108.98 points, beaten by less than 2 points for "best lifter" by Taubman of France with her 110.53 points. Faith Ireland got in 2 lifts to win a bronze medal in that class. Eula Compton placed 4th in the 67.5 class. 75 kg. Donna Steele was 2nd in a class of two and picked up the silver medal. It was not quite enough as Team America came in 2nd by one point, and again behind the German women's team.

### Women Masters II

97 lb. class	121	130!	424!	126
Lacombre FRA	121	130!	424!	126
105 lb. class				
Orenicova SLO	132	148	165	165
Debacker FRA	115	121	426	121
Turunen FIN	110	426	426	110
114 lb. class				
Wang AUT	165	170	476	170
Heligon FRA	121	126	492	126
Kaule GER	99	104	440	104
123 lb. class				
Taubmann GRA	192	199!	203!	203
Genermont FRA	426	426	426	---
Harms USA	426	426	426	---
132 lb. class				
Sauer USA	203!	244!	214!	214
McSwain AUT	492	132	137	137
Ireland USA	115	424	121	121
Nothnagel GER	104	110	424	110
Hykova CZE	470	470	470	---
148 lb. class				
Keizer NDL	176	181	407	181
Thimm GER	170	176	181	181
Strik NDL	476	476	176	176
Compton USA	143	154	459	154
Sourkova CZE	132	143	454	143
Lankau GER	121	126	492	126
165 lb. class				
v.d. Muelen	181	407	187	187
Steele USA	132	443	143	143
Wimmer GER	126	492	132	132
181 lb. class				
Eulenstein GER	132	143	154	154
198 lb. class				
Beer AUT	123	242	253!	253
SHW				
King USA	465	165	209	165
Teams: German 49, USA 48, France 42, Best Lifters: Taubmann 110.53, Sauer 108.98, Beer AUT 103.05				

as they reeled in 69 of a possible maximum 72 points for the #1 spot. At 60 kg. John Corsello made all of his lifts and was the first to wear the gold medal. Greg Zangl, the lightest lifter in the 82.5 kg. class, made his three lifts, including a 205 kg. gold medal winner. In the 100 kg. class Ralph Young hit his 240 kg. opener and that was a winner. Then he made two attempts at World Masters Records. He settled for first place and the gold medal. At 110 kg. Richard Ludlum opened 227.5 kg. If he had made it, he would have won the bronze medal. It was medal or nothing. After three hard misses Richard was out of the competition, but he is looking forward to the next Nationals so he get to the worlds again. At 125 kg. Brad Klinger made his opener of 240 kgs. and that was enough for the gold medal. He came back and blasted up 260 kg. On his third he tried a World Master Record 265.5, but did not get the lift. The silver medal winner was USA's Kevin Hutchinson. The 125+ class was a gold medal win and world record 260 kg. bench for Dan Gaudreau. He had tough competition from Italy's lighter Papini. Papini had a strong 255 kgs to his credit. Papini went for 260 kg to tie Dan and win on body-weight, but the weight proved too much he had to settle for 2nd place. The top three Master I lifters, by formula, were all from the USA: Bradley Klinger 147.5 points, Ralph Young at 147.60, and Dan Gaudreau with 141.88 points.

### Men Masters I

114 lb. class	187	209	231	231
Frohlich GER	187	209	231	231
Fenzl AUT	110	126	437	126
123 lb. class				
Kolsovski SLO	286	297	303	297
Sodnam RUS	198	209	209	209
Moiseev BLO	209	220	220	209
132 lb. class				
Corsello USA	264	275	281	281
Hellmich GER	264	275	286	264
148 lb. class				
Kihlstrom SWE	352	363	380	380
Radzewicz LAT	319	336	352	319

(article continued on page 81)



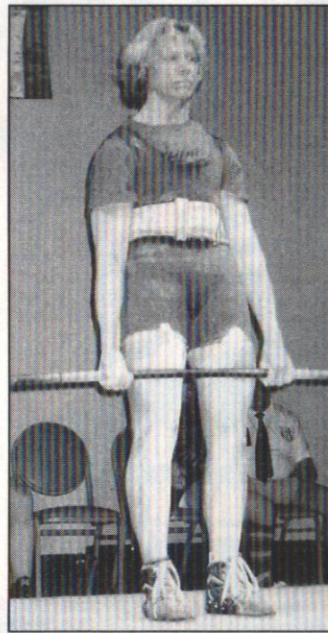
Always a smile from Faith Ireland

## A.P.F. Nationals Report as told to Powerlifting USA by Herb Glossbrenner



**Team Champs .... BIG IRON GYM ...** front row, Jim Grandick, Nick Hatch, Jeff Anderson, Taylor Rice, and Mike Taylor; back row, Mike Sissel, Tod Kowal, Brad Hein, Rick Hussey (coach), Randall Ward, Becca Swanson (coach). The 9 team members sent 10 National and 10 World records at the meet, along with winning Best Teen Lifter and Best Submaster honors. Coach Rick Hussey and assistant coach Becca Swanson (the strongest woman ever) are "truly proud of each lifter."

more than the APF CA State Record she established winning this meet last year. At 181, Annie Riveccio, 40, is another new face. She looked much younger than her years and lifted great as well. Her SQs were like a runaway freight train - 374, 407, and finally 451. In the DL, she worked up to 402 - all three good! Her BP turned heads for sure. A 270 opener was vaporized. Next 303, a lift she upped, but beat the signal. Third - no doubt - whom! In the unlimited class, Maris Sternberg, 54, proved she's still truly die-hard. Suffering from the first PL related injury



Nancy Dangerfield pulling a 507

in her career, she struggled through all her lifts to win yet another one. Maris could hardly straighten up after completing three "safe" token DLs! Nancy Dangerfield was named outstanding lifter for the Women.

Cory Schollmeyer, 16, did some nice lifting as runner up in the 16-17, 148 class, including a 380 SQ. He was going up against a teen wonder - Nick Hatch! Last year this 16 year old did the BP only, unleashing a huge 341.7 lift. This year Nicholas is becoming all he can be (doing all 3 lifts). On Saturday weighing in right on the limit (148.81) he obliterated the WPC 16-17 single lift record in the BP competition smashing the record four times in a row: 352, 374, 391, and a 4th attempt with 402! Would he have enough energy to lift big again? Oh, yes! He did indeed. Weighing in again at a mere 143.3 he SQed a huge 584.2 and came within inches of fully straightening out with a huge 600.7. How close can you get? Plenty of reserve left in those powerful pecs and big deltoids, so he broke the WPC WR for the full meet, benching another fearsome foursome of powerful pumps: 352, 380, 391, and on a 4th again 402! Wow, is this kid strong or what? Nick pulled a 429 and 457 DL, but failed 462, which gave him 10 times bwt TOT of 1433, another WPC WR.

Surprise of surprises, as several time APF Senior National Camp Tim Judge, now 44, resurfaced here after a long absence from the lifting platform, the result of a terrible accident which required insertion of a

steel rod in his left leg to fortify a shattered femur bone. Yet, here was Tim back again doing what he loves most - powerlifting! Tim went 8/9 with a 446 SQ, 352 BP, 440 DL, and 1262 TOT. His only miss was his 479 3rd SQ. Tim is of the stock that true champions are made of. At 55-59 a Gordon Olson protege, Max Bigby, came right out of the Oregon woods. This physical instructor made a huge impression in his first meet ever. He smashed the WPC WR SQ with a 402 2nd attempt and nearly got 424 on the board as well. He hoisted a 424 DL and TOT a huge 1030 despite a recent back injury in training. He's got the Pan Ams in September and the Worlds in NOV left to break the 55-59, 148 DL and TOT marks and up his SQ record higher.

Thanks to Dr. Nelson Santos, the LALC personal trigger-point troubadour. He made it possible for me to eke out my BP opener of 242 (my 7th WPC W/R) and be able to finish the contest for a 2nd National title. I could have never pulled it off without him.

165s: Teen 13-15 group it was Clement Brandon, 15, winning his first big title. In sub-masters (33-39) Wade Philips, 38, asked for 215 kg (473) for his 2nd deadlift. When he couldn't budge it, then and only then, it was noticed the bar had been mistakenly loaded to 315 kg (694). He got his lift over and made it this time. He won out with a TOT of 1399.93. Steve Lumpe, 42, from New Bedford, IN is an electrical contractor. In a freak on-the-job accident beforehand, he suffered a broken left arm, yet came to lift anyway. He is a true Hard-core Hoosier. He started out with a PR 540 SQ. That's great! But how did he do the other lifts? There's nothing in the rulebook that prohibits lifting with one arm, so he did just that. This may be a first. He actually did three token attempts in both BP (99) and DL (193) to win the 40-44 group. Is that tenacious or what? Art Little, 49, of Michigan SQed 573, BPed 297, and pulled a huge 617 for 1488. Is that impressive or what? Gordon Olson, 54, took another National title back to Oregon. He dunked a WPC WR 617 and pulled a 562 for 1482. He gave 595 the old heave ho, but it wouldn't go. Gordon Santee, 56, SQed and DLed in a singlet and only used ace bandages on his knees, but garnered yet another big title. Richard Flores is an individual who must be labeled awesome. At age 65 he re-wrote the WPC Record book once again, in a new age division. SQ - 501, BP - 270 and DL - 523. TOT 1295. Where does that uncanny strength come from. He was head and shoulders beyond anyone else with the

McCulloch Age Correction factor figured in.

181 - Brian Miller, 16, was winner of the 16-17 teenage group (418 242 402 1063) and has a gold medal coming his way. Anthony Cifelli, 18, was recipient of the highest teenage group (18-19) gold. His 391 BP and 1322 TOT was most impressive. In fact, a whole host of new champions claimed lightheavyweight gold this year. Bob Benedix, 43, was top banana in the 40-44 group, going 8 for 8, no misses, and deciding to forsake his final BP attempt. His most impressive 639 SQ set the pace for his great 1554.25 TOT. Greg Sumner, now 49, was last seen at WPC Worlds in Durban, RSA back in '96. His drama and intensity wowed the crowd there. Resurfacing here, the Oregonian still has his flowing mane of hair and still attacks the bar with the same viciousness to underscore why I'd dubbed him "Lord Greystoke" 6 1/2 years ago. He was 7 for 7 - nary a miss til a 501 DL twice eluded him - 1317! Good to see my old friend Eugene McCulloch, now 72, from Grafton, VA. Last time I saw Eugene he nearly was "done-in" by a bobsled at the '99 WPC Worlds in Calgary. That was a rough ride there, but it was smooth sailing today for the wiley old veteran. WPO Lightweight Champion of the World, Ron Palmer, drove down from Indianapolis, IN just to guest lift. Ron hitched his wagon to a star, just last year, and has zoomed heavenward to super star status. Here he put on quite a show! At 177 bwt, Ron ground up a deep 804.7 SQ, added a 501.6 BP and pulled 694.4, all second servings, for a big 2000.69 TOT, the 5th man in World History to amass a half ton at 181.

198 - It was a hotly contested match-up in the 16-17 group between Anthony Giannetti, 17, and East Coast youngster; BJ Fredette, 16. Fredette jumped into an early lead 529 SQ to 507 for Tony, making his final lift a repeat. Giannetti took a 27 lb. lead after the BP thanks to his clutch 402 following his opener miss (same weight). He was saved by the spotters. Tony attempted a huge 440.9 final try to gain an even bigger advantage, a risk that did not pan out. Fredette had his own BP problems. He also missed his opener (336.2), risked an increase to 352, nailed it, but failed a 374 final try. Gianetti pulled all 3 deadlifts (507) for 1416. BK played catchup. He raised 523 to come within striking distance (1405). He next went after 534, a lift that would not have won, but only tied, with Giannetti still victor as lighter man. The only returning champ to repeat as winner here was David Hanson, 23, of Indy in his last year as a Junior. He's made a huge



Ron Palmer coming up with an 804 squat. (Herb Glossbrenner photo)

improvement in his SQ - now his bread and butter lift. His 2nd attempt try at 606 was ruled high, but he came back and got the big thumbs up majority votes on his 3rd. David got all 3 benches - a great 457. He's closing in on the WR. Despite torn back muscles in Jan., he tugged 479 here for a 1543.2 TOT. Comparing this to his 1328 result last year I'll have to dub him the "Hoosier Improver"!

Hailing from "Steeltown", Pittsburgh, PA, Keith McNeish achieved his wish! He moved up from 3rd place last year to become champion at last with a big 1703.07 TOT. He's also the newly appointed APF PA State Chairman. Congrats on both counts! Tracy Frein was well on his way to finishing runner-up until he missed all his deadlifts and was eliminated!

Marc Caplan, 45, took his age bracket in grand-slam fashion, with a fine 1675.51 TOT via 650 424 600, a perfect nine for nine. You can't lift any better than that! The 50-54 gold medalist turned out to be Robert Ward, 53, with a 1262.14 TOT. Bob missed his SQ opener and last deadlift with a string of 7 successful lifts in between.



Special Attraction .. Nick Hatch

220 - Marcus Goedken, 17, took the Teen 16-17 age group win for his first National title, uncontested. Todd stroked right through all his obstacles - 595 SQ, 429 BP, but missed a WR 452 extra attempt. Undaunted he went on to elevate 600 DL for a robust 1625.9 sum. His 611 try was denied. Still, I was really delighted - he was willing to try it!

The Juniors (20-23) had five who strived (to earn a medal)! Tyson Orwoll, CA moved up a class with the result being substantial increase in strength. Tyson had a great day going 9 for 9 (1427.49) TOT via 534 358 534. He didn't place, but increased his TOT 159.9 lbs - that's terrific. The older Fredette brother, Christian, 20, TOT 1526.7 and was 4th. He went after two big SQ tries with 650.3, and ditto failed BP attempts of 402 and 413. If either of these gambles had paid off, Christian would have gotten a medal.

Juan Zumbado, 23, of San Francisco, CA went 606.2, 418.9 and 562.1 for 1587.32. His efforts paid off with a bronze medal no less! Juan had high hopes to make the two attempts he missed at 606.2 SQ, and ditto two failures at a 451.9 BP. Either or could have turned his bronze into silver. The runner-up honors belong exclusively to Jason Batykefer, 21, who followed his successful 600.7 SQ with a quantum leap right into the lead via his big 518 BP. He missed in his attempt to establish a new WR with 251 kg (553.3) right after. Jason was the leader with an 1118 subtotal going into the final lift. Meanwhile Joe Buriew, 23 was surmounting a challenge. Joseph pocketed a big 666 SQ and BPed a respectable 435, and was only 16 back. Jason had no other weapon of offense (DL 501). Buriew wrapped up the title with his 545 opener pull; leapt to 617, also

good, before finally missing @ 633 - TOT 1719.60. You couldn't have asked for a tighter match-up than that between Mike Taylor and Ron Paris both 41. Following the SQ Taylor had a slight edge (he dunked all 3 good) 650 to 644. Paris made only his opener and had two costly misses with 699.9 which would have put him on Easy Street. Taylor knew his abilities, and picked each attempt with wisdom - got all 3 (440). Paris had surplus power, and was flawless also in this lift (485). He had the lead by 38.5. The deadlift is always the final chapter. It is not till the final page do we know the ending. Paris pulled 518, then 540, good, after missing it on a 2nd. Final TOT 1670. Taylor continued to pace himself with smart strength in this war of deliberate tactics. He finished the day perfectly - 551, 573, and finally 584 - exactly what he needed to win, by 5, being the heavier of the two. TOT 1675.51 TOT. Dennis Montebault, 48, brandished a big 760.6 right off the bat, then jogged around the bases, having hit a home run out of the ballpark - 1714.09 TOT. Robert Olinger, 52, relied on his superior benching to bring him to victory over John Burgard, 54, in the 50-54 bracket, TOT 1433 to 1372. Chuck North, 71, TOT an impressive 1080.26 TOT which included a very good 402.3 SQ and 479.5 DL. No wonder he won uncontested. Who out there could challenge lifting like that?

242 - No teens nor Juniors in this group for 2003. However a quartet of Super Submasters (33-39) did some very good lifting. Randall Ward, 39, a Goggins' protege from Marietta, GA had the biggest pull of the fearsome foursome (705.4) for a fine TOT of 1890.46. In comparison to the others, his Achilles heel was the BP (424) which kept him from securing a medal. It was close among the others: Rene Nielson, 35, and Larry Hoover, 32, had a spirited tussle to determine the silver. Nielsen had to repeat his 688 opener, but went on to get 716. Hoover manhandled 688 - then increased way up to 744, and also a good 760, to forge in front. Rene gained back some lost ground in BP, making 523 before failing to lift a big 551. Hoover pressed 501. He too went up to 551, but failed it twice. Hoover led by 22 going into the DL and also had the lighter bodyweight advantage. Larry played it cautious picking his lifts with precision and executing each one skillfully: 600, 650, and finally 672 for a 1934 TOT. Nielson opened at 688 - good pull to within 5 (1929), but then threw caution to the wind. He increased to 716 - a miss, and ditto a desperation stab at

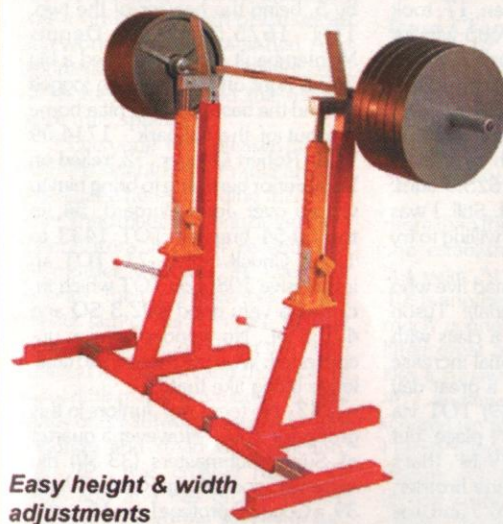
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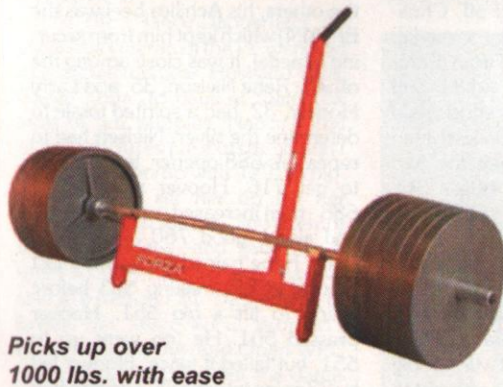
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## POWER PROFILE

### BILL KAZMAIER, Part II as told to Powerlifting USA by Marc Cavigioli M.Ed.

Bill Kazmaier is the Wayne Gretzky of strength. When the grand picture is considered, no one has achieved the diverse spectrum, let alone caliber of performances, that are synonymous with the Kazmaier name. There is no comparison to Big Bill. Who can forget his mind boggling proportions on the August '88 cover of *Powerlifting USA*.

While genetics are a key for any champion, a glimpse into the training, attitude, nutrition and lifestyle of this champion is a draw you can sell tickets for. Over the past few months I conversed with Bill and was given such a glimpse. No such discussion would be complete without a few preliminary words on genetics and how they affect the outcome of training.

For novices, Bill feels it is important to take stock of one's genetic capacity, because pursuing unsuitable goals is a common mistake. In assessing this capability the following genetic parameters should be considered: body and fiber type (often indicated by how rapid one progresses after the first year of training) and mechanical structure. Other genetic requirements include eating and digesting capacity, recovery speed, and - notably - psychological makeup. How much drive do you have? No one but the most intense and focussed reach championship status.

Further considerations are time, money, and energy available for training; this, in essence, reflects priorities. Additional Kazmaier advice: "strengths need to be maximized, deficiencies minimized. Surround yourself with positive people - the best - and draw inspiration and wisdom from them. Don't believe all you hear or read."

Bill's training approach is iconoclastic. With volume more akin to bodybuilding, Bill performs some thirty sets per body part. This is down from forty in his younger days! While such high volume might preclude frequent workouts, Kaz trains seven days per week. This is not say he trains light. To the contrary, he handles weight that would crush most men.

His biceps require dumbbells close to one hundred pounds to register any effect, and this for a warm-up. He uses a bit of momentum and doesn't move as slow as a bodybuilder. He believes quick reps maximize fiber stimulation.

He shared with me some of his best training lifts. How about 800 x 10 in the squat, 825 x 2 x 5 in the deadlift and 500 x 15 in the bench. Such strength is the stuff of legends. As an equal he could have shared a tankard of mead with Beowulf, locked eyes with Sampson, and Hercules could have carried his jock strap.

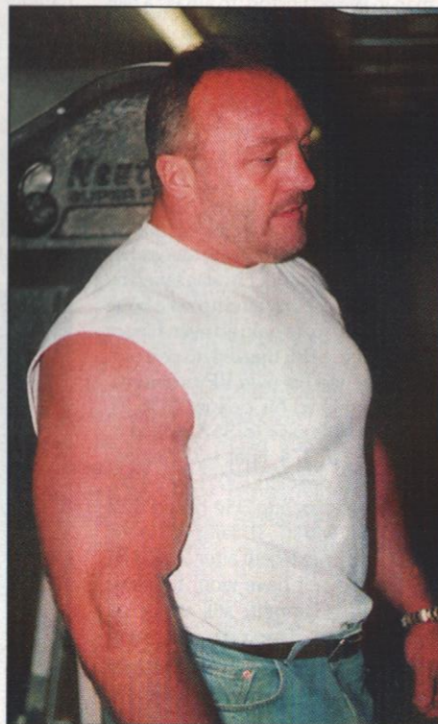
For years, Bill has trained seven days per week. He pointed out that if one trains six times per week one heavy workout is lost over a seven week period. A seven day seven week cycle gives him a full 49 days during which he jumps 50 in

the squat, 50 in the dead, and 25 in the bench every heavy workout. Missing that one last heavy workout would sacrifice either 50 or 25 pounds depending on which body part was missed. I asked if he still trained with such unforgiving frequency - "all the time", he said.

Bill's cycles start at 70% of his projected max. He decides which record he wants to break and works backward with his calculator setting weights necessary for each session. For him a double gives 35 pounds, and a triple gives 55 pounds. On the bench a past cycle of his included 450x15, 475x10, 500x10, 550x5, 600x5. Maybe I'm easy to impress, but I'd say that's worth putting in the Christmas letter to Aunt Millie.

Bill will alternate a higher reps day with a lower reps day. At the cycle's outset these entail a day of fifteens and a day of tens. The cycle then progresses to all tens, tens and eights, tens and sixes, eights and fives, and eights and threes. This approach kept him in the 6-7% bodyfat range at a bodyweight of 325 lbs. Kaz has always approached training with the idea of supercompensation, trying to make training more difficult than competition. He commonly performed 30-40 sets in about ninety minutes.

Such high rep training, conducted even before his WSM days, is very unusual among powerlifters. Sets of fifteen, even twenty reps, are common and - in his estimate - responsible at least in part in his unusual degree of hypertro-



phy.

I asked Bill if he ever trains light. "Oh sure," he said. Upon further questioning however, it became apparent that "light" does not mean active rest in the Soviet sense. His high rep workouts are "excruciatingly painful," far from a psychological break. While cycling, light day weight increases 50% of his heavy day jump. For example if the heavy day comprised a 25 lb. jump, the light day would entail a 12.5 lbs. increase.

Specific exercises sets and reps are plastic parameters for Bill as he is a great believer in variety. These days, no two workouts are the same. He claims training is "like baking. It doesn't matter whether you put in the eggs, butter, or sugar first, as long as you mix vigorously, you'll get a good cake." I saw Bill mix 100 pound dumbbells vigorously; 33 reps in the overhead press, (he has since done 35). Some cake!

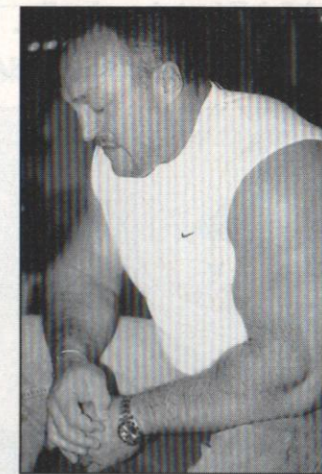
Bench or flies first doesn't matter, stimulating fiber is the crucial point for him. "None of us train to our potential because pain receptors stop us, some guys are different animals, however, and when it hurts they start to fight - they are the ones who become great".

Old injuries now prevent him from significant squats or deadlifts, yet Bill remains undaunted, select-

ing, instead, movements which do not bother his knees. Always the innovator, he has found fresh fields to conquer, for example "playing" with the Inch Dumbbell, a weight so awkwardly ponderous perhaps one out of one million people can lift it, and other grip feats.

Cardio-vascular work among competing powerlifters is about as common as fresh water eels on Saturn. While Kazmaier did no cardio training per se, his training pace kept him in condition. It was, in fact, a training load that would reduce most athletes to gibbering incoherence. Once he began training for the World's Strongest Man competitions, however, he initiated a cardio program in earnest.

In an attempt to force his digestive system to absorb nutrients rapidly so another meal could be consumed Bill started an approach best termed 'controlled insanity'. About an hour after a meal he would go to the stadium. Donning a 40 lbs. waist belt, 5 lb. ankle weights, 2 1/2 lb. lace weights and grabbing two 15 pound dumbbells, he would race up the flights of steps, two or three at a time, jogging back down and resting one minute between sprints. Each sprint counted as one rep. Bill did five sets of five reps, twenty five sprints in all. By the drill's end his heart monitor registered 246 beats



per minute. Most hearts would be fibrillating under such duress.

Further strength endurance training included the sack carry. Shouldering a heavy sack, Bill would run shuttle drills. When too exhausted to carry the sack, he would drag it. From this it was immediately off to the car push and when that became impossible, Bill sat on the bumper to push the car a bit more with his back.

At forty six plus, Bill is an awe-some physical specimen. His nutritional approach not only fueled him to unrivaled strength exploits, but also prevents even a small Special-

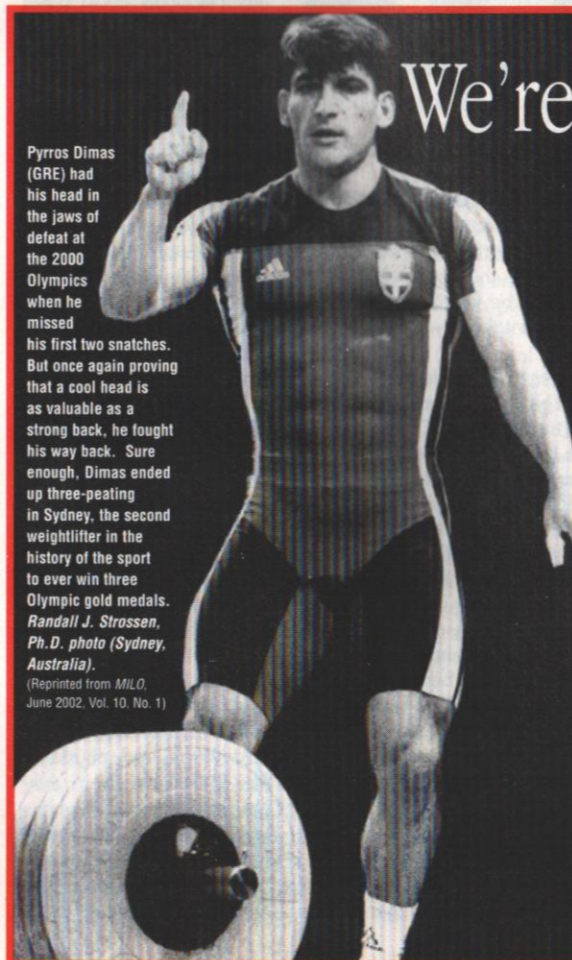
K bulge from showing over a tight lifting belt.

Kaz believes carbohydrates are his enemy. He avoids sugar as well as starches, in the form of bread, potatoes, rice or pasta, feeling such carbs are stored as fat. He is especially careful not to take in any carbohydrates prior to sleep. Instead, his diet centers on supplying adequate protein: 1 1/2 to 2 grams per pound of bodyweight, which for him translates to 500 to 650 grams per day. This takes the form of chicken, lean red meat, and sometimes fish. He also supplements with a commercial protein powder. Creatine is another supplement he uses and he claims to have been obtaining it since the mid-Seventies placing him well ahead of his time.

Of course, at his age he is much more nutritionally conservative than in his youth. While 300 gram protein shakes are still the norm, he now refrains from eating the pounds of meat at a time or dozens of eggs at a sitting.

For a man who once did 40 sets per body part, now reduced to thirty, Kaz still warns against over-training. Bill apparently has incredible recuperative abilities. When younger, he believed his body was a miraculous and limitless machine.

(article continued on page 80)



Pyrrros Dimas (GRE) had his head in the jaws of defeat at the 2000 Olympics when he missed his first two snatches. But once again proving that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimas ended up three-peating in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. Randall J. Strossen, Ph.D. photo (Sydney, Australia). (Reprinted from *MILO*, June 2002, Vol. 10, No. 1)

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Many longtime readers will remember Dr. Ken Leistner's Senior National preview articles back in the 80s. More recently, Marty Gallagher did a similar article covering the meet. Being a power fan myself, the pre-meet hype/speculation was always of great interest to me. That is the idea behind this article. To add some intrigue to your reading, I will stick my neck out and predict the winners of the eleven classes. Although I am friends with many of the lifters mentioned below, my predictions are strictly objective and NOT personal. There can only be one winner in each class, so if I don't pick your favorite lifter tell him to show up in Rapid City, South Dakota in late July and prove me wrong.

114 - It will be the Ervin Gainer Show as he makes his sixth consecutive World Team at 52 kg., the longest streak in U.S. history. Last year, Ervin didn't get the lifts he wanted at either the Seniors or the Worlds, so look for him to make amends for that in South Dakota. I expect National records across the board and a total in the 1270-1300 range.

123 - Sherman Ledford from Quest Nutrition told me that 2001 Champ Doc Holloway is the man to beat in this class. The fact that Doc just dominated the Collegiate with a 1240 total makes me want to second that notion. Watch for local favorite Peter Wong to bench a ton and contend for the title. Indiana's Sam Meadows, who has found a way to improve his total three years in a row, will also be in the hunt. Former World Team member Phil Hile couldn't get a squat in last year, but his previous national level experience makes him a contender as well.

132 - The 2000 and 2002 Champ at 123, Allen Whigham, has moved up a class and is expecting to go over 1300 this year. At the recent IPF North American Cup in Philadelphia, Allen tested the waters out at 60 kg. While his lifts were up from last year, he wasn't completely comfortable at his new bodyweight. In July he will be. Potential contenders also include a pair of Louisiana's finest, 2001 Senior National runner-up Trey Cunningham and 2002 Junior World Silver Medalist Marcus Williams. Tim Taylor, the 12-time defending National Champ at 132, recently lifted at the Viking Open as a light 148er. Tim, who in recent years has talked of going up a class,

## USAPL Men's Sr. National Preview as told to Powerlifting USA by Dr. Patrick Anderson



Will there be new faces... like Greg Wagner... among this year's USAPL men's winners?

is clearly the favorite if he stays at 132. If he goes 148 then Whigham is the selection.

148 - This has been one of the more competitive classes at the Men's Nationals in the past few years. Two-time champ Jeremy Arias, sat out last year with an injury. If he returns, the top spot will be in his sights. My pick is the defending champ Greg Page. He didn't have the meet he was expecting last year, but was still able to pull out the win on his final deadlift. Other contenders include, 600 lb. puller Mark Sigala who will be looking to improve upon his 5th place finish from last year, 5-time Bench World Team member Lance Slaughter, 2002 3rd place finisher Keith Scisney and California's Scott Layman, a runner up to Page last year. The future in this class, 18 year old Caleb Williams, could make his Open debut in Rapid City. I had the opportunity to coach Caleb at the North American Cup in March, where he proceeded to go 10 for 10 with a Junior World Record squat and a 1500+ total. This youngster has a platform demeanor along the lines of power legends like Coan and Bridges.

Caleb has the Junior Nationals and Worlds in his path so the rest of the 148s might have a few years before having to settle for second place. Keep an eye on the aforementioned Tim Taylor, 12-time champs don't like getting beat so he will only go 148 if he is confident the streak will continue.

165 - In recent years, this class has been Wade Hooper's by a large margin. Wade trails only Tim Taylor with his eight consecutive Seniors titles. This year he makes it nine. At the 2002 Worlds, Wade had to watch Russia's Viktor Furashkin break Ausby Alexander's long standing WR in the squat with 724. Wade, a former World Champ and squat world record holder at 148, is fully capable of breaking this record and then some. Couple that with a bench in the 468-479 range and a 600+ pull and an 1800+ total is a definite possibility. Marcus Brandon took 2nd last year on a 3 for 9 day. Marcus is a better lifter than that and will show it this year. PL USA Coverman Eriek Nickson had the pull in his hands to overtake Brandon in 2002. His 639 was the

biggest pull of the meet's first day of lifting. A legendary name in powerlifting is rumored to appear this year.

The name is Bridges. Is it Mike? Bob? No, this time it is the Seniors debut of Ed Bridges. With those genetics, it makes one curious as to what numbers he will put up.

181 - A couple of lifters from last year's nationals Josh Decker and John White should be in contention. Decker, fresh out of the Junior division, was the runner-up last year and White, a former World Team member, was in fourth. My pick here is the defending champ and IPF World Bronze Medalist Rob Wagner. Rob's specialty is the squat and few have EVER done it any better than he does. His recent progress in the bench, with an easy 429 at last year's Worlds, makes him even more dangerous. This class is full of potential wildcards that could make things very interesting. Nine-time World Champion Dan Austin is only one year removed from his last Seniors title. A chance to go for number 10 might push him to return. A trio of lifters from this year's Masters Nationals could upset Rob's appercart if they decide to show. First, 5-Time World Champ Dave Ricks won the 40-44 age group with a 1675 total. Dave has

done much more in the past and is one of the toughest competitors you will ever see. Next up is forty-six year old Leamon Woodley, the runner up in the 45-49 division. Woodley hit 1720 on only six lifts in Baton Rouge. Last, but certainly not least, is the LEGENDARY Mike Bridges. The 5-time World Champ Bridges made his platform return with an 1823 total at the Masters in early May. The gossip mill says that Mike will delay his return to the Open stage until next year in Louisiana. Regardless, it's exciting to think about the potential battle if one or more of these gentlemen lifts in July.

198 - Barring any surprises, it is a two-man race at 198. Last year's runner-up Mike Mastrean is a world class squatter. Mike has had recent trouble in the bench, bombing out at the Worlds in November and in March at the North American Cup. Mike is so mentally tough and physically strong that a PR bench in July wouldn't surprise anyone. Mike has senior national titles in his future. However, this year my pick is defending champ Ray Benemerito. Ray loses about once every twenty years

or so on U.S. soil. In March, at the North American Cup, Ray totaled 1929 including a PR 512 bench. Ray went 9 for 9 for the first time since he was a teenager and had more left in him. A 2000+ total is in the cards for Ray at 198 as well as his first medal in IPF competition.

220 - In February, former Junior World Team member Nick Tylutki moved up to 220 at the Minnesota States. Nick went 1880 with room to spare, so look for him to contend. Nevada's Scott Waits went over 1900 earlier this year so he will be in the hunt as well. Scott has been a national contender for several years and his experience will help in this tough class. Charr Gahagan has been the runner-up three years running and you know he can't be happy about that. Charr is a big time deadlifter with an 800 pull to his credit. It is his recent progress in the squat (nearing 700) and bench (450+) that will put him in position to be pulling for the win. My pick is last year's surprise winner Tony Succarotte. Tony is most often recognized for his benching prowess, but in March at the North American Cup he put it all together for a PR total 1935. A pair of PR 683s around a 567 bench gave Tony his best meet to date. Tony will be gunning for 2000+ in July.

242 - The pick here is the most underrated man in powerlifting, Tony Harris. This guy just keeps getting stronger and winning tough classes year in and year out. Last year he steamrolled to a 176 lb. victory, courtesy of PRs in the squat (804), bench (507), and total (2072). All this at a bodyweight of 235. Tony has had the misfortune of competing in some of the deepest classes in IPF Worlds history. With some added weight and another year of gains, look for Tony to break the 2100 barrier. Two notables in this class are former champs Kevin Stewart and Jeff Douglas. Both lifters made their Masters National debuts in early May with Jeff finishing twenty kilos ahead of Kevin. Jeff, who totaled 1989, is fully capable of well over 2000 on a good day. Kevin struggled in Baton Rouge, making only three lifts, but still had the winning pull in his hands on his final two attempts. With these three top lifters going head-to-head, one can easily envision a 2000 lb. total being necessary just to make it into the top three.

275 - At the 2000 USAPL Seniors in Chicago, Pat McGettigan won the 275s with a 1989 total. Last year that total would have been 5th. Second place in 2000 was 1901, last year that would have placed NINTH. That's what you call depth, and this year it gets even deeper. First we have longtime contender SHW Sean Culnan shedding more

### World Team Qualifying Standard

In order to become an automatic selection to the 2003 Mens World team you need to

- A) Win the 2003 USAPL Seniors in South Dakota
- B) Pass the drug test
- C) Total at least the average 5th place total from the last 5 IPF Worlds.

Those totals are posted below.

114	530kg.	(1168)
123	557.5	(1228)
132	610	(1344)
148	670	(1476)
165	737.5	(1626)
181	780	(1719)
198	832.5	(1832)
220	862.5	(1901)
242	902.5	(1989)
275	927.5	(2044)
SHW	970	(2138)

Any winners who don't achieve the total will be placed in the alternate pool along with the top non-winning totals from all classes. The rankings of these lifters will then be used to fill in any open spots on the team.

than fifty pounds to lift at 275. Sean has already benched 551 and pulled 725 at the new weight so expect him to be well over 2000. Last year's 8th place finisher Scott Lade just hit a 2060 at the Wisconsin States including a nearly world record 645 bench. Georgia's Ryan Goldin took 7th with 1935 in 2002 on a bad day. He will be planning on 2000+ this year as well. In 4th place in 2002, Tamo Williams made his Seniors debut with a 2000 total on a 5 for 9 day. Coming in second last year was the 2001 champ, Tony Cardella. After a PR 2055 total in Chicago, Tony was very impressive at the Worlds in Slovakia. On the biggest stage in our sport, all Tony did was go 8 for 9, with PRs in the squat (804), deadlift (749) and total (2094). The deadlift was especially significant as it had room to spare. In July, I think Tony is going to need it, as the winning total will be somewhere in the 2120 region. Next up is the defending champ Willie Croner. Last year in Chicago, Willie was like a freight train picking up speed as the meet progressed. He made his first eight lifts, including a deep and strong 826 squat, followed by a 507 bench. Willie finished with a 727 pull and a 2061 total. Unfortunately, Willie was injured and unable to make it to

Slovakia, so let's hope Willie has had time to heal and is back stronger than ever. My pick here is Minnesota's Greg Wagner. Due to my tremendous respect for the above lifters this was the toughest pick of the meet for me. Greg moved from 6th place in 2000 to 3rd last year by putting over 100 lbs. on his total. He then proceeded to put up a PR total at his first Worlds in November by showing no fear under pressure and going 8 for 9 under the toughest conditions in powerlifting. Greg is fully capable of putting another 100+ lbs. on his total this year and that is what I think he will need to do. This is the most wide-open class of the meet with at least four lifters capable of winning.

SHW - If you thought the 275s were deep then you better put on your boots for this class. Last year, 2105 was fourth place. This year that total could finish out of the top five. Lets start with two big strong bulls. In 2002, Van Hatfield suffered an unfortunate injury in the bench that would have sent most mortals into retirement. Van is cut from a different kind of cloth and all he did was return to the platform in January with a 2061 total. One of the most intense powerlifters around is Dennis Hulslander. After finishing 5th with a 2033 last year, Dennis has

continued making gains including a big 600 bench earlier this year. These two exciting lifters will be battling for top five spots and both could go over 2100. A name from the past is rumored to be making his USAPL Mens National debut in July. Scale-busting Jeff Lewis qualified in May with a PR 2121 total at the Missouri States. Jeff has squatted 920 at the 1995 USPF Seniors and lifted in both the IPF Open and Junior Worlds, so the bright lights shouldn't faze him. In 2002, Hawaii's Tony Leiato had a meet high 837 squat and finished third with 2149. Tony also showed an improved deadlift with 733 and a near miss at 749. Although being down the past two years, Tony has benched over 600 at 275 so if he can return to form, 2200+ is a likely outcome. Next up is the 2-time World Champion, 5-time National Champion Brad Gillingham. After his amazing comeback from bicep surgery and a 2303 total at the 2002 Worlds you would assume he is the favorite. However, Brad doesn't believe in doing anything halfway so he went out and got matching biceps scars in February. Brad does have two things he didn't have last year. First, the meet is one week later this year so he has seven more days to get ready. Next, he has the added benefit of the knowledge gained from last year's experience. Under the circumstances, I expect Brad to lift well and find a way to make the world team and post a huge total in November. Winning will be difficult due to last year's champ, Brian Siders. Brian totaled 2243 in his Seniors debut and after getting his first two squats turned down, he went 6 for 7 the rest of the way. He then went to his first Worlds and against the toughest competition in Supers history took 6th place. Particularly impressive was his third attempt squat of 804. It was clearly deep and very strong, with 20-30 lbs. to spare. Brian learned a good bit in Slovakia and a 2300+ isn't out of the question for him in South Dakota.

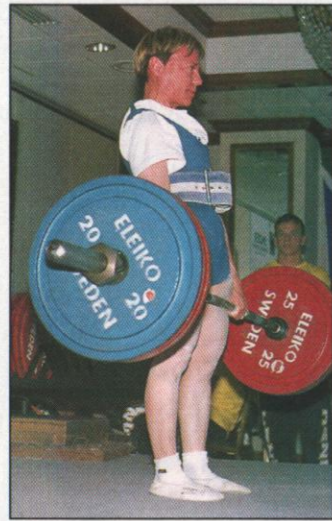
There you have it. Eleven classes and lots of action and exciting battles across the board. My predictions are as follows: Gainer, Holloway, Taylor, Page, Hooper, Wagner, Benemerito, Succarotte, Harris, Wagner, and Siders. Remember, due to press deadlines, this article was written before the entry list was posted. The above information, including picks, is subject to change. If you don't have plans to be in Rapid City, then make some, because Steve Howard has a great meet planned. If you already plan to be there, then get a good seat because the 2003 USAPL Mens Seniors Nationals should be one to remember.

Dr. Patrick Anderson

1984 was the last time the IPF held one of its major open men's or women's World Championships on the soil of the United States, and since one of the most prolific meet directors in ADFPA/USAPL history, Dennis Brady, wanted to crown his career with an IPF World Meet, this was his opportunity. The venue was the familiar Radisson Lincolnwood in Lincolnwood, IL, but now the walls were draped with the flags of the participating nations, reflecting the international scope of the event. This was the 24th IPF Women's World Championships and during those years, noted President of the IPF Norbert Wallauch, the meet has grown to the point where 23 nations and over 100 female athletes were nominated.

97 lb. class ... Beruska Morales led the way for the Puerto Ricans with her 10th place finish. Junko Kitamura appeared very Japanese, but was very much representing the Republic of South Africa (9th). With strikingly short cropped hair, Laurenc Hernandez of France was only .1 kilo heavier than Marion Friedrich, who PRed her squat and had perhaps the plushiest set of sox in the meet, and they both totaled 315 kilos. Another Frenchwoman, dark haired Benedicte Lepanse, came up 5 kilos short of the USA's Ann Leverett, who smiled up a 248 opening squat on her third attempt, after two worrisome prior misses, and she then confidently pulled her way into 5th place. Next was new TEAM USA member Ashley Robbins who flubbed her first squat, had an easy miss with 292 on her second, and then took it down and up strongly with 303 on her final - this was a shaky start for TEAM USA Coach Dr. Larry Maile. Into the medalists, precocious junior lifter Chen Wei Ling, quite lean and very strong, missed a Junior World Record 363 squat, but got the Junior and Open World Record on a fine 4th with 385. In what proved to be typically Russian fashion, strong and well prepared Svetlana Tesleva was focused on the gold medal, but Raija Koskinen M.D. has not been IPF World Champion three times before for no good reason. Raija got 3 white lights on her fine 374 squat, but a world record 385 was missed on her third. She cried out to the spotters "Don't touch!! I can do it!!" but another attempt was not granted. After her first bench was missed at 165, she scooted off the platform very quickly (equipment change?). She tried a world record 375 deadlift on her final attempt, but missed (afterwards Chen drove it up to 385 anyway). Controversy arose when Russian Coach

## IPF WOMEN'S WORLDS as told by Powerlifting USA Editor Mike Lambert



Raija Koskinen - 97 lb. Champ

Bogachev entered into a long, heated discussion (in Russian) with the Jury and Heiner Koberich (who was managing the scoring, etc.). Raija's coach, former World Champion Jari Tahtinen, let on that the issue involved the timing of the changing of one of Raija's attempts, and Jari indicated that one must count the lifter on the platform as one of the 5 attempts before changes are closed, and he further noted that one must be smart to beat a Russian.

105 lb. class ... Hanna Svahn demonstrated her benching prowess and earned team points for her Danish homeland. Keren Feliciano let out an audible "aaahhhh" after finishing her 242 squat, but it wasn't passed, and she finished up 8th. Australia's Mary McKen timed out a 330 DL attempt, and then missed at 336, to finish in 7th spot. Shoko Tanaka of Japan PR-tied a 253 squat, then made a 264 DL that she initially missed with a down and up on the ascent, and then went on to 286 for 6th place. Firy Vanessa Martin of France was in 5th, but well off the pace of the Leverage Lady,



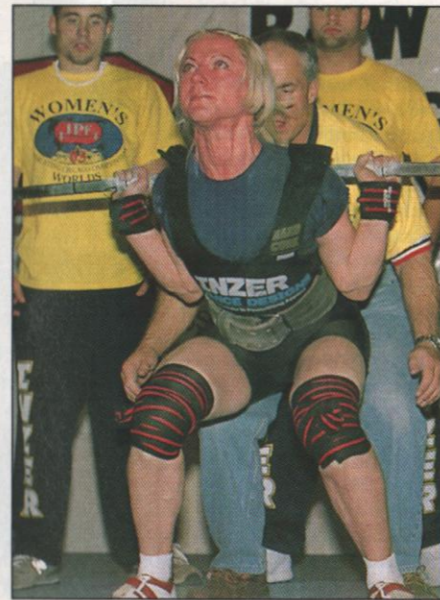
Olesia Lafina (RUS) did not miss a single lift

Chen Kuan Ting, who used wide stances and grips to reduce the stroke of each of her lifts. Yukako Fukushima has an absolutely pleasant smile that turns quenched steel into silly putty - or at least frequently revised squiggles of ink in the IPF record book (she has benched 286 previously!). She repeated a big 253 BP on an appeal and happily PRed a 341 DL. Jennifer Maile, looking as well prepared as the Russians, had an awkward miss at a 352 squat, then got stuck with it. She calmly held off Yukako with a final 380 DL for the silver medal. She could well take the gold someday in the future, but this present day belonged to Russian dwarf Olesia Lafina, who opened with a new IPF World Record in the squat of 407, and bumped it to 429 and then an even 200 kilos on her third try. She used blocks and a half on her benches, and didn't miss a lift all day, to set a new world record in the total as well.

114 lb. class ... with the move of Chou and Hampson to the 56 kg. class and the absence of the nominated defending champ, Nikolaenko of Russia, only a quintet of lifters actually competed in this division, with the #5 finisher being Britain's Teresa Sawyer on her 7/9 day. 2 Finns, Mervi (R) and Marvi (S), were in the medal hunt with Rantamaki pulling it out, while being out-pulled by her fellow Finn. Stephani "Very Big Hair" Comette of France led at subtotal, but the lighter American shadowed her every pull with a better one of her own. In front of her family and many of her best friends, Sioux-z Hartwig became IPF World Champion in the 52 kg. class - it doesn't get better than that. Al Siegel, who judged the earlier session, remembers when Sioux-z used to be on his Keystone Ironwomen team, and he heard that Sioux-z still has that pink outfit they used to wear. Bettina Altizer was on that team also.

123 lb. class ... Kate Vestergaard gamely represented Denmark, but Dennis Brady had to ask her where she was going when she almost dumped a 275 squat (the spotting - headed up by Dennis and Nectar Kirkiris -

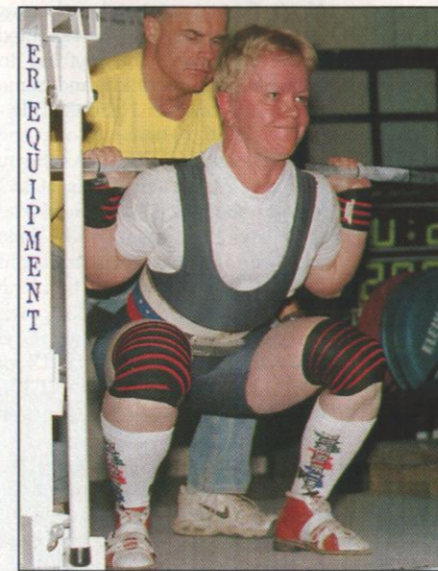
and manned by Lane Tech football players - was superb). 35 kilos up was Maria Szymkowiak of Poland, 10 kilos back of countrywoman Agniesz Leszynska, and interspersed was Austria's Dagmar Wang, who lifted in this meet the last time it was held in the United States (1983), a testament to the healthy benefits of Powerlifting according to IPF President Norbert Wallauch. Heather Hampson's (GB) move up a weight class yielded an 8th place finish, 5 kilos back of the other Heather - Ms. Ayles of Canada. Jeanette Gevers of Australia, who came down a weight class from her nomination, went a stylish 7/9 and made it three in a row



Filimonova's records squats were exquisite.

for Commonwealthers. The quality lifts of Anna Maniak, from next year's Women's Worlds host - France, earned her 5th place. Mayumi Kume of Japan sported 3 color sox that helped her move up into 4th. Chou Yi Ju's 920 would have placed 4th at 114, where she was originally entered, but garnered bronze in this heavier division, though she only weighed 52.3 kgs. She was visibly hurting and was carried off the platform by a teammate after her 341 squat, but she returned to manage 358, but ended up hurting worse and getting carried off again. The pain went away in the deadlifts. She takes a very long time to visualize the lift, and by the time she starts it, the lift seems like it is already done - 413 for 3rd! Germany's fiercely intense Birgit Fischer went 8/9 and got the biggest pull of the class, but the silver medalist politely bowed after each attempt. Inna Filimonova of Russia made three huge, perfectly executed squats and barely smiled after setting her new world record, and then again after breaking Carrie Boudreau's record total from 1995.

132 lb. class ... Aly Keizer came from the Netherlands to set World Masters Records and she got the bench press (187), but missed the deadlift (385). Earning 8th in a closely competitive class was wide stance puller Hsu Hsiao Li (TAI) who pulled 435, then missed a medal in the deadlift with 451, but it wouldn't have been enough to catch Aigul Gaifulina of Kazakhstan, who likewise missed 451. Svitlana Poplavskaya (UKR) went out and took a 446 pull without even being called to the platform, but didn't make it, nor the weight she actually called for - 473 - moments later. Slim Pavi Haapoja (Finland) was in the squat and deadlift race, but not the bench press, and thus she ended in 5th place. Ayako Ikeya resembled Amy Weisberger quite a bit (Amy was in the audience!) and had an 8/9 day for an 1107 total and 4th place. Bettina Altizer, who world master recorded in the squat and bench (303 went up like a rocket!), before waiting to see what her 374 deadlift (402 was too much) would yield, beyond another world master record in the total. Iskandarova of Kazakhstan overcame a 66 lb. subtotal deficit by putting up the best deadlift in the class to earn silver, but Valentina Nelyubova methodically rode the Russian wave to another first place. She jammed up a world



Valentina Nelyubova - winner by 27.5 kilos.

record 325 bench with a "Raaah", but 330 on a 4th was uncharacteristically too heavy.

148 lb. class ... Jena Mackey of the Bahamas was not ready for a 396 opener and left the bar in the spotters hands on her 2nd attempt, and then she did not get to the bar in time for a third try. Kim Dennis (CAN) missed a PR 374 squat, and lost a place to teammate Sarah Clark on bodyweight. Chou Hui Chen (TAI) came to bench and earn the points



Marina Kudinova 148 lb. winner.

her 892 total could produce, 5 kgs. back of tall red-haired Danish master lifter Kirsten Borggaard. Aussie Mary Giffen PRed a 209 BP to end up securely in 7th, behind Anke Wendt who PRed in both the squat and bench press. Roshelle Jessop of NZ PRed her squat and deadlift, but missed a big PR bench attempt of 270. The Pride of Britannia - Marian Gibson - PRed a 402 squat and an 1107 total, but missed a best ever 286 BP. The medalists were in a class of their own. Priscilla Ribic stood up nicely with a new personal best squat of 485 and almost added in a new PR 303 BP. Coach Larry

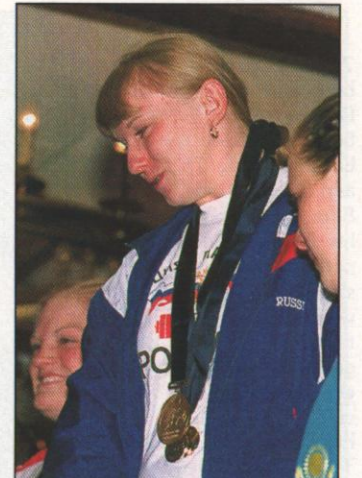
Maile had her go for another PR in the deadlift - 501 - to force the hand of the Ukraine's Lesya Guminska to 507. Priscilla very nearly made it, but that let Guminska's smooth 479 sumo hold up for the silver medal. Winner Marina Kudinova's "got legs and knows how to use them" (sorry ZZ Top), but after a ridiculously easy 507 opening squat, it was announced that she had knee problems and she subsequently timed out the 534 already called for and did not take a 3rd. In the bench press, 352 would not cooperate, but then it did, for a new world record. Marina ever so slightly

limped off after her first deadlift, and then much more obviously so after her 2nd, and there was no 3rd. Winning was not difficult for her, but her eyes seemed focused inward, as if she was pre-occupied with some other issue.

165 lb. class ... Kiwi Serena Perty bumped a spotter out of the way to get to her 1st squat attempt, and she went on a 6/7 streak before a hard miss at a 336 deadlift. Adorned with golden comrows, Gilly Martinez

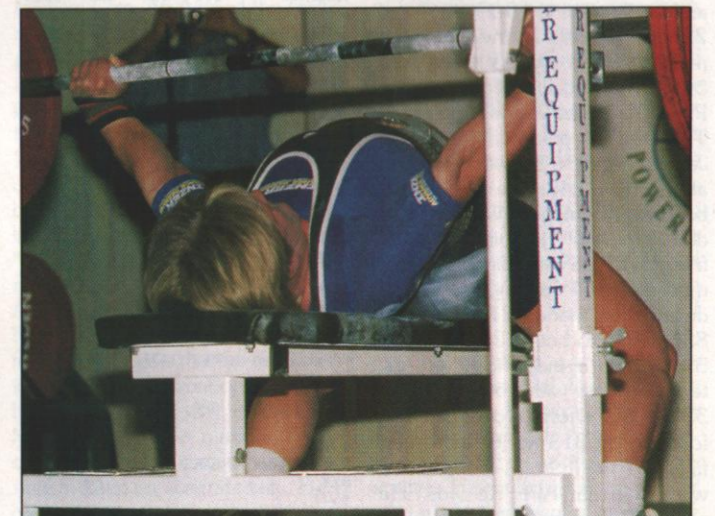
(VEN) PRed a 303 and 308 d-lift, missing only one lift all day, and she was handled by Dr. Mike Hartle and friends into 11th place. Masters lifter (and working referee in an earlier session) Joke van der Meulen of Holland finished 10th, just behind a boisterously happy Susanne Cleve of Germany. The USA's top-knotted Kim Everett gained international performance experience and 8th place with her 8/9 performance, 5 kgs. behind previous WPC star Vicki Huyser, who obviously had more in her (only 70.9 kgs. bodyweight!). Eva Maria Gall of Germany did her best ever bench press (twice in a row) to gain 6th and a very capable Norma Nieves (PR) was certainly impressive in her own right. Lyudmyla Tselenko's eyes got even bigger on her third try at 462 in the deadlift, after the first two didn't budge, but this one went up smoothly for the Ukrainian, after she finally got it started. Into the overall medals was Petra "Chaaaa" Stehlikova (that's what she said - repeatedly - setting up for each attempt) of the Czech Republic, who went way deep in the squats, and set new national records all over the place. Tamara Bahriy of the Ukraine came back and re-did a 479 squat in fine fashion, to fix her course to the silver medal. Gold? ... well, Svetlana Dedyulya of Russia utilized her efficient structure to spindle, fold, and mutilate the record book, first with a giant 562 squat, and then a 380 and 396 bench press (the latter was so easy that those in the audience who weren't silenced by their own shock, simply had to laugh!) She broke the world record in the total several times - no misses - YEOWWW!!

181 lb. class ... Hong Min Chu of Chinese Taipei looked like she was born to squat, however, the 3 week old world bench press record holder (at 198 with 375) proceeded to open in the bench with the same weight she squatted, but was met with frustration every time. Not only could she not get a lift in, she could not get a lift off that would work for her. Twice she racked and re-racked the bar during her allotted attempt time, and lift-off man Nectar Kirkiris tried everything he could think of, but at no point did she seem to support the weight, and what she expected was never communicated. Dr. Monique Hartle, chiropractor wife of Dr. Mike Hartle, represents Canada and had her young son on hand to witness her efforts, including a disappointing 314 DL failure. Argentina's Angela Martinez made consistent big jumps in her attempts and turned most of them into circles on her scorecard, but not enough to catch Puerto Rico's Giselle Costa, who came close with a what would have been a class high 501 deadlift. Monica Porter (GB), another big deadlifter, finished 45 kgs. up (nice sox, also). Ilja Strik was striking, with musculature that body-builders would die for (what calves!). 451 was not going to go in the deadlift, so the tall Dutchwoman smiled and called it a day. Jessica



Puzanova ... another Russian win.

(article continued on page 77)



Svetlana Dedyulya's bench press was incredible ... 396 at 165 lbs.



(article continued from page 7)

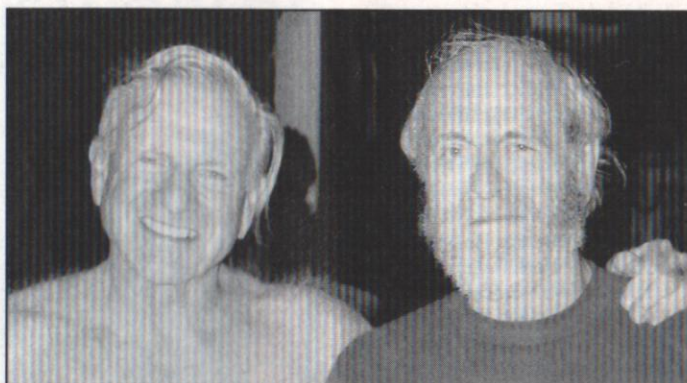
727. The result was that he got the bronze. Hoover got silver. Mario DeBenedetti, 38, rose above them both to capture the title with his balanced lifting: 782.6 SQ, 529 BP, and 650.3 DL for 1962.1. He was 8 for 8 with no misses - that is until his final DL attempt at 672, but nothing depended on it. The 45-49s saw Jeff Anderson, 49, square off with A.J. Henderson. It was nip and tuck between these two up to the grand climax. Anderson held a slight edge following the squat. He secured all 3 (733). A.J. was right on his heels with a 2nd round 727. Then he got greedy and advanced big - up to 771 - a failure. Anderson extended his lead to 38.5, benching 418 to Henderson's 391. Henderson DL'ed 573, missing increases to 595 and 600. Final result 1692.04 TOT. Anderson elevated first 534, then 556, for the win TOT 1708. A subsequent attempt with 562, didn't go, but nothing hinged on it either. In third place was CA's Ken Wheeler, 49. He broke his own State Record SQ with 661.4 and improved his BP too - 319. Known for his pulling prowess Ken pocketed his bronze with his 573 opener. He increased to 628, but it was just too heavy this day, so he waived his 3rd - TOT 1554.2. Joe Deverville, 54, SQ'ed 666 for his initial effort, then missed 688, and passed his 3rd. BP - no errors: 424, 440, and finally 451 - all good. His DLs were: 617, 644, pass the last. TOT - an even 800 kg (1763.69).

275 - Two failed to get on the scoreboard, missing all three of their squat attempts. Chuck Dornetto, 21, didn't have any fun - failing 622 thrice. Ditto Indy's Rocky Tilson via 722. Scott Weech, 18, looked strong in this his first APF Nationals. He blasted through all 3 SQs: 650, 711, and finally 733 - all good lifts. His BP ability was exceptional: 451, 490, and finally a WPC 18-19 WR lift of 228 kg. (502.6). In the DL, Scott maintained his success streak with 540, 567, and finished with 600. Perfect day - 9 for 9 - and an 1835.34 TOT. Quite a grand debut, I'd say! James Grandick, 34, was runner up at (33-39) in 242s. He moved up a bodyweight category with tremendous progress - jumping his TOT from 1846 to a whopping 2083. He missed an 804 opening SQ, settled down, then made 821 and finally 837. BP - red hot - 523, 540, and 551 - then a magnificent 4th attempt success with 556.6, a WPC 33-39 WR effort. Wow! DL 672 followed by 313 kg (690.04) and finally 315 kg (694.4). The later two were National APF Records. He added 237 lbs. on his TOT. What a difference a year makes! At 45-49,

Jeff King, 48, finished runner-up with 677 SQ, 396 BP and 639 DL - TOT 1714. The winner proved to be John Ford, 46, of Daly City, CA. He missed, then made, his 744 opener, then advanced to 804, a missed lift. He hurt himself in the hole. The BP was the best for John in many a moon - all 3 good (440). DL: his 644 opener was a toy, as was 705. He had 722 all but locked out when his grip popped loose - TOT 1890.46, not bad for a man who's used up all his nine lives, yet is still alive.

**APF Nationals (Teens-Juniors-Masters)**  
**10,11 MAY 03 - Daytona Beach, FL**

BENCH		60-64		172.5					
Women	White, Terrance	172.5							
52	Barnes, Royce	142.5							
55-59	100								
Miller, Sandra	42.5	20-23							
75	Orwell, Tyson	165							
50-54	33-39								
Luprete, Camellia	67.5	Woodson, F.	192.5						
Men	40-44	Carler, Mark	252.5						
67.5	+140	Hayes, Gregory	210						
16-17	177.5* 110								
Hatch, Nick	182.5* 20-23								
4th	75	Hein, Bradley	277.5						
40-44	33-39								
Marinis, Nick	177.5	Gonzales, Leroy	187.5						
75-79	125								
Giller, Richard	125*	33-39							
90	+140	Miller, Ronald	250						
40-44	225	Sissel, Michael	250						
Gregory, Byron	40-44								
45-49	192.5	Rodriguez, Miguel	320						
Miller, Michael	45-49	Manno, Thomas	300						
		Cain, Michael	277.5						
WOMEN		SQ		BP		DL		TOT	
67.5 kg									
45-49									
Dangerfield, N.	185	92.5	230	507.5					
75 kg									
16-17									
Rice, Taylor	160	65	147.5	372.5					
40-44									
Packer, Kim	187.5	80	162.5	430					
82.5									
40-44									
Riviecco, Annie	205	137.5	182.5	525					
+90									
50-54									
Sternberg, Maris	142.5	92.5	115	350					
MEN		SQ		BP		DL		TOT	
67.5									
16-17									
Hatch, Nick	265*	177.5*	207.5	650*					
67.5									
16-17									
Schollmeyer, Gary	172.5	92.5	160	425					
67.5									
40-44									
Judge, Tim	202.5	160	200	562.5					
67.5									
55-59									
Bigby, Max	182.5*	92.5	192.5	467.5					
67.5									
60-64									
Glossbrenner, H.	155	110	155	420					
75									
13-15									
Clement, Brandon	140	85	167.5	392.5					
75									
33-39									
Phillips, Wade	237.5	182.5	215	635					
75									
40-44									
Lumpe, Steve	245	55	87.5	387.5					
75									
45-49									
Little, Arthur	260	135	280	675					
75									
50-54									
Olson, Gordan	280*	137.5	255	672.5					
75									
55-59									
Santee, Gordon	192.5	127.5	227.5	547.5					
75									
65-69									
Flores, Richard	227.5	122.5	237.5	587.5					
82.5									
16-17									
Miller, Brian	190	110	182.5	482.5					
82.5									
18-19									



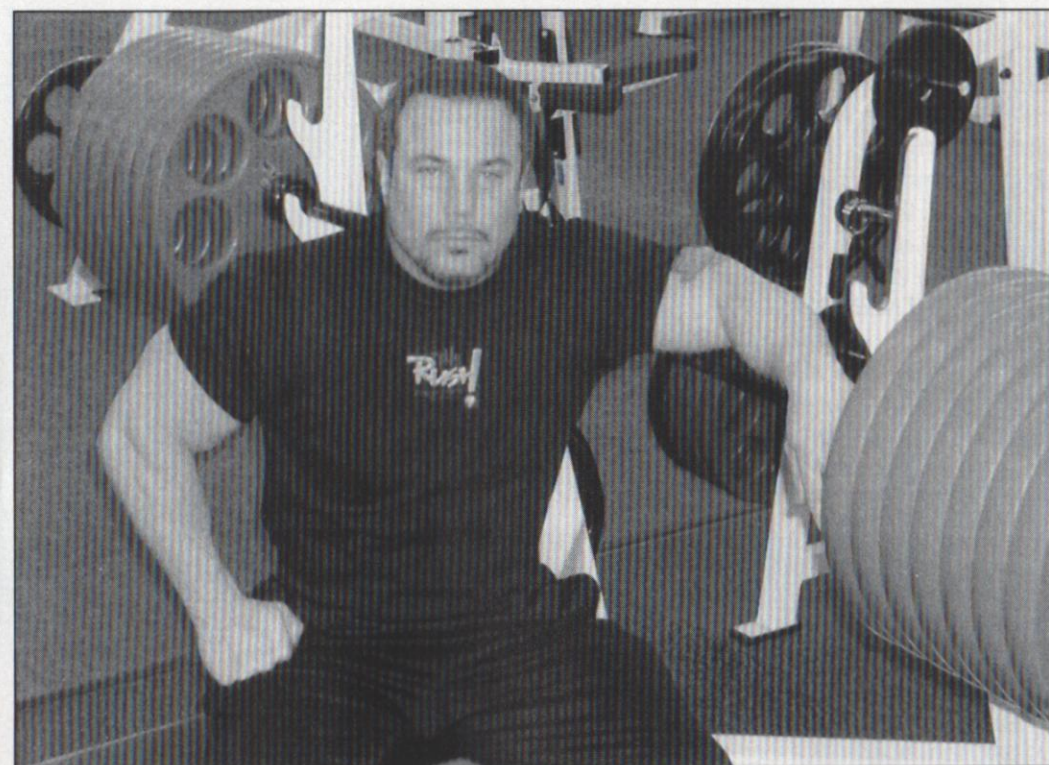
**Herb Glossbrenner and his buddy Dick Giller, the 1955 Sr. National Weightlifting champ, and current National Powerlifting champion.**

308 - Junior - Fred Mason, 23, SQ'ed 551, then bombed out in the bench with 446. Try as he could David Brown, 43, failed all his SQ attempts with 650. They joined Dornetto and Tilson in the "fatal foursome" of this year's "bomb squad". Russ Barlow, 43, the APF Vice-Prez did his best lifting in a while to earn the gold at 40-44. He SQ'ed 870, BP'ed 518, and pulled a good 777 for a 2166 TOT. In fact, he hoisted that 777 so easily and was brimming with such confidence that I was very surprised to see him miss 799 on his final effort. Brian Meek, 57, came injured, so he was far from his best, but he still lifted smart and didn't try anything to aggravate his condition and came home with another National Title - TOT 1730.6. There was only one Superheavyweight: Anthony Tamules, 21, is a very big guy at 334 lbs and about 6' 6" tall. He SQ'ed 600, and then made 633. Tony wasn't sure his shirt would work right for him, didn't want to risk bombing so he opened with a toy 330, then shirted up for a huge tries with 556 that refused to cooperate. His DL of 573 assured his win (TOT - 1537), then he twice failed to fully raise 628.

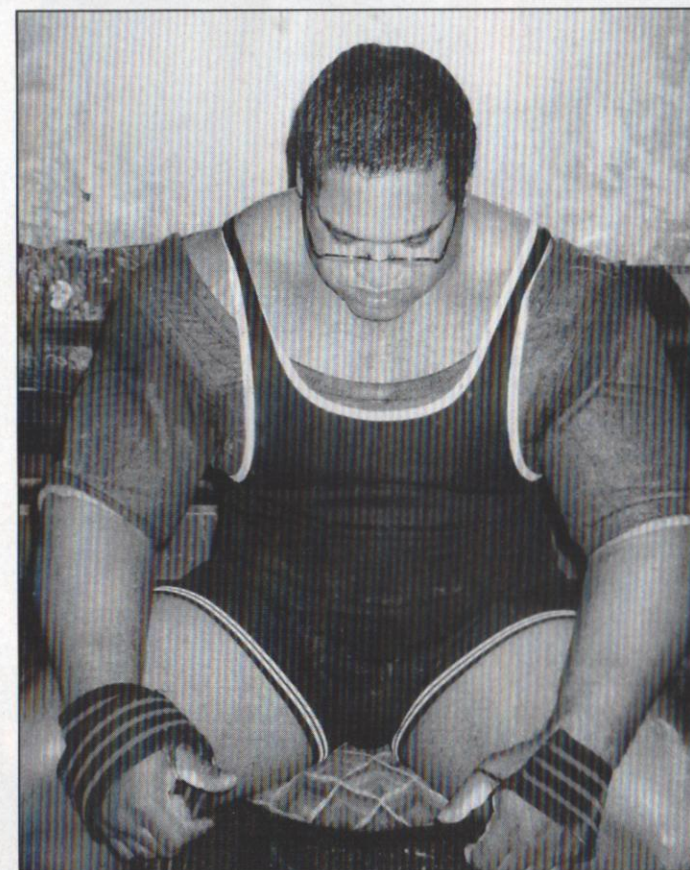
**Bench Press Championships:**  
Women - Only two contestants: Sandra Miller, 57, weighed only 112 but BP'ed 93.7. Texas policewoman Camellia Luprete, 52, @ 160.6, made 148.8. She has patented and is marketing a new kind of lifting boots, for more ankle stability and protection. They sell for \$89.99 + Tax & S/H. Phone 713-898-0927 for info. For mail orders send check or money orders to LAW (Lifters Athletic Wear), PO Box 1364, League City, TX, 77574-1364. Camellia is a real sweetheart.

Men - I've already talked about Omaha wunderkind Nick Hatch who was sensational in lifting twice and shattering WR not only in the BP competition, but the full power meet

the following day. Nick Marinis, only 17, pressed a big 391 @ 164.4 bwt. My vote for the most outstanding bencher of the whole competition goes to 75 year old Richard Giller of Florida, who obliterated the WR with 275.6 at only 159.4 bwt. He narrowly missed 286.6 on a final try. Dick started his career in WL, and was the 165 Sr. National Champion in Cleveland, OH in 1955, the same meet where Paul Anderson emerged and shocked the World. Dick found that there is life after his weightlifting career was done. It's called powerlifting! He's established WR benches in 4 age groups now and is still amazing us! Byron Gregory, 41, won at 198 (40-44) group with his impressive 496. At 45-49, it was Michael Miller earning a gold medalion with 424! At 60-64, Terry White was tops with his 380 lift. Up to 220, and Tyson Orwell, 21, was the Junior Champ - 363! Fredrick Woodson, 35, groved 424 to earn his championship. At age 43, Mark Carter, weighing a mere 218.7, blew the lid right off the pressure cooker, stroking a monster load of 556.6. He's done 600 officially earlier this year, and wanted to surpass that here, but missed his groove twice with 606.2. Humility must be Mark's middle name. What a great guy, and he's destined for true greatness. For Bradley Hein, 22, it was a happy time. Brad popped a huge 611.78 to catapult him high up the rankings.



**Mark Carter, 43, the founding partner of the Rush Fitness Complex in Knoxville, TN, went in for a knee operation three years ago, but had an allergic reaction to an antibiotic provided during surgery. After two years of "living hell" recovering from the incident, he started working out again with ex-pro quarterback Heath Shuler, and his strength level rose dramatically, until fitness director JB Fields saw him bench 550 and convinced him to enter competition and "make history". He has benched 600 in competition, and well over that in training, and he is looking forward to more national and international titles, beyond his APF Nationals victory. He would like to thank his partner, Larry Gurney, APEX - for their supplements, and his Vickie, who never gave up on him. Mark lives his life by his own unique mission statement "Passion, Vision, and Pride"**



**Miguel Rodriguez... one of the most massive lifters Herb has ever seen.**

He was a virtual unknown, but not anymore. Ron Miller, 36, was very impressive with a triplicate of prodigious pushes - up to 551.55 @ 267.4. But, get this, Michael Sissell, 33, made the same weight (551.55). He was relegated to 2nd place only because he weighed 271.6, equivalent to one large breakfast burrito heavier than Ron.

There were three Superheavies, all over 40, who put on a splendid display of bench pressing prowess. Michael Cain, 46, tipped the scales at 351 lbs. He was "ready and prepared" coming in with a big bench under his belt - a 650 or so. Picture if you can a giant "hairy" (that's scary) teddy bear. Mike stroked a big 611.7 2nd attempt, just barely missing 644 on his final try. (A huge thank you to big Michael for helping me get in my bench press shirt and for the superb "hand off" he gave me). Mike was runner up to Tom Manno, 45, from Arizona, who weighed 309.3. Tom has developed his own line of health food supplements that are marketed in over 1000 stores nationwide. Tom has set so many BP records for Master lifters in so many different organizations that it is almost impossible to keep an accurate tally. He's been wanting to break the 700 barrier for the past year and a half, coming here with an official best of

683.4! Tom came ever so close to realizing his dream last March at the Arnold Classic locking out a huge 702 there, but didn't get the judges approval. Following an easy 661.4 opener here, Tom stormed 701 twice but failing to extend his arms enough to satisfy the officials once again. He was disappointed, but won't give up till he gets what he wants. The surprise of the BP competition was Miguel Rodriguez, 41, @ 336.2 from Florida. He came in with a PR best of 675. Rodriguez has a monstrous upper body, with traps clear up to his ears, armor plated pecs, and deltoids like bowling balls. He mis-grooved his 683.4 opener, a PR try, from the get go. He corrected his form and the second try flew up like a broomstick. Up to 705.4 on his 3rd! He rammed it up with power to spare. It was a WPC single lift WR for the 40-44 age group. Inspired, Miguel tried 722 on a 4th attempt and came ever so close. It is only a matter of time.

That concludes a great championships. A special thank you to Gayle Marsh, Kieran Kidder's right hand computer lady. She did a tremendous job, so helpful and cooperative. Hats off to Kieran Kidder who made this event a memorable occasion. It was one of my favorite meets of all time as a participant.

## LATE FLASH

On June 8th, 2003 at the APF Senior National Championships (bench press division) promoted by Kieran Kidder and the Los Angeles Lifting Club, held at Sheraton Hotel at Universal City, California, **SCOT MENDELSON** realized his dream, and wrote history with his own two hands, by successfully opening with 804 lbs. in the bench press at SHW, and then driving up the all time biggest bench in history with 821 lbs. even more smoothly on his second attempt. He did not take a third attempt, though it looked like he had more in him, and he intends to take his final platform bow at the Bench America contest, where a lift in the 840-850 seems possible. After that first attempt came up white lights there was a gigantic psychological sigh of



relief in the Mendelson camp, as he has been frustrated by circumstances in the past when he was primed for 804, but this time he was more than ready ... hitting an easy 805 in training for the cameras of *POW!ERLIFTER Video Magazine* (they were on hand at this meet as well, look for high quality footage of his historic achievement in an upcoming issue). Fellow bench press superstar Ryan Kennelly was on hand to help Scot and, in an remarkable display of selfless sportsmanship, he was right there slapping Scot on the back after the mark that he might well have coveted himself had been achieved by another. At the awards presentation, Big Scot magnanimously called Kieran Kidder and Ernie Frantz to the platform, to thank them for their contribution to his effort. Ironically, the day before, June 7th, Eugene Rychlak had bumped the all time mark up to 810 lbs. with a bench press at a meet in Nazareth, PA (where Mike Miller almost had 815 locked out as well). We understand that they will meet at the Bench America, so the record may be broken again, perhaps more than once. The full report, by Herb Glossbrenner, of Scot's epic benching and the *other* great lifting at the Sr. Nationals is coming next issue.

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**"If you are going to do the ass-kicking predator number, you better be an ass-kicking predator." - Judd Biasiotto**

When I was in college, I had one of those marvelous, critical, learning experiences that you can only appreciate if you encounter it firsthand. I was walking through campus when I noticed a 100 yards ahead of me two guys were engaged in a heated argument. One guy was no bigger than an eleven year old stamp collector, while the other guy was absolutely colossal ... every bit as big as Ted Arcidi. Amazingly though, it was the little guy who was doing all the talking. I couldn't catch everything he was saying because I was so far away, but I did get the gist of it. In brief, he was telling his gigantic adversary, in no uncertain terms, that he was going to kick his ass. He was really laying into the guy. The big guy just stood there not saying a word and taking everything in. Then, without warning, the big guy hit the little guy square in the face with a right cross. It was like a dart hitting a

dart board. The punch was so crisp and powerful that I could hear its impact where I was standing. The little guy immediately dropped like a sack of potatoes. The big guy calmly turned around and walked away. The first thing that went through my mind was that the guy was history. At first I stopped dead in my tracks; then I started running towards the guy to see if I could help him. When I got to him, he was bleeding profusely from his nose and mouth. The good news was that he was still alive. After a few seconds, he struggled to his feet. He stood there for a good ten seconds, swaying backwards and forwards still not totally stabilized. Then he blurred out, "Boy, you better get outa here, before I get mad!" Of course, the guy he was talking to had been gone a good 30 seconds by this time. At the time, I had never heard such defenseless trash talking in my entire life. To be honest I haven't heard any better rhetorical overstatements, until the Iraqi War. The Iraqis have taken indefensible hyperbole to a higher level.

Before the war even started, the Iraqis claimed that if the United States invaded Iraq there would be a war of all wars. They further stated that if the women and chil-

## Dr. JUDD

### IRAQ Takes Trash Talking to a New Level by Judd Biasiotto Ph.D.



**Ted Arcidi benched 666 @ 286. at the '84 Hawaii Invitational, without a bench shirt.**

dren of America cried tears after 9/11, they would cry blood if the United States engaged Iraqi troops. Think about that. Here is a third world country, no bigger than the state of Texas, with a military force about as sophisticated as F-Troop telling the most powerful country in the world ... and anywhere else ... that they are going to kick their ass. I thought that castle in the sky rhetoric was every bit as ridiculous as my little friend on campus.

So I sat back and waited for that big right cross from the good ole U.S. of A. It didn't take long. When the war started, the Coalition troops went through Iraq like a hot knife through butter. In less than two weeks, they marched relatively unchallenged 300 miles to the walls of Baghdad. The Iraqis kept saying that they would not roll over to the Coalition. They didn't have to; the Coalition literally rolled over them. In fourteen short days they took out Iraq's entire air force, eighty percent of their tanks, and over fifty percent of their troops. In fourteen days! It took us 51 days to take the Waco compound for God's sake. Then, when they got to Baghdad, it took them another two hours to totally destroy Iraq's notorious Red Brigade. Two hours! It takes my

girlfriend two hours to get ready to work every day. You would think that someone on the Iraqi side would have gotten the idea by that time. I mean, their military assaults consisted of guys hanging out of taxicab windows with grenade launchers and soldiers attacking Coalition tanks in pickup trucks and Toyota passenger cars. But no! When Coalition forces stood outside of Baghdad and threatened to sweep through the town, the Iraqis out did themselves. Their Minister of Information got on television and asked for the Coalition's surrender. I couldn't believe that when I heard it. I thought I had accidentally tuned into Saturday Night Live, and they were doing a spoof on the war. I was wrong!

When Coalition forces refused to surrender, the Iraqi Minister of Information was back on television saying that on this day Baghdad would be the graveyard for Coalition soldiers and that they would use non-conventional methods to obliterate the Coalition troops. Talk about selling wolf tickets - it doesn't get any better than this. Two hours later, Coalition troops were sitting in the middle of Baghdad. I thought that had to be it ... no more ridiculous bravado. I was wrong again.

Not only did the Iraqi Minister of Information claim that they were kicking our butts, but he went on to say that Coalition troops were not in Baghdad and that the pictures of Alliance troops in the city were really a movie that was made months ago in Hollywood. He even said that the Iraqis had taught the Coalition troops a great lesson and that Baghdad would be their tomb. "We feed them hell and death today," he claimed, "and many Americans are committing suicide at the walls of Baghdad." Hello! I was wondering if the guy was living on the same planet that I was. All he had to do was look out his back window, and he probably would have seen 20 Coalition tanks parked on his lawn. For me it was *deja vu* all over again... "Boy you better get outa here, before I get mad." Actually it got even more preposterous and comical, but there is really no point in beating a dead horse. This kind of trash talking can scare the hell out of some people ... like old woman and little children, but it is not going to scare a professional soldier.

In short, there can be a world of difference between what an individual says and what he does. Talk is cheap. Anyone can talk, but not everyone can act. I've known a lot of guys who have written a check with their mouths that their butts 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, "Saying 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."

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 individuals are the same as the "Brave Mice." They talk a good game, but they don't play one.

When I was competing, I had a tendency to run my mouth about what I was going to do. My father

would always say "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 -- cowards. Courage is facing your fears -- not running from them.

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

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the Spartans were the most feared and courageous 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 prime example of what we are talking about -- that real courage lies not in words, but in deeds. What a man says is not as 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 generation to

generation. 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. Philip, a warlike king whose objective was to rule all of Greece, ruled Macedonia. 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. In fact, he kicked butt everywhere he went. Actually, he was feared not only in Greece,

but also 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 calculated words to express themselves. Even today a short answer is often described as "Laconic."

Philip knew that if he were 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 it under."

A few days later, 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 men don't just talk a good game, but they play one, too. Remember that.

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Part of the fun of being a pro-wrestler (or an improv comedian) would be saying offensive things to get a wild-eyed, drink-spilling response from your audience. It's fun to agitate people and make 'em mad - is that wrong?

The Pit Gym (Hard Core Gym #16) recently issued a challenge, claiming they were the strongest drug-free group in the USA. We got a lot of crazy responses to this challenge - many of which couldn't be printed! Here are three printable responses:

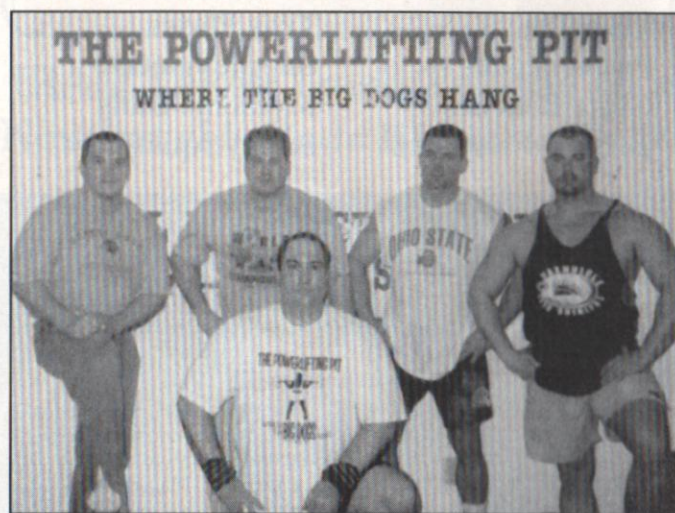
"Hey Rick, It has come to our recent attention that in the Nov 2002 issue of PL USA the featured gym, "Pit Gym" (Hardcore Gym #16) made several statements and assumed that they are the strongest of all the hardcore gyms. It appears that this gym has tossed down their gauntlet and challenged any "drug free" gym in the world to lift against them ... well ... well ... well ... if we are mistaken please advise us, but if our appetite is correct then let them know that their gauntlet has been picked up and their fingers eaten. If their challenge is still available, we must set a date and a place (meet) to butt heads! Is their challenge still current or are they hiding from us now? We are hungry!" Nick Mercorelli - The Slaughter House Gym

"We are Hard-core Gym #14. My name is Paul Vargo and I am e-mailing you to pass on the word. We are willing to do a tested bench-off (testing every member) with them if they feel so inclined. We are also drug-tested gym, all in a convenient location so we can all train together. We can provide a competitor for whatever division they want, or just do a pound for pound thing, however they want. Pass on the word; see if they want in. Ain't scart," Paul Vargo - c/o Sunation Fitness & Tanning Strength Team

"Rick, good article on the Pit Barbell Club in this month's PL USA. We're big supporters of what they're doing and how they're doing it and would like to congratulate them. I think that in the spirit of fun, we at World's Gym Manassas would like to respond to the challenge of matching their PL Team. I also think FLEX gym out of VA Beach may have a thing or two to say about it. We have a crew of lifters who represent both well in VA and at the National level as well, and we're all drug free. Two questions for you: 1) Can you send us the deadlift numbers from the picture? They ran off the screen and from 181 you can't see the numbers. 2) How might we actually take this

## HARD CORE GYM #22

as told to PL USA by Rick Brewer, of House of Pain



The "Mini-Pit" (l-r) Tom Hines, Troy Weippert, Joe Icenhour, Bill Morris, & Rich Edinger (kneeling). Tom and Rich have a 2 man DL of 1223.

challenge up? We compete primarily USAPL, so we could use our numbers for 2003 as a team? What type of fun can we have with this? Here are some of our lifters as an example: 165 Jr. Rory Howell is 20 years old and just did his first PL meet ever at the VA States and totaled 1175 (435, 305, 435). He's also benched 335 in bench only. 198 M1 Sonny Johnson placed 5th at the Masters Nationals last year in the 198 lb. class with just under 1400 total. He's done 1460 at 198. 220 O Robert Mello has totaled 1675 at 220. 220 M2 H. D. Campbell totaled 1430 at the VA States. 275 M1 Ken Ryder placed 2nd at the Masters Nationals in May with an 1830 total at 275. 275 M1 Al Horne benched 500 in May and has totaled 1800+ in the 275 lb. class. 319 M1 Bert Wagner just pulled a 625 dead at the VA States. We have lifters from 165 through SH, Jr. through Masters, and we all live in or around Manassas, VA. Every lifter is in Prince William County, so no one is traveling a great distance either. Let's play with this, but most of all, congratulate Pit Barbell Club on assembling a great drug-free team and representing the sport". Steve Horton - Manassas, VA Worlds Gym

Since this last response from Steve was so friendly, I should also mention that we got several non-friendly responses. Boys will be boys! This brings us to Hardcore Gym #22. I once told you we would look at a "Mini Pit." You thought "Iron Works" was small, well, this is even smaller! (Smaller than a 2 car ga-

rage!) I'll let Rich Edinger tell you about it:

"The Fargo-Moorhead metro area, even though it has 170,000 people, had no serious gyms in town. I was tired of the commercial gym atmosphere and I wanted to take my powerlifting to the next level so in April 2002, I decided to rent a two room office and started the Powerlifting Pit in West Fargo, ND. At present, we finally have optimal use of the 330 foot square facility (also have a bathroom, which contains storage space and a fridge) by recently having the walls torn out and adding a squat rack. We did this without the landlord's permission, but what is he going to do, sue me? (I'm a lawyer.) I made him an offer he couldn't refuse and now he has no problem with the wall and closet being gone!

The "Mini" Pit has a TV/VCR and camera to analyze and watch lifting technique. And autographed PL USA covers of Gene Bell, Ed Coan, Dan Austin, Mike Hall, Robert Wagner, Shawn Cain, etc. adorn the wall, along with other posters and record certificates of members.

The Mini Pit has 1322 lbs. of IVANKO competition color-coded plates, plus platforms, power rack, SQ rack, dumbbell, bands (I love 'em), competition bench, incline bench, lat pull machine, etc. They also have an IVANKO WL bar, (2) TX Power Bars (I love these - we keep one in use), plus all the other tools of the trade. All in a whooping 330 sq. ft.!

Who would train in this tiny spot? The Pit has 7 people who

regularly train there: Rich Edinger, Tom Hines, Joe Icenhour, Troy Weippert, Jesse Canton, Bill Morris, And Terry McGovern.

Rich Edinger and Tom Hines are currently preparing for the 2003 USAPL Men's Nationals in Rapid City, SD. Tom has already qualified with his recent performance at the USAPL MN State where he went 685 480 635 1800 @ 220. He weighed only 212.2 Tom placed 4th at the 2000 USAPL Men's Nationals at 198, and he is expecting big lifts and a high placing at Nationals!

Rich is a former ADFPA Teenage American Record holder in the deadlift and 4 time ADFPA Collegiate All-American. Rich qualified for the Men's Nationals as well, with lifts of 665 450 620 1735.

Troy Weippert is the 2000 WABDL National Deadlift Champion in the submaster division. Troy turns 40 this year and, despite his shoulder injury, is planning to lift at the USAPL Men's Masters in May in the 220s. Troy's best competition lifts are 555 402 606.

Joe Icenhour lifts in the 181s. When Joe is not picking up women via the Internet, he enjoys working out at the "Pit". Joe's 580 deadlift at the USAPL Greater MN Open this past September ranked 66th on the recent TOP 100 list (meet director did not send in results in time to make the list). Joe has great potential. Once Joe develops a game plan and learns to count in kilos, he could hit a 1500 at 181. Jesse Canton is a newcomer to Powerlifting with a lot of potential. At Jesse's first contest, he deadlifted 505 @ 198. Jesse has already upped that to total 1300 within the next year."

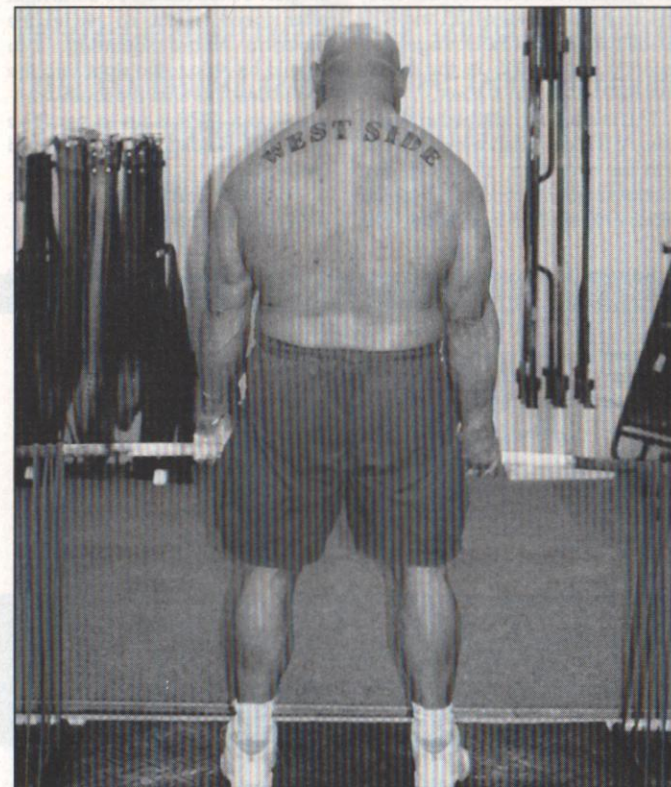
Thanks, Rich, for that info! We're obviously out of room, but I need to make a correction to a name/photo in the Hard Core Gym #18 (North Scranton Barbell). The group photo at the bottom of p. 38 actually features Pat Hinton instead of Big Mike. Pat's girlfriend (Andrea Pokop) sent me a LOT of info about Pat, but I'll summarize: he goes to school full-time, delivers beer kegs full-time, and STILL trains everyday. Plus, he's some sore of Brazilian Jujitsu tough guy who might whip me if I don't correct his name. (OK, I made this part up.) Sorry 'bout that Pat!

Comments? Questions?  
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# TRAINING

## Deadlifting on the Rise

as told to Powerlifting USA by Louie Simmons



Louie Simmons deadlifting with bands at the new Westside facility. (photo by Diane Black)

Finally, after many years, it seems the deadlift is on the rise. In New Orleans in September 2002, I was lucky to witness not one but two 900+ deadlifts, by Gary Frank and Andy Bolton. After trading the record back and forth, Andy reclaimed it in Columbus, Ohio, in March 2003 with 934. With Steve Goggins pulling 881 and Ano Turtiainen having made 892, it is apparent that we must work on deadlifting to keep up. Some lifters are born to deadlift, i.e., short back, long arms, long legs, and large hands. In fact, most big deadlifters lack a big

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bench, except Gary. So, how can one obtain a big deadlift? Hard work, and more hard work.

Box deadlifting is a productive method. These are done by standing on a platform ranging in height from 1 to 4 inches. A conventional or sumo deadlifter can use four levels, up to 4 inches. Keep track of

each box record for a single. To increase grip strength, do a triple, pausing each rep on the floor. Pulling off a platform will build the start or finish of the deadlift regardless which portion of your deadlift is lagging. This is done by increasing the range of motion 1-4 inches, depending on box height. A bonus is developing your grip by having to hold on to the bar longer than a regular deadlift.

My old friend Jerry Bell, the first 165 pounder to pull 700 officially, from Toledo, OH, would stand on a 4 inch platform, with obvious results. Rick Crain made a 716 deadlift at 165, a world record at the time, in 1982. He did both wide and close stance deadlift training off a Coke crate to build his phenomenal pulling power. Don Blue, a 148 king, did the same. Don was in an altercation and was stabbed in the eye and lung, yet recovered well enough in 8 weeks to again break the deadlift record.

Rack pulls are also effective. Most lifters do rack pulls incorrectly. That is, the bar is too high off the floor, allowing one to lift a weight that will never be

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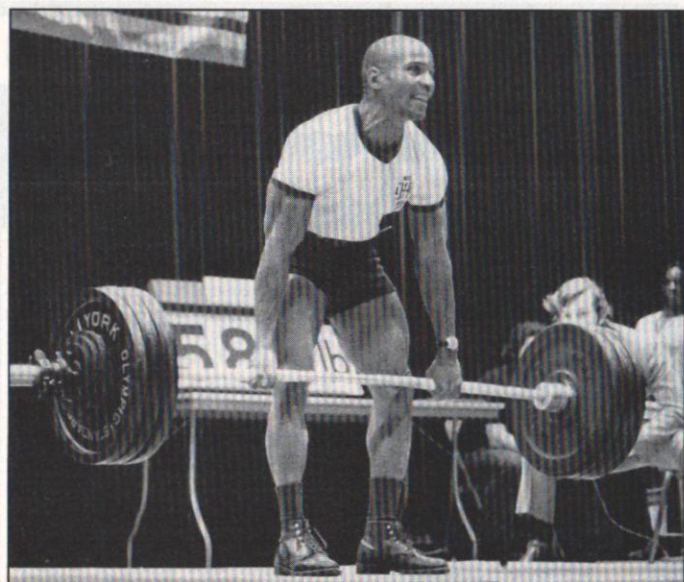
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**LOUIE SIMMONS  
TRAINING SECRETS**

CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS



Don Blue got out of prison to win an IPF World title at 148. His training program revolved around

attempted in a meet. This can cause a total breakdown of the central nervous system. An Olympic lifting guideline contends that the optimal weight percent for pulls be restricted to 10% above the best clean or snatch. This was discovered by A. D. Ermakov and N. S. Atanasov (1975) by accumulating the results of 780 highly skilled weight lifters. Lifts at 85% were the most used at 22.9%, 90% lifts were done 16.7% of the time, and lifts of 80% were done 14.5% of the time. Compare this with weights of 100%, which were done only 2.5% of the time.

In 1982, I made a 722 deadlift at 220. My best rack pulls were 705 at 2 inches off the floor, 730 4 inches off the floor, and 760 6 inches off the floor. I later made 855 8 inches off the floor and 805 6 inches off the floor with straps. But not until I recently made a 715 PR with no straps 2 inches off the floor did I make progress again. I realized that I will never make an 855 or even 805 deadlift. I was wearing myself out for nothing.

The law of accentuation states that strength should be trained only in the range or sport movement where the need for high force production is maximal (V. Zatsiorsky). It would seem that to lift weights not remotely possible is a waste of time and energy. Rather, it is beneficial to do several singles ranging from about 80-90% of a maximum deadlift. I recommend the guidelines set forth by A. S. Prilepin (1974). Because the deadlift is very taxing on the central nervous system, I recommend the minimal number of lifts of 10 at 80%, reducing to 4 lifts at 90% of a particular pin record.

The lightened method is per-

formed by attaching Jump-Stretch bands to a power rack to allow 135 to be almost weightless at floor level. We have found that whatever you pull in the lightened method, provided that you do it with no suit or groove briefs, you can pull in a meet. Joe Bayles made 745 in the lightened method. Soon after he pulled 755 at a meet. Chester Stafford was able to pull 785 with the help of the bands and deadlifted 810 at the meet. Matt Smith broke his lightened method record at 825, and soon after made a 835 and 850 deadlift at a meet. Chuck Vogelpohl recently pulled 805 in the bands and 800 at 235 in a meet.

This is a proven method at Westside. At a meet when wearing a suit with the straps up, of course, one receives a good carryover. The blue bands are accurate from a low 600

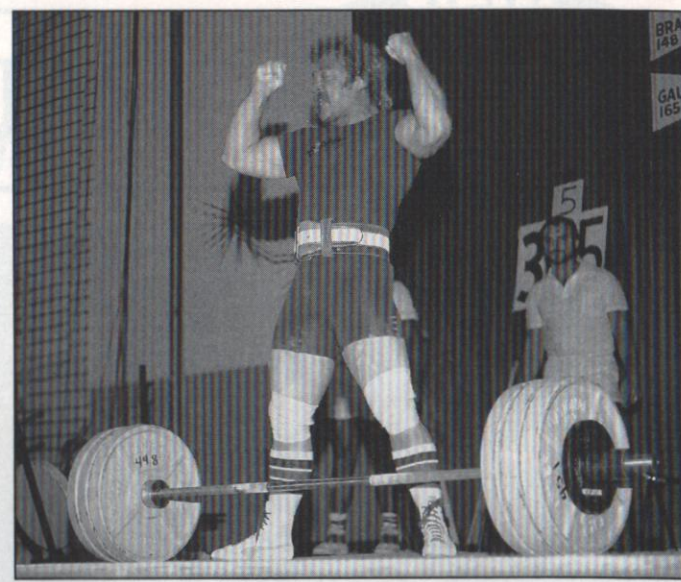
deadlift up to Matt's 850 pull. Lifters that pull up to 600 would use a green band. The bands are looped, not choked. When locked out, the bar is totally lifted out of the bands.

We also do platform deadlifts with bands on a Jump-Stretch platform with double-looped mini-bands. Two methods are used at Westside: speed strength deadlifts and max effort deadlifts. For speed strength, use 60% of your max single pull on the platform. Do 6-10 singles. These should be done right after speed squats, so set up the platform before squatting. You should be able to go right into the speed deadlifts after the squat workout if your GPP is up to par. The platform deadlifts will also build your grip.

For max effort work, set records with different bands.

..... "Pulling off a platform will build the start or finish of the deadlift regardless which portion of your deadlift is lagging. This is done by increasing the range of motion 1-4 inches, depending on box height. A bonus is developing your grip by having to hold on to the bar longer than a regular deadlift." .....

Special exercises should be done to strengthen the deadlift. These include lat work of different types: one-arm and two-arm rows, chest-



Rickey Crain ... a great deadlifter

supported rows, etc. Work your abs with situps, leg raises, side bends, and twisting work. My favorite ab exercise is standing ab work with a pull-down machine. Work your hamstrings with glute/ham raises, inverted curls, band leg curls, and pull-throughs. For the lower back, do back raises and band good mornings and use the Reverse Hyper machine. For grip work, we have an assortment of grippers. You name it, we use it.

Proper deadlift technique is essential. For sumo style, one must push the feet out to the sides and pull the shoulders back while lifting the bar off the floor. The width of the stance is optional; some use a very wide stance, while others use a close sumo stance. The more flexible you are, the wider your feet can be. When your feet are pointed straight ahead, this allows more hip work. Experiment to find what works best for you. Lower the hips only as low as necessary to grip the bar with an arched back. The best deadlifters start with a high hip position. This allows the knee and hips to realign faster.

For a conventional deadlift, feet strength allows for a stronger lock-out due to more hip rotation. Pointing your feet out to the sides allows a strong start by bringing the legs more into play. Keep the shoulders behind the bar as much as possible. Always pull the bar toward the body. Contract the glutes at the start and throughout the movement.

I hope some of these suggestions help you to pull a PR in your next meet. These methods have helped us establish seven 800 pound deadlifters at Westside.

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# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems



Maintaining Your GPP... (General Physical Preparedness) can be as important as maintaining your GPA.

**Question:** I have a meet coming up in a few weeks and I was wondering what kind of modifications, if any, should I make to my training?

**Answer:** We will break this question down to cover all areas of your training. First, let's examine your dynamic squat workouts. There should be at least a one week de-load to your dynamic squat training. Many people prefer two or even four weeks to de-load their dynamic squat training. So what do we mean by de-loading? The best way to explain this is to bring back your bar speed. This is especially true if you are coming off a circa-maximal phase. When doing a circa-max phase the bar speed is generally slow (or slower than usual), so by decreasing the band tension and bar weight speed will be introduced back into your training. This will also decrease the stress on your shoulders and help you recover from your bench training. I have also heard of some people that do not use bands during the de-load phase; instead they opt for chains. I have not done this myself and don't know how beneficial this would be. The only thing that I could see as a problem is

that when training with bands, one gets a tremendous eccentric phase that contributes to a faster concentric movement. By eliminating the bands, the bar may be slower than you are used to. This is something that you will have to experiment on your own and see what works for you. Also, the last six weeks you should be starting to do speed deadlifts. Use 50-60% of your max deadlift and pull 6-10 singles with 30-45 seconds rest. When doing these it is important to use perfect form.

For your max effort squat and deadlift training, make sure you pick exercises that you are familiar with and have done throughout your training cycle. There is no point in doing a new exercise and getting sore a week out from a meet.

Your dynamic bench training should be somewhat similar to your squat training. Speed must be introduced back into your training if you are using a lot of band tension. The last two weeks, straight weight (meaning no chains or bands) or chains are used on this day. This is done to help take some of the stress off of the elbows and shoulders. Your max

effort training for the bench press should also include exercises that have been done throughout your training cycle. Again, there is no point in going to a meet sore.

Many times people tend to shy away from their accessory and supplemental exercises the last few weeks before a meet. This is a mistake. While there is no need to add in extra sets on your accessory work, these exercises should not be cut out. This is where the Western method of periodization falls short; during the last few weeks the accessory work is completely cut out and only the three core lifts are done per week. These are the exercises that helped get you stronger and there is no need to cut them out. Again, keep the exercises that you have done throughout your training cycle. Another thing that I have seen with people is that when they dismiss their accessory work their GPP (general physical preparedness) suffers greatly. This could negatively affect your meet and months of preparation.

Another thing that I have seen and heard people do several weeks before a meet is try to make up for

lost training time. They feel that their lockout or hamstring strength is suffering and they panic and eventually overtrain. A properly laid out plan, one that addresses your weaknesses and builds on your strengths, should have been written (or at least thought of in detail) and followed. Addressing a weak point needs to be done over time and not rushed into 3 weeks before a meet.

When it comes to powerlifting equipment I have heard many horror stories. People using new bench shirts the Wednesday before a meet or unsure of their squat suits. You must give yourself time to try out and alter whatever equipment you use. This needs to be addressed during your training cycle. If you have 12 or 15 weeks before a meet, that is plenty of time to get your equipment problems taken care of. There is no need to stress about this before a meet.

So what does the week before a meet generally consist of? We will assume that you are lifting on a Saturday or Sunday. The Sunday prior (dynamic bench) I will generally do 8 sets of 3 repetitions with straight weight. I will follow this with some triceps work (low volume) and some lat work. That is all I do on this day. On Monday (max effort squat and deadlift) some light Reverse Hyper-extensions and abdominal work is done. The rest of the week is devoted to light stretching and general recovery. This includes visualization, hydration, relaxation, sleep and whatever else I need to do physically and mentally to get ready for the meet. This is not the time to try a new chiropractor or some new kind of therapy. If you have to lose a few pounds, then this is the time to alter your diet slightly. Be careful if you are going to try and gain weight during this time. I have seen many people come to a meet weighing 10 pounds over their training weight and their equipment doesn't fit and their GPP has been lost. If you have been consistent and smart with your training throughout your training cycle, then this week will be a time to enjoy and anticipate the success of your hard work. Good luck and I hope that you break some personal records.

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In this installment of this series I will be discussing some very important nutritional mistakes that you will want to avoid in order to allow optimal powerlifting performance. I have received hundreds of e-mails about this series alone as it has really sparked some interest in our readers. Nutritional mistakes among powerlifters are about as common as white on rice. The purpose of this series is to help powerlifters fix up many of their nutritional mistakes that are ruining all their hard work in the gym. If you know that your nutritional plan has much to be desired, then read on, so you can start implementing some of my ideas into your powerlifting nutrition plan.

#### Not Counting Your Calories

Counting your calories is something all powerlifters should do. I know the arrogant ones out there reading this will think that I am advocating some type of sissy plan that will have you dining on carrot sticks and tofu, but this is not the case. It is very important for the powerlifter to know his or her daily caloric intake. If you don't monitor your caloric intake and just eat what you want, then how will you know from a nutrition standpoint when you are performing at your best? Many of you may think this is irrelevant in powerlifting, but that is not the case. It is time for powerlifters to come out of the dark ages with their mindset about sports nutrition. On the other hand, if you are interested in how this can affect your performance, read on. Many of you will tell me that counting calories is for the genetically obese or for some

# NUTRITION

## Nutritional Mistakes Guaranteed To Ruin Your Powerlifting Success Pt. 4

by Anthony Ricciuto B. Phed. C.F.T. S.P.N. S.W.M. F.T.

pre-contest bodybuilder looking to get ripped to shreds, but this is the farthest thing from the truth. By calculating your calories you will then be able to monitor exactly what macronutrient breakdown percentage you are consuming in your diet. If you read the Power Nutrition Column in the February issue of *Powerlifting USA*, then you can see how one powerlifter was shocked at what he was consuming in terms of his macronutrient balance and ratios when his daily diet was laid out for him on paper. Counting calories has many benefits as well. You will learn what caloric intake helped your performance the most. You will know at what caloric intake level you can drop bodyfat without sacrificing lean muscle tissue. Your recovery is another very important aspect that is most definitely correlated to your daily caloric intake. Do you remember how you felt the last time you were in an overtrained state? Think back to what your nutrition intake was the last couple weeks prior to your over training

about. If you are not recovering properly from your training, then the only thing that you can look forward to is lack of progress with your lifts and constant injuries. Does this sound like you? Now do you think that it's important to watch your caloric intake? Counting your calories will benefit you more than you can imagine, so if you have avoided this in the past, thinking it had no place in powerlifting, think again! These are just a few reasons why counting your calories will have a powerful effect on your powerlifting success.

#### Not Consuming Enough Protein for Your Needs

I know that I have mentioned this in the past, but this one cannot be overemphasized. Most powerlifters do not consume the optimal amount of protein in their diet. It's plain and simple. Most think that they are getting their fair amount, but once again when its laid out in front of them, they find out they are way below what they should be taking in on a daily basis. Protein intake is also different for each

individual. There are many variables that must be looked at when calculating how much you need on a daily basis. You have to look at your total weight, your lean tissue weight, your caloric intake, your energy expenditure, your sport, your basal metabolic rate, your meal frequency, your goal - to lose, gain or maintain your weight, your level of insulin sensitivity or resistance, and the thermic effect of food and more. If you don't eat enough protein much of your hard work in the gym will be wasted! I know this sounds harsh, but it's the truth. Not eating enough protein on a daily basis is one of the most common nutritional reasons why people fail to accomplish their goals. If you are letting your body go into a negative nitrogen balance and are constantly allowing yourself to go into a catabolic state, then you can say goodbye to hitting a new PR as often as you would like. Remember, muscle is made from protein and water so if you are not eating enough protein daily, your body will breakdown your lean muscle tissue and use this as an energy source. If you like to see your strength shoot down, your muscle mass diminish, and the fat around your waist to increase to new heights, then don't eat much protein.

#### Avoiding your Complex Carbs and Choosing Refined Carbs

This is another mistake that I see a lot of powerlifters making with their nutritional plans. A large majority of powerlifters choose the wrong types of carbohydrates in their diet. From what I have gathered, powerlifters love refined carbs and simple sugars to the more beneficial low glycemic complex carbs. If you are guilty of this mistake you can look forward to not only more bodyfat, lower volume workload capacity, but a list of some really nice health problems later in life. When you eat complex low glycemic carbohydrates they will provide you with a much longer sustained energy release than simple carbohydrates. The majority of powerlifter's carbohydrate consumption should come from them as they will have a greater impact on your performance, recovery, strength increases and muscular growth. Now don't get me wrong, simple sugars and carbohydrates do play a role in the powerlifter's meal plan, but the constant misuse and abuse of them will only cause a decrement in performance. Complex and fibrous carbohydrates including oatmeal, yams, brown rice, potatoes, ancient grains, whole wheat pasta, flaxseed bread, vegetables, and

salads should be the main staples in your diet. Simple and refined carbohydrates like white pasta, white bread, white bagels, fruit juice, sugar loaded sports drinks, white rice, candy bars, potato chips, crackers, muffins and such should not be a major part of your nutritional plan. Once you start implementing more complex carbohydrates in your plan you will notice an increase in energy, decrease in bodyfat, increased volume workload, and an increase in your overall health. You will also notice that your energy levels will be more stable throughout the day without having those ups and downs that are seen mid day or after a meal.

#### Not Drinking Enough Water

"I only drink water when I am thirsty." If this is your philosophy, then you can look forward to subpar performances in the gym - that's a guarantee. If you allow your body to get dehydrated and expect to perform at your best, you better think again. Proper hydration is very important for the powerlifter. Allowing your body to be constantly in a state of dehydration will not only cause your performance and strength to decrease, but it can also cause an array of health problems. Consuming a diet high in sodium (basically the classic American Diet) without consuming large amounts of water will definitely help increase your chances for high blood pressure. Kidney stones are another health ailment faced by individuals that do not drink enough water on a daily basis. If you know anyone that has had kidney stones, they will tell you that it is about as painful as childbirth. I imagine the thought of passing a kidney stone the size of a jawbreaker will definitely help motivate you to drink more water in your nutrition plan. Drinking water will also help eliminate toxins that would otherwise stay inside your body. Doesn't that sound sweet? Nothing like having an array of different toxins floating through your bloodstream causing a multitude of different health problems. Increased water consumption will also help you with building muscle. Drinking more water will help you with a process called cell volumization. This is the process where nutrients like amino acids, glucose, creatine, and more can be pulled inside the muscle cell at an increased rate. Once inside the cell protein synthesis can occur to help increase your lean muscle tissue. One last point, your body can't burn fat if you are dehydrated. Water will help liberate fat stores so that they will be burned of as an energy source. If you are looking to build muscle, burn fat, eliminate harmful toxins from your blood, and keep your organs functioning properly, make sure you are drinking plenty of water.

#### Not Eating Enough Fiber

This is another major mistake that I see powerlifters making on a consistent basis. Many of you may think that eating more fiber in your diet, along with a yoga class, will help you get in touch with your softer side. This is definitely NOT what I am trying to push here, even though this is the attitude I get from some powerlifters when I mention that they need to increase their fiber consumption. Fiber should be a major part of the powerlifter's meal plan and for many reasons. Colon cancer is no doubt one of the major killers for males in the United States, along

with heart disease. By increasing your fiber intake you can help reduce your chances for getting both of these horrible diseases. I know that you are probably reading this column to find out how my nutritional secrets will help to improve your powerlifting performance, not as a longevity column helping you to live well into your 100th year. The fact is, many powerlifters suffer from a multitude of health conditions, especially those above the age of thirty. As powerlifters, we should not only be interested in hitting that next PR or world record, but longevity in the sport as well. Powerlifters too often overlook fiber; thinking that it's only function is to help you embarrass your family members at your next important function. This is not the case, as there is many other functions and purposes to this very important nutrient. Fiber will help keep your bowel movements regular, help with the digestion and absorption of your foods, and clear toxins from the body among a multitude of other health benefits. As powerlifters we should be getting in between 30 and 50 grams of fiber every day. If you are not consuming adequate amounts of fiber in your diet now is the time to start thinking about your colon health. I would bet that probably over 95% of those reading this article are nowhere in this range of daily fiber intake. If you have been lazy with your fiber consumption it would most definitely be a good idea to start increasing it. If you are like most and are guilty of not eating enough, don't go and try to consume 50 grams tomorrow when everyday for the last 20 years you haven't been consuming more than 10 grams a week. If you do, you will feel like you swallowed a cheese grater sideways. If you think that's bad, imagine

how you are going to feel the next morning. Start slowly and increase the amount every week or so until you reach an amount that will be comfortable for your body and health. You will know when you have reached the right amount. You should be having at least 2 bowel movements per day and the minimum amount should be at least 12 inches in length per day. They should not have a foul odor as this shows signs of toxicity in the body and they should float. I know this may sound a little weird in a powerlifting magazine, but proper colon health cannot be overlooked, especially since improper colon health takes so many American lives each and every year. In the near future I will be doing an in depth series on cleansing the body of impurities to not only increase your performance, but to rid your body of all the toxins that you have built up over the years. Colon cleansing will be covered in this series and how it can not only benefit your training but your health and longevity as well.

In this installment of Powerlifting Mistakes, I tried to give you the 411 on some more of the most overlooked nutritional mistakes for powerlifters. I know that this was only supposed to be a four part series, but I will be extending it for one more installment. In the next issue, I will be covering the last bunch of nutritional blunders that are keeping powerlifters from reaching their ultimate potential. By fixing your nutritional inadequacies you will not only reach new heights in your powerlifting career, but you will improve the health of your body so that you will be enjoying the sport that you love so much a lot longer!

If you have any questions or comments I can be reached at: [aricciuto@x-tremepower.com](mailto:aricciuto@x-tremepower.com)



Optimum Nutrition = Optimum Performance .... Beau Moore at the 1994 WDFPF World Championships

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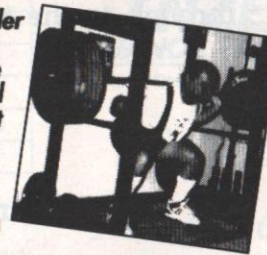
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It's a no-brainer that by using gear such as a squat suit, knee wraps, and a lifting belt a lifter should be able to squat significantly more than with little or no gear (raw in PL terms). The challenge is to get the most out of your squat gear on meet day. There are several opinions on how this can be accomplished. One opinion is that a lifter will get best results when full gear is used throughout the contest training cycle. 'Train like you compete' would be the motto for that philosophy. There are others who prefer using it sparingly during the training phase, perhaps waiting until the last workout. 'Build your power and strength without using the gear ... come meet day, the gear is icing on the cake' is the slogan for that way of thinking. I'm a middle of the road guy on a lot of things, and training with squat gear is one of them. To pursue this middle of the road approach, you need a plan. The best way to illustrate what I mean is to lay out an 8 week cycle leading up to a contest.

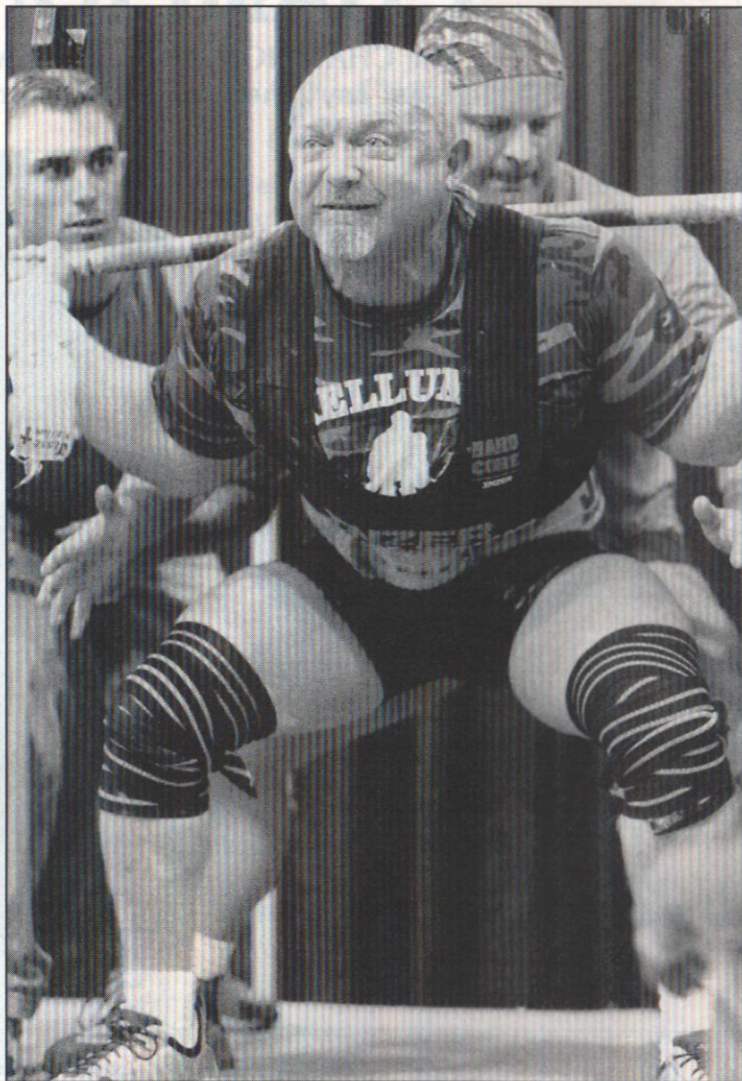
Before I start to outline a contest cycle, I strongly suggest that during the time prior to your contest training cycle (which I call the off season) a lifter use, at most, a light belt for the heavy set of a workout. I feel using any additional gear during this period will result in less strength gains later on. The use of a lifting or weight belt was brought up in a safety meeting we had recently at my company. Many companies have been supplying workers who lifted objects during their jobs with belts as a way to decrease back injuries and all the human and monetary costs involved. What some companies found was instead of a decrease in back trouble they saw an increase in it. What was happening was the belt substituted for strong abdominal muscles and the workers lost strength in their abs. When they lifted heavier objects out of the work place, such as at home, without the belt, they suffered back injuries due to weak torso muscles. The employees had, to a point, become dependent on belts. Simple logic would imply that minimizing the use of a belt and other gear during training, your supportive muscles such as abs would increase in strength even with no other changes in your routines. In other words; make your abs and torso muscles work!

Starting the 8 week contest cycle, we can begin to add squat gear into our routine. For the first 3 weeks, our work set reps on our heavy days would be 5s. We would then add a

# STARTIN' OUT

A special section dedicated to the beginning lifter

## USING SQUAT GEAR as told to Powerlifting USA by Doug Daniels



Proper Use of Squat Equipment is an art, mastered by lifters like Jesse Kellum.

belt and wraps on the third week for the heavy sets. For the first 2 weeks of the cycle, go raw for all sets. A routine might look something like this: 135 x 8, 225 x 5, 315 x 5, 355 x 5, 335 x 5, 315 x 5

On the third set, add a thin belt, the fourth and fifth sets add wraps, and on the last (down) set, use the belt only, if anything. If you have a light squat day, use only the belt on the heavy sets.

By adding equipment in this manner, you will get an extra 'kick' from each piece of gear as it is added. This will make the increasing weight

seem easier because of the support and bounce they each add. This method of squat gear usage will allow you to build strength as well and not become dependent on them. This will also allow you to gradually lift more weight and build all-important confidence.

The work set reps for the next 3 weeks would be sets of 3s. Here we would introduce squat suit and a thick competition belt. A progression might go like this: 135 x 8, 225 x 5, 315 x 3, 355 x 2, 395 x 3, 375 x 3, 345 x 5

We would add a thick belt on the

third set, wraps on the fourth and a squat suit with the straps down on the fifth and sixth. The last set would only utilize wraps and a belt. This gradual introduction of the squat suit will provide the previously mentioned 'kick' while slowly acclimating you to the use of the suit. Again, on the light day you would use only a belt on the top set.

The final 2 weeks we would use full squat gear, but - again - added gradually as the weight increases. Here we would hit a single: 135 x 8, 225 x 5, 315 x 3, 355 x 1, 395 x 1, 435 x 1, 415 x 1, 355 x 5

The third set would include thick belt and wraps. On the fourth, add tight suit with straps down. On the fifth and sixth sets, pull up the straps. For the last set, lower the straps to finish. The light day would be eliminated, so you would squat just once a week.

I feel that a lifter needs time to get used to the feel of supportive equipment. This is especially important to a newer lifter who has had little experience using supportive squat gear. Each piece of squat gear changes the feel of the lift. More experienced lifters know what to expect and can get away with delaying the implementation of gear in training. By gradually introducing the equipment, you will not be dependent on its use and you still will gain in strength over the cycle. This progressive approach will add to your confidence level, which is key to lifting up to your capabilities.

When a lifter competes on the platform, he should be using all the equipment that the rules and his budget allow. For maximum results, it is crucial to be familiar with their effects during a max squat. Use of squat supportive gear is an important factor for your progress in the lift and should be an integral part of your squat training plan. I truly believe my middle of the road approach deserves consideration, especially by novice lifters. It combines the best of the 'icing on the cake' approach with the basics of the 'train like you compete' method. Middle of the road can sometimes be a no-brainer.

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### WABDL Monster Muscle World Record Breakers 3,4 MAY 03 - Pasco, WA

BENCH PRESS		4th attempt		297	
Class 1 Men	198	G. Holzinger	319	Kathy Cash	115
181	B. Wichman	391	Dave Holmes	242	SHW
198	Eric Twaites	435	George Nelson	540	Margie Huston
	Ryan Martin	341	Mac Urrutia	391	132
	Vice Lujan	325	Jon Paggett	380	132
	Ted Lieurance	275	M 61-67	165	71
					SHW
					176
					242
					Class 1 Men
					165
					Robert Straker
					424
					4th attempt
					440
					198
					Vice Lujan
					551
					220
					Marv Landon
					501
					242
					Jason Payne
					584
					275
					Joe Garcia
					551
					SHW
					Vincent Eldridge
					722
					Sub W 34-39
					165
					S. Southwood
					248
					181
					Deanna Yost
					270
					SHW
					Carrie Novikoff
					402
					Teenage M 13-15
					198
					Parker Shiffler
					441
					Teenage M16-19
					148
					C. Whittaker
					429
					165
					Jeremy Benezra
					523
					220
					Mike Prothman
					429
					Ashley Roberts
					519
					4th
					534
					Teenage W 13-15
					198+
					B. Beckman
					264
					4th
					286
					Teenage W 16-19
					148
					Brenda Gomez
					270
					4th
					292
					165
					Kelly Buschke
					270
					165
					Crish Lydon
					270
					165
					Zandra Brooks
					342
					181
					Deanna Yost
					270
					199
					Carrie Novikoff
					402
					WM 40-46
					165
					Teresa Hughes
					341
					WM 47-53
					148
					Kim Davis
					225
					181
					Maria Richards
					231
					4th
					248
					Jane Pope
					248
					198
					Kathy Cash
					264
					4th
					270
					199
					Margie Huston
					270
					4th
					275
					WM 54-60
					123
					Crish Lydon
					270
					132
					Gail Lagodzic
					170
					WM 61-67
					132
					Sharee Olson
					231
					236
					4th
					236
					With an attendance of 418 and 137 lifters this was a lively meet - great audience participation makes for great lifting. Now on to the bench pressing. In Class 1 bench Eric Twaites set a Washington Record with 435 at 198 to win that class and beat out 3 other contestants. At 220 David Jacobson set an Oregon Record with 440. At super James Crawford III set a Wash Record with a very easy 534. Eric Twaites was best lifter in Class I. In Junior Men Joe Luther set a World Record at 165 with a titanic 457 weighing only 158 at age 21. In Junior 198 Jared Bachmeier benched 402. At 275 Kris Jensen put up 501 and passed the drug test. In Junior Women Dana Buxton set an Oregon Record 143 at 165 and



Bill Gillespie joins the 700 Club for Masters. (Namea Designs photos)

Christie Hansen was best lifter with 181 at 148. In Law/Fire Men Robert Straker benched 231 at 165 Master Law/Fire 40-47 which was an Oregon Record. In Law/Fire Open 198 Eric Twaites set a Wash Record with 435 and was named best lifter in Law/Fire. Don Bodenstab was 1st in both Law/Fire Master and Law/Fire Open with 462 at 242. In Master Men 40-46 Allen Berry set a Wash Record at 220 with 468 and was named best lifter in masters middle weight. At 275 Phil Morrison beat out 2 other contestants to easily take the title with 485. At Super Bill Gillespie set a World Record with 700 and passed the drug test for the 2nd time in two months and his 4th time in WABDL. He was also named the outstanding lifter in heavy weight masters. In Master 47-53 the story was Freddy Evangelista who set a World Record 424 at 165 and he was named outstanding lifter in light-weight masters. At 242 Bennie Dooley benched 556 only 5 1/2" off the George Nelsons World Record of 562. He at least got the Washington State Record and he too passed the drug test. At 275 Will Crossen Jr who has the World Record at 40-46 242 with 552 did 485 at 275 on a comeback trail from an injury. In master men 54-60 at 165 Stefan Lemire benched a Wash State Record 297. At 242 George Nelson benched 540 at age 59. At 198 God Frey set a Wash Rec of 319. In Master 61-67 at 165 Donald Barden set a Wash Rec 292 and at 198 Bernie Miller set a Wash Rec 305. Bernie drives a D-8 Cat bulldozer for work and is self employed contracting out. In Master 68-74 Harold Smith set a Montana Record of 363 at 242. He and Victor Starkel who is 80 drove 7 hours to the meet. Harold is 70. These guys are a couple of Tough Montana Ranchers. Harold set a World Record in the Deadlift with 502 and Victor Starkel set a World Record in both bench & deadlift in 80+ 242 Class with 270 in the bench and 303 in the deadlift. He has 12 children. The oldest is 60 and the youngest is 13. He had a motorcycle crash two years ago at 60 miles an hour and was deadlifting 400 and is now on the comeback trail at age 80. He was benching 325. In open bench Gustavo Warrington benched a World Record at 198 with 568. In open 165 Joe Luther set a Wash Rec 457. At 220 Tim Martin set a Wash Rec 490 and at Super Bill Gillespie set a World Record with 700. In Submaster Men Kendall Walden was named best lifter with 551 at 275. In Teenage men 13-15 at 198 Parker Shiffler set an Oregon Record with 264 and at 220 Cameron Gillespie set a World Record with 347. Bill Gillespie, who is his father set World Records in both Master and Open at Super combines with his son to become the only Father/Son team to set World Records on the same day! In Submaster Women at 198+ Carrie Novikoff set a Wash Record with 248 as well as open 198+. In Open Women Kendra Luther was named best lifter with 165 at 148. In Teenage men at 16-19 308 Terry Corwin benched 446 to win best lifter. In master women 47-53 148 Kim Davis set an Oregon Record with 82. At 198 Kathy Cash set an Oregon Record with 115 and at 198+ Mardie Huston set a Wash Record with 132. Best Lifter for Womens Master in the bench was Pamela Jenkins who pushed 143 at 123 at age 50. In the deadlift in Class 1 at 165 Robert Straker pulled 440 for an Oregon State Record. At 198 Vice Lujan pulled 531 and was named outstanding lifter, as well as in Junior Men. In Junior Women at 148 Megan Shoup set a Wash Rec with 297. At 165 Dana Buxton set an Oregon Record with 319 and was named outstanding lifter. At 198 Rachael Seal set a Wash Record with 325. In Master Men 40-46 at 165 Leo Mattoni set a Wash Record with 545. At 242 Al Dawson set a Wash Record with 667 and was good for 15 more.

He will be breaking into the 700 club soon. In Master Men 47-53 at 132 Dennis Matsudaira pulled a Wash Record 303 at 148 David Higgins pulled an Oregon Record 485. In master 75-79 at 198 Chuck Anderson pulled a World Record 402 and was named Outstanding lifter at light weight master and Harold Smith was outstanding lifter at heavyweight master with a World Record 502 in Master 68-74 242 class. In open Men Andy "Conan" Medak was named best lifter with a 705 at 308. In Submaster men Roland Garza was named outstanding lifter with a 611 at 220. In Submaster Women Deanna Yost set a Wash Record with 270 at 181. In Teenage men Parker Shiffler set an Oregon Record 441 at 13-15 198. Jeremy Benezra was outstanding lifter with 523 in teen 16-19 165.



Father-Son Records . . Bill & Cam

In Teen 16-19 220 class Mike Prothman set a Wash Record with 429 to finish 2nd to Ashley Roberts who set an Oregon Record with 534. In Teen Women 16-19 148 Brenda Gomez set an Oregon Record with 292 and in Open Women 165 Zandra Brooks set an Oregon Record with a big 342 at 165 and was named outstanding lifter. In Master women 47-53 181 Maria Richards set an Oregon Record with 248. At 198 Kathy Cash set an Oregon Record with 270 and at 198+ Margie Huston set a Wash Record with 275. In Master Women 54-60 123 Crish Lydon set a World Record with 270 and was named outstanding lifter. In Master Women 61-67 132 Sharee Olson set a World Record with 236. Sharee could pass for a Women in her 40's - another example of what weight training can do - namely turn the clock back. I want to thank our sponsors Wes Kampen and Michelle Seedy of MonsterMuscle.com and Powerlifting Superstore, Giorgio USAI of Forza Strength Systems, Neal Spruce and Jim Starr of Apex, Robert Walker of Twinlab, Tom Manno and Karin Boyd of Symbiotics, Rick Brewer of House of Pain, Pepsi, Columbia Basin Racquet Club - Tri-City Court Club, Rattle Snake Mountain Brewery, Powerlifting USA, Life Quest Fitness Centers. I want to thank our judges Gordon Santee, Donna Dellere and Gus Tedwick, The Score Keeper Beth Mallory, MC Ted Davis, and Roger Nelson and Tri-City Court Club for providing all the weights for the warm up areas. Also Gary and Elma Thomas for weigh-ins and the computer and Steve Schwartz. We had one person set a World Record who flunked the drug test.

**APA Nationals & Star City Open  
2,3 NOV 03 - Roanoke, VA**

DEADLIFT	40-49 181			
40-49 165	T. Lewis	410		
T. Hylton	305	410		
Teenage 220	4th	315		
C. Scott	275*	40-49 198		
Open 275	R. Perconte	450		
J. Baker	385	4th	465*	
M. Dimiduk	40-49 275	480		
M. Dimiduk	40-49 165	280		
M. Wicker	280	B. Matney	500*	
T. Hylton	185	Submaster 242	535	
	J. Peterson	535		
Women	SQ	BP	DL	TOT
Drug Tested	132			
D. Walker	270	140	300	710
4th			320*	
Junior 148	490!	275!	435	1200
A. Vaughan	4th		450!	
Open 148	490!	275!	435	1200
A. Vaughan	4th		450!	
Open 165	505	340	450	1295
J. Scanton	4th		530	
Men				
Drug Tested				
K. Clinevell	455	320	450	1225
B. Stanley	350	305*	260	1015
4th	370*			
M. Wicker	250	280	370	900
Open 165	415	235	425	1075
W. Roy	40-49 165	385*	225	405
J. Moore	250	280	370	900
M. Wicker	Drug Tested 181			
B. Rapp	525	375	505	1405
G. Sesler	525	275	475	1275
W. Sesler	410	275	475	1160
S. Callin	480	330	470	1280
Open 181	430	255	445	1130
J. Finlayson	Open 198			
J. McVicar	665	540	600	1835
5th	570!			
R. Kenley	315	260	405	980
B. Adams	475			
Drug Tested 198				
M. Twitchel	505	405	530	1440
Junior 198	315	250	365	930
B. Jesse	Submaster 198			
J. McVicar	665	540	600	1835
4th	570!			
Pro 220				
E. Mayfields	Junior 220	585*	430	600*
K. Robertson	Subaster 220	540	400	475
D. Levesque	Open 220	530	355	550
J. Demchak	Pro 242	775	500	770
B. Cass	675	500	600	1725
B. Matney	Drug Tested 242			
L. Fenti	700	465	665	1830
J. Ferris	700	450	625	1775
B. Matney	700	450	625	1775
Junior 242	700	450	625	1775
J. Ferris	Open 242			
B. Cass	805	500	770	2075
J. Birley	Drug Tested 242			
B. Matney	675	500	600	1725
Drug Tested 275				
G. Russo	785	505	560	1845
Submaster 275				
R. Slate	455	365	455	1275
Open 275				
M. Dimiduk	Pro 275			
J. Steel	820*	505	740*	2065*
G. Russo	785	505	560	1845
40-49 275				
M. Dimiduk	40-49 308			
J. Pinder	750	525	650	1925
(Thanks to APA for providing these meet results.)				

**USAPL Pennsylvania State (kg)  
1,2 MAR 03 - King of Prussia, PA**

Women	SQ	BP	DL	TOT
Master II (50-59)	72.5	50	135	257.5
Univ - Out of State				

Jill Kenny	60	35	102.5	197.5
Open				
Phyllis Racek	105	70	125	300
Ellen Yuscavaga	85		125	
High School JV				
Amy Welcome	90	37.5	117.5	245
Teen (16-17)				
Tiffany Medieros	127.5	47.5	137.5	312.5
Univ - Out of State				
Veronica Trevino	60	45	100	205
Kelly Quigley	60	40	102.5	202.5
Samantha Kruper	85	70	115	270
Michele Routhier	80	30	92.5	202.5
Teen (14-15)				
Theresa Rowello	70	52.5	112.5	235
56 kg				
High School Varsity				
DeKoven Kerr	182.5	70	205	457.5
Univ - Out of State				
Miles Nash	117.5	82.5	145	345
60 kg				
Open				
Jim Kavarnos	142.5	105	172.5	420
Teen (18-19)				
Jamal Reeves	220	120	202	542
David Ruhl	80	77.5	125	282.5
High School JV				
Bachell Handy	152.5	82.5	182.5	387.5
High School Varsity				
Gabriel Palma	145	85	142.5	372.5
David Ruhl	80	77.5	125	282.5

Master (40-49)				
Jim Kavarnos	142.5	105	172.5	420
Ralph Caputo	182.5	110	215	507.5
67.5 kg				
Open - Out of State				
Chris Apistar	145	115	182.5	442.5
Michael Santiago	145	135	182.5	462.5
Teen (16-17)				
Brett Heiney	80	67.5	137.5	285
Teen (18-19)				
Carl Lutkowski	182.5	132.5	165	480
High School JV				
Patrick Doyle	147.5	82.5	150	380
Perry Dortone	140	95	155	390
High School Varsity				
Sameth Uon	167.5	102.5	185	455
Lamar Robbins	165	110	197.5	472.5
Joseph Adaire	175	120	192.5	487.5
O. Whitaker	197.5	107.5	222.5	527.5
Univ - In State				
Eric Ciskowski	127.5	102.5	177.5	407.5
Univ - Out of State				
Jon Punzone	92.5	75	137.5	305
Master (50-59)				
Paul Griffith	205	105	165	475
75 kg				
Open				
Joe Braca	245	155	285	685
Mike Cagliola				
Open - Out of State				
Elias Ghitman				

Teen (14-15)				
Joseph Kolaya	107.5	72.5	132.5	312.5
Teen (16-17)				
S. Gravesande	137.5	122.5	157.5	417.5
Brian Karpinski	137.5	107.5	185	430
Zack McKissick				
El Carrasquillo	195	125	185	505
Teen (18-19)				
Jim Nuzzo	137.5	92.5	155	385
Tim Lewis				
Mathew Allio	202.5	120	192.5	515
Robby Mugrew	145	87.5	180	412.5
High School Varsity				
Mathew Allio	202.5	120	192.5	515
Zack McKissick				
Jason Reed	137.5	107.5	190	435
Eric Everett	220	125	197.5	542.5
Markell Grasty	137.5	117.5	197.5	452.5
Junior (20-23)				
John Lyons	65	157.5	65	287.5
Univ - In State				
Jospeh Brudzinski	150	107.5	185	442.5
Univ - Out of State				
B. Ahmadzadeh	215	137.5	250	602.5
Univ - In State				
Cliff Adams	190	107.5	192.5	490
Milhardi Adonis	137	110	182.5	430
Anthony Perreca	170	110	205	485
Michael Nezir	85	80	137.5	302.5
Joshua Leone	182.5	135	165	482.5
Master (40-49)				
David Lehmann	115	112.5	160	387.5

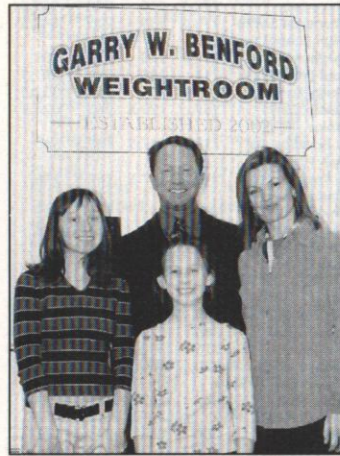
Police/Fire/Military				
Gilberto Nieves	117.5	112.5	227.5	517.5
82.5 kg				
Open				
Anthony Joseph	192.5	160	237.5	590
Eric Kratz	230	175	245	650
Brian Woolsten	235	175	247.5	657.5
Jim Brown	55	187.5	220	662.5
Andrew Halko	217.5	190	260	667.5
Mik Breen	227.5	162.5	222.5	612.5
George Welsh				
Open - Out of State				
Anthony Biasetti	242.5	142.5	245	630
Nike Sutter	162.5	155	192.5	510
Adam Divine	145	120	227.5	492.5
Mike Yontz	137			
Teen (18-19)				
Tim Nelson	222.5	112.5	197.5	532.5
High School JV				
Elvis King	182.5	130	192.5	505
Michael Pierce	192.5	105	217.5	515
High School Varsity				
Mustafa Paige	200	107.5	230	537.5
David Stevens	222.5	137.5	225	585
Univ - Out of State				
Nick Vitucci	150	110	172.5	432.5
Mounir Ibrahim	105	65	160	330
David Peters	117	112.5	192.5	422.5
Vincent Hoffman	125	115	187.5	427.5
Master (60-69)				
Harry Vaughn	70	105	125	300

Peter Hubbard				
Police/Fire/Military				
Nick Sutter	162.5	155	192.5	510
90 kg				
Open				
Ron Zsido	227.5	185	247.5	660
R. Rodriguez	327.5	197.5	295	820
Derek Baker	245	122.5	272.5	640
Frank Schuster	192.5	140	217.5	550
Darren Pivarnik	250	167.5	265	682.5
Open - Out of State				
Mike Barcelone	242.5	167.5	230	640
Chuck Fabrizio				
Teen (14-15)				
Warren Scott	190	137.5	227.5	555
Teen (16-17)				
Adam Williams	165	130	182.5	477.5
Teen (18-19)				
Derek Baker	245	122.5	272.5	640
Joe Lukas	207.5	122.5	205	535
Junior (20-23)				
Ashley Mort	175	110	210	495
Brian Ellis				
High School JV				
Warren Scott	190	137.5	227.5	555
Justin Young	182.5	117.5	232.5	532.5
High School Varsity				
Sergio Lopresti	202.5			
Adam Williams	165	130	182.5	477.5
Jason Cicillot	205	137.5	205	547.5
Teen (16-17)				
Derrick Jeh	190	117.5	235	542.5

Jason Welmaker	220	140	250	510
Collen Miller	200	130	220	550
Univ - Out of State				
K. Annarummo	150	87.5	197.5	435
Master (40-49)				
Art Margulies	192.5	105	250	547.5
Master (40-49)				
Baptist Nupier	230	137.5	252.5	620
Elliot Feldman	182.5	137.5	192.5	512.5
Jerry Spence				
Master (50-59)				
Richard Sohn	62.5	127.5	125	315
John Fox	135	115	182.5	432.5
Joe Nealis	167.5	160	212.5	540
Univ - Out of State				
Chris Amorim	125	85	180	390
Joshua Ladner	175	137.5	217.5	530
Master (50-59)				
Claude Welcome	190	155	220	565
100 kg				
Open				
Brian Keener	210	147.5	272.5	630
George Davis	247.5	172.5	267.5	687.5
William Lynne	120	92.5	175	387.5
Rob Eckhart	215	190	245	650
Open - Out of State				
Robert Hansen	227.5	157.5	287.5	672.5
Teen (14-15)				
Jason Brosius	152.5	110	165	427.5
Teen (16-17)				
Travis Smith	160	110	162.5	432.5

Shawn Stanslaw	217.5	147.5	232.5	597.5
Stephen Morse	217.5	150	227.5	595
Jeffrey Reim	182.5	85	195	462.5
Teen (18-19)				
Steve Lee	172.5	115	220	507.5
Cornelius Smith	272.5	135	235	642.5
High School Varsity				
Stephen Morse	217.5	150	227.5	595
Paul Levensgood	215	135	217.5	567.5
Marty Fisher	105	75	152.5	332.5
Chazz Davis	257	122.5	245	624.5
Junior (20-23)				
R. Boczkowski	210	147.5	182.5	540
Univ - In State				
R. Boczkowski	210	147.5	182.5	540
Master (40-49)				
Clyde Ryce	100	85	140	325
Kenneth Bogush	172.5	135	182.5	490
Master (60-69)				
Stan Chalis	175	145	180	500
110 kg				
Open				
Nathan Williams	295	225	310	

# Congratulations!



The "Garry Benford Weight Room" has been established at Slippery Rock University in Pennsylvania. Garry received his Bachelor of Science in Health and Physical Education (cum laude) from SRU in 1977 and his Masters Degree in Exercise Science and Sports Medicine in 1979 and then went on to great successes in powerlifting, contest promotion (he put on all those great YMCA National meets, as well as APF National and World events), and eventually the management of numerous World Gym franchises in the Columbus, Ohio area. Garry noted that several other facilities on campus are named in recognition of professors who actually mentored him during his time at the school, making this latest distinction an even more personal honor. Garry has, in turn, established an annual \$1000 a year scholarship for health and physical education majors at the school. Interim SRU President Smith stated that "Garry Benford serves as an outstanding example to all Slippery Rock students—and all Slippery Rock University graduates." Garry, in turn, stated that enrolling at SRU introduced him to powerlifting, and "That simple experience changed my life. I was never gifted athletically or academically. Weight training changed all that. It provided me with measurable results. It made me goal oriented, developed my organizational skills and helped improve my self-esteem. It burned with a passion inside of me the characteristics of persistence and determination to never give up; to continue to work hard; and to handle the obstacles in front of me. It turned my passion into academic, athletic and professional business achievement." Above, Garry poses with his family at the presentation ceremony of the Gary Benford Weight Room at SRU's Morrow Field House.

## WABDL House of Pain Rocky Mountain Regional 17 MAY 03 - Boise, ID

BENCH PRESS	Sub M 34-39	
Class 1 Men	148	F. Ramirez 253
148		Robert Harrahill 203
L. Scott Graves	286	165
165		380
Don Linerud	380	181
4th attempt	385	Antonio Gomez 380
181		Noe Gomez 292
Greg Brink	330	198
198		D. Sugimoto 363
Joe Amoureux	369	220
D. Sugimoto	363	Gary Hughes 413
Casey Fisher	325	275
Brian Adam	220	D. Thompson 523
220		4th attempt 530
Russell Ho	418	Teenage M 13-15
Gary Hughes	413	114
4th attempt	418	Tyler Nourse 132
Jason Rooney	407	123
John Ramseyer	286	Dusty Nourse 165
275		148
Shane Palmer	468	Pat Ward 121
4th attempt	474	Teenage W 13-15
198		407
Mariano Godoy	462	148
Carl Wimmer	435	Kaila Fairchild 148
Adam Gruver	429	Women
Mike Andrews	341	148
308		Kaila Fairchild 148
Matt Wattles	435	198
Jr. M 20-25	165	M. Ichiyama 232
165		WM 54-60
Don Linerud	380	198
4th attempt	385	Pat Robey 144
198		DEADLIFT
Joe Amoureux	369	Class 1 Men
220		220
Jason Rooney	407	John Ramseyer 457
Adam McMullen	225	275
242		Mariano Godoy 600
Robert Ward	347	Shane Palmer 551
Roger James	242	Carl Wimmer 540
Jr. W 20-25	148	Mike Andrews 507
148		Jr. M 20-25
Christie Hansen	181	198
181		N. Jensen 330
Stacey Hammer	236	242
Law/Fire		Roger James 501
Master Men 40-47		Jr. W 20-25
SHW		181
David Marchant	601	Stacey Hammar 386
Master 40-46		4th attempt 391
165		Law/Fire
Robert Hughes	330	Master Men 40-47
Danny Winslow	275	SHW
181		David Marchant 601
Greg Brink	330	M 40-46
198		165
J. Hernandez	457	Danny Winslow 501
Casey Fisher	325	308
242		Ed Franek 661
Dave Henderson	485	SHW
Ken Wilson	380	David Marchant 601
275		M 47-53
Steve Shipley	568	242
J.D. Scott	501	Roger Nelson 562
308		Open
Ed Franek	330	114
SHW		Tyler Nourse 248
David Marchant	601	242
M 47-53		Roger Nelson 562
181		275
Jeff Smay	325	Mike Andrews 507
242		Sub M 34-39
Doug Ward	303	148
275		F. Ramirez 402
Don Frosland	490	Teenage M 13-15
Open		114
114		Tyler Nourse 248
Tyler Nourse	132	123
148		Dusty Nourse 253
L. Scott Graves	286	148
198		Rob Hughes 363
J. Hernandez	457	Teenage M 16-19
220		165
Russell Ho	418	Daniel Winslow 501
242		Teenage W 13-15
Ryan Nielson	479	148
275		Kaila Fairchild 304
D. Thompson	523	Women
4th attempt	530	148
J. D. Scott	501	Kaila Fairchild 304
308		WM 54-60
Matt Wattles	435	198
		Pat Robey 220

We had 53 lifters and an attendance of 183 at the beautiful Holiday Inn Airport, which has an indoor pool, great restaurant, and great rooms as well as a nice ballroom to hold the event. In the bench press, Don Linerud set a Junior and

Class 1 Idaho State Record at 165 with 385 3/4. At 198, Joe Amoureux Hawk set an Idaho Record in Class 1 and Junior with 369. In Class 1 220 Russell Ho set an Idaho Record with 418 3/4. In Class 1 275 Carl Wimmer set a Utah Record with 435 to finish 3rd. The winner was Shane Palmer, who set an Idaho Record with 474.8 and was named Best Lifter in Class 1 Heavyweight. Don Linerud was named Best Lifter Lightweight. In Junior Men Don Linerud was also Best Lifter. Roger James set a Utah State Record at 242 in the bench with 242#. In Junior Women, Stacey Hammar set an Idaho Record at 181# with 236 3/4 and was named the Outstanding Female Bench of the meet. In Law/Fire Master 40-47, the WABDL Utah State Chairman Dave Marchant set a World Record at Super with 601.8. In Master Men Johnny Hernandez set an Idaho Record with 457 in master 40-46 198, and was named Best Lifter in Lightweight Master. Steve Shipley, from Cottage Grove, Oregon, set a World Record in Master 40-46 275 with 568.6. He tried 589 and was close, only about 3" from lockout. Steve was named Best Lifter Master Heavyweight. In Master 47-53, Jeff Smay set an Idaho Record with 325 at 181. In Open Men, Ryan Nielson set an Idaho Record with 479 1/2 at 242 and J.D. Scott set a Montana Record with 501 1/2 at 275. Darren Thompson benched 530.1 for an Idaho Record at 275 and was named Outstanding Lifter in Open. In Submaster Men, Gary Hughes set an Idaho Record at 220 with 418 3/4 and Darren Thompson set an Idaho Record at 275 with 530.1 and was named Outstanding Lifter. In Teenage Women, Kaila Fairchild, at age 14, set a World Record in the 148# class with a 148 3/4 bench. She tried 154 and came close, but no go. In Women's Open, Michelle Ichiyama set a Washington State Record at 189 with 232.3 and Pat Robey set a World Record in Master Women 54-60, 198, with 144.3.

In the deadlift in Class I, Mariano Godoy set an Idaho Record with 600 3/4 at 275. It was a very hard fought lift, but done flawlessly. He was also named Outstanding Lifter. In Junior Men, Roger James set a Utah State Record with 501 1/2 at 242. Stacey Hammar set a World Record at 181 in Junior Women with 391.2 and was named the Outstanding Female Deadlifter of the meet. In Law/Fire Master 40-47, Dave Marchant set a World Record at Super with 601.8, the same as his World Record bench. In Master Men 40-46, 308, 6'5" Ed Franek pulled an Idaho Record 661.2. Roger Nelson was named Best Lifter. In Submaster Men, Filemon Ramirez set an Idaho Record 402.2 at 148. In Teenage Men 13-15 Tyler Nourse set an Idaho Record 248 at 114 and Dusty Nourse set an Idaho Record with 253 1/2 at 123. In Teen Women, Kaila Fairchild set a World Record at 148 in 13-15 with 304, and was named the Outstanding Female Lifter of the meet. Dave Marchant was the Outstanding Male lifter of the meet. I want to thank our judges: Vickie Gruver, Dave Edmondson, Don Frosland Jr., Terry Luehrs. I want to thank our sponsors Rick



WABDL World Record Bench by Pat Robey, Master Women, 54-60, 198 lb. class with a lift of 143 lbs. at the May 17th, House of Pain meet.

Brewer and House of Pain, Wes Kampen of Monster Muscle.com and Powerlifting Superstore, Robert Walker of TwinLab, Tom Manno and Karin Boyd of Symbiotics, Neal Spruce and Jim Starr of Apex, Russ DeLuca of Bodybuilding.com, Giorgio Usai of Forza Strength Systems and Mike Lambert of Powerlifting USA. I want to especially thank Patrick and Barbara Fairchild for all of their help with warmup weights and benches, trophies, sponsors, and spreading the word. Also, Jeremy Brower and Adam Kringle did a great job of spot-loading, Christie Hansen helped at the scorer's table and Gary and Elena Thomas did weigh-ins and the computer. (Thanks to Gus Rethwisch for providing the contest report)

## Lima YMCA Touch n' Go BP 03 MAY 03 - Lima, OH

Female Open	Jason Swavel	385
123	Ronald Walker	365
Nancy Proctor	125	198
148	Oscar Jones	500
Kathy Saxton	115	198
181	Weddo Costilla	460
Sandy Cary	165	Denny Hammer
Becky Mosley	145	220
Female Master	John Thomas	475
Sandy Cary	125	Jessie VanDyne
Formula	Jason Whaley	450
Masters 60-69	242	
Marcel Miron	260	Roger Manns
Virgil Banks	315	Rick Galford
Jeff Telljohn	385	Aaron Keller
198		275
Masters 40-49	Scott Vickery	500
Oscar Jones	500	Shane Burd
220		Keith Purrell
John Thomas	475	SHW
Cliff Lemmerhirt	260	Dave Stuck Sr.
242		114
Roger Manns	600	Teen 13-14 Male
Bob McCollow	335	Tyler Maddox
SHW	540	Steven Wray
Craig Hoffer	540	148
Dave Stuck Sr.	500	Jared Wright
220		181
Masters 50-59	Dave Stuck Jr.	220
George Munis	245	123
242		Teen 15-16
Masters 70-79	Joseph Dement	150
Dick Wholgamuth	245	132
198		Willie Fultz
Master 80-89	148	185
Charles Lee	240	Nick Christman
132		181
Joe Smith	365	Nick Zachariah
148		198
Jay Helms	225	Tony Curtis Jr.
165		David Miller
Tony Arriaga	315	165
Ed Smith	305	Teen 17-19 M
181		Andrew Smith
Tim Strosline	385	220
		Clint Stuck
		315

Joey Simpson (Ohio's light weight champion strongman) and his wife Carla directed this meet. Al Lotus, David Stemen, Virgil Banks, Oscar Jones, officiated. A refreshment stand was available during the meet. (Thanks to Charles Lee for results.)

The APF Seniors. Lots of local and state contests. A professional strongman contest. California in June will be a great place for strength athletes, and Power Scene certainly appreciates the convenience of having lots of great events in its own backyard. We'll have lots to report on for next issue.

For now, our news is the return of **POWERLIFTER Video Magazine**, with its new issue, #35. **POWERLIFTER Video** has been busy traveling around the U.S. getting footage for its first new video in 16 months, and its got some great stuff. Washington State is the home of bench press great Ryan Kennelly, this year's Arnold Classic Bench Press champ, and #35 includes a Star Bench workout with Ryan. Heavy benches, close grip benches, rubber bands, boards, heavy dumbbell presses; it's all in there and Ryan explains it all as he works out.



Ryan Kennelly - a Star Workout

That's also the idea for two other major segments of #35; Squat Night at the Los Angeles Lifting



The Remarkable ONN BASSON

# POWER SCENE

Club, and a Star Strongman workout with "World's Strongest Man" competitor Odd Haugen. The LALC's master coach Joe Avigliano takes viewers through the techniques that have added hundreds of pounds to the PRs of many squatters. Odd shows viewers the fundamentals of strongman training, how it relates to powerlifting training, and the specifics of two events (Log Press and Farmer's Walk.)



Odd Haugen .... strongman tips

**POWERLIFTER Video** is at its old price, \$22.90 including S&H; for info, call toll-free 800-227-2355. (You can also ask about the Bench press Special Edition videos.)

## STRONGMEN INVADE CALI-

FORNIA!!! **WOMEN AND CHILDREN FLEE!** Just kidding about the second part, but strongmen competitors are certainly making their presence known in the Golden State, and many powerlifters are trying out the contests as a fun way to try something new as strength athletes.

The first ever NASS-sanctioned California's Strongest Man contest brought nearly 30 men, and lots of fans, to Riverside's March Field Air Museum, for a day of tire flipping, log pressing, farmers walking, yoke carrying, wheel carrying, and airplane pulling.

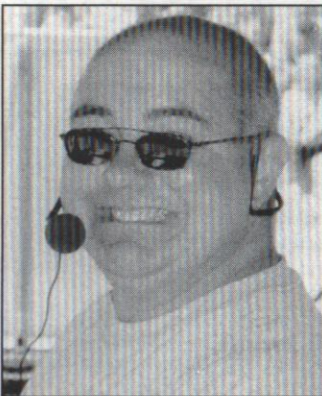
At the show, we caught up with NASS' Dione Wessels, meet director Ron Sterk, California state chair Phil Russo, competitor (and still also a powerlifter) Chris Bogart,



Robin Coleman is lifting her acting coach James Gohr. (Low pix)

and "World's Strongest Woman" third-place finisher Robin Coleman, plus other notables, including Odd Haugen, Manny Sanchez, and Paul Leonard.

We spoke with Robin after the show, and learned what she's been



Chuck LaMantia is back as co-host of Powerlifter Video and is hosting a June Powerlifting meet.

up to. After her third place finish, and more training, and then injury rehab, she's been doing mixed martial arts training, for her work in Hollywood as an actress and stuntwoman. (Hey, if you can squat a car for 15 reps, and flip tires and so on, maybe doing stunts seems easy.)

Robin's putting together a new website, <http://www.robincoleman.com/>, so check it out, and look for her on t.v. And, as we said at the top we should have lot of PL action to comment about next month, so look for us next issue. 'til then, stay strong and healthy, and we'll see you on video. NED LOW



Phil Russo (left) and Chris Bogart (right) at the California's Strongest Man contest held at March AFB.

# 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 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 the 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 1.2 (600 divided by 500).

## LAMAR GANT's Nine Week Bench Routine

The bench press is the most commonly performed lift in weight training. There are dozens of bench press contest throughout the United States, and equally as many experts on the lift.

You can combine several training modes that will create strength in this lift; but like any combination, you must find the right formula.

My recommended routine assumes a three hundred bench press coming in and follows a nine week plan.

The first day for your benches is Saturday and the second day is Tuesday. Tuesday's workout is identical to Saturday's, except you use 10 lbs. less on the bar. Your assistance is done on the days you bench press, and the workload varies according to the day (light or heavy) it is done. Keep in mind that your assistance work will last only 6 weeks, doing three sets of each lift. The weight you start with in the assistance exercises should be an amount that you are capable of handling for 3 reps more than what is required. Increase the weight 5 lbs. per week. The assistance exercises are close grip benches, dumbbell flies, dumbbell front raises, and hammer curls.

**Week 1:** 135x10, 190x12, 190x12, 190x12, 190x12, 190x12.

**Week 2:** 135x10, 200x12, 200x12, 200x12, 200x12, 200x12.

**Week 3:** 135x10, 210x12, 210x12, 210x12, 210x12, 210x12.

**Week 4:** Warm-up to 240x6, 240x6, 240x6, 240x6.

**Week 5:** Warm-up to 250x6, 250x6, 250x6, 250x6.

**Week 6:** Warm-up to 260x6, 260x6, 260x6, 260x6.

**Week 7:** Warm-up to 280x3, 280x3, 280x3.

**Week 8:** Warm-up to 290x3, 290x3, 290x3.

**Week 9:** Warm-up to 315x4 sets of singles with a pause.

Don't bench or do assistance work the week of the contest. On the day of the meet, warm up with 135x10, 225x3, 260x1. Let the opener bench be conservative with 290, second attempt 315. I'll let you be the judge on your last attempt from 320 to 330.

I do recommend using wrist wraps and a bench press shirt.



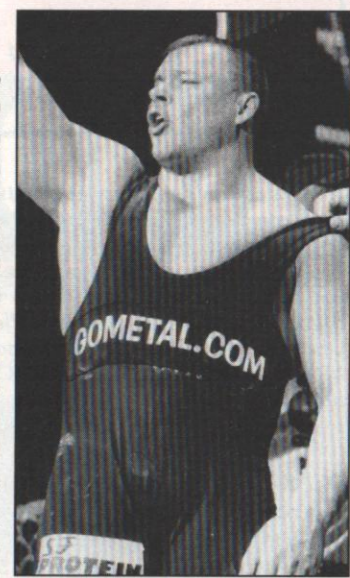
Lamar Gant... remains the single most successful powerlifter to represent the United States in IPF open men's competition, with 15 world championships to his credit (a mark exceeded internationally only by Inaba of Japan). Is there anyone even remotely on the horizon of US lifting now who could conceivably challenge that record? Not only was Mr. Gant a consummate champion, winning in legendary fashion, time after time, and setting records that remained on the books for years (some still stand!), but he was also one of the most sincerely well-liked individuals in powerlifting history. I once described him as the "Magic Johnson" of powerlifting, with his million dollar smile, and just as much style. He was the first man to total 12 times his bodyweight, and the first man to go five times bodyweight in any individual lift. Well known as a deadlifter, he actually set IPF records in the bench and total before ever pulling one, and what other man in open IPF men's competition can say that they have held an official men's open world record in the squat, bench, deadlift, and total (each of the possible categories!) at one time or another. He competed in his first open men's world championship at 16, and started winning his titles at age 18. All this and more, despite being diagnosed with extreme scoliosis (curvature of the spine). Lamar had "presence" and influenced more lifters than he probably realized. For example, at the recent IPF Women's Worlds, I heard the decades ago tale of how Finland's Jari Tahtinen decided that powerlifting was truly going to be the sport for him. He was lifting at the 1980 IPF Worlds in Texas and Jari recalled with extraordinarily vivid clarity one specific conversation when Vince Anello was preparing, under extreme pressure, to pull the winning deadlift of 810 lbs. to just edge Sweden's surging Conny Nilsson for the gold medal in the 198s. Eyeball to eyeball with Lamar (who had already out-totaled a spectacular Joe Bradley, in this meet where Joe squatted 650 at 132), Vince was trying to psyche himself into the monumental task... almost frenetically repeating to Lamar... "I know I can do it! I know I can do it!" and Lamar calmly looked back into Vince's eyes and, in his inimitable Gantian manner, smoothly reassured Vince... "Glad to hear it. Glad to hear it." in that resonating, deep voice of his. Jari thought the way Lamar said that was the coolest thing he had ever heard (before or since), and that moment was the turning point for Jari, which propelled him to an IPF Men's Open title of his own, in 1986 when the Men's IPF Worlds were held in Holland. There was a bit of confusion about the scoring in this particularly close class, and Jari actually knew he had won well before his coaches came over, happily scratching their heads, telling him they thought he had somehow ended up in first in the 198s... a report to which Jari stoically replied... "I know". That night Jari went to his room and took 10 Valiums ("Waliums" is how Jari pronounces it) because he knew if he didn't take them he would be "lifting all night"... at least in his mind. In the morning, he woke from that deep, induced slumber and groggily asked his friend... "Is it true that I won, or did I only dream it?" His friend told him "You are the World Champion, Jari". After a significant pause, Jari replied... "Glad to hear it. .... Glad to hear it." That's the kind of effect Lamar Gant had on people.

## Male Best Powerlifters of All Time; according to the Schwartz Formula as compiled by Herb Glossbrenner from results through April 1, 2003

ORG.	LIFTER	Yr./NAT	BWT/KG	BWT/LB	TOTKG	TOT LBS	Coef	PTS.
WPO	1. Goggins, Steve	63USA	120.45	265.54	1150.0	2535.315	.52655	605.5325
USPF	2. Coan, Edward	57USA	99.80	220.02	1090.0	2403.038	.5545	604.4050
IPF	3. Sivokon, Alexei	73KAZ	67.30	148.37	830.0	1829.836	.7278	604.0740
WPO	4. Palmer, Ronald	73USA	72.62	160.09	885.0	1951.091	.6816	603.2160
USPF	5. Bell, Gene	56USA	82.50	181.88	957.5	2110.926	.6193	592.9797
WPO	6. Kellum, Jesse	65USA	90.00	198.41	1012.5	2232.183	.5853	592.6162
USPF	7. Bridges, Michael	57USA	82.50	181.88	955.0	2105.414	.6193	591.4315
IPF	8. Sutrisno, Dariman	75INA	59.28	130.69	715.0	1576.305	.8228	588.3020
IPF	9. McNamara, Gerald	63IRE	59.80	131.83	720.0	1587.328	.8156	587.2320
APF	10. Wessels, William	63USA	108.91	240.10	1090.0	2403.038	.5380	586.4200
USPF	11. Gant, Lamar	57USA	60.00	132.27	720.0	1587.328	.8128	585.2160
WPO	12. Turtiainen, Ano	67FIN	124.40	274.25	1117.5	2463.665	.5220	583.3350
APF	13. Conyers, Anthony	59USA	67.40	148.59	802.5	1769.209	.7268	583.2570
APF	14. Pasanella, David	62USA	124.80	275.13	1115.0	2458.154	.5213	581.2495
IPF	15. Olech, Jaroslav	74POL	66.70	147.04	787.5	1736.140	.7337	580.3875
IPA	16. Vogelphoh, Charles	65USA	99.79	220.00	1045.53	2305.000	.5545	579.7466
IPF	17. Stanaczek, Andrzej	71POL	51.30	113.09	600.0	1322.773	.9645	578.7000
USPF	18. Bradley, Joseph	56USA	60.00	132.27	707.5	1559.770	.8128	575.0560
USPF	19. Alexander, Ausby	56USA	73.95	163.03	855.0	1884.952	.6195	574.5172
IPF	20. Furashkin, Viktor	69RUS	74.80	164.90	862.5	1901.486	.6659	574.3387
IPF	21. Pavlov, Konstantin	73RUS	55.30	121.91	647.5	1427.493	.8817	574.3320
IPF	22. Fedosienko, Sergei	32RUS	51.18	112.83	592.5	1306.238	.9690	574.1325
IPF	23. Coppin, Edward	60BEL	84.51	186.31	940.0	2072.345	.6098	573.2120
APF	24. Frank, Garry	64USA	164.60	362.88	1197.5	2640.035	.4786	573.1325
IPA	25. Crain, Rickey	53USA	75.00	165.34	857.29	1890.000	.6645	569.6690
WPO	26. Bolton, Andrew	70GBR	148.00	326.28	1150.0	2535.31	.4949	569.1350
WPO	27. Berardenelli, Angelo	65USA	74.50	164.24	850.0	1873.929	.6687	568.3950
APF	28. Fumas, Douglas	58USA	124.85	275.24	1090.0	2403.038	.5212	568.1080
USPF	29. Gaugler, Rick	54USA	82.50	181.88	915.0	2017.229	.6193	566.6595
USPF	30. Austin, Danie l	58USA	67.50	148.81	777.5	1714.094	.7258	564.3095
IPF	31. Kazakov, Ravil	82RUS	51.80	114.19	590.0	1300.729	.9558	563.9220
IPF	32. Inaba, Hideaki	44JPN	51.70	113.97	587.5	1295.215	.9580	562.8250
WPO	33. Coleman, Arnold	65USA	82.35	181.55	900.0	1984.160	.62505	562.5453
WPC	34. Carney, James	67GBR	100.00	220.46	1015.0	2237.691	.5540	562.3100
IPF	35. Hu, Chun-Hsuing	74TPE	55.60	122.57	637.5	1405.446	.8817	562.0837
IPF	36. Tarasenko, Andrei	75RUS	90.00	198.41	957.5	2110.926	.5853	560.4247
WPO	37. Caprari, Anthony	81USA	90.00	198.41	957.5	2110.926	.5853	560.4247
WPC	38. Mikesell, Brent	68USA	149.50	329.59	1135.0	2502.246	.4935	560.1225
IPF	39. Papazav, Vitaly	80UKR	128.45	283.18	1082.5	2386.503	.51685	559.4900
IPF	40. Sahu, Krishna	67INA	55.15	121.58	627.5	1383.400	.8897	553.2860
WPO	41. Zweng, Matthew	72USA	90.00	198.41	952.5	2099.903	.5853	557.4982
WPC	42. Badenhorst, Gerritt	62RSA	138.80	306.00	1102.5	2430.596	.5048	556.5420
WPO	43. Laine, Jarmo	66FIN	75.00	165.34	837.5	1846.371	.6645	556.5187
APF	44. Warman, Scott	57USA	117.02	257.98	1050.0	2314.853	.5296	556.0800
IPA	45. Dougherty, Joseph	65USA	82.10	181.00	893.57	1970.000	.6214	555.2637
AAU	46. Cole, Jon	43USA	128.37	283.99	1071.84	2363.000	.5169	554.0334
WPO	47. Childress, Paul	71USA	135.00	306.44	1097.5	2419.573	.5046	553.7985
IPF	48. Andrukhin, Mikhail	70RUS	60.00	132.27	680.0	1499.143	.8125	552.7040
WPC	49. Urchik, Paul	59USA	105.40	232.36	1017.5	2243.203	.5431	552.6042
WPO	50. Hooper, Wade	70USA	74.85	165.01	830.0	1829.836	.66555	552.4065
IPF	51. Lu, Shih-Wu	75TPE	52.00	114.64	580.0	1278.681	.9515	551.8700
IPF	52. Podtynny, Maxim	72RUS	130.00	286.60	1070.0	2358.946	.5150	551.0500
USM	53. Luckett, Larry	58USA	67.13	148.00	755.23	1665.000	.7292	550.7138

53 LIFTERS FROM 13 NATIONS: USA(30), RUS(7), FIN(2), GBR(2), INA(2), POL(2), TPE(2), BEL(1), IRE(1), JPN(1), KAZ(1), RSA(1), UKR(1). CRITERIA: Small increments (.25 or .50 plates) added to the bar within the competition do not count toward the total under any circumstances. 4th attempts in the individual lifts do not count toward the total (only in WPO) in these listings. Totals on this list which were performed on a pound bar will be uneven numbers when converted to Kilograms. Note: Final Formula rating points are in kilograms not pounds.

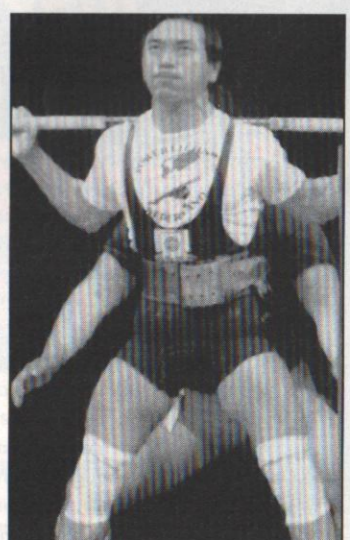
## Some of the All Time Best



Anu Turtiainen - the Fabulous Finn



Arnold Coleman of Columbus, OH



Hideaki Inaba... Japanese wonder

## 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, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

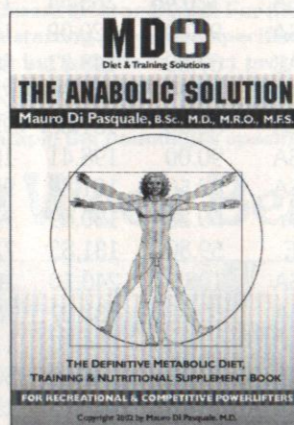
**DEAR MAURO:** Yesterday I benched 235.5 kg at 130 kg. bodyweight for a new state bench record, and a win at the bench press championships. Earlier in the week I deadlifted 585x8 standing on a plate, no belt, and on another workout last week I squatted 545x3x5 with no belt. This concludes my off-season training and now I will start training for the Nationals. I am looking forward to turning 40 as I am sure I will have a good chance to win the Masters Worlds and I am close to the Masters World Record bench at 125+, which is 257.5 kg. I am taking glutamine and a protein powder. I take creatine for a few weeks, pre-contest. I have taken a tribulus product before as well. I would appreciate your advice for supplements. Right now I weigh 288 and for my next contest I want to weigh 276. Over the next 3 months I will be training very heavy and high volume also. Thank you for your assistance. **Thomas N.**

**DEAR THOMAS:** Congrats on your lifting. You should do really well in the Masters class this year. As far as which supplements to use and when, it's all spelled out in detail in the Anabolic Solution for Powerlifting. There's also information there on maximizing your lean body mass for your weight class as well as tips on making weight. The book has done really well since it was released a few months ago and I've had nothing but positive feedback from powerlifters who have ordered it including some prominent ones. All the best, **MAURO**

**DEAR MAURO:** Have you heard of a 6-oxo product that is supposed to be an estrogen blocker. **Edward C.**

**DEAR EDWARD:** I've been aware of the anti-aromatase effects of this compound for over 2 decades. To put it in perspective, the well-known androstenedione (androst-4-ene-3,17-dione) converts to estrone in the body via aromatase, through sequential oxygenations of the 19-methyl group. Androst-4-ene-3,6,17-trione (6-OXO) is a derivative of androstenedione that binds irreversibly to the estrogen receptor. As such, it would be natural to assume that it blocks the formation of estrogen in the body. There is a problem, however, with this theory. While the parent compound itself does not aromatize, it's a different story with its metabolites. When the 6-OXO is metabolized to its 19-oxygenated intermediates, estrogen (6-oxoestrogens, 6-oxoestrone and 6-oxoestradiol) is formed from aromatization of these intermediates (Numazawa M, Sugiyama T, Nagaoka M. Aromatization of 19-oxygenated androst-4-ene-3,6,17-triones with human placental microsomes. Biol Pharm Bull 1998 Mar;21(3):289-92.). Also the parent compound likely has some effects on the hypothalamic pituitary axis and may in fact be counterproductive for people as it may decrease endogenous testosterone levels. On top of that it may also bind to the androgen receptor and thus decrease the anabolic and androgenic effects of endogenous testosterone. And finally, we really don't know what the potential short and long term effects of 6-OXO are since no human studies have ever been done. As well, because of

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the lack of studies on humans, we don't really know what effects this compound will have on the HPTA axis and estrogen production. Bottom line is that I would keep away from 6-OXO until more data comes in. The people I know who are using it are ones that have told me that they're on a heavy anabolic steroid stack that contains a number of aromatizable anabolic steroids such as Deca, testosterone, Anadrol, etc.. At that point it's obvious that health concerns are secondary anyways and their experiences (negative, neutral or positive) with the compound would go down in lab rat history. **MAURO**

## ★★★ Special Report ★★★

# WOW - FIRST LOOK!

## All American Pharmaceuticals introduces **Nytric EFX**

### What is it?

Nytric EFX is the latest offering from the insanely popular nitric oxide amplifiers.

### What does it do?

If I really have to explain this, then chances are you've been sleeping in your gym locker for the last year! But, you have to hear it somewhere! Simply put — Nitric Oxide (NO) is the molecule responsible for giving you those massive muscle pumps in the gym. Unfortunately, (NO) production only lasts a short while after your workout is over, usually about 25-35 minutes. With Nytric EFX's pH controlled delivery, you body will pump out (NO) for hours! This means that you will keep those vein popping pumps all day long! Because of its vasodilation benefits, your muscles will receive a surge of nutrients and oxygen that will kick your recovery into overdrive. Nytric EFX will ignite new muscle growth, give you bigger, longer lasting pumps and boost your muscular endurance levels beyond your wildest dreams!

### Who is it from?

Nytric EFX is produced by All American Pharmaceuticals. Although A.A.P is not yet a household name, they are no newcomers to the industry. Besides manufacturing some of the biggest products in the industry, A.A.P has been developing effective and innovative formulas for over a decade. A.A.P is best known for its ingenious buffered creatine formula called *Kre-Alkalyn*, which will be available to the public by the time you read this.

### So what's the bottom line?

Nytric EFX is no imposter. This product will make you a supplement believer. You will see and feel a difference in a matter of days! And best of all, it's legal in all professional and collegiate level sports, power lifting and bodybuilding organizations.



**For Vein Popping Pumps, Call Now! (800) 541-3422**



NASA Natural Nationals  
15,16 MAR 03 (kg)

Weight	Class	Weight	Power	SQ	BP	DL	TOT
205	Robert Brunner	155	205	152.5			
210	M. Threadgill	210	205				
160	Mike Davis	160	160				
116	Larry Brown	116	120				
105	Win Smith	105	170				
170	Win Smith	170	170				
57.5	Harry Sell III	57.5	90				
72.5	Robert Brunner	72.5	120				
67.5	Nick Dwinell	67.5	120				
65	Frank Hicks	65	120				
70	Gregg Hecathorn	70	120				
85	Jeff Lovelien	85	120				
280	Robert Brunner	280	280				
155	Frank Hicks	155	205				
262.5	Justin Cantwell	262.5	262.5				
215	Robert Brunner	215	215				
137.5	Rocky Artym	137.5	137.5				
200	Chris Dargin	200	200				
62.5	James Williams	62.5	205				
240	Craig Anderson	240	240				
152.5	Nathan Maddox	152.5	152.5				
192.5	Norm Judd	192.5	192.5				
187.5	Gregg Jumper	187.5	187.5				
182.5	Nick Dwinell	182.5	182.5				
200	Steve Cyranoski	200	200				
303.5	Tom Manno	303.5	303.5				
205	Bill Blake Jr.	205	205				
154	Sam Stewart	154	154				
120	John Adcox	120	120				
157.5	Ronnie Powell	157.5	157.5				
137.5	Gary Boelter	137.5	137.5				
175	Gary Clock	175	175				
160	Mike Davis	160	160				
105	Win Smith	105	105				
125	William Helmich	125	125				
122.5	TC Lewis	122.5	122.5				



Sam Stewart with his 23rd World Record, 156 kg @ 148 lbs., age 54, during the NASA Nationals in Oklahoma City (Sam Stewart.)

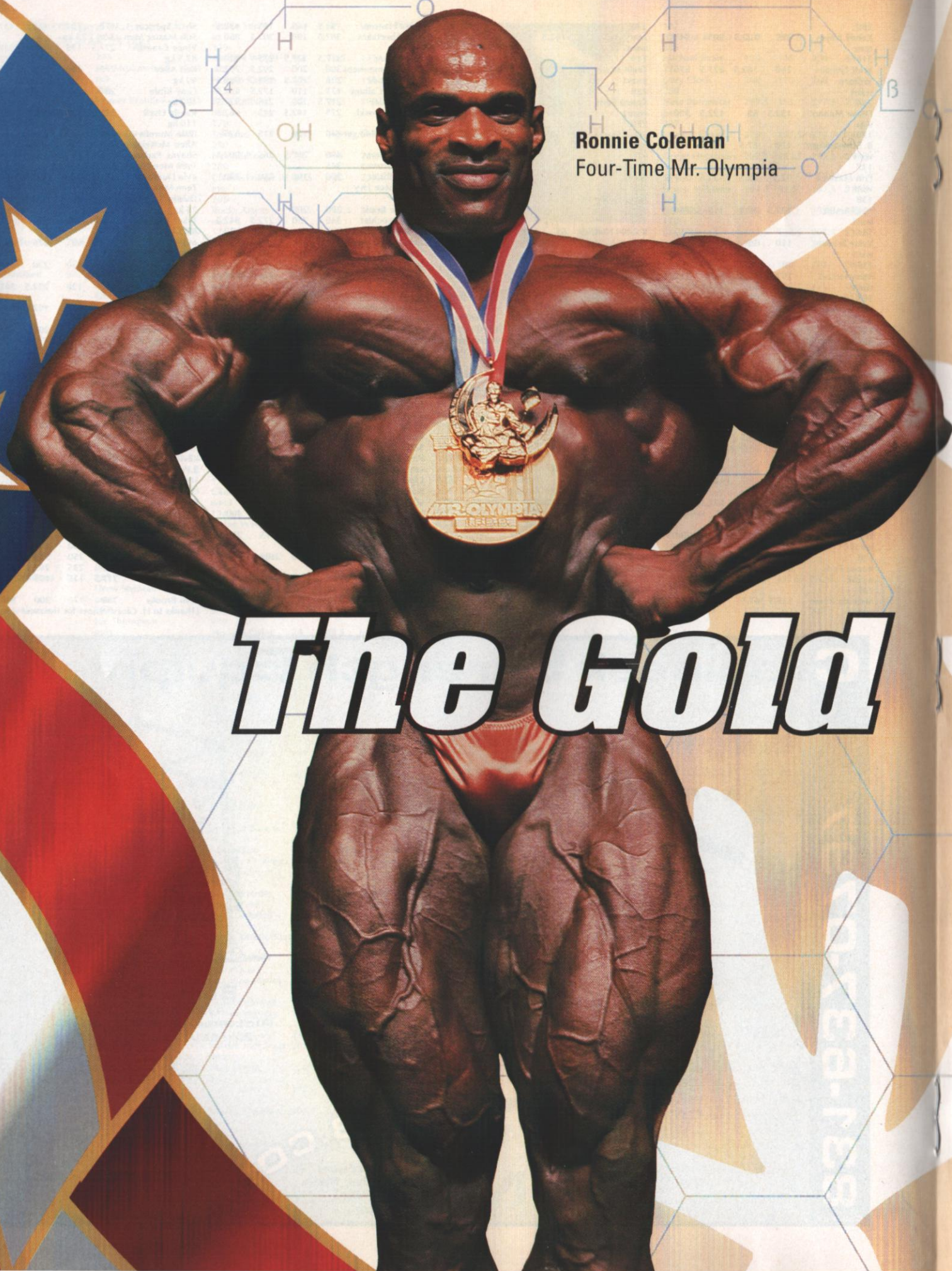
210	Bronson Brown	210	210				
155	Michael Bean	155	155				
260	Gary Clock	260	260				
297.5	Nate Burnreiter	297.5	297.5				
275	Stewart Drake	275	275				
207.5	Gregg Hecathorn	207.5	207.5				
117.5	James Williams	117.5	117.5				
115	Eric White	115	115				
192.5	Scott Russell	192.5	192.5				
250	Gary Green	250	250				
260	Norm Judd	260	260				
220	Alan Hill Jr.	220	220				
200	Rufus Elam	200	200				
297.5	Joe Thompson	297.5	297.5				
280	Dagan Hardin	280	280				
270	Jake House	270	270				
242.5	Tom Nuzum	242.5	242.5				
162.5	Mary Hetzel	162.5	162.5				
132.5	Diane Manno	132.5	132.5				
182.5	Micki Scheffler	182.5	182.5				
87.5	Kay Lamb	87.5	87.5				
110	Yvete Breden	110	110				
162.5	Mary Hetzel	162.5	162.5				
132.5	Diane Manno	132.5	132.5				
107.5	Jenni Goode	107.5	107.5				
110	Yvete Breden	110	110				
60	Ronna Faris	60	60				
137.5	Melinda Reese	137.5	137.5				
210	Bronson Brown	210	210				
155	Michael Bean	155	155				
260	Gary Clock	260	260				
297.5	Nate Burnreiter	297.5	297.5				
275	Stewart Drake	275	275				
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162.5	Mary Hetzel	162.5	162.5				
132.5	Diane Manno	132.5	132.5				
107.5	Jenni Goode	107.5	107.5				
110	Yvete Breden	110	110				
60	Ronna Faris	60	60				
137.5	Melinda Reese	137.5	137.5				
260	Gary Clock	260	260				
297.5	Nate Burnreiter	297.5	297.5				
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200	Rufus Elam	200	200				
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162.5	Mary Hetzel	162.5	162.5				
132.5	Diane Manno	132.5	132.5				
107.5	Jenni Goode	107.5	107.5				
110	Yvete Breden	110	110				
60	Ronna Faris	60	60				
137.5	Melinda Reese	137.5	137.5				

220	Kenny Hayes	220	220				
260	Brett Einhaus	260	260				
132.5	Diane Manno	132.5	132.5				
110	B. Schwaninger	110	110				
92.5	Erin Maxwell	92.5	92.5				
102.5	April Smith	102.5	102.5				
110	Yvete Breden	110	110				
162.5	Mary Hetzel	162.5	162.5				
132.5	Diane Manno	132.5	132.5				
182.5	Micki Scheffler	182.5	182.5				
87.5	Kay Lamb	87.5	87.5				
110	Yvete Breden	110	110				
162.5	Mary Hetzel	162.5	162.5				
132.5	Diane Manno	132.5	132.5				
107.5	Jenni Goode	107.5	107.5				
110	Yvete Breden	110	110				
60	Ronna Faris	60	60				
137.5	Melinda Reese	137.5	137.5				

138	Mary Hetzel	138	138				
117.5	Teale Magierek	117.5	117.5				
60	Ronna Faris	60	60				
152.5	Tracy Marks	152.5	152.5				
65	Robbin Hedrick	65	65				
137.5	Melinda Reese	137.5	137.5				
102.5	April Smith	102.5	102.5				
110	Yvete Breden	110	110				
162.5	Mary Hetzel	162.5	162.5				
132.5	Diane Manno	132.5	132.5				
182.5	Micki Scheffler	182.5	182.5				
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132.5	Diane Manno	132.5	132.5				
107.5	Jenni Goode	107.5	107.5				
110	Yvete Breden	110	110				
60	Ronna Faris	60	60				
137.5	Melinda Reese	137.5	137.5				

152.5	Igor Sheetakov	152.5	152.5				
117.5	Teale Magierek	117.5	117.5				
60	Ronna Faris	60	60				
152.5	Tracy Marks	152.5	152.5				
65	Robbin Hedrick	65	65				
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152.5	Igor Sheetakov	152.5	152.5				
117.5	Teale Magierek	117.5	117.5				
60	Ronna Faris	60	60				
152.5	Tracy Marks	152.5	152.5				
65	Robbin Hedrick	65	65				



Ronnie Coleman  
Four-Time Mr. Olympia

# The Gold Standard

# WEIDER™



## EAT BIG TO GET BIG.™

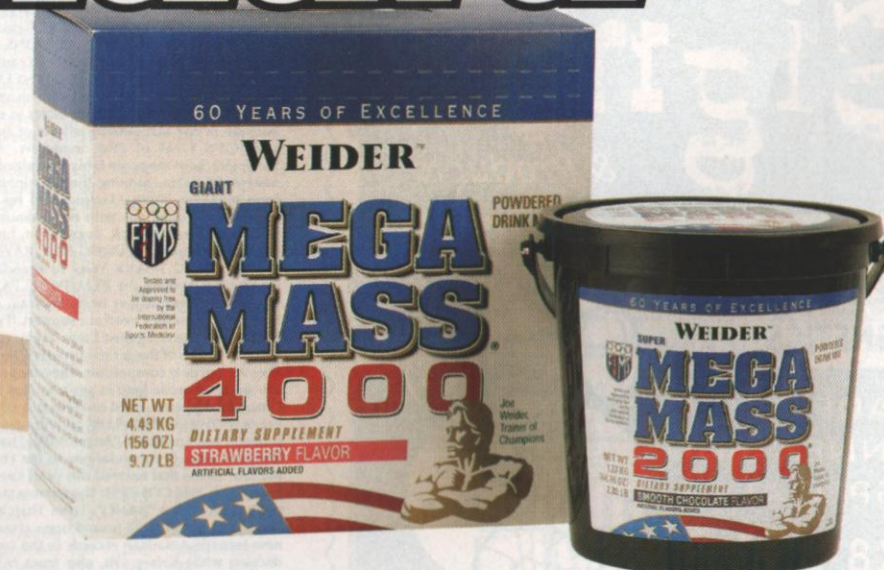
What's the first rule of building muscle? **Calories.** Even before protein, if you don't get enough calories, more than what you burn, it's damn hard to grow muscle. But even though the "eat to grow" principle is a Holy Grail, getting enough quality calories continues to be the number one problem for bodybuilders of all ages.

In fact, all the fancy supplements in the world won't do much if you're not eating enough calories... a principle consideration in formulating **Mega Mass® 2000 and 4000.** **Mega Mass® delivers the calories, carbohydrates, and protein necessary to support protein synthesis while keeping muscle protein catabolism at bay.\***

Before or after training or at times when eating a whole food meal isn't in the cards. **Mega Mass® 2000 and 4000** have a wide range of vitamins and minerals as well as calories from carbs and milk protein derived essential and non-essential amino acids to ensure you are getting what you need to keep improving, which is perfect for the hard gainer or the busy athlete!\* In fact, Science is just catching-up to what Weider Muscle Technology has been telling everyone for years, supplementing calories, carbs and protein (providing a full range of essential amino acids) before and after training helps promote protein synthesis, especially for hard gainers.\*

Recently published research indicates that supplementing carbs and essential amino acids prior to and after training may increase the protein synthesis potential of your muscles.\* In other words, providing carbs and essential amino acids before and after training not only helps the muscle replete nutrients like protein and glycogen as well as repairing muscle damaged during intense exercise, but also gives long-term muscle gains a head-start.\*

Call it what you like, "tools of the trade" or "standard issue", **Mega Mass®** is used by athletes around the world because **Mega Mass®** helps you to turn hard work into rock hard muscle!



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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

1. Tipton KD et al. Timing of amino acid-carbohydrate ingestion alters anabolic response of muscle to resistance exercise. Am J Physiol Endocrinol Metab, 2001 Aug, 281(2):E197-206.



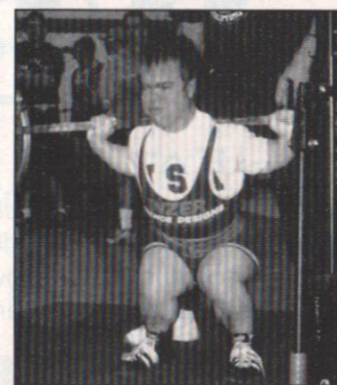
ADAU Great Lakes PL Champs  
22 MAR 03 - Erie, PA

Women	SQ	BP	DL	TOT
Treva Thatcher	75	55	155	285
105				
Benita Steffan	145	85	255	485
Kelsey Ott	100	65	150	315
4th				
123				
Shannon Oakes	195	110	175	480
148				
Sherry Elchynski	250	140	315	705
148				
Jolene Schroeder	130	110	210	450
181				
Trina Hillhouse	240	125	315	680
4th				
MEN				
114				
Josh Messing	175	145	205	525
Mike Zappitella	120	90	200	410
123				
Jake Reed	235	135	355	725
Doug Perhacs	185	125	260	570
132				
Mike Kuhns	470	290	355	1115
4th				
148				
Joe Martucci	350	250	460	1060
Jacob Jurkiewicz	230	185	315	730
165				
Ramon Cruz	450	285	500	1235
Chris Cirigliano	375	275	485	1135
Mike Decker	345	270	500	1115
B. McLaurin	335	220	400	955
Zach Barnett	300	160	400	860
181				
Matt Catalano	515	335	560	1410
Adam Herspeager	420	310	540	1270
Mario Henry	420	225	465	1110
Mike Heatner	365	220	460	1045
George Vosburgh	345	245	370	960
Don Swinger	240	210	405	855
Lonney Spearman	310	190	350	850
198				
J. B. Boyd	500	290	600	1390
Josh Ferraro	440	270	540	1250
Dave Heintzel	390	290	525	1205
Paul Nies	390	250	500	1140
Don Kuhns	415	250	415	1080

Al Mancini	375	205	450	1030
Josh Faulkner	350	180	450	980
Brenton Boyd	275	190	460	925
Mike Towkovich	55	320	55	430
220				
Mike Martucci	515	385	575	1475
John Emling	460	380	575	1415
Bugs Bayer	505	260	570	1335
Rob Eckhart	385	390	550	1325
Dave Grandinetti	440	350	480	1270
Bryan Gaines	380	275	450	1105
Jeff Ernst	385	245	450	1080
Ray Kreitzbender	150	330	350	830
Leroy Burton	235	205	360	800
242				
Rob Mostoller	510	370	600	1480
Gary Lewis	450	370	500	1320
Pat Huntley	455	320	525	1300
Chester Bednar	315	365	435	1115
D.J. Brossi	330	285	500	1115
Mark Euliano	330	295	480	1105
Derek Selby	135	250	470	855
Ben Ott	420			
Jon Stewart				
Bryan Moody	540	390	580	1510
Les Fetterman	500	350	540	1390
Rich Goodenow	320	250	430	1000
319				
Tank Byerly	500	285	530	1315
Craig Amstone	445	265	490	1200
Terry Wallick	340	260	325	925
TEEN 12-13				
123				
Doug Perhacs	185	125	260	570
TEEN 14-19				
WOMEN				
148				
Jolene Schroeder	130	110	210	450
MEN				
105				
Mike Zappitella	120	90	200	410
148				
Jacob Jurkiewicz	230	185	315	730
165				
Zach Barnett	300	160	400	860
181				
Mario Henry	420	225	465	1110
TEEN 16-17				
123				
Jake Reed	235	135	355	725

165				
B. McLaurin	335	220	400	955
181				
Lonney Spearman	310	190	350	850
198				
Josh Faulkner	350	180	450	980
Brenton Boyd	275	190	460	925
220				
Bryan Gaines	380	275	450	1105
Jeff Ernst	385	245	450	1080
242				
Derek Selby	135	250	470	855
Jon Stewart				
TEEN 18-19				
198				
Paul Nies	390	250	500	1140
242				
D.J. Bross	330	285	500	1115
JUNIOR 20-23				
181				
Adam Hersperger	420	310	540	1270
275				
Bryan Moody	540	390	580	1510
SUB-MASTER 35-39				
WOMEN				
105				
Benita Steffan	145	85	255	485
MEN				
242				
Pat Huntley	455	320	525	1300
275				
Rich Goodenow	320	250	430	1000
MASTERS 40-44				
WOMEN 148 POUND CLASS				
Sherry Elchynski	250	140	315	705
MEN				
165				
Ramon Cruz	450	285	500	1235
198				
Mike Towkovich	40	55	320	55
430				
242				
Chester Bednar	315	365	435	1115
Ben Ott	420			
275				
Les Fetterman	500	350	540	1390
MASTER 45-49				
181				
George Vosburgh	345	245	370	960
MASTER 50-64				
198				
Don Kuhns	415	250	415	1080
Al Mancini	375	205	450	1030
MASTER 66-69				
181				
Don Swinger	240	210	405	855
220				
Bugs Bayer	505	260	570	1335
Ray Kreitzbender	150	330	350	830
319				
Terry Wallick	340	260	325	925
MASTER 65-69				
220				
Leroy Burton	235	205	360	800

future in powerlifting. In her first contest, at 181, Trine won the GOLD and set a new American deadlift record. The men's 114 class was won by junior lifter, Josh Messing with all new Junior American records while Mike Zappitella took the SILVER and won the teen 14-15, 105 pound class. Jake Reed won the 123 class in the open and teens and set a new teen American deadlift record - Doug Perhacs placed second in the open and won GOLD in the teen 12-13 division. Perhaps set all new teen state records. At 132, 17 year old, Mike Kuhns was awesome. Mike won GOLD mid set new Open American records in the squat, bench and total. A 500 pound RAW, DRUG-FREE squat at 132. Can't touch this. Top dog at 148 was Joe Martucci with state sub-master records in the squat, deadlift and total. Jacob Jurkiewicz won SILVER and also GOLD in the teen 14-15 division. Master lifter, Ramone Cruz, moved up a class and won the open and masters at 165. Matt Catalano has won this contest and the light weight CHAMPION OF CHAMPIONS award more times than I can remember. He repeated that again this year when he won the 181 class, in style. Adam Hersperger moved into this class as a junior to place second in the open and win the junior division. Fifteen year old, Mario Henry placed third and won the teen division with teen state records in the squat, deadlift and total. At the age of 45, J.B. Boyd competed in his first RAW Great Lakes contest and came out on top in the 198 class. His 1390 total also won him the heavy weight CHAMPION OF CHAMPIONS award. In the process, Boyd managed to set all new masters state records and a new masters American deadlift record. Josh Ferraro and Dave Heintzel placed second and third, respectively. Don Kuhns and Al Mancini had a great battle in the masters 3 division. In the 220 class, Mike Martucci pulled into the lead immediately, after teammate John Emling only managed to get one squat in. After that they went head to head in the bench and deadlift - Great battle. The awesome master, Bugs Bayer stayed with the top guys in the squat and deadlift to place third and win the masters 4 division. Bugs set all new masters state records and a new American masters squat record. In the masters 6 division, Leroy Burton won GOLD and set all new masters state records. Rob Mostoller and Gary Lewis were expected to have a battle at 242, but Lewis pulled a quad muscle on his second squat and had to take some token lifts to finish in second to Mostoller and stay ahead of third place, Pat Huntley. Huntley had a great day to win the submaster division. At the age of 23, Bryan Moody is a veteran Great Lakes competitor. This was Bryan's sixth Great Lakes contest and he came out the winner in the 275 class, in the open and juniors. Officer Les Fetterman took SILVER in this class and won GOLD in the masters 1, Rich Goodenow took BRONZE in the open and won the sub-masters. Teenager Tank Byerly was the 319 pound champion and set teen state records in the squat, bench and total. Sherry Elchynski, Mario Henry, J.B. Boyd, Mike Kuhns, Bugs Bayer and John Emling were all tested and are proud to compete RAW and DRUG FREE. (Thanks to Joe Oreglia for providing these results to PLUSA.)



Mike Kuhns' 4th attempt of 500 lbs. at the ADAU Great Lakes Championships. (Joseph Oreglia)

USAPL Athletic Performance Open  
22 MAR 03 - Ft. Wayne, IN

Powerlifting	SQ	BP	DL	TOT
Men				
75				
Gily Martinez	160	80	137.5	377.5
90				
Mike Robertson	202.5	132.5	230	565
125				
Michael Hartle	267.5	235	115	617.5
(Thanks to USAPL for providing these results)				

Winona Spring Classic Bench Press  
15 MAR 03 - Winona, MN

148 Teen				
Submaster	275			
Ben Kopp	180			
242 Teen				
Tony Gierok	430			
Mick True	445			
Steve Nelson	255			
Master	220 40-44			
308 Teen				
Mick True	350			
Chris Bernsen	300			
Master	242 40-44			
165 Open				
Nate Emerson	430*			
198 Open				
4th	440*			
Terry Hardy	275			
SHW Master	40-44			
220 Open				
J. Wojciechowski	425			
242 Open				
Master	181 50-54			
Mike McDonald	345			
242 Open				
Tom Nelson	400			
275 Open				
Master	181 60-64			
Chris Roffler	190			
4th	410*			
Master	198 60-64			
R. Dingfelder Jr.	340*			
George LaBelle	235			
4th	350			
Master	220 60-64			
Submaster	242			
R. Dingfelder Sr.	320			
Darin Wellzien	375			

Twenty strongmen gathered in Winona, March 15th for the 2nd Annual Winona Spring Classic at the Boardwalk Gym, setting seven new PRs. Thanks goes out to Jim Herdon for hosting the event and to Inzer Advance Designs for sponsoring the competition. (Dennis George, DWG productions.)

GERMAN CHAMPIONSHIPS  
APR 03 - Dessau (KG)

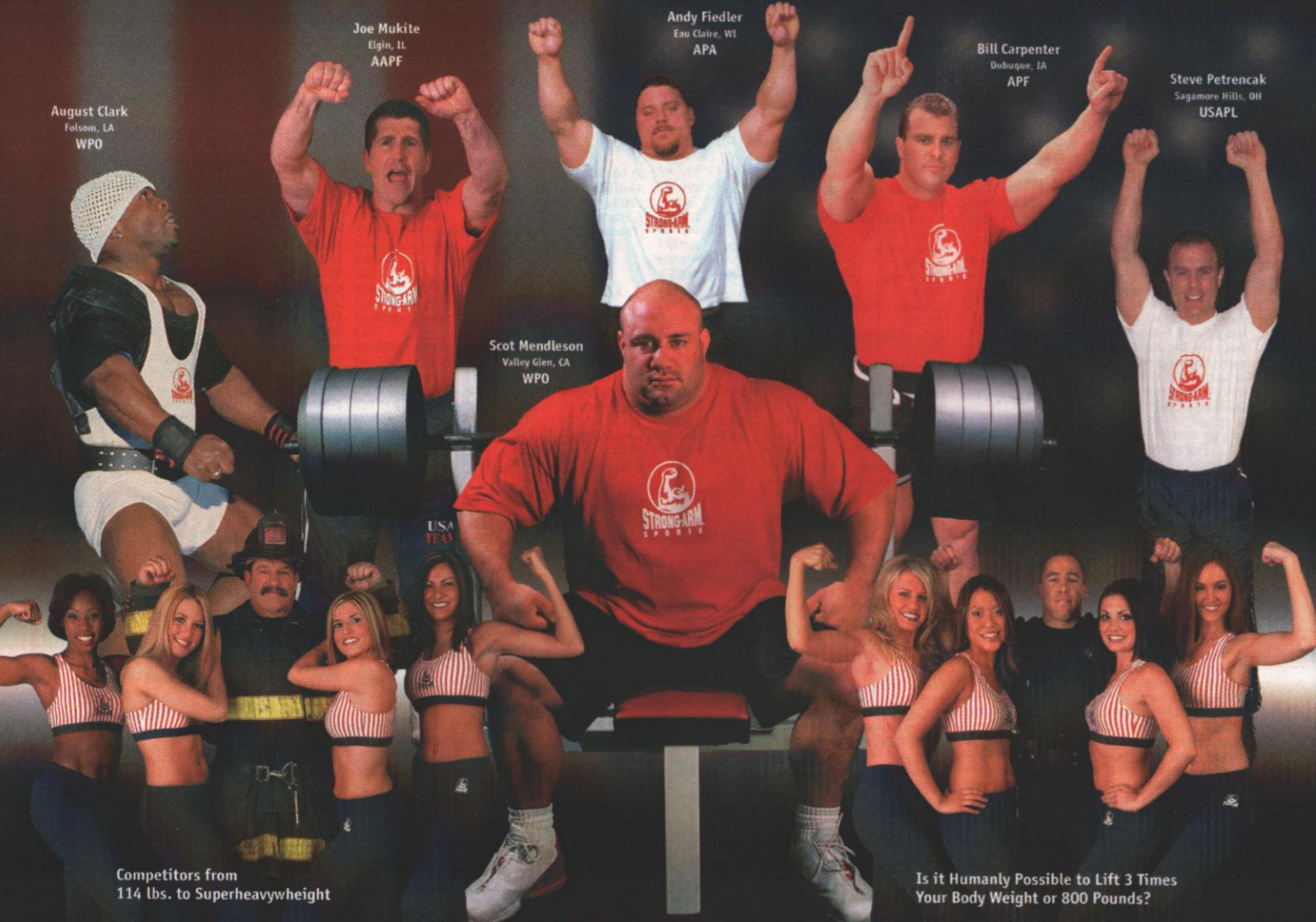
BENCH				
Female				
Frank Schoele	202.5			
S. Turulski	200			
Open				
Ronny Lieckfeldt	170			
67.5 kg				
110 kg				
A. Morawski	92.5			
Uwe Haase	227.5			
M 40-44				
Rene Berndt	227.5			
Kay Munsterberg	210			
82.5 kg				
Olaf Dytkiewicz	175			
J. Botzet	150			
125 kg				
Andreas Faber	150			
M 45-49				
125 kg				
Sandro Raatz	245			
110 kg				
Oliver Hoja	180			
145				
190				
515				
M 50-54				
Eric Hahnel	230			
Reiko Kruse	220			
G. Rosenheinrich	210			
Uwe Werner	200			
175				
200				
575				
Ingeburg Hagge	93			
M 55-59				
265				
Ingo Czeplinski	265			
275				
165				
260.5				
700.5				
Harald Kraft	252.5			
200				
180				
220				
600				
Cisela Diecks	50			
M 40-44				
82.5 kg				
110 kg				
Bertold Rien	185			
100 kg				
230				
570				
67.5 kg				
D. Schwarzkopf	85			
Ulrich Woelk	185			
90 kg				
Georg Haake	295			
170				
270				
735				
Joachim Probst	62.5			
110 kg				
Helmut Kraus	250			
200				
257.5				
707.5				
75 kg				
Mario Biermordt	300			
Olaf Kupzyk	177.5			
Norman Krause	240			
165				
290				
695				
Marc Schroder	80			
100 kg				
Jurgen Kerlinski	165			
Thomas Ziegler	250			
170				
265				
685				
100 kg				
Frank Hurra	160			
Holger Lindinger	265			
182.5				
227.5				
675				
125 kg				
Krystian Slosarek	200			
295				
195				
300				
790		</		

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- 253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)
- 28,29 JUN, APF West Coast Open, PL w/ monolift, BP/DL, Big Bear's Gym 1226 NW Grove, Newport Or. 97365, 541-574-4507, [bbgym.tripod.com/gym/ld1.html](http://bbgym.tripod.com/gym/ld1.html)
- 29 JUN, Fireworks in the Rockies - Big Bench Blowout III, Gary Gertner, 3601 S Lowell Blvd, Denver, CO 80236, 303-425-1320
- JUN, 100% Raw North Carolina State BP, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004
- 3 JUL, Iowa/Midwest Open Touch and Go Bench Press (teen, novice, open, submasters, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
- 4 JUL, (tentative date) Illinois State Championships 2003 (Gold Level) St. Anne, IL contact Tony Soucie 815427-6868 or [s0596@earthlink.net](mailto:s0596@earthlink.net)
- 5 JUL (new date), Dodge City Power Fest, Powerlifting & Power Sports, Dodge House, 620-225-9900, Jim Duree, 5619 Pawnee Ave, Kansas City, KS 66106, 913-596-7326 or [JDuree7086@aol.com](mailto:JDuree7086@aol.com)
- 5 JUL, APF Rio Grande Valley Championships (McAllen) - Men & Women - Open/ Below I/ Masters (5 yr age groups)/ SubMasters/ Junior (2yr age groups)/ Police/ Fire/ Single Lifts - Flexion Strength Systems/ Seguin Fitness, 256 W. Court St, Seguin, Tx 78155, 1-800-378-6460
- 5 JUL, America's 1st Unsanctioned National Bench Press Championships (Allstate Arena, Chicago, IL) [www.BenchAmerica.com](http://www.BenchAmerica.com)

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- 7-12-03 APF Florida Push/Pull (Daytona Beach, FL)
- 8-15-17-03 AWPC Worlds Powerlifting + Bench Press (Saco, Maine)
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- 9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in Atlanta (Daytona Beach, FL)
- 09-27-03 WPO Bench Bash for Cash (Orlando, FL)
- 10-25-03 AAPF Southern States Powerlifting Championship (Daytona Beach, FL)
- 11-8-9-03 WPO Finals (Atlanta, GA)
- 12-6+7-03 APF Southern States Powerlifting Championship (Daytona, FL)
- 3-5+6-04 WPO Super Open Finals, (Arnold Classic - Columbus, OH)

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[hugeiron@logicalcity.com](mailto:hugeiron@logicalcity.com)  
or write us at Box 1277, Edgewater, FL 32132

5 JUL, NASA 4th of July Spectacular, Houston Area, NASA, PO Box 735, Noble, OK, 73068, www.nasa-sports.com

5 JUL, SLP Ft. Hamilton Days BP/DL Championships (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6 JUL, SLP Flex Fitness Open BP (Holland, MI) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 JUL, NASS Massachusetts State Strongman/Strongwoman State Championships (Revere, MA) bob@totalperformancesports.com, 617-387-5998

12 JUL, NASA Bluegrass Open Powersports, Bench Press & Deadlift Championship, @ Henderson, KY, neseventy@statechampion@yahoo.com, 1-270-830-7290 or 860-5513

12 JUL, Beast of the Chrome and Steel Bench and Deadlift separate events, Carl Seeker, 24 Jefferson St, Warren, PA 16365, 814-723-3442, seeker@westpa.net

12 JUL, AAU Military Nationals (Little Rock AFB, AR) Larry Kye, 114 Chickasaw, PI, Jacksonville, AR 72076, 501-982-7668, LKYE@NETSCAPE.NET

12 JUL, Allentown SportsFest VII BP + DL, No Walk-ons, Freg Glass, Fred's Gym, 811 N. Jordan Street Allentown, PA 18102, 610-770-9333, frdglass@aol.com

12 JUL, APF Venice Beach Open DL, 310-399-2775

12 JUL, NASA Arizona State, Mesa, AZ,

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NASA, PO Box 735, Noble, OK, 73068, www.nasa-sports.com  
 12 JUL, SLP Waupaca Open BP/DL Classic (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com  
 12 JUL, NASA WV Open / High School State BP & DL (Buckhannon, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

Bench Bash, Extreme Gym, 19361 Beaverdam Rd., Beaverdam, VA 23015, Jack Cox, 804-449-1496  
 19 JUL, S. Jersey Open BP (Wildwood, NJ), The Power Group, Box 5016, New Britain, PA 18901, 215-340-2432

12 JUL, APF Florida Push/Pull (Daytona Beach, FL) 386-426-8648 or email hugeiron@logicalcity.com

12 JUL, Independence BP & Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiasapl.com

12 JUL, First annual Stones and Steel Strongman Showdown (Gold Level); Dover Delaware. Heavy and lightweight classes. Contact Jim Henry at 1183 Hartly Rd. Hartly, DE 19953; 302-730-4007; e-mail: jimhenry280@hotmail.com or Kevin Senato at kevr580@aol.com

12,13 JUL, USAPL Cornhusker State Summer Games, Jim Hart, 4418 NW 50th St, Lincoln, NE 68524, 402-470-3672

12,13 JUL (NEW DATE), WNPFF Drug Free Nationals (World qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

13 JUL, SLP Heart of Illinois Open BP/DL Classic (Peoria, IL) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

18-20 JUL, USAPL Men's Nationals, Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039

19 JUL, Beaverdam Summer Bench Bash, Extreme Gym, 19361 Beaverdam Rd., Beaverdam, VA 23015, Jack Cox, 804-449-1496

19 JUL, S. Jersey Open BP (Wildwood, NJ), The Power Group, Box 5016, New Britain, PA 18901, 215-340-2432

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4. Chin Up with Most Weight	4th. \$100.00
5. Thomas Inch Dumbbell Lift	5th. \$50.00

**RULES:**

- The placings in each event will be determined by a one rep max with the maximum weight.
- Overall winners will be determined by a grand total of weight from all five events.
- No super suits, bench shirts, erector suits or straps will be allowed.
- Lifting belts and chalk will be allowed.
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19 JUL, USAPL Commonwealth Games of VA BP, John Shifflett, 15427 Brandy Rd., Culpeper, VA 22701, 434-985-3932  
 19 JUL (new date), Body Factory Full Power Challenge / Bench, Jim Parrish, 436 Blue Valley Dr, Bangor, PA 18013, 610-863-1090  
 19 JUL, D.D. Nichols Open BP Championships, Bryant, AR, D.D. Nichols, 501-860-6851, 2122 Misty Circle, Benton, AR 72015

19 JUL, APF Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183, 110 Elderberry Ln, Elma, NY 14059  
 19 JUL, 2nd LaCrosse Interstate Fair Bench Press (W. Salem, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, dwgsmg78@msn.com

19 JUL, GA Games Powerlifting and Bench Press Championships (Marietta, GA), Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltel.net

19 JUL, ANPPC WORLD CUP, Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 JUL, Raw ADAU Single Lift Nationals (men & women of any age, in all wt. classes - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

19 JUL, WNPFF New Jersey State (Bordentown, NJ) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

19,20 JUL, NASA Grand Nationals, Hickory, NC, NASA, PO Box 735, Noble, OK, 73068, www.nasa-sports.com  
 20 JUL, SLP Mid-Summer Open BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953,

996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214  
 20 JUL, APA Houston Record Breakers, Houston Tx, (Houston, TX), Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, 281-752-0540, powerlifter@angelfire.com

217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 JUL, WNPFF Newark Open BP/DL (Newark, DE) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

26 JUL (new date), PPL Southeastern "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

26 JUL, Iron Horse Bench Press (Muncie, IN) Sonny Runyon, 765-529-7000 (d), 282-2152 (n), powerhouse562@aol.com

26 JUL, Iron House Push/Pull & Bench for Cash (Zanesville, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com

26 JUL, USAPL Ozark Powerlifting & Bench Press Meet, Harold Gaines, 2109 Butterfield CT, Maryland Hts, MO 63043, 314-275-7069

26 JUL, APF/AAPF Michigan Grand Haven Open PL/BP/IronMan (formerly the Coopersville Classic - held at Robbison WTP Elementary Gym) Andy Briggs, 616-844-6350, lithvy1@yahoo.com

26 JUL, Lumber Jack Days Strongman Championship (Platinum level). Stillwater, MN; Contact Jeff Bissonette 651-430-9594 or the trainers@msn.com

26 JUL, NASA Tri-State Natural & Teen/Junior/ Intermediate National Championships (Flora, IL) Special Olympians will lift free, Monolift used for squats, Smitty @ The Gym, 112 W. North Ave., Flora, IL., 62839, 618-662-3413 1-8 pm M-F

26 JUL, Championnat Nord-Est Canadien (Matane) Bench, Deadlift et Push/ Pull, Roberto St-Pierre, 418-566-2659

26 JUL, APF Barbee Classic (San Antonio) - Men & Women - Open/Below 1/ Masters (5 yr age groups)/ SubMasters/Junior (2yr age groups)/ Police/Fire/Single Lifts - Flexion Strength Systems/ Seguin Fitness, 256 W. COurt St, Seguin, Tx 78155, 1-800-378-6460

26 JUL, APA Houston Record Breakers, Houston Tx, (Houston, TX), Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, 281-752-0540, powerlifter@angelfire.com

26 JUL, WABDL Drug Tested Midwest Regional (Holiday Inn Minneapolis West, St. Louis Park) Gus Rethwisch, 503-762-5066  
 26 JUL, NASA High School Summer Championships, Okla. City, OK, NASA, PO Box 735, Noble, OK, 73068, www.nasa-sports.com

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26 JUL, WNPFF Submaster & Masters Nationals & Gulf Coast (PL/BP/DL/SQ - Biloxi, MS) WNPFF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418

26 JUL, USAPL NJ Bench Press Open, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156

JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest, to be held at the Boys Club in Bedford, Indiana, (866) push-pull, (770) 739-0184, or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117

1,2 AUG, 10th Annual Eastern Oklahoma Bench Press and Bikini Competition, Eufaula, OK, Kim Brownfield, PO Box 36, Council Hill, OK 74428, 918-473-1059, brownfield@lakewebs.net

2 AUG, APF Gulfcoast Barbenders Bench Press Series (Tampa, FL) Richard Mertz, 813-245-5324, rmertz@tampabay.rr.com

2 AUG, Central Virginia BP/DL (Fredericksburg, VA) John Graube, 540-898-5139, johngraube@yahoo.com

2 AUG, DinoDay XI: (Platinum Level) & 2003 Women's Teen, and Masters Nationals, Promoter - Nick Osborne Columbus, OH Email: dinonick@builtsoildgym.com 614-481-8080

2 AUG, Oklahoma Strongest Man Contest; Eastside Gym (Gold Level), Tulsa, OK; Contact James Griggs; 7727 S. Memorial Drive

Canada is proud to announce that the IPF World Masters Powerlifting Championships will be held in Regina, Saskatchewan, Canada. What follows is the procedure which should be followed in booking guestrooms for the Powerlifting Championships October 5 - 12, 2003 1) All room bookings / reservations for participants and/or spectators for the event must be made directly with the hotel. 2) Rooms booked through Ramada Central Reservations or other third party sources which incur booking fees / commissions will not be included in the calculations for the rebate to be paid to the Committee. Participants will not be able to access /



receive the special rate (\$115.00) through these sources. 3) Reservations can be made through our toll free number in North America - 800 667 6500, by telephone direct - 306 569 1666, by fax - 306 352 6339, or by e-mail - regina@saskramada.com . 4) The contact for room reservations at the hotel is Linda Fuh - Front Office Manager. In her absence inquiries should be directed to Amy Cuthill - Reservations Clerk. It is recommended that reservation requests by telephone be made during normal business hours, 9:00 AM to 5:00 PM, Monday to Friday. Contacts: Wayne Cormier, SPA President, Chairperson and Co-meet Director, Phone: 1-306-446-1330, Fax: 1-306-445-2829, Cell: 1-306-441-3199, email: wccormier@sasktel.net. Jeff Butt, CPU President, Co-meet Director, Phone: 1-306-694-5262, Email: buttspa@hotmail.com. We would like to thank our sponsors: Inzer Advance Designs, The Ramada Hotel- Regina, Budweiser, Challenger Graphix, Powerlifting USA, Saskatchewan Powerlifting Association, ER Equipment, Ivanko, Murray Chev Olds-Saskatchewan, Diamond Limousine. Sincerely, Wayne and Tricia Cormier

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**2 AUG, APF South East Challenge (Vidor) - Men & Women - Open/Below/1/ Masters (5 yr age groups)/ SubMasters/Junior (2yr age groups)/ Police/Fire/Single Lifts - Flexion Strength Systems/ Seguin Fitness, 256 W. COurt St, Seguin, Tx 78155, 1-800-378-6460**

**2 AUG, 8th Annual ADAU Raw Catasauqua Classic (Separate SQ, BP, or DL) Open, all age groups, men & women, Nick Theodorou c/o Nutritional Technologies, 5 Stonecroft Drive, Easton PA 18045-2812, 610-258-1894, nutritek@aol.com**

**2 AUG, SLP Ohio State Fair BP/DL Championships (Columbus, OH) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**2,3 AUG, Monster Muscle North American Bench Press and Deadlift Championships, Sheaton Airport Hotel, Portland, OR, Gus Rethwisch, (503) 762-5066**

**2,3 AUG, NASA World Cup PL, BP, & PS, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com**

**3 AUG, WABDL Pendulum - Top Daug Great Lakes Meet (Lansing, MI) Bob Garza 281-820-5923**

**8-10 AUG, IPA World Powerlifting Championships, Radisson Penn Harris Hotel and Conference Center, Harrisburg, Pennsylvania, Mark Chaillet: 717-495-0024, Chaillet@NFDC.net or Ellen Chaillet: echaillet@aol.com**

**9 AUG, APF N. Texas Championships (Dallas, TX - men, women - open/below class I, masters, submasters, jr. - single lift divisions) MetroFlex Gym, 817-465-9331, www.metroflexgym.com, hardbodyhunter@attbi.com**

**9 AUG, APF Ohio State Championships/ Buckeye Open and Bench, West Lafayette, OH, www.ohioapf.com, Randy Edwards 937-781-9219, John Blackstone 740-545-0840, benchman600@squatmail.com**

**9 AUG, 2nd Annual Maryland Strongest Man Contest (Gold Level) LaPlata, MD. Contact Graham Bartholomew 301-893-8290 (after 8pm) or grahambo1@mindspring.com**

**9 AUG, 13th annual Endless Summer BP contest, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683**

**9 AUG, APF Vench Beach Push/Pull PL, 310-399-2775**

**9 AUG, SLP Wisconsin State Fair BP/DL Championships (West Allis, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953,**



## Atlantis

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September 13, 2003

Open to all Police and Correctional Officers

Top 10 Contestants qualify for Strongest Man in America 2004

Assabet Vocational High School Gym  
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1:00 PM

#### 5 Events

1. Trap Bar Deadlift
2. Bench Press
3. Standing Jerk Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbbell Lift

#### Cash Prizes

1st.	\$500.00
2nd.	\$300.00
3rd.	\$200.00
4th.	\$100.00
5th.	\$ 50.00

**Rules:**

1. Placings in each event determined by a one rep max with the maximum weight.
2. Overall winners determined by a grand total weight from all five events.
3. No super suits, bench shirts, erector suits or straps will be allowed.
4. Lifting belts and chalk will be allowed.
5. Entry fee fifty dollars (\$50.00) per contestant.

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I agree to submit to any testing procedures in or out of contest by WNPf officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPf for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifiting@aol.com, www.virginiausapl.com**

**10 AUG, USPF International Cup BP (Ramada Inn Convention Center) Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, AmericanPowerlifting.com, SQ700@aol.com**

**10 AUG, SLP Missouri State Fair BP/DL Championships (Sedalia, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**15, 16, 17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070**

**16 AUG (new contact), Drug Tested WABDL Southern Regional Bench Press and Deadlift Championships, New Orleans, LA, Bob Garza, 281-820-5923**

**16 AUG, USAPL Mid-Atlantic Open PL/**

BP, John Shifflett, 15427 Brandy Rd., Culpeper, VA 22701, 434-985-3932

**16 AUG, 19th Iowa State Fair BP/DL & 13th Law Enforcement & Fire State Fair BP/DL, Jeff Baird, 6804 Starview St., Des Moines, IA 50320, 515-953-6833, bairdzz@aol.com**

**16 AUG, Northeast Wi Strongman Challenge 2003 (Gold level) New London, WI www.bigtonyscrivens.com for updated information**

**16 AUG, South Carolina Strongman Championship, Columbia, SC Proceeds to benefit Special Olympics of South Carolina. (Gold Level) Contact Mike Johnston (803)-799-8616 or mejellisp@aol.com**

**16 AUG, SLP Indiana State Fair BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifiting@aol.com, www.virginiausapl.com**

**16,17 AUG, 13th YMCA Snake River PL, BP, DL (Idaho Falls, ID) 208-520-8773, 523-0600**

**16,17 AUG, North American Powerlifting Championships, Capri Center, Red Deer, Alta, Bruce Greig, Box 4, Okotoks, Alta-T1S1A4, Can, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com**

**17 AUG, SLP Illinois State Fair BP/DL Championships (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**23 AUG, USAPL Mississippi State, Gulfport MS, Rhodes Club Fitness, Hardy Court Shopping Ctr, Gulfport, MS 39597, 228-868-0190**

**23 AUG, (tentative) The Midwest Strongman Showdown September fest Omaha NE Convention Center NE/Iowa contact Joe Secord 402-672-7835 e-mail: bulldogstrengthsports@yahoo.com**

**23 AUG, Arkansas Open Bench Press Championships, Little Rock, AR, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851**

**23 AUG, USPF Northern California Push/Pull Championship - Modesto, Entry Form at www.powerliftingca.com, Jason Bumell, 510-232-4755, deepsquatter@deepsquatter.com and Dave C u m m e r r o w , david\_cummerow@yahoo.com**

**23 AUG, 7th Annual WABDL Drug Tested Alki Beach Bench Press and Deadlift Championships, Alik Beach, Seattle, WA, Bull Stewart, 206-725-7894 and 206-343-4692**

**23 AUG, SLP Kentucky State Fair BP/DL Championships (Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117**

**23,24 AUG, AAU North American Powerlifting, Bench, Deadlift and Push Pull, San Bernardino, California, Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net**

**23,24 AUG, USAPL Bench Press Nationals, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156**

**24 AUG, AAU Missouri-Kansas Bench Press-Deadlift Championships, X-Treme Fitness, 636-583-1779, Darin Gilley, 2820 Old Gray Summit Road, Pacific, MO 63069, 636-742-4537**

**30 AUG, APA Labor Day Weekend Bash (Blue Springs, MO - PL, Push-Pull, Single BP & DL) Rodney Wood, 417-256-2297, rodwood@weighttrainersunited.com**

**30 AUG (NEW DATE), NASS NE US**

**Strongman Challenge (Silver Level) Poughkeepsie, NY; Contact Steven Mann @50 Rinaldi Blvd. Apt 2C, Poughkeepsie, NY 12601 845-473-5230 or steve@purepowerlifting.com**

**30 AUG, APF No Limits BP & DL Meet (Hempstead, NY) Chris Taylor, 516-822-6660 or 631-471-5551, prmind2body@aol.com**

**30 AUG, Granite State Open Bench Press / Deadlift (Separate Contests) (Open, Teen, JR, Sub, Master, Women), Louie LaPoint, 337 Roxbury St, Keene, NH 03431, 603-352-8590**

**30 AUG, SLP DuQuoin State Fair BP/DL Championships (DuQuoin, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**AUG, USPF Northeastern Open BP, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, AmericanPowerlifting.com, SQ700@aol.com**

**AUG, (middle Aug, tentative) The Central USA Strongman Challenge (Platinum Level); Contact Jefferson Meadors; 773-704-6047 or jeffersonmoadors@aol.com**

**6 SEP, APF Georgia State, Jon Grove, 770-422-1226**

**6 SEP, Saratoga YMCA BP, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000, www.geocities.com/muscleworkspowrteam**

**6 SEP, SLP Tennessee State Fair BP/DL Championships (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**6 SEP, APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, FL) 386-426-8648 or email hugeiron@logicalcity.com**

**6,7 SEP, NPA Natural Nationals BP, DL, PL (drug tested) Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, fitlifedb@cs.com**

**6,7 SEP, WABDL Drug Tested West Coast Bench Press and Deadlift Championships, Marriot Hotel, Rancho Cordova, CA, (near Sacramento), Jody Woods, 916-485-3808**

**7 SEP, WNPf Ohio Valley, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-7792-6670**

**13 SEP, NASS E. Coast Strongman (Oceana NAS, VA Beach, VA - Men (L/H) & Women) Gayle Schroeder, strength@exis.net, 757-481-6963, www.powerandstrength.com, www.nastrongman.com**

**13 SEP, Saxonburg Strength Fest (Saxonburg, PA) Strongman Contest, Therapeutic Muscle Specialists, 724-265-1500, muscle@nautic.com.net**

**13 SEP, AAU Pennsylvania Championships & Atlantic Regional Open (Guerin Rec. Ctr.) Baptist Nupier, 215-755-9477, powerguru1@aol.com**

**13 SEP, Atlantis Strongest Cop in America Contest (open to all law enforcement and correctional officers - Assabet Vocational High School, Marlboro, MA) Addison Redfield, 508-886-4959 or Rotary Club, Box 651, Northboro, MA 01532.**

**13 SEP, ADAU Broome County BP & DL Classic (raw lifting only - Johnson City High School, Johnson City, NY) Wayne or Hunter Claypatch, 1028 Whittemore Hill Rd., Owego, NY 13827, 607-786-9720**

**13 SEP, APF Muscle Beach, Venice West Coast Bench Press, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775**

**13 SEP, WNPf Lifetime Drug Free PL/ BP/DL/SQ Nationals (Atlantic City, NJ) WNPf, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418**

**13 SEP (NEW DATE), IPA PA State / NE Regionals - Bangor, PA, Gene Rychlak Jr., 1432nd Ave., Royersford, PA 19468, 610-**

948-7823

**14 SEP, "United We Stand" BP (proceeds to the Red Cross for victims of 9-11-2001. 20" American Flag Trophies, 1st-5th, all divisions) Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117**

**19 SEP, RAW Virginia State Bench Press, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifiting@aol.com**

**20 SEP (NEW DATE), Iron Boy Bench Press Classic, Winston-Salem, NC, keith@ironboyenterprises.com, http://www.houseofpaynepowerlifting.com, 336-766-3347**

**20 SEP, 5th Sci-Fit Bench Press, Joe or Jamey, 2055 Eisenhower Parkway, Macon, GA 31206, 478-750-7005**

**20 SEP, APF Maine State Push Pull (formula-all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070**

**20 SEP, NASS New Mexico Regionals (PL, PS, BP) Mike Adelman, Box 44582, Rio Rancho, NM 87174, 505-301-3887, powerlifter@surfbest.net**


**20 SEP, NASS Bartlesville Drug Free (Bartlesville, OK) Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com**

**20 SEP, Claude Youngren Memorial BP/DL, Mike Raya, 2921 N. University St., Peoria, IL 61604, 309-688-2736**

**20 SEP, The Heartland Strongman Challenge II Harrah's Casino & Hotel Council Bluffs IA; Contact Joe Secord 402-672-7835 email: buildogstrengthsports@yahoo.com**

**20 SEP, WABDL Drug Tested Hawaii State Championships Bench Press & Deadlift, Waimanalo, Hawaii, Keith (808) 259-9800, toll free 877-259-5267, Kenekes@hawaii.RR.com**

**20 SEP, SLP OPEN POWERLIFTING/**



# Men's NATIONALS

## JULY 18TH - 20TH

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Championships

Powerlifting

**BP/DL NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, www.sonlightpower.com, sonlight@netcare-il.com**  
**20,21 SEP, Life Time Drug Free Nationals, Tom North, 2025 E Shady Grove #2, Irving, TX 75060, 972-721-0200**  
**26,27 SEP, INSA/INSAA Southwest USA Championship, Arlington Convention Center, Arlington, Texas, 817-268-3488, David Newingham, Kirk Stroud**  
**27 SEP, Push/Pull on the River 3 (\$1500 cash giveaway) Reed Bueche, 1104 W. Main, New Roads, LA 70760, 225-638-9922**

**27 SEP (NEW DATE & LOCATION), WPO Bench Bash for Cash (Orlando, FL) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org**  
**27 SEP, APA Southeast Open Pro BP & Southeast Open DL (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-9622, Fax 801-905-7046, scott@apa-wpa.com**

**27 SEP, Iron Zone Powerlifting Meet, Xtreme Events, James T. Goad, 863-835-0447, James@physicalplanet.net**  
**27 SEP, WABDL Drug Tested Washington State Bench Press and Deadlift Championships (with Powerlifting), Aberdeen, WA, Dr. Don Bell, 360-532-8339**

**28 SEP, WNPF Upstate NY II (Waterloo, NY) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670**  
**28 SEP, SLP Missouri State BP/DL Championships (Springfield, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**3,4 OCT, North American Strongman Championships; Myrtle Beach, SC; Contact Brian Holt 719 Reef Rd. Myrtle Beach, SC 29588; 843-267-9631 or SCSuperStrength@aol.com**  
**4 OCT (NEW DATE), USPF Florida State PL & BP (Jackson Springs Rec. Ctr.), Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063**

**4 OCT (REVISED DATE), APF Northern California Open PL & BP (San Francisco, CA) John Ford 650-757-9506**  
**4 OCT, WPA World Bench Press (Fitchburg, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-9622, Fax 801-905-7046, scott@apa-wpa.com**

**4 OCT (NEW DATE), Nasa Big River Classic PL & Bench Press Regional Competition (Blytheville, Arkansas) Daryl and Tobey Johnson**  
**4 OCT, Nasa Colorado Regional, Denver CO, Nasa, PO Box 735, Noble, OK 73068, www.nasa-sports.com**  
**4 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**5 OCT, SLP Iowa State BP/DL Championships (Corahville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**  
**5 OCT, 19th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527**

**11 OCT (NEW DATE), Nasa KY Regional PL, BP, PS (Hester's Family Fitness - Louisville, KY) Greg and Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@utirefire.com**  
**11 OCT (corrected phone #), USPF Central California Powerlifting, Bench Press**

**& Deadlift Championship-Bakersfield, Entry Form - www.powerliftingca.com, Lisa Denison, 661-664-7724, PWRLFTR@msn.com**  
**11 OCT, APA Palmetto Push-Pull (Rock Hill, SC) John Demchak, 803-493-2760, meets@carolinastrength.com, www.carolinastrength.com**

**11 OCT, Nasa Ohio Regional, PL, BP & Power Sports, Springfield, OH, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**  
**11 OCT, SLP Arkansas State BP/DL Championships (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**11 or 18 OCT, US Navy Fleet Week, East Coast Strongman Championship, Va Beach, VA. NAs Oceana. Gayle Schroeder, strength@exis.net, 757-481-6963, info:**

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**17-19 OCT, WDFPF World Powerlifting Championships, (Equipped & Unequipped) & Congress - St. Petersburg, Russia, Andrew Cominos, Tel: 01637 860908, Fax: 01637 860911**  
**18 OCT, Walker's Gym Bench Press Classic (open & raw: women, men, teen, masters, police, military, firefighters - 2 platforms, 5 places) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918**

**18 OCT, 2nd annual Boardwalk Gym Fall BP (Winona, MN) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, dugsmg78@msn.com, or the gym at 507-452-7133**

**18 OCT, Body Factory Full Power Challenge/Bench, Jim Parrish, 436 Blue Valley Dr., Bangor, PA 18013, 610-588-3739, jsalparr@fast.net**

**18 OCT, PPL USA "Drug Free" Powerlifting Championships, Full Power, Bench Only, Deadlift only & Iron Man, Python Power League, Attn: Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, Pythongym@aol.com**

**18 OCT, Nasa East Texas Regional, Longview, TX, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**18 OCT, Ashtabula YMCA Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013**

**18 OCT, 7th Pennsylvania Power Challenge BP & DL (Reading, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823**

**18 OCT, 12th Annual Muscle Beach, Venice Special Olympics Power Lift-Off, INVITATION ONLY, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775**

**18 OCT, SLP Wisconsin State BP/DL Championships (Kaukauno, WI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**31 OCT, 1 & 2 NOV, AAU Richmond International Championships, VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, aaupower@aol.com, fax 804-266-8908, or aausports.org**

**31 OCT - 2 NOV, AAU World Full Power Championships - (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org, aaupower@aol.com, fax: 804-266-8908**

**1 NOV, 2nd annual Atlantis Strongest Man in New England (Paxton, MA - trap bar DL, BP, standing jerk press, chin with wt., Thomas Inch DB lift - 5 cash prizes. proceeds to Paxton Fire Dept. - hosted & judged by Bill Kazmaier) Bruce, Jeff, or Todd, 805-885-3686**

**1 NOV, 3rd Annual Maryland State Police Strongman Contest (Silver Level), Easton, MD; Contact Graham Bartholomew; 301-893-8290 (after 8pm) or grahamb01@mindspring.com**  
**1 NOV, APF Texas Cup (Austin) - Men & Women - Open/Below I/Masters (5 yr age groups)/SubMasters/Junior (2yr age groups)/Police/Fire/Single Lifts - Flexion Strength Systems/Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 1-800-378-6460**

**1 NOV, USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**19 OCT, Joe Average Seminar, Jim Parrish, 436 Blue Valley Dr., Bangor, PA 18013, 610-588-3739, jsalparr@fast.net**  
**19 OCT, Championnat Canadien de Bench - Souleve de Terre et Push/Pull (Montreal), Marcel St-Laurent, 457, 7ieme Avenue Nord #1, Sherbrooke, Qc, J1E 2S2, 819-346-9466, fax - 819-346-6104**

**24-26 OCT, WNPF World Championships & World Strongman Championships, WNPF, Box 142347, Fayetteville, GA 30214, wnfp@aol.com, 770-996-3418**

**25 OCT, The Fitness Max Fall BP (Tupelo, MS) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, dugsmg78@msn.com or the gym @ 662-842-0297**

**25 OCT, USBF Maryland State Bench Press Championships (Raw & Assisted) & Battle of Baltimore Armwrestling, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, brian@usbf.net**

**25 OCT, 21st Raw ADAU Central PA Open (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com**

**25 OCT, ANPPC NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**25 OCT, AAPF Southern States Powerlifting Championship (Daytona Beach FL) 386-426-8648 or email hugeiron@logicalcity.com**  
**26 OCT, Iowa/Midwest Open BP or DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240**

**26 OCT, SLP Midwest Open BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**31 OCT - 1 NOV, INSA/INSAA World Championship, Plano Convention Center, Plano, Texas, 817-282-1011, David Newingham, Kirk Stroud**

**31 OCT, 1 & 2 NOV, AAU Richmond International Championships, VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, aaupower@aol.com, fax 804-266-8908, or aausports.org**

**31 OCT - 2 NOV, AAU World Full Power Championships - (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org, aaupower@aol.com, fax: 804-266-8908**

**1 NOV, 2nd annual Atlantis Strongest Man in New England (Paxton, MA - trap bar DL, BP, standing jerk press, chin with wt., Thomas Inch DB lift - 5 cash prizes. proceeds to Paxton Fire Dept. - hosted & judged by Bill Kazmaier) Bruce, Jeff, or Todd, 805-885-3686**

**1 NOV, 3rd Annual Maryland State Police Strongman Contest (Silver Level), Easton, MD; Contact Graham Bartholomew; 301-893-8290 (after 8pm) or grahamb01@mindspring.com**  
**1 NOV, APF Texas Cup (Austin) - Men & Women - Open/Below I/Masters (5 yr age groups)/SubMasters/Junior (2yr age groups)/Police/Fire/Single Lifts - Flexion Strength Systems/Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 1-800-378-6460**

**1 NOV, USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**1,2 NOV, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070**  
**1,2 NOV, Nasa North Carolina Regional, Hickory, NC, Nasa, PO Box 735, Noble, OK 73068, www.nasa-sports.com**

**22 NOV, SLP Eflingham Open BP/DL Classic (Eflingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**7 NOV, RAW Blue Ridge Bench Press Classic, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com**

**8 NOV, Fred Pfister Push and Pull (all divisions and age groups) Berkshire Nauticus, 42 Summer St., Pittsfield, MA 01201, Ray Dunn, 413-499-1217**

**8 NOV, APA Lonestar Powerlifting Championships - Houston, Texas, Tom McCullough, 281-752-0540, powerlifter@angelfire.com**  
**8 NOV, SLP Fitness One Fall BP/DL Championships (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,**

[sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)  
**8,9 NOV, Nasa Iowa Regional Championships, PL, BP & Power Sports, Des Moines, IA, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**8,9 NOV, WPO Finals (Atlanta, GA) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org**

**9 NOV, USAPL NJ State PL, Joe Morzeale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156**

**9 NOV, ADAU Connecticut State PL & BP, Robert Delavega, Powerhouse Gym, 71 Commerce Drive, Brookfield, CT 06804, 203-775-8548, phgbrookfield@aol.com**  
**9 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**14-16 NOV, IPA Sr. Nationals, Radisson Penn Harris Hotel + Convention Center (Harrisburg, PA) Mark Chaillet @ 717-495-0024, chaillet@NDFC.net or echaillet@aol.com**

**15 NOV, James B. LaRusso Memorial Bench Press Meet, Muscle World Gym, 401 W. Hand Ave., Cape May Court House, NJ 08210, (trophies and cash prizes) 609-465-4723**

**15 NOV, APF Oregon Record Breakers, PL w/ monolift, BP/DL, Big Bear's Gym 1226 NW Grove, Newport Or. 97365, 541-574-4507, bbgym.tripod.com/gym/id1.html**

**15 NOV, SLP Kentucky State BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**16 NOV, USAPL Ohio PL & BP (men's & women's open & raw, men's master, men's masters raw, men's teen, men's police & fire) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King, 440-439-5464**

**16 NOV, Championnat Quebecois de powerlifting (Sherbrooke), Marcel St-Laurent, 457, 7ieme Avenue Nord #1, Sherbrooke, Qc, J1E 2S2, 819-346-9466, fax - 819-346-6104**

**16 NOV, SLP NATIONAL "RAW" POWERLIFTING/BP/DL NATIONALS (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**22 NOV, USAPL Idaho State PL & Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035**  
**22 NOV, USAPL MA/RI States Open, Greg Kostas, Box 483, 113 Linden, Whitman, MA 02382, 781-447-6714**

**22 NOV, Kings of the Coast Mixed Doubles Strongman Classic (Silver Level); Dover Delaware. Light and heavyweight pair team. Contact Jim Henry at 1183 Hartly Rd. Hartly, DE 19953; 302-730-4007 e-mail: jimhenry280@hotmail.com or contact Kevin Senato at Kevzr580@aol.com**

**22 NOV, Omaha Open BP, DL, Push/Pull, AV Sorensen Recreation Center, Omaha, NE, Keith Machulda, 402-444-5596**  
**22 NOV, SLP Chicagoland Classic BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**23 NOV, SLP Central Illinois Open BP/DL Championships (Hillsboro, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**  
**29 NOV, Iron Dawg Open PL & BP (Holiday Inn, Marietta, GA) L.B. and Nadine Baker, 770-725-6684, www.irondawg.com**  
**6 DEC, USBF Ironman Open & Dumbarton 2-Man Deadlift, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, brian@usbf.net**

**6 DEC (new address), USAPL New York State Bench-Deadlift Championships, Bruce Swanson, 15 Palisades Rd., Patterson, NY 12563, 845-279-2346, http://www.geocities.com/bruceswan500/index.html**

**6 DEC, APA/ TMSPA Patriot Open - Houston, Texas, Tom McCullough, 281-752-0540, powerlifter@angelfire.com**

**6 DEC, APF Rio Grande Valley Championships (McAllen) - Men & Women - Open/Below I/Masters (5 yr age groups)/SubMasters/Junior (2yr age groups)/Police/Fire/Single Lifts - Flexion Strength Systems/Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 1-800-378-6460**

**6 DEC, APF 50th annual IRON MAN Open PL & BP challenge, Mr. Iron Man, Ms. Iron Woman, and Over 40 Mr. Iron Man (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805**

**6 DEC, 3rd Toys for Tots Christmas BP, Glenn Murphy Jr, BOX 1013, Westminster, MD 21158**  
**6 DEC, Miller Chevrolet Christmas Bench Press Classic, Dave Harrison, The Gym in Elk River, 550 Freepport Ave, Elk River, MN 55330, 763-441-4232**

**6 DEC, Nasa Bluegrass Regional Powersports, Bench Press & Deadlift Championship, @ Henderson, Ky Info: Showtime @ 1-270-830-7209**

**6 DEC, SLP Christmas For Kids BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**6 DEC, USAPL Virginia State PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com**

**6,7 DEC, AAU World Bench Press, Deadlift and Push Pull Championships, Laughlin, Nevada, (meet capped at 400 lifters), Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797, ntripwr@pe.net**

**6-7 DEC, APF Southern States (Daytona, FL) 386-426-8648 or email hugeiron@logicalcity.com**

**7 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728, joemusclehead@cs.com**

**7 DEC, USAPL Champions Sports & Recreation Open, Jim Hart, 4418 NW 50th St, Lincoln, NE 68524, 402-470-3672**

**7 DEC, 11th Raw ADAU Coal Country Classic (separate BP & DL contests, open and all age groups - men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com**

**7 DEC, SLP Northern Illinois Open BP/DL Championships (Mechesney Park, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**9-14 DEC, WABDL Drug Tested Worlds (Riviera Hotel, Las Vegas, NV) Gus Rethwisch, 503-762-5066**  
**13 DEC, USAPL POLICE & FIRE NATIONALS (Omaha, NE), Tim Anderson, 402-427-8085, timanderson@huntel.net, www.nebraskapowerlifting.com**

**13 DEC, Nasa Missouri Regional, Carthage, MO, Nasa, PO Box 735, Noble, OK 73068, www.nasa-sports.com**

**13 DEC, ISA Presents Superman of the Century, Superman, Powerlifting, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117**

**13 DEC, Christmas BP Classic/Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com**

**14 DEC, USAPL Midwest Senior States (Omaha, NE - open to all lifters) Tim Anderson, 402-427-8085, timanderson@huntel.net, www.nebraskapowerlifting.com**

**14 DEC, SLP Little Rock Open II BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**JAN, PPL Augusta Open (drug free, BP, DL, Ironman, Full Power) Tee Meyers,**

**2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com**

**5,6 MAR, WPO Super Open Finals (Arnold Classic - Columbus, OH) Huge Iron Productions, Box 1277, Edgewater, FL 32132, 386-426-8648, hugeiron@logicalcity.com**

**13 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net**

**19-21 MAR 04 (NEW DATE), USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210**

**10 APR, Capital of Michigan Power & Bench Press Classic (all age & wt. classes - teen, open, master, police/firefighter classes & team) Lansing Community College, Physical Fitness & Wellness Dept., Jeff Buchin, or Lynn Savage @ 517-483-1227**

**APR, USAPL Collegiate Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672**

**MAY, USAPL Masters Nationals, Tom North, 2025 E. Shady Grove #2, Irving, TX 75060, 972-721-0200**

**JUN, USAPL Teen/Jr. Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672**  
**JUL, USAPL Men's Nationals, Paul Fletcher, 17735 Creekhollow, Baton Rouge, LA 70817, 225-753-8586**  
**12-19 OCT, WPC World Championships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805**

**27 DEC, SLP The Last One! BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**P.S. when writing include a Stamped, Self-Addressed Envelope. (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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**Iron Boy Push-Pull Championships**  
25 JAN 03 - Winston-Salem, NC

MEN	BP	DL	TOT
105			
Teen 14-15 r			
Andrew London	85	190	275
123			
Teen 12-13 r			
Dwight Hodge	100	210	310
148			
Teen 16-17 a			
Garland Coffey	245	350	595
165			
Masters (45-49) r			
Jack Moore	250	400	650
Teen 16-17 a			
Christopher Clark	250	420	670
Open r			
Robin Smith	245	465	710
Masters (45-49)			
Robin Smith	245	465	710
181			
Open r			
Jeff Beeson	300	525	825
Master (50-54) r			
Frank Sumner	285	345	630
Masters (45-49) r			
Phil Orr	200	445	645
Junior r			
Jason Parks	295	405	700
Open a			
Scott Chattin	370	485	855
Open a			
Phil Harrington	500		500
Masters (45-49) a			
David Pagan	305	480	785
Gray Durham	305	470	775
198			
Teen 16-17 r			
Daniel Williams	225	300	525
Submaster r			
Blake Mills	385	510	895
Open a			
Lynn Hodges	375	465	840
Masters (40-44) a			
Derrill Rice	400	500	900
Junior a			
Adam Troutt	350	515	865
Intermediate a			
Greg Brewer	315	550	865
Lynn Hodges	375	465	840
220			
Submaster r			
Thomas Adams	435	630	1065
Police/Fire r			
Kirk Hubbard	315	500	815
Novice r			
John Jacobi	450	570	1020
Gregory Crofts	335	515	850
Masters (45-49) r			
Jeff Gauntz	380	555	935
Teen (14-15) a			
Jordan Childress	190	350	540
Open a			
Travis Mash	530	730	1260
Open a			
Tony Atkins Jr	475	545	1020
Tim Higgins	365	630	995
Novice a			
Tony Atkins Jr	475	545	1020
Masters (45-49) a			
David Young	390	475	865
Tim Higgins	365	630	995
Junior a			
Tony Atkins Jr	475	545	1020
Intermediate a			
Rob Taylor	440	640	1080
Geoffrey Butia	435	570	1005
242			
Submaster r			



Travis Mash pulling up 730 lbs.

Clinton Graham 385 550 935  
Novice r  
Clinton Graham 385 550 935  
Masters (45-49) a  
Silas Norman 215 360 575  
Teen (16-17) a  
Pete Holz 355 455 810  
Submaster a  
Marty Prevette 405 620 1025  
John Arnett 500 500  
Open a  
John Demchak 410 610 1020  
John Arnett 500 500  
Novice a  
Wayne Lemmons 325 420 745  
Masters (40-44) a  
Todd Scearce 500 465 965  
Intermediate a  
Gregg Lyons 400 575 975  
Jeff Crouch 425 550 975  
275  
Submaster r  
Dan Michels 355 600 955  
Rusty Slates 375 500 875  
Novice r  
Christian Cork 370 525 895  
Gary Senter 415 460 875  
Intermediate r  
Kevin Gardner 280 405 685  
Teen (14-15) a  
Donovan Atkins 280 405 685  
Submaster a  
Curtis Rabon 560 635 1195  
Open a  
David Connor 330 470 800  
SHW Class  
Submaster a  
Chris Clark 480 600 1080  
Women  
132  
Masters (40-44) r  
Anita Tharpe 100 225 325  
r - raw, a - assisted. It was a day of celebration as well as a great day of lifting. The 2003 Iron Boy Push-Pull Championships commemorated the 100th meet that Walter "Truck" Ferguson has lifted in. The Truck's lifting career has spanned over 30

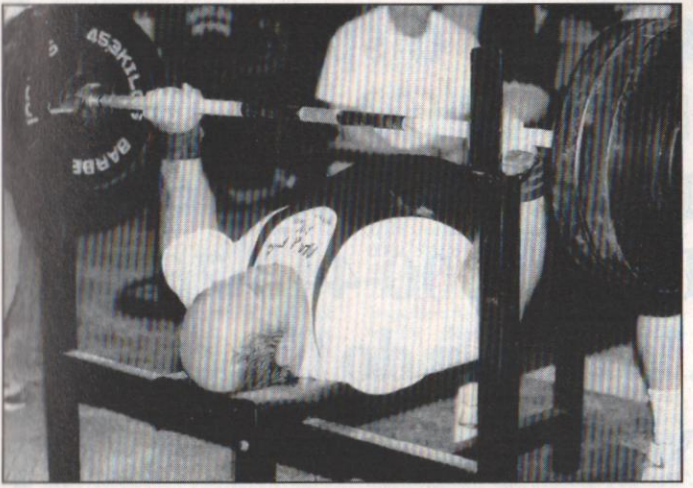
years. We congratulate him on his consistency and longevity in the sport of powerlifting. We were honored he chose the Iron Boy for his 100th meet. The lifting was great as usual. There were many big benches but maybe the most impressive bench of the day belonged to Art Fisher who benched 475 raw at 51 years of age. That is an outstanding accomplishment. Other big benches included Todd Scearce (500), Phil Harrington (500), S.P. Tuasosopo (500), Travis Mash (530), Keith Mackey (535), Curtis Rabon (560), Michael Smith (575), and the biggest of the day Michael Neal 635. The deadlifting was awesome as well. Chris Clark deadlifted (600), Dan Michels (600), John Demchak (610), Tommy Foley (610), Marty Prevette (620), Thomas Adams (630), Tim Higgins (630), Curtis Rabon (635), Rob Taylor (640) and Travis Mash with a meet high 730 pounds. We had a great turnout in the Youth and Teen divisions. It was good to see the kids from Project Lift (Henderson, NC). William Hawkins has done a wonderful job with the young people. Christopher Clark was outstanding. Pete Holz had a great meet. We had some really good Masters lifting as well. Robin Smith, Derrill Rice, Tim Higgins, Todd Scearce, Jeff Gauntz, David Young, Silas Norman, Tommy Coble, Donald House, Jack Moore, Frank Sumner, Phil Orr, David Pagan, Gray Durham, and Anita Tharpe are an inspiration to all of us. In the Iron Boy (push-pull) competition, Andrew London 275 (105 class) Dwight Hodge 310 (123 class) Garland Coffey 595 (148 class) Robin Smith 710 (165 class) Scott Chattin 855 (181 class) Derrill Rice 900 (198 class) Travis Mash 1260 (220 class) Marty Prevette 1025 (242 class) Curtis Rabon 1195 (275 class) Chris Clark 1080 (SHW class) all had the biggest totals in their respective weight class. Travis Mash won the Men's Iron Boy Best Lifter award with a 1260 total. Tim Higgins won the Men's Masters Iron Boy Best Lifter award with a total of 995. Christopher Clark took the Teen Iron Boy Best Lifter award with a 670 total. Anita Tharpe was the winner of the Female Masters Iron Boy Best Lifter award. Team (Bench Only Open Division) awards went to House of Payne (1st), Country Boys from Christiansburg, VA (2nd), Olympic Fitness from Sanford, NC (3rd) and Bench Only Masters Division went to House of Payne. Super Flex Classics from Elkin, NC won the Iron Boy Open team award. Olympic Fitness won the Deadlift Only team award. We want to thank James Lopez, Kent Wall, Lynn Hodges, Sean Redfern, Jeff Crouch, Tom Payne, and Mike Lovelace for an outstanding job of spotting and loading. Thanks to our judges, Dan Allen, John Demchak, Chris Mason, Red Swaim, Danny McMillan, Chris Confessore, Walter Ferguson and Ed Brooks. You guys did a great job! I also want to say thank you to VerLinda McMillan, Sharon Frith, and Billy Sparks for the great job done with the scoring. Steve Lund, you did another excellent job of announcing. Thanks to Mike Payne and Barry Maples for the outstanding job of weighing people in. Thanks to Maxine Sparks, Michelle Sener, Gary Lovelace, Brandt Stephens, Brittany Beck, Kristi Mason, Heather Harrell, Tammy Lopez, Jeff Payne, Matt Payne, Brenon Payne, Ginger Payne, Ashley Payne, Murel Thomas, Jennifer Gregory and Alex Cooley for running our concession stand, t-shirt tables, platform/warmup areas, and score board. (results from Keith Payne)

**Finnish Open Bench Press Nationals**  
05 APR 03 - Salo, Finland

Men	Women
Roger Eriksson 220	Pasi Karjalainen 220
52	Juha Keskinen 217.5
Mika Kinnunen 105	Juha Keskinen 217.5
56	Kai Takala 217.5
Samuli Kaikkonen 122.5	Kirimo Varviko 215
Pentti Rimpilä 120	Petri Kinnunen 215
Dmitrij Jakovlev 120	Kari Vilppola 215
70	Vesa Korhonen 205
Tommas Nikkila 150	Elis Hognas 195
Raimo Savaloja 130	Kurt Nygard 192.5
Sami Lipponen 130	Heikki Hirvonen 185
Sven-Erik Elfborg 110	Chris Nylund 185
67.5	Kai Palmroos 185
Janne Poykio 170	Vesa Ikkala 170
Art Kurjenkallio 150	125
Tony Bjorkgren 147.5	Janne Kuuseva 293
Marko Tuomainen 145	Ove Lehto 260
Jouko Kastegren 137.5	Esa Jantunen 245
Juha Inkinen 130	Pecka Heikkala 230
75	Sami Helle 220
Antti Savolainen 200.5	Kaj Mattila 215
Jari Airio 192.5	K. Sommarstrom 202.5
Anttu Liimatainen 180	Jyrki Tokko 195
Jukka Paananen 172.5	125*
Ari Oksanen 165	Kenneth Sandvik 300
Tommi Vilka 165	Pedro Karlsson 245
Janne Hakanen 162.5	Kari Johan Relund 242.5
Marko Korpela 160	Veli Kaunismaki 222.5
82.5	Women
Ville-Petteri Erola 235	44
Kari Veid 208	Marjo Nurminen 50
Timo Parviainen 202.5	48
Jussi Kaartinen 185	Hanna Rantala 90*
Ilkka Launonen 177.5	Virva Arpala 87.5
Keijo Huhtinen 175	Rajja Koskinen 82.5
Tero Lahtonen 170	Vuokko Viitasaari 75
T. Mickelsson 170	Sanna Apuli 70
Marko Rantala 90	Irmeli Vaulakorpi 65
52	Ilina Laine 92.5
Juha Tuononen 215	Mervi Sirkia 92.5
M. Vuontisvaara 210	Sanna Hillberg 60
Keijo Kiiskinen 210	56
Kimmo Pakarinen 205	Mervi Rantamaki 90
Karri Penttila 190	Anu Lotjonen 70
Antti Koskela 182.5	60
Pasi Miettinen 182.5	Pia Rajala 90
Ake Koponen 180	Petra Orpana 85
Olli Suominen 180	Eini Virkki 82.5
Kai Penttila 180	Min Viikari 80
Heikki Laakso 175	M. Hennesaho 65
100	Sari Keskevaari 62.5
100	75
Jukka Keinanen 230	230
Tommi Turpeinen 230	Maria Koskinen 107.5
Juha Lehto 207.5	Heini Lahtinen 105
Janne Syyjarvi 200	Kaisa Karvonen 82.5
Pasi Miliin 197.5	Pavi Paananen 80
Mikko Tiensuu 197.5	75
Janne Ylimies 190	Anne Tuisku 107.5
Marko Salovaara 190	Kirsi Singh 95
Lasse Leinonen 190	J. Liimatainen 95
Petru Koskela 187.5	82.5
187.5	82.5
185	Tarja Koski-Sipila 100*
170	Sirpa Kokkonen 75
90+	90+
110	Merja Mynttinen 120
240	Minna Suominen 97.5
240	97.5
* Finnish Junior Under 23 Record. Men: Janne Kuuseva - World Record. Kenneth Sandvik - European Record. Antti Savolainen & Ville-Petteri Erola - Finnish Record. Karl Veid-Master Single Lift World Record. (Thanks to Heikki Orasmaa for the results.)	

**USAPL Zumbro Valley Open**  
26 APR 03 - Kasson, MN

Women	SQ	BP	DL	TOT
Open				
M. Shuttleworth	240	175	265	680
132				
Judy Drenth	245	150	320	715
148				
Jane Welborn	255	150	300	705
165				
Janet Hausken	270	140	340	750
198+				
Fran Huston	235	135	315	685
Men				
Masters 50-59				
132				
Jack Annis	250	200	300	750
148				
Paul Sechser	375	300	365	1060
181				
Paul Hoff	145	55	145	345
Open				
148				
Kyle Chiodo	405	310	510	1225
Jake Suedel	400	270	525	1180
Spencer Sharpe	320	170	385	875
165				
Derek Chiodo	485	320	525	1330
181				
Jim Gardner	365	240	435	1040
148				
Joe Cooper	480	305	480	1265
198				
Sid Reid	450	260	510	1220
198				
Sten Lindquist	565	330	620	1515
Blake Hanson	535	315	535	1385
Jesse Canton	430	280	525	1235
Master 40-49				

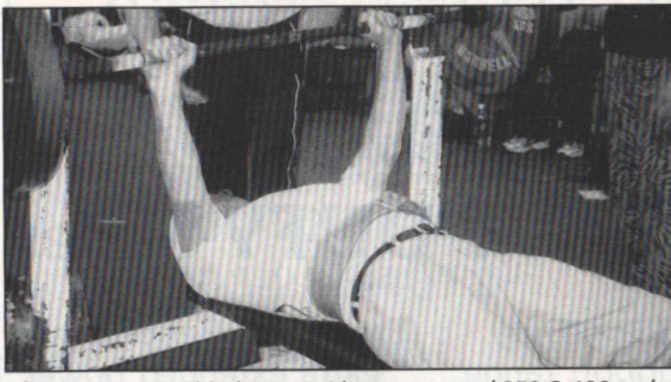


Art Fisher benched 475 raw at age 51 at the Iron Boy Push - Pull Meet

**SLP Primetime Fitness BP/DL**  
06 APR 03 - Crestwood, Kentucky

BENCH PRESS	DEADLIFT
242	480
special olympics	242
181	420
Sam Chapala 230*	Derek Minor 420
242	242
165	Joe Kathman 405
Amanda Teltow 135*	242
242	Todd Pinkston 275
teenage men 13-15	275
148	Jerry Collins 545*
Paul White 175	275
242	Robert Washburn 485
Jacob Law 330	275
275	Bill Sharp
Ryan Evetts 340	275
242	Kris Magnuson 275
165	275
Brian Noe 335*	Jack Jesse 308
181	Jay Montgomery 525
Robert Patton 350	DEADLIFT
181	special olympics
Daren Sea 285	181
198	Sam Chapala 300*
Tim Stone 315	teenage men 13-15
220	220
Clifton Cope 295	97
4th	305
275	David Anguish II 145*
Jason Helton 410*	165
165	James Hovestine 285
165	teenage men 16-17
132	132
Keith McDonald 375*	Justin Bullington 280*
165	4th
Chris Flowers 315	290*
308	Jacob Law 500*
John Stephens 530*	275
148	Ryan Evetts 500*
148	4th
Mike Prater 225	525*
242	220
James Robinson 400	Josh Scrogam 350*
275	220
Randy Richey 510*	181
148	Robert Patton 430*
148	308
Mark Evans 240	Andy Powell 535*
165	4th
John Keele 365*	550*
165	master men 40-44
John Keele 365*	242
master men 50-54	James Robinson 630
shw	4th
Stephen Matzek 350	650
165	master men 55-59
165	198
Bob Klingesmith 280*	Paul Titzer 325*
198	220
Paul Titzer 170	Harry Hartman 500*
220	master men 65-69
220	198
Chuck Holsclaw 275*	220
198	Monte Daniels 480*
220	4th
275	500*
Tom Chapala 305*	220
4th	220
315*	Reece Prater 460*
220	master men 70-74
220	198
Reece Prater 310*	Tommy Wingham 500*
198	open men
198	181
Al Gross 250*	Chris Hamilton 435*
220	4th
220	450*
Clifton Cope 295	181
4th	Robert Patton 430
305	242
open men	Derek Minor 555
165	242
Jay Sikes 190	Mike Cox 550
181	242
Chris Hamilton 275	Todd Pinkston 525
4th	300
220	275
220	Jack Jesse 630
Allen Barnes 385	275
220	Kris Magnuson 600
220	275
Brandon Rose 242	Jerry Collins 525
242	308
Robert Coots 480	William Beach 575

\* SLP Kentucky record. The 2003 SLP Primetime Fitness Bench Press/Deadlift Championship was held at the club. Thanks to owner Lewis Oliveras for hosting this event. In the bench press Sam Chapala dropped down to the special olympics 181 class, setting the Kentucky state record there with 230. First time competitor Amanda Teltow broke the state record for the junior women's 165s with 135. At teenage men 13-15/148 Paul White won with his opener. Jacob Law finished with 330 for the 16-17/242 title while training partner Ryan Evetts posted the win at 16-17/275. In the junior men's division Brian Noe had a great day, breaking the state record. Robert Patton won again at 181, while Daren Sea finished second. In the 198 class it was Tim Stone for the win, making just his opener. Clifton Cope won at 220 with a 3rd attempt of 295, then came back with a great 4th of 305. Clifton also won at police & fire/220. Our final junior competitor was Jason Helton who took the title at 275 with a state record 410. Keith McDonald had just gotten over the flu but lifted big at submaster 165, with a



Above ... 71 year old Al Gross with a state record 250 @ 198 and ... below ... Best Lifters at the SLP Primetime Fitness meet: Jerry Collins (BP) and James Robinson (DL). Photos provided to by Darrell Latch.



state record of 375. 2nd went to Chris Flowers. Breaking his own state record at submaster 308 was John Stephens with a great 530 final attempt. In the master 40-44/148 class first-timer Mike Prater took the class with 225. James Robinson won at 242, while Randy Richey upped his own state record at 275. At 45-49/148 Mark Evans retained his title, finishing with 240 while John Keele upped his own personal and state record. Big Stephen Matzek only got in his opener for the win at 50-54/shw while Bob Klingesmith won at 55-59/165 with a state record. Also at 55-59 was 198 winner Paul Titzer with 170 and Chuck Holsclaw who finished with a state record at 220. This was Paul's first competition. Tom Chapala had a good day, making all four of his attempts, establishing a state record of 315 for the 60-64/275 class. Reece Prater remains undefeated at 65-69/220, finishing with a state record 310. Then at 70-74/198, 71 year old Al Gross broke the state record with 250! Talk about some great master lifters! In the open men's division Jay Sikes won at 165 with 190, just missing a final attempt 200. Chris Hamilton, also competing for the first time, got a solid 275 followed by a strong 300 pr fourth attempt at 181. Allen Barnes won at 220 with 385 after Brandon Rose failed with his opener of 410. At 242 it was a close one between Robert Coots and Mike Seeley, both of whom finished with 480. The win went to Robert, who weighed five pounds less, while both missed a final attempt with 500. Derek Minor finished in third place with his 420 2nd attempt while Joe Kathman was 4th at 405. Todd Pinkston failed to get a lift in, missing 425 twice along with a 450 final attempt. Jerry Collins won at 275, setting the Kentucky record with 545 on his final attempt. Robert Washburn was second after Bill Sharp failed with his opener of 590. Also failing to get in an opener was Kris Magnuson and Jack Jesse. Jay Montgomery took the title at 308, just missing a fourth with 540. The best lifter award went to Jerry Collins who finished with 545 at a 269 bodyweight. In the deadlift competition Sam Chapala won his 2nd title of the day, setting his 2nd state record of the day at special olympics 181 with 300. Eight year old David Anguish pulled in his first meet, finishing with 145 and a new state record at 13-15/97. Like father, like son! Also at 13-15 was 165 winner James Hovestine who finished with 285. Justin Bullington had a great day, breaking the state record at 16-17/132 with his 3rd and 4th attempts. Jacob Law pulled a big 500 state record at 16-17/242 while Ryan Evetts did the same, but came back with a 525 fourth for the win at 275. Both were new state records for the boys from Lafayette, TN. At 18-19/220 it was Josh Scrogam with a state record 350 pull. Robert Patton set the state record at junior 181 with his 430 second attempt. Andy Powell got some big pulls in, making all 4 of his attempts to finish with a new state record of 550 @ 308. Master men 40-44/242 winner James Robinson had some of the nicest pulls of the day, taking that class along with the best lifter award. James finished with 630, then a 4th of 650. Paul Titzer tied the existing state record at 55-59/198 with 325 while Harry Hartman got only his opener of 500 in at 55-59/220. Monte Daniels was impressive at 65-69/198, pulling a 480 state record for his 3rd, but coming back with a great 500 4th! Reece Prater was equally impressive with his 460 state record at 65-69/220. By far the most impressive pull of the day came from 71 year old Tommy Wingham, who pulled 500 at 198! Not too shabby! In the open division Chris Hamilton beat out Robert Patton 435 to 430 for the title at 181. Chris came back with a great 450 state record to cap off a great first-time competition. Derek Minor pulled out an upset over Mike Cox at 242 with his 555 final attempt. Mike finished with 550 and 2nd place. Todd Pinkston was third with 525. All three lifters at 242 were competing for the first time. At 275 it was Jack Jesse with 630 for the win after Kris Magnuson failed to lock out his second attempt with 660, settling with his opener of 600. Third place at 275 went to Jerry Collins. Our final competitor was William Beach who won at 308 with 575. A special thanks to Chuck Holsclaw who benched and also helped load and spot. Also helping was Mark Evans. Thanks also to my helper at the table, Karen Fox and trophy girl Chrissy Miller. The team trophy went to the Bad Boy Power Team with members Steve Matzek, Bob Klingesmith, Chris Hamilton, Tom and Sam Chapala and Jim Robinson. See you all at the Kentucky State Fair competition on August

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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.

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- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
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**Suit Slippers** — makes putting on tight suits easier. M, L ..... \$19.95

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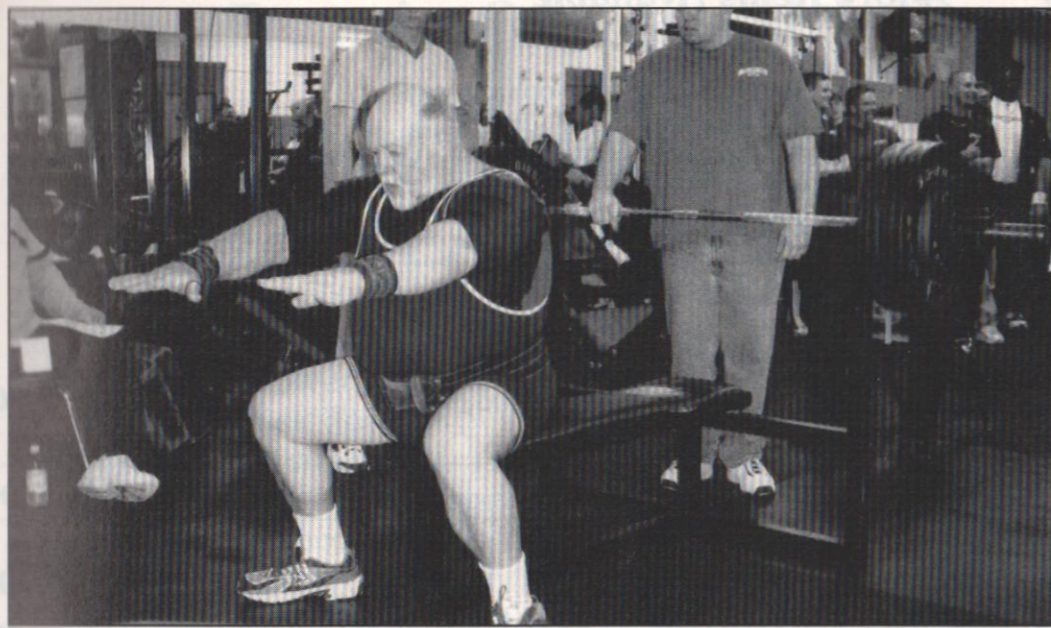
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**Baddest Bench in America** - multi-color design ..... \$10.00

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## 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



John Blackmon (60!) ended his day at the APA Battle of the Badasses with 475 and almost locked out 500!

APA Battle of the Badasses 01 MAR 03 - Georgetown, SC		TERRY TATE BP CLASSIC 04 MAY 03 - San Ramon, CA	
BENCH	J. Placker 315	220 lbs.	
Women's Open	T. Hague 305	J. Burnell 475*	
D. Henry	Open 181	242 lbs.	
Teenage 18-19	P. Byrd 330	T. O'Neill 480*	
T. Hague	B. Hardy 305	308 lbs.	
Junior 20-23	A. Bremner 285	H. Blake IV 415*	
M. Stone	Open 198	S. Bhatia 180*	
Submaster 33-39	E. Bell 415	148 lbs.	
E. Hertz	T. Oldham 410	165 lbs.	
Master 40-49 Lt. WL	E. Herbert 390	N. Sun 250*	
J. Hirt	Open 242	181 lbs.	
Master 40-49 Lt. WL	W. Gergosky 370	H. Blake IV 415*	
J. Hackworth	E. Herbert 390	C. Stewart 225*	
F. Allen	Open SHW		
A. Bremner	S. Shannon 530		
J. Tancil	DEADLIFT		
G. Abdon	Junior 20-23		
C. Griggs	Open 198		
G. Goodman	Master 40-49		
Master 50-59	G. Goodman 465		
D. Conway	Teenage (16-17)		
B. Kuzak	R. Ferden 405		
Master 60-69	Master 50-59		
J. Blackmon	L. Russell 660!		
Open 148	Open 165		
E. Knight	J. McEveen 405		
4th 360*	Open 220		
L. Dennison	L. Russell 660		
Open 165	G. Goodman 465		
J. McEveen	Open 242		
	W. Gergosky 520		
	R. Ferden 405		

APPLICATION FOR REGISTRATION  
American Powerlifting Association World Powerlifting Alliance

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Today's Date \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_ E-Mail address \_\_\_\_\_ Date of Birth \_\_\_\_\_

Sex \_\_\_\_\_ Social Security Number \_\_\_\_\_ Signature (Parent if under 18 years old) \_\_\_\_\_

\$25 Adult Membership  \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

**Powerman BP/DL**  
22 FEB 03 - Radford, VA

Bench Press	J. Hudgins 225
Women	Men
R. Schenk 150	148 Open
Men	S. Levesque 350
148 Open	M. Jackson 315
M. Jackson 205	165 Open
S. Levesque 205	T. Hylton 315
165 Open	165 Master
T. Hylton 175	T. Hylton 315
165 Master	181 Open
T. Hylton 175	R. Kenley 415
181 Open	198 Open
T. Chapman 350	D. Cole 510
R. Kenley 240	J. Perez 430
198 Open	220 Open
J. Perez 290	C. Scott 435
K. Robertson 240	S. Toney 405
220 Open	220 Teen
S. Toney 335	C. Scott 435
C. Scott 300	242 Open
220 Teen	G. Austin 600
C. Scott 300	275 Open
275 Open	M. Schenk 575
J. Bowden 440	J. Bowden 525
D. Ratcliffe 350	D. Ratcliffe 475
Deadlift	Hwt Open
Women	W. Amos 600
R. Schenk 315	

(Thanks to Grant Austin for providing these results)

**12th Larry Frederick Jr. Memorial BP**  
01 MAR 03 - Lansdale, PA

RAW DIVISION:	Mike Gerekins 300
Peter Hubbard 225	Stephen Spurio 225
Bob Nagle 435	Marc MacLich 205
Ken Drakas 320	Masters D
Bruce Mussleman 355	Paul Kane 375
Matt Benedekoust 355	Italo Bonacci 210
Floyd Wilkins 340	Masters E
David Norek 325	John Mitsopoulos 340
Ken Jablonski 315	Peter Hubbard 225
John Hail 335	John Hansberry 300
Ken Stowers 340	Gary Bechtel 250
Eron Showers 260	Demy Habacker 220
Mike Cirillo 175	Masters F
Men's Open Division	John Vemacchio 185
123	Jack Dorsey 150
Sergio Rodrigues 140	Master G
148	John Dorylis 155
Terrance Pinkett 400	Womens Open
Russell Hoffman 250	Stacie Lee 170
B. McMonagle 205	J. Rodenbaugh 175
Mike Cirillo 175	Michelle Hill 115
Preston Lane 105	Ellen Lomborg 80
165	Womens Masters D
Matt Chamber 225	Ellen Lonnberg 80
Mark Kelly 290	Womens E
John Wilson 285	Elaine Mazack 55
Peter Hubbard 225	Womens G
181	Andora Quimby 55
Ed McCoffeston 345	Teen A
John Long 340	Mike Cirillo 175
Gary Bragger 295	Peyton Ware 220
David Lambert 240	Gerald Bell 230
198	Justin Mussehn 145
198	Preston L. Lane 105
Dan Ratchford 355	Teen B
Richard Obrachta 325	James Musselman 270
Jarrett Zabulis 320	LJ Piperato 225
Maurice Gordon 320	B. McMonagle 205
Jeffery Smith 315	Mike Heydt 300
Peter Kirstrer 305	Alex Szwada 250
Shawn Stoudt 265	James Lam 210
220	Jin Welsh 220
Jerry Morrell 405	Team Division (pts)
John Piperato 380	North PennYMCA 20
Floyd Wincers 340	Phillipsburg 18
Troy Shunian 335	River Run Fitness 12
242	Huntenton YMCA 11
John Moore 485	Iron Benders 6
Brain Bamberger 410	Dog Pound 6
John Walk 405	SPECIAL OLYMPICS
Olin Honore 405	Tim Herman 185
Gerry Jansen 275	Andrew Wilson 180
275	Brian Quinn 155
Jim Piperato 420	Eaton Evans 155
Jim Hintenach 375	Craig Zeiner 155
Eron Showers 260	Scott Reuk 150
Super Heavy Weight	Micheal Paulinski 145
Dan Hilderly 340	Dan Miller 140
Masters A (Men)	Roy Spaulding 135
Chuck Herrman 450	Bobby Johnson 125
Jim Piperato 420	Kevin Kleiner 110
Olin Honore 405	Gail Morning 100
Ken Joblonski 340	Ralph Linze 95
Gary Bragger 295	S. Walther 80
Ed Hilderly 340	Mark Grantham 75
David Pora 295	Jason Nowlin 75
Masters B	Micheal Guerin 75
Bob Nagle 435	Mary Konesky 75
Steve Swingle 345	Annette Lurquin 75
Bruce Mussleman 355	Ryan Brett 35
Stan Nocek 320	
Randy Bennett 335	

(Thanks to North Penn YMCA for the meet results.)

**APF/USPF TX STATE**  
29 MAR 03 - Round Rock, TX

SUBMASTER DL	SHW	Oxner, Richard 451	
220	242		
Beall, Craig 451	Smith, Elvin 551		
OPEN BP	JUNIOR DL		
165	114		
Weingust, S. 380	Jackson, George 429		
198	123		
Mata, Tito 375	Scruggs, Jeremy 479		
Arriaga, Pablo 353	165		
220	Gillette, Marshall 457		
Rollins, Grover 462	Pineda, Louie 341		
242	181		
Wright, Eric 545	Ra Ramirez, Angel 391		
Davis, Mike 441	198		
275	Skelton, lam 446		
Meeker, Tiny 678	220		
Hernandez, Mark 314	Lee, Matt 546		
Springer, Paul 308	242		
Polk, Lance 540	Espinosa, Jose 451		
APF BP 16-17	242		
165	Burguete, Josue 353		
Jewett, Trey 276	POLICE/FIRE BP		
198	198		
Salazar, Mike 298	Carvajal, Emilio 424		
Skelton, Ian 292	OPEN SQUAT		
SUBMASTER BP	165		
181	Zavas, Mike 336		
Maucr, Kevin 353	242		
198	Davis, Mike 661		
Whitney, James 424	Hernandez, Mark 451		
220	MASTERS MEN SQ		
Record, Greg 303	242		
308	Smith, Elvin 601		
Polk, Lance 540	181		
MSTRS BP 40-44	Johnson, Bill 595		
165	WOMENS BP		
Mosley, Marlo 281	123		
242	Lee, Katy 66		
Effante, James 419	148		
Hambright, S. 391	Lee, Susan 106		
275	WOMENS DL		
Mendez, Al 319	114		
APF MSTRS BP45-49	Swander, S. 154		
165	123		
Weingust, S. 380	123		
198	Lee, Katy 154		
Mata, Tito 375	148		
Grass, John 298	Lee, Susan 176		
220	WOMENS SQUAT		
Reynolds, Robert 114	114		
275	Swander, S. 132		
Jackson, Robert 396	123		
SHW	Lee, Katy 132		
Oxner, Richard 386	132		
MASTERS MEN	Vidal, Chris 435		
BP 50-54	221		
148	391		
Lee, Susan 72	1047		
OPEN BP	Long, Luke 386		
181	231		
Sanford, Bryan 287	198		
242	176		
Smith, Elvin 336	331		
275	705		
Wright, Buddy 336	198		
275	198		
Brooks, David 319	181		
JUNIOR MEN BP	1218		
114	1218		
Jackson, George 171	303		
POLICE/FIRE BP	463		
165	1218		
Cook, Kenneth 353	1218		
181	1218		
Tamez, Robert 303	1218		
198	1218		
Winley, James 424	1218		
Arriaga, Pablo 353	1218		
OPEN MEN DL	1218		
220	1218		
Turco, Charlie 551	1218		
275	1218		
Hernandez, Mark 501	1218		
Jackson, Robert 424	1218		
114	1218		
Richardson, Carol 154	1218		
BP DL TOT			
APF			
Men Open			
148			
Laniando, Tim 501	270	529	1301
181			
Wade, Trenton 551	369	611	1532
181			
LeDoux, Ryan 606	380	507	1494
220			
Weatherly, Jeff 755	474	661	1890
Matthews, Chad 651	468	689	1808
Mistic, Larry 711	446	645	1802
Billings, Chr is 639	435	611	1687
Kelly, Kelly 611	407	656	1675
Garnta, Rene 623	446	601	1670
Guerra, Joc 645	480	501	1626
Smith, Willis 507	281	601	1389
242			

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_ Renewal \_\_\_\_\_ Current Card # (If Renewal) \_\_\_\_\_

Street Address \_\_\_\_\_ Club Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Area Code / Telephone \_\_\_\_\_

Current USPF Classification \_\_\_\_\_ Retiree Status \_\_\_\_\_ Current High School \_\_\_\_\_ Special Olympian \_\_\_\_\_ Inmate \_\_\_\_\_

Elite Master I II III IV IFF Cat 1 Cat 2 Nat State Y N Y N Y N

Current Collegiate \_\_\_\_\_ U.S. Citizen \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Today's Date \_\_\_\_\_ Card Issued By \_\_\_\_\_

Y N Y N / / M F / /

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

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

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

If Under 18 have Parent Initial \_\_\_\_\_ Signature \_\_\_\_\_

Pierce, Ray 843	546	705	2094	220	Chapa, Isaac 463	303	524	1290
King, John 651	429	601	1681	220	LeDoux, Ryan 198			
Donegan, Scan 275				242	Triantaphilides, C. 573	380	562	1516
Mills, Milo 656	512	683	1852	275	Bell, Adam 496	319	468	1284
Blankley, Marc 275				275	Cleveland, Dusty 606	364	606	1576
SHW 148				275	Allen, Jeff 275			
Lopez, Fred 711	551	651	1912	123	Euzarraga, Pierre 601	303	535	1439
JUNIOR MEN 18-19				123	SUBMASTER MEN 33-29			
165				132	181			
Clouse, Jeremy 303	160	320	783	148	Ganl, Tory 451	375	501	328
242				148	220			
Gracia, Ulysses 407	248	501	1157	181	Record, Greg 451	303	507	1262
Vidal, Chris 435	221	391	1047	181	242			
Long, Luke 386	231	363	981	181	Davis, Mike 661	441	551	1653
McCall, Blair 198	176	331	705	198	Flunker, Dan 529	418	633	1582
JUNIOR MEN 16-17				198	Lopez, Ray 551	375	551	1477
165				220				
Keenan, Weston 451	303	463	1218	220	Laskowski, Jason 606	485	584	1675
181				275	308			
Suggs, Jody 568	336	612	1416	275	Foreman, Bennie 678	397	728	1802
Lee, Matt 451	265	546	1262	148	McAfee, Kevin			
JUNIOR MEN 20-23				148	MASTERS MEN 40-44			
165				148				
Helms, Cory 446	331	446	1224	148				
Skelton, Ian 441	292	446	1179	148				
Pazos, Manuel 380	270	325	976	181				

**Membership Application**  
**AMERICAN POWERLIFTING FEDERATION**

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INITIAL \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ DATE OF APPL \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

AREA CODE \_\_\_\_\_ TELEPHONE NO \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ ZIP CODE MUST BE PRESENT \_\_\_\_\_

MO DAY YR U.S. CITIZEN YES NO

REGISTRATION FEE \$30.00 MASTERS YES NO CLUB MEMBER \_\_\_\_\_ NAME OF CLUB YOU REPRESENT \_\_\_\_\_

ATHLETES, fill out card completely and mail with fee to:  
MAKE CHECK PAYABLE TO: A.P.F. Headquarters  
62 S. BROADWAY  
AURORA, IL 60605 (630) 892-1491

IF UNDER 18 HAVE PARENT INITIAL \_\_\_\_\_ I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F. SIGNATURE \_\_\_\_\_







Paul Goodwin setting a new WABDL World Record Deadlift in Law/Fire 48+, SHW, with 534.5.

ing lifter was Norman Rial with 479 at 275. Jim Sheffield put up 485 at 308. In Teen Men 13-15 Tyler Williams of Hawaii set a World Record at 275 with 376. At 181 Aaron Bennett set a Calif State Record with 236. At 242 Viktor Tovar set a Calif State Record with 275. In Teen Men 16-19 Steffan Parodi set a State Record 248 at 148. At 181 Bobby Hackett set a Calif State Record with 385. In Submaster bench Bill Shalkowski of Colorado was outstanding lifter with 485 at 198. Bill is usually good for 515 or 520. AJ Agamao, the World Record Holder at 165 in both Submaster and Submaster Law/Fire with 468, had to settle with 418. In Open Men Bench no state records were broken - Bill Shalkowski put up 485 at 198, Greg Stephens blasted up 501 at 220 were the more notable lifts. Michael Womack also put up 529 at 275. In Men's Master bench Rob Carbo was the only lifter to set a State Record with 498 at 47-53 275. Outstanding lifters were Bob Levering in lightweight with 457 at 181 and Ernie Anderson at heavyweight with 363 at 220 at age 70 without a bench shirt. In Open Women Kelly Womack set a Calif State Record with 236 at 198. In Master Women Carla Ugarte set a Calif State Record at 181 in Master 40-46 with 126 and Sue Vaterlaus set a National and Calif record at 47-53 unlimited with 143. In Teen Women

Margot O'Halloran set a Calif State Record in 13-15 165 with 126 and Kelly Womack set a World Record 236 in Teen 16-19 181. Kelly also had set a World record deadlift of 352 and her brother Michael had set a World Record bench with 529 at 275 Junior. In Submaster women bench Cathy Bramanti set a Calif State record 137 at 123 and Elodia Womack set a Calif State Record 143 at 132. In Submaster Law/Fire Cathy Bramanti set World Record at 123 with 137. I want to thank Matt LaMarque the meet director and Yanto Soekardi the meet coordinator who with his crew had the weights and equipment out of the lifting venue and back to the Gym before the trophy presentation was over. Also Marilyn Buck, Matt's Mom who sold T-Shirts and Tickets and an assortment of food. Matt's wife Deanna - the loaders Charles Breen, Jake & Travis, Matt's Father Tony LaMarque - the MC Gehanna Placide. The Judges Gordon Santie Mike Saito Gus Rethwisch, Phil Davi, Steve Wony, Kim Saito, Gary Thomas and Elma Thomas on the computer and weigh-in room - Mike Saito also handled weigh-ins, Larry Birgado at the scores Table and Carolyn were 132 lifters at this meet and an attendance of over 500. (from Gus Rethwisch)

### 23 Annual Central Ohio Bench Press 29 MAR 03 - Circleville, OH

148 LB	Duane Radel	315	Isaac Thomas	480
165 LB	Richard Donley	275	Fitzroy Lawrence	400
181 LB	Chad Burnett	280	Jason Hughes	345
181 LB	John Elick	450	Jim Vest, Jr	340
198 LB	Joe Shively	350	Brandon Solonian	315
198 LB	Brian Baker	325	Edgile Weaver	555
198 LB	John Brown	500	Travis Fletcher	515
198 LB	Mike Maxwell	450	Tim Forby	430
198 LB	Jeff Gerardo	405	Aaron Madriaga	165
198 LB	Brian Gussler	405	Harvey Lyman III	270
198 LB	Tony Ashbrook	360	Lucky Meafon	250
198 LB	Danny Stamper, Jr	365	Keone Aiu	235
198 LB	Craig Price	355	Yancey Alcaraz	200
198 LB	Jim O'Brien	350	Garrett Thurman	185
198 LB	Steve Conner	570	Gene Fukumitsu	315
198 LB	Steve Turner	470	Dean Cevalos	255
198 LB	Joel Bernal	445	Isaac Kawamoto	350
198 LB	Chris Crabtree	435	Albert Wykoff	285
198 LB	Mike Bintz	430	OVERALL TEENS CHAMPION: Brandon Soloman,	
198 LB	Seyth Boardman	430	Hilo. High School OVERALL WOMEN'S CHAM-	
198 LB	Josh Murphy	415	PION: Michelle Bono, The Club in Kona. OVERALL	
198 LB	Ken Wentworth	385	MEN'S CHAMPION: Rocky DeMello, Gold's Gym.	
198 LB	Bill Kyle	610	Event Director Denise Lindsey did not compete	
198 LB	Mike Bell	515	against the other females. Trophies were donated	
198 LB	Troy Baldwin	500	by Kevin & Denise Lindsey. Denise is the head	
198 LB	Todd Fellure	500	powerlifting coach for Special Olympics Hawaii-	
198 LB	Steve Greene	485	West Hawaii, plus she also coached Michelle Bono	
198 LB	Frank Thomas	480	for the overall win. NOTE: Standings are calculated	
198 LB	Lightweight Best Lifter- 181 LB. Jon Elick 450 lbs.		on the overall of pounds lifted, divided by body	
198 LB	Heavyweight Best Lifter- 242 LB. Bill Kyle 610 lbs.		weight. It was our 3rd Annual Bench Press fund-	
198 LB	Team Trophy - Circleville Barbell Club. (Thanks to		raiser for Special Olympics on the Big Island of	
198 LB	Meet Director, Doug Glitt, for providing results.)		Hawaii. We had another great turn out with 10	

### 3rd Annual Bench Press Invitational 22 MAR 03 - Kailua-Kona, Hawaii

SPECIAL OLYM.	198	Dylan Rush	245
Female	220	Glueckert, R.	259
Julie Edwards	65	Hall, M.	215
Dale Corpuz	70	181	
C. Tamashiro	75	Blaskovich, I.	402
Male	280	Baker, B.	347
Donnie Smith	60	JeUlison, G.	342
Mackenzie Weare	60	Lehner, R.	298
B.La Cuesta	75	Dennison, L.	292
Greg Rourty	85	Tyler Kuahiwini	300
Adrian Cleintuar	145	Kendall Diamond	270
Sheldon Galacac	145	Over 275	
Ray Donager	180	Allen Kealoha	260
Jason Nagatori	185	NOVICE FEMALE	
NOVICE FEMALE	114	114	
Scarlett Dvorkin	65	Peaman	45
Debbie Collector	65	148	
Leeza Teikiera	140	Mark Wakata	230
Arial Medallia	105	181	
OPEN FEMALE	123	Rocky DeMello	365
123		Randy Acob	275
Michelle Bono	150	Brandon Tomono	225
MASTERS FEMALE	132	198	
Karen Edwards	50	John Lozano	315
165		Patrick Fuga	330
Denise Lindsey	205	OPEN MALE 1	
TEENS MALE	148	181	
198		Vernon Karratti	335
Brandon Solonian	315	Jake Baugh	350
Arial Medallia	235	Dean Debina	335
Jonovan Sojot	205	242	
Ioane Kekahuna	185	Clyde Omay	405
Aaron Madriaga	165	Over 275	
165		Darren Elisaga	520
Harvey Lyman III	270	MASTERS MALE	
Lucky Meafon	250	165	
Keone Aiu	235	Lyle Crazier	315
Yancey Alcaraz	200	181	
Garrett Thurman	185	Gene Fukumitsu	315
185		Dean Cevalos	255
198		Isaac Kawamoto	350
242		Albert Wykoff	285

OVERALL TEENS CHAMPION: Brandon Soloman, Hilo. High School OVERALL WOMEN'S CHAMPION: Michelle Bono, The Club in Kona. OVERALL MEN'S CHAMPION: Rocky DeMello, Gold's Gym. Event Director Denise Lindsey did not compete against the other females. Trophies were donated by Kevin & Denise Lindsey. Denise is the head powerlifting coach for Special Olympics Hawaii-West Hawaii, plus she also coached Michelle Bono for the overall win. NOTE: Standings are calculated on the overall of pounds lifted, divided by body weight. It was our 3rd Annual Bench Press fundraiser for Special Olympics on the Big Island of Hawaii. We had another great turn out with 10 lifters, and 10 of them being Special Olympics athletes. Under balm Hawaiian Skies, the breeze was blowing, the music flowing and cheers were roarin, for all that participated. (Thanks to Denise Lindsey for providing these meet results to PLUSA.)

### Montana St. BP - Winter Nationals 01 MAR 03 - Butte, Montana

WOMEN	165	Lenius, D.	320
Teen	123	Glueckert, R.	259
Schmitz, S.	121	Hall, M.	215
132		181	
Hale, B.	148	Blaskovich, I.	402
148		Baker, B.	347
Schmitz, S.	160*	JeUlison, G.	342
Open	275	Lehner, R.	298
123		Dennison, L.	292
Nyquist, S.	149	Tyler Kuahiwini	300
Lenius, J.	116	Kendall Diamond	270
148		Over 275	
Jellison, W.	127	198	
Bryant, C.	88	Allen Kealoha	260
165		NOVICE MALE	
Clapp, K.	160	114	
198		114	
Oxford, H.	215*	Peaman	45
SHW		148	
90 kg		Mark Wakata	230
Holland Sullivan	190	181	
90 kg		Rocky DeMello	365
Troy Grigger	172.5	Randy Acob	275
125 kg	275	Brandon Tomono	225
Chris Robinson	195	198	
Bob Weber III	192.5	295	487.5
APF		242	
Greg Gordon	90 kg	Patrick Fuga	330
90 kg		OPEN MALE 1	
Tim Weikert	162.5	181	
82.5 kg	242.5	Vernon Karratti	335
Scott Hubert	155	198	
Doug Peterson	150	Jake Baugh	350
Rick Dexter	150	Dean Debina	335
Bob Weber	90 kg	275	
Woman's		Hagen, M.	435
90 kg		Hensleigh, S.	402
Tracie Stark	60	Myers, T.	380
60 kg	115	Cogdill, B.	331
Dorothy Olson	42.5	DeCock, D.	319
APF		319	
82.5 kg	127.5	Wynegar, R.	474
42.5	92.5	Kimzey, K.	441
SNOWSTORM! Who said SNOWSTORM! There's		Haubrich, M.	401
no storm strong enough to stop the AAPF/APF		Masters I	
from hosting their 1st ever BENCH/DEADLIFT		270	
Competition and America's strongest athletes from		Jellison, G.	342
putting on one spectacular show. February 15,		Hudson, M.	292
2003, we are pleased to announce that twenty five		220	
finely tuned athletes survived our winter's strong-		Salansky, M.	402
est and most fierce snow storm to perform as		Van Dyke, B.	292
champions in the AAPF/APF Bench/Deadlift Com-		220	
petition. All the competitors and spectators were		Holt, G.	287
warmly welcomed at the Holiday Inn Moline Con-		287	
vention Center where the event was held. Specta-		275	
tors were filling the room to warm up with the		Hockaday, H.	226
competitors, where they were about to see athletes		242	
like National Champion Bob Weber, Three time-		Glosulak, J.	309
World Masters Champion Doug Peterson, and two		Alexander, C.	303
time-WPC World Team Stephen Parkhurst, APF		275	
competitor, compete in their divisions. Each and		Hensleigh, S.	401
every one of the athletes gave 110% of themselves		Erwin, C.	276
to perform at their highest, most spectacular levels.		Elich, M.	254
The ladies, few as they were, held their own and		Rudolph, R.	242
showed us once again that they could grunt and		Open	
snort with the best of them. Fourteen year old		Metzger, D.	325
Tracie Stark, cheered on by her family and friends,		Masters III and up	
had a stellar performance compelling in both the		198	
bench and the deadlift portions as well as being		Wettach, E.	265
one of the youngest athletes to compete. In the		220	
men's portion, we had equal top notch perfor-		Hurley, P.	358
mances, as you can see for yourselves, Stephen		275	
Parkhurst held the heaviest weight in the bench		Myers, T.	380
press portion of the competition at 227.5 Kgs. Bob		Herd, P.	364
Weber III sure is holding the family name with a			
strong grip, pulling the heaviest weight in the			
deadlift at 295 Kgs and totaling for the day at 487.5			
Kgs, can you say strong like bull? Troy Grigger was			

\* Best Lifter. 77 lifters turned out for our 16th annual competition, the first conducted under USAPL rules. Lifters ranged in age from 15 to 62 and included lifters from Idaho and all over Montana. World Masters Bench team member Ed Wettach competed in the Masters III division and national champion Shane Hensleigh competed in the male teen division. The big winners were Holly Oxford, who took best lifter in women's open and masters divisions. Mike Hagen took best in men's masters, Hensleigh took best male teen lifter, and 15 year old Shanna Schmitz took best female teen lifter. The men's open division saw a close contest between Luke Blaskovich and Clint Shovar. Shovar took best lifter with a lift of 485 pounds at a body weight of 219. Blaskovich lifted 402 pounds at a body weight of 174. He lifted "raw", and took the 181 pound open division in a field of 8 lifters, many of whom had the benefit of bench shirts and came close to taking the overall against the shirted Shovar. Last year's women's open winner, Susan Nyquist, likewise came close to taking this year's best against national competitor Oxford. Nyquist lifted 149 pounds at a body weight of 117, with Oxford lifting 215 at a body weight of 197. The change in lifting rules added the USAPL requirement for a visible pause at the chest and permitted bench shirts for the first time at this meet. Other changes included adoption of the rounds system and lifting in kilos, rather than pounds, with an Ivanko competition weight set newly donated to the YMCA by local convenience store operator, Town Pump, Inc. The lifters readily adjusted to the rule changes, and there were quality performances put in by novice lifters as well as by the many experienced lifters who attended. (Thanks to Eula Compton for providing these meet results to PLUSA)

### Moline Push/Pull 15 FEB 03 - Moline, IL

Men	BP	DL	TOT
67.5 kg			
Zachary Mussman	62.5		62.5
125 kg			
Justin Lucky	187.5		187.5
82.5 kg			
Grage Landon	202.5		202.5
90 kg		157.5	157.5
Shane Cozzolino	165		165
90 kg			
Craig Lehmkuhl	197.5		197.5
90 kg			
Jeff Donley	215		215
110 kg			
Jared Simmons	115		115
110 kg			
Stephen Parkhurst	227.5		227.5
90 kg			
Holland Sullivan	190		190
90 kg			
Troy Grigger	172.5	275	430
125 kg			
Chris Robinson	195		195
Bob Weber III	192.5	295	487.5
APF			
Greg Gordon	90 kg		
90 kg			
Tim Weikert	162.5	242.5	405
82.5 kg			
Scott Hubert	155	247.5	402.5
Doug Peterson	150	257.5	407.5
Rick Dexter	150	150	150
Bob Weber	90 kg		
Woman's			
90 kg			
Tracie Stark	60	115	187.5
60 kg			
Dorothy Olson	42.5	95	137.5
APF			
82.5 kg	127.5	127.5	
42.5	92.5	135	



Team Weber at the 2003 Moline Push Pull (Photograph by LB Baker.)

petition. All the competitors and spectators were warmly welcomed at the Holiday Inn Moline Convention Center where the event was held. Spectators were filling the room to warm up with the competitors, where they were about to see athletes like National Champion Bob Weber, Three time-World Masters Champion Doug Peterson, and two time-WPC World Team Stephen Parkhurst, APF competitor, compete in their divisions. Each and every one of the athletes gave 110% of themselves to perform at their highest, most spectacular levels. The ladies, few as they were, held their own and showed us once again that they could grunt and snort with the best of them. Fourteen year old Tracie Stark, cheered on by her family and friends, had a stellar performance compelling in both the bench and the deadlift portions as well as being one of the youngest athletes to compete. In the men's portion, we had equal top notch performances, as you can see for yourselves, Stephen Parkhurst held the heaviest weight in the bench press portion of the competition at 227.5 Kgs. Bob Weber III sure is holding the family name with a strong grip, pulling the heaviest weight in the deadlift at 295 Kgs and totaling for the day at 487.5 Kgs, can you say strong like bull? Troy Grigger was following close behind with a total for the day of 430 Kgs. Greg and Buffy Gordon, both APF lifters, were pushing out the heaviest attempts in the bench press competition, Buffy pushing a whopping 127.5 Kgs and Greg's 3rd attempt was a booming 202.5 Kgs, and he holds a huge source of power, however, was having problems with his shirt and was unable to get the bar to his chest. Each of his attempts had absolutely no appearance of strength being his problem, just his equipment. Team Weber took the cake, or should I say the trophy, they were more than willing to take home the 1st place trophy in the over all TEAM category, standing behind one another every step of the way! The AAPF was very pleased to see such a large crowd of spectators being the weather as it was and even more excited to hear them cheering on the competitor that were creating quite the "HEAT" in their performances. We would like to invite each and every one of you back to Moline in May for the 2003 AAPF National Championships, as they are being held once again at the Beautiful Holiday Inn Convention Center, May 17th and 18th. So bring the family and friends to watch America's Strongest Athletes perform. Lets get everyone grunting and snorting! (results courtesy of Dorothy Olson)

### WNPF Dayton Championships 12 APR 03 - Dayton, OH

DEADLIFT	Ferguson	630
165 Open	BENCH	
Gillum	365	Women
242 17-19	148 Open Raw	
Butler	445*	Eblin
275	Men	125
Lifetime	148	
Larson	530	Lifetime Raw
Open	Tyler	325
Ferguson	575	Open Raw
POWER CURL	165 Open Raw	325
Women	Eblin	290
148 40-49	Gillum	260
Clifford	60*	Lifetime Raw
Open	Woodruff	295
Eblin	60	181 Lifetime Raw
165 40-49	Molentin	325
Huff	70	50-59
Men	Freeman	325
165 Open	198 Lifetime	
Woodruff	155	Knight
Eblin	150	50-59 Raw
Gillum	115	Vargo
181 50-59	125	Boyer
Freeman	150	40-49 Raw
198 Open	150	Boyer
Dailing	242	242 17-19
Open	Butler	415
Cooke	180	Lifetime Raw

# Powerlifting USA Magazine BACK ISSUES

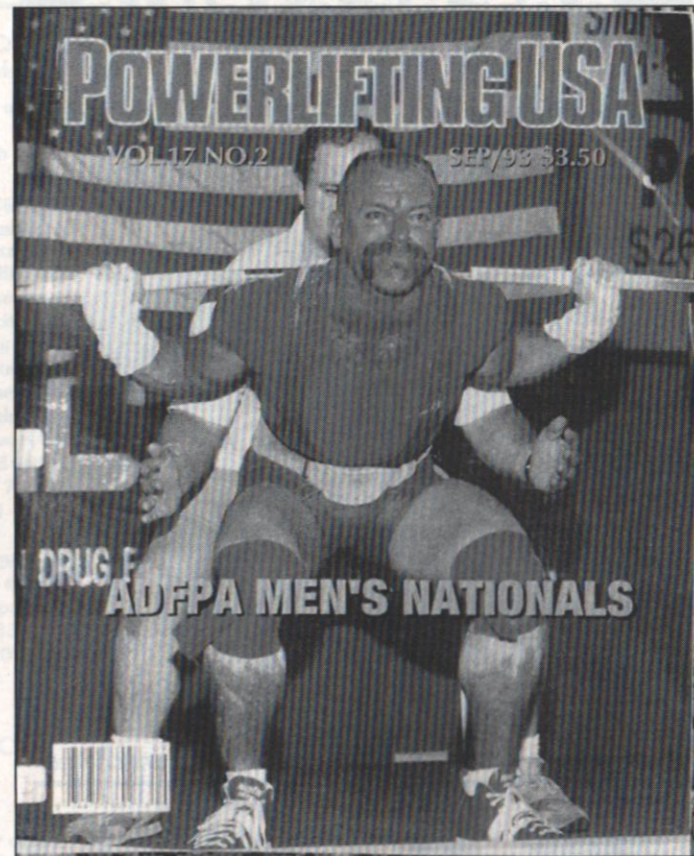
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
 Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
 Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
 Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s  
 Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs  
 Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s  
 Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s  
 Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFF Worlds, TOP 100 220, ADFPA TOP 20 132s  
 May/94... USPF/ADFFA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s  
 Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s  
 Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
 Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s  
 Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s  
 Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s  
 Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s  
 Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squater, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s  
 Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.  
 Mar/95... Women's TOP 20, Don Reinholdt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s  
 Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s  
 May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s  
 Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overttraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
 Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Night-

mare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
 Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s  
 Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
 Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.  
 Jun/96... WPA Worlds, ADFPA Womens, Subtotal Supermen, HMB, KIC, LEUCINE, Homeopathic Testosterone, All Time Records, Lifting Belts, TOP 100 SHWs  
 Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s  
 Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest/Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s  
 Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s  
 Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glosbrenner "Responds to the Response", TOP 100 148s  
 Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s  
 Jan/97... IPF Men's Worlds, WPC Worlds, Step by Step Training by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s  
 Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s  
 Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s  
 May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift

Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 132s  
 Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
 Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s  
 Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s  
 Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s  
 Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, TOP 100 Lwts.  
 Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s  
 Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s  
 Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s  
 Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s  
 Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage  
 Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s  
 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 Aholo, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.  
 Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hamman, Top 100 Bantam.  
 Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Pic-

nic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s  
 Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.  
 Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlelts., Isoflavones.  
 Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s  
 Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPFF Worlds, Jerry Tancil, TOP 100 198s.  
 Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
 Apr/99... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.  
 May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.  
 Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs  
 Aug/99... The Rubber Band Man, the "Muscle USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
 Sep/99... USAPL Men's Nats., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s  
 Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
 Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.  
 Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s  
 Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s  
 Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s  
 Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons  
 Apr/00... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
 May/00... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
 Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.  
 Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.  
 Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s  
 Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s  
 Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus

**PL USA for September 1993** featured Rob Wagner on the cover as part of our coverage of the ADFPA Men's Nationals promoted by Bob and Geri Gaynor in Wilkes-Barre, PA (the home of legendary John Kuc). At those Nationals, the winners included Doan Nguyen (114 - 1140), Dave Weiss (123 - 1135), Tim Borgia (132 - 1256), Derek Beatty (148 - 1466), Ray Benemerito (165 - 1642), Rob Wagner (181 - 1824 with a 766 squat), Rich Seldal (198 - 1741), Steve Sciapli (220 - 1851), Bull Stewart (242 - 2088), Greg Lowe (275 - 2110), Tom Brice (SHW - 2127). Winner of the Brother Bennet award at this meet was the late Ed Jubinville, and the winning team was the Missing Link from New York, with Bob Dempsey giving the Missing Link "salute" in the team picture. The Workout of the Month was by Leon Humphrey, 700+ lb. deadlifter from New York. Louie Simmons assessed the Buffalo Bar as a training aid, and Dr. Ken Leistner profiled the surprisingly varied career of PL phenom Stephanie Van De Weghe (with a photo of her as pro wrestler 'Stephanie Starr'). Power Scribe Emeritus Marty Gallagher gave his impressions of the USPF Seniors, in particular, the lifting of Carrie Boudreau, Kirk Karwoski, Ed Coan, and Gene Bell. Cindy Morrison offered up "Confessions of a Female Powerlifter". On our



**BACK ISSUE OF THE MONTH** ... you can still get the SEP '93 edition of PL USA, and many others, for \$5 postpaid (see details below, and ask about our price break when you order more than one issue at a time!)

TOP 100 rankings for the 114 lb. class, the top lifter in the squat (507) was Chuck Dunbar, with Mr. Hollyfield taking the top BP spot (330), and Phil Hile deadlifting (473)

and totalig(1173) the most. Siouzx Hartwig was 70th in the squats with 270. Alex Galant was 38th in the bench with 202. Former World Champion Ginger Lord was 76th in

the deadlift with 302, and former World Record holder in the squat Delcy Palk was 76th in the total with 710. The use of the natural ergogenic aid Rancigrin (derived from the antlers of male reindeer in Russia) in Powerlifting was discussed by Moris Silber MD PhD. Dawn Sharon presented her "Advanced Women's Program" and Doug Daniels' article was entitled "Partial Lifts for Partial Results". The Women's Europeans (Russian Team finishes first) from Darmstadt, Germany was covered. John Binkowski was interviewed by Bob Gaynor, and Russ Barlow told the inspiring story of his wife Lynne's remarkable recovery from leukemia and on to lifting greatness. Fred Hatfield Ph.D. presented his thoughts regarding "O.K.G. - The Second Coming". Bench Legend Craig Tokarski's BP seminar was covered by Jon Smoker. "For Review" covered the original edition of the Kelso Shrug System, Jim Williams's book of bench pressing, and the Summer '93 edition of POWERLIFTER Video, which included footage of the squat accident that came close to taking the life of Anthony Clark. On the TOP 50 All Time list for the 275s, Tokarski had the top mark of 703, and Beau Moore was 48th with 545. At the BPF British Championships, Jamey Carney was show squatting 881 at 220, and he totaled 2094.



Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.  
 Nov/00... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights  
 Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lighthweights  
 Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louie Simmons, TOP 100 198s  
 Feb/01... Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.  
 Mar/01... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP  
 Apr/01... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Aris, Power Breaking, Extra Workouts by Louie, TOP 100 242s  
 May/01... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's  
 Jun/01... Sioux-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by

J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs  
 Jul/01... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
 Aug/01... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s  
 Sep/01... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s  
 Oct/01... World Games, Tom Manno Interview, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.  
 Nov/01... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s  
 Dec/01... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s  
 Jan/02... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s  
 Feb/002... WABDL DL Worlds, IPF Bench Worlds, WNPFF Worlds, WPC Worlds,

Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s  
 Mar/02... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"  
 Apr/02... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s  
 Jun/02... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.  
 Jul/02... Kennelly Bench hes 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.  
 Aug/02... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.  
 Sep/02... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s  
 Oct/02... 556 squat @132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s  
 Nov/02... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Inter-

view, Willie Wessels Interview, Ed Coan Deadlift Workout, TOP 100 165s  
 Dec/02... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield Interview, Louie on Explosive Strength, TOP 100 181  
 Jan/03... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.  
 Feb/03... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.  
 Mar/03... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP Workout, The Tendo Unit, TOP 20 Women/Master/Teen lists  
 Apr/03... WPO Finals & Bench Bash for Cash, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.  
**LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.**

NASA Kansas State PL/BP/PS  
19 APR 03 - (kg)

Power Sports	hs		
bpjr	119	James Williams	67.5
170	int		
John Parsons Jr.	110	187	
bpjr	187	Troy Stuart	165
205	jr		
G. Winterhalter	130	227	
bpm3	227	Nathan Maddox	170
205	m1		
Earl Evatt	127.5	187	
bpmp	187	James Williams	102.5
205	m1		
Earl Evatt	127.5	280	
bpmp	205	Eddie Mc Donald	172.5
205	m3		
Earl Evatt	127.5	205	
bpsm1	205	Earl Evatt	127.5
205	mp		
John Newberry	147.5	187	
cjr	187	James Williams	102.5
170	mp		
John Parsons Jr.	60	205	
cm1	205	Earl Evatt	127.5
280	p+f		
Eddie Mc Donald	75	227	
cm1	227	Matthew Coulson	175
205	pure		
John Newberry	57.5	205	
dimp	187	Earl Evatt	127.5
187	sm1		
John Vogt	170	227	
dip	227	Travis Lyon	172.5
227	sm2		
Anthony Randles	205	227	
dism1	205	Matthew Coulson	175
205	227		
John Newberry	237.5	227	
sqm1	205	227	
154	sm1		
Bill Anderson	145	Travis Lyon	172.5
BENCH ONLY	119	teen	
	119	James Williams	67.5

Power Sports	Cur/SQ	BP	TOT
jr			
170			
Justin Cramer	60	105	335
jr			
205			
Greg Winterhalter	57.5	130	370
m1			
154			
Bill Anderson	62.5	115	355
m1			
187			
James Williams	67.5	102.5	352.5
mp			
187			
James Williams	67.5	102.5	352.5
mp			
187			
John Vogt	57.5	105	332.5
nov			
115			
Robert Linder	62.5	132.5	380
sm1			
205			
John Newberry	57.5	147.5	442.5
sm2			
205			
Jerry Linder	62.5	117.5	372.5
sm2			
205			
Michael Bruders	70	122.5	360
sm2			
205			
Jerry Linder	62.5	117.5	372.5
sm2			
205			
Michael Bruders	70	122.5	360
sm2			
227			
Bill Cookson	67	165	492
teen			
250			
Noah Morford	65	160	442.5
wsm1			
127			
Marcie Bruders	30	37.5	147.5
POWERLIFTING			
hs			
119			
James Williams	120	67.5	325
int			
187			
Eli Buller	227.5	142.5	597.5
int			
187			
Bronson Brown	212.5	137.5	575
int			
205			
W. Flickinger	250	187.5	705
jr			
154			
Jeremiah Lassley	202.5	130	525
jr			
205			
Daniel Blanchard	205	155	587.5

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Jr			
315			
Aaron Say	272.5	172.5	637.5
m1			
187			
James Williams	142.5	102.5	427.5
m1			
205			
Joseph Johnson	185	132.5	517.5
mp			
187			
James Williams	142.5	102.5	427.5
mp			
shw			
Robert Maxey	280	192.5	700
nat			
205			
William Flickinger	250	187.5	705
nov			
187			
Keith George	235	157.5	640
nov			
187			
Bronson Brown	212.5	137.5	575
nov			
187			
Mark Allen	205	127.5	550
nov			
227			
Travis Johnson	157.5	82.5	415
p+f			
170			
Bill Kausler	125	125	425
p+f			
227			
Ian Strickland	192.5	142.5	177.5
p+f			
250			
Randy Nabus	250	145	145
pure			
119			
James Williams	120	67.5	325
pure			
187			
Eli Buller	227.5	142.5	597.5
sm2			
280			
Chuck Cookson	295	190	765
teen			
119			
James Williams	120	67.5	325
teen			
170			
Spencer James	147.5	142.5	447.5
teen			
250			
Noah Morford	230	160	607.5
wsm2			
119			
S. Enzbrenner	67.5	37.5	197.5
(thanks to NASA for providing these meet results)			

WNPF North Carolina State  
06 MAR 03 - Charlotte, NC

BENCH	Novice			
Women	Steele			300
105	198			
Lifetime	Open			
Keel	105	Cornellison		515
Men	242			
SHW	Novice			
40-49 Raw	Robertson			500*
Ferguson	340	SHW		
Open	Open			
Hogue	515	Hogue		580*
DEADLIFT	SQUAT			
Women	148			
105	Novice Raw			
Lifetime	Steele			240
Keel	225	POWER CURL		
Men	SHW			
148	40-49			
	Ferguson			130
Women	SQ	BP	DL	TOT
105				
Lifetime				
Keel	210	105	225	540
123				
Open	240	115	250	605
Calais	240*	115*	250*	605*
50-59				
Calais	165			
50-59 Raw				
Roby				
Men				
198				
40-49				
Langenfeld	320	250	370	940
242				
Novice Raw				
Robertson	425	275	500	1200
275				
Open Raw				
Raynor	645	480	640	1765
* - American Record. \$ - WNPF Submasters American Record. (Thanks to Troy Ford for the results.)				

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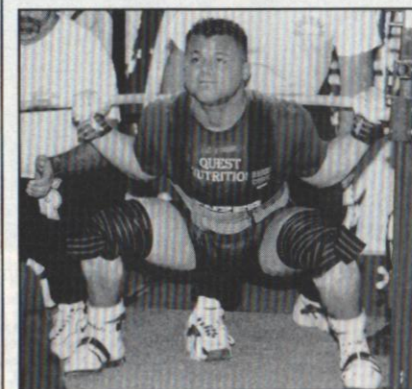
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**SLP John Ware Classic**  
29 MAR 03 - Kirksville, MO

BENCH PRESS	242	275	310*	350*	400*	450*	500*	550*	600*	650*	700*	750*	800*	850*	900*	950*	1000*
Junior women	Jim King	580*															
123	Scott Dukowitz	475*															
Jennifer Wallace	140*	275															
132	Bruce Stevens	415*															
Ginger Dial	100*	198															
148	James Jorgenson	275															
Kimberly Armbruster	170*	220															
170*	Don Van Huss	360															
open women	4th	365															
Jami Williams	120*	275															
123	Stewart Venable	470*															
master women 40-44	123	275															
123	Sherry Stevens	90*															
Sherry Stevens	90*	shw															
teenage men 18-19	148	Loren Betzer	330*														
148	police & fire	275															
Kelly Galster	255*	Brian Holmes	450														
165	242	open men	242														
165	242	242	242														
Steve Zollars	185	242	242														
181	242	242	242														
Coop Cooper	400*	Keith Parrish	550*														
198	4th	570*	570*														
Nick Young	455*	275	530*														
220	Mark Austin	530*	530*														
Bobby Boothe	400*	DEADLIFT	DEADLIFT														
submaster men	400*	master women 40-44	123														
220	375*	205*	205*														
Stephen White	375*	SQ	BP	DL	TOT												
Powerlifting	SQ	BP	DL	TOT													
105	135*	110*	215*	460*													
Audrey Keith	135*	110*	215*	460*													
16-17	181	365*	225*	450*	1040*												
Tyler Ruzich	365*	225*	450*	1040*													
132	350*	170*	375*	895*													
Kellen Craig	350*	170*	375*	895*													
165	250	365	980														
David Freesmeyer	365	250	365	980													
181	4th	405	1020														
181	4th	405	1020														
Blake McGrew	275	185	405	865													
220	242	242	242	242													
Preston Dunham	600*	310*	530*	1440*													
4th	580*	1490*	1490*														
220	470	250	405	1125													
Jacob Brown	470	250	405	1125													
220	275	465	1115														
Richard Caballero	375	275	465	1115													
4th	490	1140	1140														
181	345	460	1310*														
Aaron Armstrong	505*	345	460	1310*													
4th	475*	1325*	1325*														
181	400*	450	1250														
Coop Cooper	400*	450	1250														
4th	475*	1275	1275														
181	335	215	420	970													
Joey Hannant	335	215	420	970													
198	455	355*	540	1350													
Bryan Beanland	455	355*	540	1350													
4th	560	1370	1370														
submaster men	640*	460*	640*	1740*													
220	242	242	242	242													
Jeff Jacques	640*	460*	640*	1740*													
148	625*	350*	600*	1575*													
148	625*	350*	600*	1575*													
Leonard Lewis	550*	440*	550*	1540*													
148	245*	210*	375*	830*													
M. De Mark	245*	210*	375*	830*													
148	245*	210*	375*	830*													



SLP Ware Classic Best Lifters ... Jeff Jacques (PL) and Jim King (BP)

242 Jeff George 625\* 350\* 600\* 1575\* 980 total. Coming back with a successful fourth of 405 in the deadlift upped his total to 1020. David also got a 365 squat and a 250 bench. At 181 it was Blake McGrew with a 865 total, via 275 squat, 185 bench and a solid 405 pull. At 220 we had three competitors, with Preston Dunham coming away the winner in the end. Preston was quite impressive with his 600 squat, followed with a 310 bench. Finishing with a 530 deadlift and a 1440 total, Preston came back with a 580 pr pull for a 1490 total. All were new national records for the class. Second place at 220 went to Jacob Brown, who finished with a big 470 squat, followed by a 250 bench and a 405 pull for a 1125 total. Finishing in third place just behind Jacob was Richard Caballero with a 1115 total. A 375 squat, 275 bench and a 465 deadlift gave him his total, but a fourth with 490 in the deadlift upped that to 1140. In the junior men's division we had another battle, this time at 181. Aaron Armstrong ended up the winner with a big pr and national record squat of 505. His fourth pull of 475 and his total of 1325 established new records there also. Aaron added a 345 bench to go along with his 460 final pull. Second place at 181 went to Coop Cooper with a national record 330. Brian Holmes won at police & fire/275 with 450, also making just his opener. In the open division Keith Parrish set both the state and national record at 242 with his personal best 570. Then at 275 it was Mark Austin with a national mark of 530, just missing his final attempt with 555. We had one lifter in the open deadlift competition in master 40-44/123 winner Sherry Stevens. Here, again, in her first competition Sherry set the Missouri state and national record with 205. Thanks again to Coop Cooper and all the Iron Dogs, and to my son Joey and Tom Van Vleck for serving as side judges. Thanks especially to Zach Schluender, Josh O'Hara and Ryan Stewart for all their help spotting and loading throughout the day. Hope to see you all back next year. (by Dr. Darrell Latch.)

a great 1740 total. All were new national records for his class. At master men 40-44/242 it was Jeff George, also setting all new national records there with a 625 squat, 350 bench and a 600 pull for a 1575 total. Training partner Leonard Lewis, lifting in his first competition, won at 45-49/242. Leonard's 550 squat and deadlift, 440 bench and 1540 total established the national records there. At master 50-54/148 Michael Van De Mark took the title, setting all new national records there. Mike finished with a 245 squat followed with a 210 bench and a 375 deadlift for a 830 total. In the police & fire master's division Jeff George again won and set all new national records at 242. In the open police & fire division Mike Garrett won at 198 with a great 1465 record setting total. Mike's 540 squat and 600 pull were also new records. Mike finished the bench with 325. At 242 it again was Jeff George, setting the squat (625), deadlift (600) and total (1575) records. Second place at 242 went to Mark Gille who finished with a great 510 squat, followed by a 405 bench and 540 deadlift. This gave Mark a healthy 1455 total. In the open division at 242 it was Jeff George for the win over Demetrius Davis 1575 to 1300. Demetrius shows plenty of potential, finishing with a 480 squat, 350 bench and a 450 (470) pull for his total. In the bench press competition, multi-state record holder Jennifer Wallace led the way with her win at junior 123. Finishing with 140, Jen tied her own Missouri state record but set the national mark there. Another national record was set at junior 132 by Ginger Dial, who finished with 100. Kimberly Armbruster was the third member of the junior women's division to get a new national record with her 170 at 148. In the open women's division Jami Williams won at 123 with 120, setting a new Missouri state record there. Sherry Stevens got a new state and national record for the master 40-44/23 class in her first competition, finishing with 90. In the teenage men's division Kelly Galster won at 18-19/148 with a new state record of 255. This also tied the existing national record at 148. Steve Zollars won at junior men's 165 with 185 while Coop Cooper took the 181 title with 400, which was again a new national record for him. Nick Young set the national mark at 198 with 455 while Bobby Boothe got his national record 400 on his opening attempt at 220. In the submaster division Stephen White set the national mark at 220 with 375 and his win there. Best lifter in the bench competition went to submaster 242 winner Jim King. Jim had his best day of his career, finishing with a new pr, Missouri state and national record of 580, lifting at a 240 bwt. Scott Dukowitz took the 275 title with his opener of 475. In the master men's 40-44 division Bruce Stevens is back from shoulder surgery, working his way up! Finishing with a national record 415 Bruce won at 198 over James Jorgenson who finished with his second attempt of 275. At 220 it was Donald Van Huss with 360, followed with a fourth of 365. Stewart Venable set the national mark at 40-44/275 with 470, though just making his opener and missing 510 three times. At 45-49/shw it was Loren Betzer, finishing with a national record 330. Brian Holmes won at police & fire/275 with 450, also making just his opener. In the open division Keith Parrish set both the state and national record at 242 with his personal best 570. Then at 275 it was Mark Austin with a national mark of 530, just missing his final attempt with 555. We had one lifter in the open deadlift competition in master 40-44/123 winner Sherry Stevens. Here, again, in her first competition Sherry set the Missouri state and national record with 205. Thanks again to Coop Cooper and all the Iron Dogs, and to my son Joey and Tom Van Vleck for serving as side judges. Thanks especially to Zach Schluender, Josh O'Hara and Ryan Stewart for all their help spotting and loading throughout the day. Hope to see you all back next year. (by Dr. Darrell Latch.)



Coop Cooper with his SLP National Record 400 BP @ Junior/181 lbs.



Joey Latch and Dr. Darrell Latch flank COACH JOHN WARE, one of the first men to squat 1000 and total over 2400 lbs. (D. Latch photos)

**SLP Heath Clifton Memorial BP/DL**  
08 MAR 03 - Mattoon, IL

BENCH PRESS	open men	220	148	285
submaster women	148	285		
220	Paul Irvin	285		
Vicky Dupuis	235*	165		
open women	165	350		
165	Glen Thomas	350		
Heather Powers	105	165		
148	Lay Khoan	315		
teenage men 18-19	181	285		
148	Doug Bryan	285		
Jeremy Barker	230	198		
165	Ricky Coggins	435*		
Brandon Freeman	265	198		
181	Patrick Johnson	350		
Jose Gonzalez	275	220		
165	Jack Groves	535*		
junior men	220	220		
165	Jarrod Williams	275*		
198	Brent Farless	375		
Drew Hunt	300	DEADLIFT		
submaster men	220	DEADLIFT		
242	Vicky Dupis	335*		
Randy Wright	385*	4th		
148	teen men 16-17	350*		
148	SHW			
Harry Wakefoose	210	John Vick	575*	



First Time Competitor Vicky Dupuis finished with state records in the bench (235) and deadlift (350) for the Submaster Women's 220s. (Darrell Latch photographs)

Vicky Dupuis. In her first competition Vicky finished with a new state record for the submaster 220 class with 235. Another first-time competitor, Heather Powers, won the open women's 165 class with a personal best 105. At teenage men 18-19 we had three good lifters, each winning their respective classes. At 148 it was first-time competitor Jeremy Barker, taking the title with a solid 230. Brandon Freeman took the 165 class with 265 in his first time out. Then at 181 it was Jose Gonzalez with 275, ending up just five pounds shy of the existing state record. Jarrod Williams broke the state record at junior men/165 with his second attempt of 275 for the win there, while Drew Hunt finished with his opener of 300 for the title at junior 198. Randy Wright got an easy 385 at submaster 242 to break his own state record as Harry Wakefoose matched his state record at 50-54/148 with 210. In the open division Paul Irvin won at 148 with 285 while Glen Thomas successfully defended his title at 165 with his opener of 350. Lay Khoan was second at 165 with his opener of 315, after missing 355 twice. In his first competition, Doug Bryan won at 181 with 285, also making just his opening weight. At 198 it was Ricky Coggins with a solid 435, breaking his own state record there. Patrick Johnson was second at 198 with 350. Our best lifter was Jack Groves, who had a great day, finishing with a personal and state record of 535 for the win at 220. Jack came close to lockout with 560 for a final attempt, this weight being about ten pounds too much. Great job, Jack! Second place at 220 went to Brent Farless, who finished with 375, and who probably had the best form in the competition. In the deadlift competition Vicky Dupuis won her second title of the day while breaking her second state record. With a little coaching, Vicky finished with 335, but came back with a strong 350 personal best fourth attempt. This girl has loads of potential!



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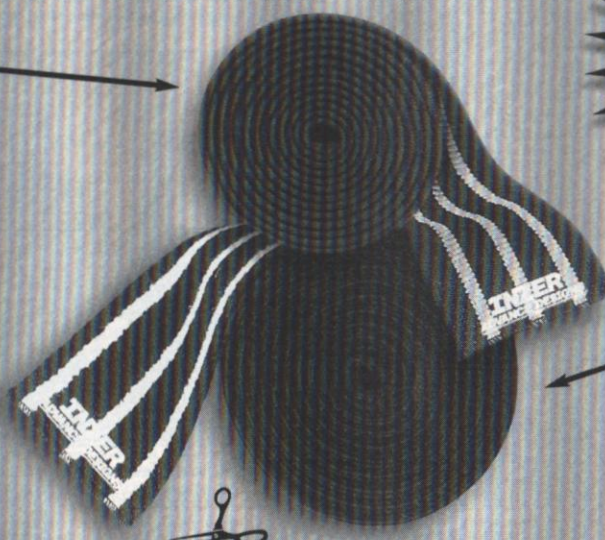
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WRAP DESIGN!**



Cyndi Crossland ... locks out 275 at Master Women 40-44/165 at the SLP Southeastern Missouri BP/DL Championships. (D. Latch photos)

### SLP Illinois Open Bench Press 23 MAR 03 - Hillsboro, IL

BENCH PRESS	open men		
master women 40-44	181		
165	Jamie Proctor	375	
Cyndi Crossland	275*	220	
teenage men 13-15	Mick O'Brien	250	
97	DEADLIFT		
Scotty Bailey	95*	teenage men 13-15	
4th	100*	105	
123	Brad Bailey	195*	
Dominic Scalise	150*	132	
220	Brian Hardwick	175*	
Shay Ehrhardt	280*	165	
teenage men 16-17	Camdon Wake	375*	
165	4th	405*	
Jason Rakers	210	165	
4th	215	Jeffrey Dennis	300
165	275		
Josh Clair	195	JohnMcNabb	450*
181	275		
Andrew Day	235	Daniel Schomasky	425
220	teenage men 16-17		
Jeff Bailey	315*	181	
teenage men 18-19	Andrew Day	435	
181	198		
Corey Hauser	250	B. Hardwick	430*
220	220		
Joel Thomas	250*	Jeff Bailey	450*
junior men	4th	495*	
275	teenage men 18-19		
Jared Davis	405	181	
4th	415	Corey Hauser	430*
master men 40-44	198		
198	Joel Thomas	530*	
Mike Scalise	305	master men 45-49	
master men 45-49	308		
308	Loren Betzer	500*	
Loren Betzer	335*	master men 60-64	
198			
Tom Barth	405		

\* Son Light Power Missouri state record. BENCH - Best Lifter - JAMIE PROCTOR. Deadlift - Best Lifter - JOEL THOMAS. The Son Light Power Southeast Missouri Bench Press/Deadlift Championship was held at St. John's Fitness in Springfield, Missouri on March 9, 2003. A special thanks to the staff at St. John's for all their help organizing this event. In the bench press event Oklahoma's Sweetheart Cyndi Crossland moved up to the master 40-44 division, taking the 165 class with a new state record of 275. First-time competitor Scotty Bailey set the state record at 13-15/97 with 95 before returning for a fourth with a personal best 100. Dominic Scalise also got a new state record with his 150 at 13-15/123. Shay Ehrhardt broke the state record at 13-15/220 with 280, just missing a final attempt with 300. In the 16-17 division Jason Rakers won at 165 over Josh Clair 210 to 195. Jason also came back with a personal best fourth of 215. Andrew Day won at 16-17/181 with 235 while Jeff Bailey set the state record for the 16-17/220 class with 315. Corey Hauser won at 18-19/181 with 250 while Joel Thomas got that same weight for a new state record at 220. In the junior men's division 275 winner Jared Davis won with 405, followed with a solid 415 fourth attempt. Mike Scalise won at 40-44/198 with 305 while Loren Betzer set the state record at 45-49/308 with 325. In the open division best lifter Jamie Proctor won at 181 with 375, just missing a final attempt with 405. At 220 it was first-timer Mick O'Brien with 250. In the deadlift competition Brad Bailey pulled a great 195 to set the state record at 13-15/105 while Brian Hardwick did the same at 13-15/132 with 175. Another state record was set at 165 when Camdon Wake pulled 375, then a 405 fourth. Jeffrey Dennis was second at 165 with 300. Johnathon McNabb set the state record at 13-15/275 with 450 over Daniel Schomasky who finished with 425. In the teenage 16-17 division Andrew Day won at 181 with 435. Brandon Hardwick set the state record at 198 with 430 while Jeff Bailey did the same at 220 with 450. With picture-perfect form Jeff came back with a great 495 personal record. Corey Hauser won his second title of the day at 18-19/181 with a state record 430. Joel Thomas had the greatest pull of the day with a big 530 state and personal record. This also gave Joel the best lifter award for the competition. Loren Betzer set his second state record of the day at 45-49/308 with a 500 pull. At 60-64/198, state record-holder Tom Barth pulled 405 for the win there. Thanks again to my son Joey and to Coach from Kennett, Missouri. (Results - Dr. Darrell Latch)



Best Lifter ... Joel Thomas pulls a state record 530 at 18-19/220 at the SLP Southeast Missouri meet.

### USPF Utah State 29 MAR 03 - Brigham City, UT

Bench Press	Lance Davis	145
Wmn	125 kg	
56 kg	Travis Wilkins	150
Jake Shendow	62.5	Teen
75 kg	Wmn	
Alexi Robinson	52.5	56 kg
Men	Jake Shendow	62.5*
75 kg	67.5	
James Rasmussen	142.5	Jordan Jones
82.5 kg	100 kg	90*
Jon Cunningham	177.5	Devin Tidwell
110 kg	110 kg	145
Jason Gibson	192.5	Kaleb Crafts
Open	SQ	BP
Wmn	DL	TOT
56 kg		
Jake Shendow	80	62.5
	80	222.5

75 kg	Alexi Robinson	90	52.5	115	257.5
Men					
82.5 kg	Matt Taylor	182.5	132.5	217.5	532.5
Jon Cunningham	137.5	177.5	200	515	
Ron Osborne	135				

90 kg	Clinton Thomas	247.5	137.5	250	635
100 kg					
Jesse Branham	265	147.5	265	677.5	
Rodger Broome	245*	165*	265*	675*	
Wallace Nobles	217.5	175	227.5	620	
Jamie Bennett	182.5	135	182.5	500	
110 kg					
Jason Gibson	292.5	192.5	272.5	757.5	
Sia Hamala	227.5	177.5	227.5	642.5	
Lance Davis	165	145	207.5	517.5	
140 kg					
Scott Eaton	185	102.5	205	492.5	
Manuel Herrera	190				
teen					
Wmn					
56 kg	Jake Shendow	80*	62.5*	80*	222.5*
Men					
82.5 kg	Jordan Peterson	162.5	82.5	182.5	427.5
110 kg	Kaleb Crafts	237.5*	175*	242.5*	655*
Masters					
82.5 kg	Steve Fogle	195	142.5	210	547.5
(45-49)	Mike Whiting	255	165	292.5	712.5
Ron Osborne	135				
100 kg	Chris Henner	170*	115*	190*	475*
(50-54)	50-54				
Manuel Herrera	190				
60-64					
140 kg	Dennis Shock	205*	130*	210*	545*
125 kg					
(50-59)					
125 kg	Lee Mitchell	190	110	200	500
(50-59)					
140 kg					
140 kg	Manuel Herrera	190			
60-64					
140 kg	Best Master Lifter - Dennis Shock. Best Teen Lifter - Kaleb Crafts. Best Lifter - Jason Gibson. Best Teen BP - Kaleb Crafts. Best BP - Jon Cunningham. *-State Record. (Results - Rocky Mountain Athletic Ctr.)				

APF Power	SQ	BP	DL	TOT
Open Women				
Becky Riemer	137.5	70	150	357.5
Denise Meione	127.5	65	132.5	325
Submaster Women				
Annette Wright*	120	70	132.5	322.5
Denise Meione	127.5	65	132.5	325
Teenage Men 16-17				
Nick DiLuzio	230	145	222.5	597.5
Billy Parrish	137	110	142.5	390
Randy Smith	137.5	110	202.5	450
Teenage Men 18-19				
Robert Hall*	230	157.5	235	622.5
Eric Smith	197.5	125	205	527.5
Craig Clark	197.5	197.5		
Open Men				
75				
Craig Clark	197.5			
82.5				
Doug Riemer	227.5	140	242.5	610
90.0				
Jake Mullins	227.5	145	242.5	615
100				
Steve Fogle	195	142.5	210	547.5
110				
Mike Whiting	255	165	292.5	712.5
125				
Josh Robinson	340	225		
Submaster Men				
Scott Barker	235	142.5	237.5	615
Rusty Whitson	182.5	145	200	527.5
Thomas Wright	250	140	225	615
Robert Weaver	182.5	102.5	190	475
Master Men 40-49				
Jeff Weaver	267.5	157.5	265	690
Joey Keith	210	130	220	560
APF Power Meet:				
Junior Men				
Hartwell Strain	227.5	190	227.5	745
Dru Fuller	250	207.5	250	707.5
Open Men				
75				
Paul Lathrop	125	102.5	182.5	410
90				
Brent Tracey*	335	240	287.5	862.5
90				
Eddie Pitts	260	160	227.5	647.5
110				
Hartwell Strain	227.5	190	227.5	745
110				
Kevin Thomas	365	240		
140				
Savoy Curtis	120	235	277.5	632.5
Master Men 40-49				
Scott Kroll	287.5	197.5	240	725
Junior Men				
Michael Rubio	195	Master Men 50+		
140	Mike Mack*	172.5		
Jason Mummaw	145	Robert Lovelace	145	
Open Men		Men Deadlift Only		
Darrick Holmes	175	Tee Meyers	320	

### APF/AAPF Georgia State Meet 29 MAR 03 - Marietta, GA

Bench Meet	Scott Queener	125
Women	Brantley Waites*	232.5
Patsy Rowe*	Rick Donahue	125
Teenage Men	Chad Justice	305
Trey Brewer	Master Men 40-49	170
Junior Men	Scott Kroll	197.5
Michael Rubio	Master Men 50+	195
Jason Mummaw	Mike Mack*	172.5
Open Men	Robert Lovelace	145
Darrick Holmes	Men Deadlift Only	175
Tee Meyers		320

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Forza Strength Systems, the makers of "POWER TOOLS" and commercial strength equipment is celebrating its 18th anniversary this year. FORZA credits much of its success to close involvement with the powerlifting community over the past 18 years. The overwhelming popularity of the FORZA F-200A Competition Power Bench among powerlifters throughout the U.S. and Canada propelled FORZA to the forefront of powerlifting. And soon followed the tremendous success of POWER TOOLS all over the world. Today, FORZA products are used by athletes in America, Europe, and Asia. Keep an eye on FORZA for the cutting edge in heavy duty strength equipment. Above: FORZA POWER TOOLS ready for shipment to the US Air Force in Germany



68 Year Old Darrel Sidwell with a PR and SR 320 pound deadlift.

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## XTM: Extreme Training Methods Video

This tape contains 3 hours of the most advanced bench press assistance exercises and training methods. Over 27 exercises, each outlined in detail and fully explained in principle and execution with common errors highlighted and correct technique clearly defined. Chains, bands, speed drills JM presses, floor work, assistance exercises for chest, shoulders, triceps, partial movements and all the classic exercises are included. Nothing that works is left out! This is a complete and thorough training video and includes both basic strength programs and modified programs with loads of theory explained. This video goes all the way, it is extreme. If you think you've trained intensely before... welcome to the next level... welcome to XTM.



## SLP March Madness BP/DL 08 MAR 03 - Mattoon, IL

BENCH PRESS		open men	
submaster women	198	Dave Newman	420
148	242		
Laura McCune	220*	Wayne DeRousse	465
teenage men 16-17	198		
181	280		
Brandon Tracy	280		
181	181		
Chris Fulscher	245	Chris Fulscher	405
220	198		440*
Payton Cloe	350*	Matt Landgrebe	430*
junior men	4th		440*
198			
Justin Strausner	315	Justin Strausner	485*
shw			500*
Joe Poorman	315*	master men 40-44	
master men 40-44	198		
198	350	Mike Maxwell	405
Mike Maxwell	350	4th	425
242	430	master men 45-49	
Steve Markham	430		
275	198	Mike Raya	565*
Mark Huckstep	385	master men 65-69	
master men 45-49	198		
198	420		
Dave Newman	420	165	
police & fire		Darrel Sidwell	315*
242		4th	320*
Lance Charlson	360*	open men	
4th	370*		
		165	
		Andre Spaulding	420
		4th	435

\* Son Light Power Illinois state record. Bench - Best Lifter - DAVE NEWMAN. Deadlift - Best Lifter - MIKE RAYA. Team Champions - Muscle Corporation of Springfield, Illinois The Son Light Power March Madness Bench Press/Deadlift Championship was held at the Cross County Mall in Mattoon, Illinois on March 8, 2003. Thanks once again to the Mattoon Mall Association and manager Mike Witwicki for their continued support. In the bench press event state recordholder Laura McCune broke her record at submaster 148, finishing with a great personal best 220. At teenage men 16-17, Braden Tracy won at 181 with 280, which was also a new personal record for him. This was Braden's first competition. Second place at 181 went to Chris Fulscher, who finished with a personal best 245. At 16-17/220 Payton Cloe upped his state record to 350 with his all-time best bench. At junior men 198 Justin Strausner finished with 315, competing as a guest lifter. Superheavyweight winner Joe Poorman broke his own state record with a solid 315 press. In the master men's 40-44 division Mike Maxwell only got in his opener of 350 for the win at 198. Steve Markham looked strong at 242, even after a year off, finishing with 430, just twenty pounds off his best. Mark Huckstep, another first-time competitor, won at 275 with 385, just missing a fourth attempt with 400. Dave Newman seems to be coming back strong after bicep surgery of five months ago, taking the master 45-49/198 class with 420. Dave also won the open 198 class along with the best lifter award for the competition. Walking in off the street was lifting legend Lance Charlson for the win at police & fire/242. After several years away from competition Lance lifted 'raw', breaking the state record there with a 360 third, followed by a 370 fourth attempt. Our final lifter, Wayne DeRousse, had the biggest lift of the meet with his personal best 465 for the win at open 242. Wayne was also lifting in his first competition. In the deadlift competition Chris Fulscher won at 16-17/181 with 405, but followed that with a

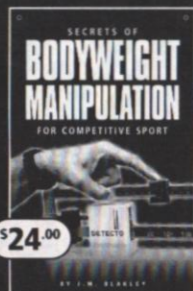


## Building the Perfect Beast: Bench Press Technique Video

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personal best 440, which was also a new Illinois state record for the first-time lifter. Also lifting in his first competition was Matt Landgrebe, who broke the state record at 16-17/198 twice with his 430 third and 440 fourth attempts. Justin Strausner broke the state record for the junior men's 198 class with 485. He then came back with a great personal best 500 fourth to set the standard even higher. In the master men's 40-44/198 class Mike Maxwell won his second title of the day with two new prs, a 405 third followed by a 425 fourth attempt. Mike Raya finally got that state record at 45-49/198 he has been after for so long, finishing with 565. Weighing in at a light 184, Mike was also awarded the best lifter trophy for the competition. Sixty-eight year old Darrel Sidwell returned to the lifting platform after about six months off, taking the 65-69/165 class, breaking his own state record with his 315 third and 320 fourth attempts. Darrel's 320 was also a personal best. In the open division 165 winner Andre Spaulding got two new prs with his third (420) and fourth (435) attempts. The Muscle Corporation of Springfield, Illinois with members Dave Newman, Mike Maxwell, Laura McCune, Andre Spaulding, Matt Landgrebe and Chris Fulscher took team honors. Thanks to my son Joey and Dustin Kearns for all their help. (Thanks to Dr. Darrell Latch for providing the meet results.)

## SLP BRAZIL YMCA BP/DL 23 FEB 03 - Brazil, Indiana

BENCH PRESS		DEADLIFT	
master women 50-54	165	John Tabasco	300
148		master men 45-49	
Peggy Berry	170*	220	
junior men	148	Robert Jones	415*
148	210	Dave Perry	390
Brandon Cloe	210	242	
submaster men	242	Kirk Cloe	315
242	465	open men	
Derrick Cloe	465	242	
		Jim White	380

The Brazil YMCA Bench Press/Deadlift Challenge II was held at the club on February 23, 2003. Thanks once again to Peggy Berry for all the effort she put forth for this event. I'm sure if the weather had not been so bad (8" of snow in Indianapolis) our turnout would have been much better. In the bench press event Peggy Berry dropped down to the 148 class where she set the state record with 170 for the master women's 50-54 age group. First-time competitor Brandon Cloe did well, taking the junior men's 148 class with 210. Derrick Cloe finished with 465 for the win at submaster 242. Using this meet to tune in his new shirt, Derrick finished with a near miss at 500. In the master men's 45-49 age group Robert Jones broke the existing record at 220 with 415, which he accomplished 'raw'. At 242 it was Dave Perry with a new personal record of 390. Kirk Cloe, another first-timer, won at 275 with a personal best 315. In the open division James White won at 242 with a personal best 380. In the deadlift event lone competitor John Tabasco competed for the first time, taking the 40-44/165 class with a personal best 300. So even though we had a smaller group of lifters, of the eight competitors, five had personal best and two state records. Thanks again to Peggy Berry and to lifting great Tom McCullough who helped spot and load. (Results - Dr. Darrell Latch.)



SLP's Dr. Darrell Latch with multi-World Champion Peggy Berry at the SLP Brazil YMCA Championship. (photo courtesy of Dr. Latch)



Pat Kath, 21, squatting 675 lbs. in only his 2nd meet, ending up with a 1675 total at the MPA Minnesota Meet. (photo courtesy J.R. Bonus)

## MPA Minnesota State 29 MAR 03 - Little Canada, MN

Women		Open Raw	
132 Open	220	120	315
Kim Bendaris	220	315	655
148 Open	190	225	305
Kesha Bradford	190	225	305
148 Open	148	148	1180
148 Open	400	350	450
Mike Lewis	400	350	450
148 Master	360	200	460
Chuck Wong	360	200	460
165 Teen	245	190	300
165 Teen	145	145	575
Tyler Riewe	145	145	575
165 Open	350	350	500
181 Open	275	250	350
CJ Vroman	275	250	350
Herman Audett	350	350	1230
198 Teen	310	320	550
Rusty McIntosh	310	320	550
198 Open	325	240	380
Brandon Marten	325	240	380
198 Open	620	425	590
Bryan Sheistad	620	425	590
220 Open	675	415	710
Mark Taschuk	675	415	710
Shannon Abram	530	490	665
8. Reibeling	625	390	575
Brian Hegg	455	440	575
4th Backstrom	510	385	510
220 Master	575	450	630
Joel Bernstein	575	450	630
John Wood	535	405	550
500	500	390	550
Doug Riehe	500	390	550
242 Teen	540	295	550
Foster Lysdahl	540	295	550
Jason Nelson	420	335	465
220 Open	705	600	730
Mike Siegler	705	600	730
Jeremy Blewer	625	560	680
Pat Kath	675	425	600
Dan Sutliff	615	430	630
Aaron Durose	600	440	600
Chris Hanson	425	445	545
242 Master	525	300	500
John Dorsher	525	300	500
275 Open	800	540	755
Brian Durham	800	540	755
Tom Utermoehl	550	470	1535
308+	800	470	680
Jason Bucccek	800	470	680
Chad Wolter	520	390	470

The second annual MPA State Powerlifting Championships was another very successful event. In the Women's Division there were only two lifters. Kim Bendaris went 8/9 in the 132 class and also won best female lifter. Not bad for her first meet! Kesha Bradford is another lifter that amazes me, she opened her bench with a raw 210 that looked like she could have done it for ten reps. With a little coaching both could step on any national platform. The Men's Division had some very impressive lifters. Mike Lewis went 8/9 in the 148 class totaling 1180. In the Master 148 class Chuck Wong had a great day going 8/9 and totaling 1005. I've known Chuck for many years and this was the first time he ever made all three bench attempts. Not bad for fifty years old! In the 165 Teen Class newcomer Tyler Riewe from Delano went 7/9 totaling 725 in his first meet. Shawn Friday came in hoping to hit a big deadlift. He wanted to hit a 600 but just didn't have it. CJ Vroman went 8/9 hitting a 1230 total and winning the 181 Open Class. Second went to Herman Audett who totaled 840 in his first meet. Rusty McIntosh won the 198 Teen Class with a 1215 total. Second went to Brandon Morten who

deadlifting 725, for the meets highest total of 2070. Great job Brian! Tom Utermoehl took second in his first meet totaling 1555 going 9/9. Jason Bucccek (Totino Grace High School legend) finally put his lifts together to win the 308+ class going 8/8 with a 800 squat, 470 bench, and a 680 deadlift. Way to go Tick! The always improving Chad Wolter had a 9/9 day totaling 1380 for second place. Special thanks to JR Bonus meet director and owner of JR's Powerhouse Gym, Dr. Fred Clary who did an outstanding job as head judge for this eight hour event, Jake Weismann who side judged all day, all the sponsor's, the numerous spotter's and loader's from JR's Gym who did a great job and saved several lifters during the event, last but not least the entire staff of JR's Powerhouse Gym that made this event so successful. Hope to see you all on June 7th in Elk River at the MPA State Bench Press & Deadlift Contest. (Thanks to Jerry Gnerre, MPA President.)

## WNPF Georgia State 16 FEB 03 - Atlanta, GA

DEADLIFT		Open Raw	
Women	165	Moses	230
Lifetime	305*	Novice Raw	245
Curtin	181	Morgan	230
Men	132	Moses	230
11-12	135	Open Raw	275
Curtin	148	Currie	275
148	135	181 Lifetime	375
Novice	420	Rutherford	375
Whitehead	165	17-19	370
165	420	Faulkner	370
Lifetime	198	198	198
Marsh	242	17-19	255
242	40-49	Aaron Wellford,	245
40-49	510	Brewer	245
Fowler	220	17-19 Raw	330*
Lifetime	650	Brewer	330*
Padgett - BL	650	220	85
Open	650	Open Raw	360
Padgett	650	Mitchell	360
BENCH	650	Fradly	360
Women	148	Lasiter	350
148	155*	Lifetime Raw	360
Open Raw	165	Mitchell	360
Fradly	120	242	110
165	120	40-49 Raw	110
Lifetime	400	Flynn	385
Curtin	120	40-49	110
Men	148	Fowler	400
148	315	275	400
Lifetime	315	Lifetime Raw	430
Brown	315	Hudson - BL	430
165	315	SHW	525
Lifetime	315	Open	525
Powerlifting	315	Hogue	525
Women	123	BP	DL
123	90	TOT	390
11-12 Raw	90	115	185
Luster	100*	110*	170*
Men	80	170*	380*
80			
9-10 Raw			
Luster			
148			

Open		Whitehead	
360	230	420	1010
Novice	360	230	420
Whitehead	165	13-16	315
165	155	370	840
McNeil	225	220	315
40-49 Raw	225	220	315
Helms	198	40-49 Raw	405
198	405	275	350
40-49 Raw	405	275	350
Housworth	60-69	300	250
60-69	300	250	350
McClain	220	40-49	485
220	485	270	455
40-49	485	270	455
Watson-BL	400	225	410
242	400	225	410
Lifetime	40-49	450	310
Chambliss	450	310	415
40-49	450	310	415
Gurtner	450	310	415

## 14th annual Get Fit BP/DL 26 APR 03 - Beaver Dam, WI

BENCH PRESS		MASTERS (AGE 40+)	
TEEN (AGE 14-19)	181	LIGHTWEIGHT	165 LBS & UNDER
132LBS & UNDER	180	AL McCredie	315
Jesse Kuehl	180	Bob Goldsmith	250
Keith Kocho	135	HEAVYWEIGHT	182-198 LBS
HEAVYWEIGHT	180	182-198 LBS	175
166-181 LBS	255	Gary Koch	175
Julius Smith	245	HEAVYWEIGHT	199-220 LBS
Aaron Wellford,	245	199-220 LBS	340
245	340	Jim Pitsch	340
WOMEN'S DIVISION	85	OVERALL	BENCH PRESS
LIGHTWEIGHT	110	CHAMPION	Kirk Bessier
105 LBS & UNDER	110	CHAMPION	480
Tracy Nugent,	110	CHAMPION	480
85	110	CHAMPION	480
LIGHTWEIGHT	110	CHAMPION	480
115-123LBS	110	CHAMPION	480
Amanda Pritchard	110	CHAMPION	480
110	110	CHAMPION	480
LIGHTWEIGHT	110	CHAMPION	480
123-148LBS	110	CHAMPION	480
Marie Cigelske	110	CHAMPION	480
LIGHTWEIGHT	110	CHAMPION	480
149-165LBS	110	CHAMPION	480
Sharon Weber,	110	CHAMPION	480
110	110	CHAMPION	480
MEN'S DIVISION	11		

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Look for Arnold on the cover of the August issue on sale June 17.  
**TAKE A CLOSER LOOK AT THE NEW MUSCLE & FITNESS**

(article continued from page 13)

Watkins had to come up with a best of class deadlift to gain a bodyweight edge over Katy Boroday of the Ukraine in the race for Bronze. What an effort it was ... the ultimate correlation, at one instant of time, of ability and necessity. It was the two Tatanas tussling for the Gold, but despite a world record bench press for Kazakhstan's Kudryavtseva, the Puzanova squat world record pro-

vided a lead that could not be overcome.

198 lb. class ... with Buckley-Gray (NZ) and Polischyk (UKR) unfortunate bournouts in the squat, the USA's Linda Schaeffer started the finishers in the 90 kilo class with 898, nearly pulling what she sub-totaled. After dispelling opening troubles in the heavier discipline, popular Jennie Busby (GB) completed a nice day of competition. Anna Sliwinska (POL) was just .2



Irina Lugovaya of Russia tried to break Cathy Millen's deadlift record.

IPF Women's World Championships - 22-25 May 03 - Chicago, IL

	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
97 lb. class											
Koskinen FIN	358	374	385	165	165	170	540	347	363	375	903
Tesleva RUS	325	336	344	198	209	209	545	336	352	358	881
Chen TAI	341	363	363	132	143	148	485	352	363	374	859
Robbins USA	304	302	303	137	154	165	457	275	303	314	771
Leverett USA	248	248	248	154	154	165	402	314	330	336	733
Lepanse FRA	270	270	281	154	159	159	424	275	286	297	722
Friedrich GER	248	264	270	170	176	181	451	231	242	253	694
Hernandez FRA	264	275	275	132	137	143	402	286	292	297	694
Kitamura RSA	231	248	248	159	170	170	407	220	236	253	644
Morales PR	187	236	253	99	104	126	292	220	236	242	534
105 lb. class											
Lafina RUS	407	429	440	198	220	231	672	264	286	297	970
Maille USA	330	352	352	187	203	214	545	352	374	380	925
Fukushima JPN	314	330	330	253	253	264	578	314	330	341	920
Chen TAI	341	358	358	192	203	214	573	325	344	347	898
Martin FRA	281	303	303	148	154	159	440	264	281	297	722
Tanaka JPN	231	253	253	137	148	159	413	264	264	286	699
McKen AUS	225	242	248	93	104	104	341	308	330	336	650
Feliciano PR	220	242	259	99	110	115	336	264	297	349	633
Svahn DEN	159	---	---	187	192	---	347	165	---	---	512
114 lb. class											
Hartwig USA	330	363	360	198	214	231	578	330	352	363	942
Cornette FRA	358	385	391	192	203	203	584	319	347	358	942
Rantamaki FIN	347	363	374	187	192	198	556	358	369	380	925
Sirvia FIN	325	336	336	209	209	220	534	369	380	394	914
Sawyer GB	297	314	325	187	187	198	512	242	319	344	832
123 lb. class											
Filimonova RUS	440	473	490	220	236	242	727	396	429	440	1157
Fischer GER	352	352	369	170	181	187	556	396	418	435	992
Chou TAI	319	341	358	143	165	176	507	363	391	413	920
Kume JPN	314	336	358	231	231	231	567	330	352	363	920
Maniak FRA	308	319	330	192	198	198	518	330	347	358	865
Gevers AUS	308	330	341	165	165	176	518	308	325	344	843
Ayles CAN	308	347	347	148	170	181	479	314	347	358	865
Hampson GB	286	308	319	148	159	165	485	286	330	358	815
Leszynska POL	297	319	341	126	143	143	468	297	319	325	793
Wang AUT	264	275	286	165	176	181	468	308	319	---	788
Szymkiwki POL	286	303	314	148	148	159	473	297	344	349	771
Vestergard DEN	253	275	275	148	154	154	402	275	292	308	694
132 lb. class											
Nelyubova RUS	418	440	457	286	308	325	782	385	407	429	1190
148 lb. class											
Iskandarova KAZ	407	429	440	236	248	248	677	429	451	462	1129
Altizer USA	402	440	462	264	275	303	744	352	374	402	1118
Ikeya JPN	385	418	429	225	235	248	677	385	413	429	1107
Haapajoki FIN	413	435	440	187	198	203	633	424	440	446	1080
Poplavska UKR	396	418	435	220	242	253	661	396	413	429	1074
Gaifulina KAZ	374	385	396	214	231	231	628	429	446	454	1074
Hsu TAI	374	396	396	220	242	242	617	418	435	454	1052
Keizer NDL	308	325	336	176	181	187	523	352	374	385	898
148 lb. class											
Kudinova RUS	507	534	---	330	352	352	859	451	473	---	1333
Guminska UKR	496	512	512	253	275	286	771	451	479	507	1251

Ribic USA	446	473	485	253	286	303	771	440	473	504	1245
Gibson GB	380	396	402	253	275	306	677	402	424	429	1107
Jessop NZ	319	341	358	236	253	270	611	352	365	385	997
Wendt GER	344	341	374	179	181	192	567	385	402	---	970
Giffin AUS	319	341	358	187	198	209	551	363	380	394	931
Borggaard DEN	319	336	347	181	181	198	529	363	374	385	903
Chou TAI	297	349	---	253	264	304	562	286	330	---	892
Clark CAN	286	319	341	132	154	154	496	297	330	374	870
Dennis CAN	325	347	374	187	198	203	551	297	319	390	870
Mackey BAH	396	396	396	---	---	---	---	---	---	---	---
165 lb. class											
Dedyulya RUS	485	529	562	352	380	396	959	451	473	490	1449
Bahry UKR	462	499	479	286	303	308	782	473	485	496	1278
Stehlikova CZE	407	429	446	285	303	308	755	451	468	473	1229
Tselenko UKR	451	473	490	253	270	275	744	462	462	462	1206
Nieves PR	396	396	435	220	242	242	677	424	435	446	1113
Gall GER	336	352	368	242	253	264	617	418	435	435	1052
Huyser RSA	352	385	407	209	231	248	555	352	385	402	1041
Everett USA	374	402	413	187	198	203	617	374	413	429	1030
Cleve GER	330	352	374	209	225	231	578	363	380	380	959
v.d.Meulen NDL	330	352	363	181	192	198	562	352	380	---	942
Martinez VEN	308	336	352	165	176	176	529	281	303	308	837
Perry NZ	286	308	308	149	170	176	485	297	319	336	804
181 lb. class											
Puzanova RUS	518	545	562	308	330	341	903	440	457	468	1361
Kudryavtseva KAZ	496	507	512	314	336	347	843	451	485	496	1328
Watkins USA	462	501	518	264	264	292	782	451	485	490	1272
Boroday UKR	473	496	518	275	297	297	815	440	457	468	1272
Strik NDL	479	504	501	297	297	308	810	418	454	454	1229
Porter GB	429	451	462	236	248	253	705	457	479	496	1184
Martinez ARG	352	407	457	220	248	264	672	352	429	462	1135
Cosla PR	363	394	391	209	225	242	633	451	504	504	1085
Hartle CAN	286	308	314	192	203	214	529	286	303	344	815
Hung TAI	330	407	---	390	390	390	---	---	---	---	---
198 lb. class											
Lugovaya RUS	518	551	598	341	363	380	914	496	540	551	1466
4th											
Yavovska UKR	451	473	490	297	319	336	810	473	507	529	1339
v.d.Meulen NDL	407	429	440	285	303	308	749	374	396	402	1151
Herrnheine GER	363	380	397	270	286	286	666	473	490	490	1140
Shivinska POL	407	429	440	242	264	270	705	402	418	440	1124
Busby GB	407	429	429	231	242	248	677	385	385	402	1080
Schaeffer USA	264	308	308	181	198	203	468	429	462	462	898
Polischyk UKR	454	454	454	---	---	---	---	---	---	---	---
Buckley-Gray NZ	440	440	440	---	---	---	---	---	---	---	---
SHW											
Chao TAI	551	578	600	407	418	424					





USA - No. 2 Team in the IPF Women's Worlds at the awards banquet, (lt.-rt., bottom) Siou-x Hartwig, Priscilla Ribic, Jennifer Maile, and back row - Jessica Watkins, Linda Schaeffer, and Liz Willet. (Hartwig photo)

kgs. above the 181 lb. weight limit, but went 510 kgs. for a higher placing in the heavier class. Germany's dimpled Ullie Herchenhein went for world masters records all over the scoresheet, exceeding the mark in the squat with 397 (but not by the required amount for a masters world record - for masters it has to be 2.5 kgs. higher), missing the BP mark twice, opening with a new record in the deadlift, before missing another one that would have given her the total record as well. Brenda, of the Powerlifting van der Meulens family, 9/9'd her way to Bronze in total, though well behind Iryna Yavorska's 1339 silver medal aggregate. In first - everywhere - with gold medals in squat, bench, deadlift and total, was a Russian Irina, Ms. Lugovaya. She missed a try at the fresh mark of Hong Min Chu in the bench press with a 380, but her pigtailed were braided tight enough to try for another world record in the deadlift, on a 4th attempt, with 574. Russian Coach Bogachev was eyeing her microscopically, but the weight was a mite heavy.

Superheavyweight class ... The Bahamas' Patrice Curry looked to be going lower on each try with 485 in the squat, but she only saw reds for all three tries, and - very sadly - we also lost one of the most popular lifters of the meet when Liz Willet seemed to awkwardly be searching for depth on each of her squat attempts. Dutchwoman Joanne Schaeffer went over 1200 in total, but it took more than that to medal. Even though Viktoriya Olenytsa (UKR and only a Junior!) hauled up the class best DL, for a Junior European record total as well, it only got her 4th, because rugged Russian Anastasia Pavlova had closed her out with a 1388. Even the world record holder in the squat, Galina Karpova (RUS), had her difficulties. After missing a tiny jump, technically, she exploded up like Otis T.

Fud with a world record 633, for a miss, and she could have used those pounds in the subtotal later on, when a 44 lb. reach on that final deadlift was a bit short. Serenely confident, Chen Yeh Chao of Taipei went deeper than unquestionably deep on each of her squats, tied her new world record in the bench press at 418, then casually passed a shot at 424 (which could have gone!). She tied her recent world total record on her 2nd deadlift, and then topped it for a new standard on her 3rd try. She carries 259 lbs. very efficiently, and bows elegantly after each attempt, and as big as her attempts were, she has a very small voice!

Team Champions were the Russians with 6 first place winners and a perfect 72 points, and Team USA came in second (52 points), closely followed by the Ukraine's 48 points, and Chinese Taipei's 40, and Finland's 33. Germany had 32, France 29, Japan 27, Great Britain 26, Netherlands 23, Kazakhstan 22, Puerto Rico 13, Australia 13, Poland 9, Czech Republic 8, Canada 8, New Zealand 7, South Africa 6, Denmark 6, Argentina 4, Austria 1, and Venezuela 1. Best Lifter was Svetlana Dedyulya of Russia with 626.07, followed by Marina Kudinova (RUS) with 621.45, and Inna Filimonova (RUS) with 619.44. A resolute USA coach Dr. Larry Maile was proud of the way the USA lifters improved on their nomination positions and in the medal count. Larry was also glad to see lifters from other USA federations in the audience, so they could see what women can actually do under IPF depth rules and equipment specifications.

The melding of the Dennis Brady way of running a meet (dozens of major competitions under his experienced belt) with the IPF way of running a world championship proved doable, but with challenges. Dennis found it expensive to accommodate IPF requirements (33 free

rooms, \$8000 in expenses!), and he states he will not try for another IPF bid, but there were benefits ... IPF General Secretary Heiner Koberich brought his broad expertise to the contest ... for example, when it came time to play the national anthems of the winning athletes, he simply called up the appropriate file from his computer and held the microphone up to his laptop speaker, no fumbling for

cassette tapes at the last second. (Unfortunately, shortly after this competition Heiner resigned his IPF position). This is Ed Coan's neighborhood and he was at the meet and warmly received by many. He will not be lifting in the Mountaineer Cup, as that would be trying to come back from his devastating injury too fast, but will be doing commentary on the ESPN broadcast.

## TEAM USA in ACTION!



Ann Leverett finally got depth on her 3rd squat to stay in the meet



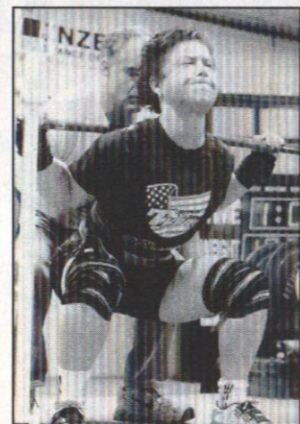
Ashley Robbins d-lifts at 97



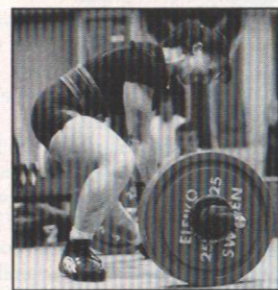
Siou-x Hartwig pulled in gold



Jennifer Maile with a spot by Meet Director Dennis Brady



Bettina's squat was explosive



Priscilla R. just missed 501



Kim Everett lifted like a pro.



Jessica gave it all up to 490



Linda Schaeffer with 462.



Not Liz Willet's day to squat.

... and this is where they earned their spots on TEAM USA

### USAPL WOMENS NATIONALS 24-26 JAN 03 - Killeen, TX

97 LB CLASS	SQ	BP	DL	TOT
OPEN				
ANN LEVERETT	120	72.5	147.5	340
ASHLEY ROBBINS	125	70	122.5	317.5
CATHY SOLAN	112.5	55	130	297.5
ERIN DICKEY	95	60	130	285
D. ALIMINOSA	82.5	45	115	242.5
BARB SIEPS				
TEEN				
M. BRUISCHART	95	42.5	77.5	215
JUNIORS				
ERIN CRAPO	102.5	55	107.5	265
LIZ DICKERSON	72.5	45	95	212.5
MASTERS				
M3				
D. ALIMINOSA	82.5	45	115	242.5
M1				
CATHY SOLAN	112.5	55	130	297.5
105 LB CLASS				
OPEN				
JENNIFER MAILE	145	90	172.5	407.5
J. O'CAMPO	90	47.5	112.5	250
TEEN				
JENNIFER MAILE	145	90	172.5	407.5
1ST				
T3				
A. MATHERINE	95	52.5	112.5	260
M. CAHILLY	92.5	45	117.5	255
JUNIORS				
JORDAN CALLAIS	95	50	120	265
BETHJAUBERT	90	47.5	110	247.5
MASTERS				
M4				
JUDY GEDNEY	115	52.5	120	285
114 LB CLASS				
OPEN				
S. HARTWIG	167.5	95	162.5	425
CODIGRUBBS	135	82.5	132.5	350
M. SHUTTLEWRT	102.5	67.5	115	285
F. TAYLOR	90	55	132.5	277.5
(GUEST LIFTER)				
H. HAMPSON	135	75	162.5	372.5
TEEN				
T2				
C. NOGLE	145	75	160.5	380.5
JENNIFER RAY	107.5	65	125	297.5
T3				
P. CHAVIRA				
ASHLEY AWALT	122.5	82.5	135	340
JUNIORS				
JENNIE HOLLIER	135	82.5	127.5	352.5
CODIGRUBBS	135	82.5	132.5	350
MASTERS				
M1				
DANA DEUTSH	102.5	60	125	290
VERAN LSON	97.5	50	115	262.5
M2				
DEB HAIRSTON	97.5	57.5	117.5	272.5
B. ZINSMASER	85	40	107.5	232.5
123 LB CLASS				
OPEN				
M. AMSDEN	170	97.5	170	437.5
A. HITCHCOCK	132.5	75	152.5	360
TAMMI CALLAHAN				
TEEN				
A. HITCHCOCK	132.5	75	152.5	360
T2				
A. MOTTER	130	55	112.5	297.5
J. STEWART	97.5	50	107.5	255
A. CUNNINGHAM	132.5	75	132.5	340
SARAH NEWMAN	127.5	77.5	132.5	337.5
MASTERS				
M1				
GINA STEPLETON	82.5	45	110	237.5
M2				
ELLEN STEIN	145	77.5	175	397.5
M7				
ELMA BECK	65.5	32.5	88	185.5
M1				
HEATHER HUGHES				
TAMMI CALLAHAN				
LANETTE LOPEZ				
132 LB CLASS				
OPEN				
BETTINA ALTIZER	187.5	127.5	167.5	482.5
J. THOMPSON	145	132.5	170	447.5
STACY CORSO	165	87.5	185	437.5
JENNIFER REY	165	102.5	162.5	430
JILL DARLING	150	115	140	405
V. AGUILA	147.5	87.5	147.5	382.5
JESSICA KRATZ	122.5	72.5	137.5	332.5
MICHELLE JAMES	120	47.5	150	317.5
JUDY DRENTH				
ANGIE OVERDEER				
TEEN				
T1				
KALA MCCAULEY	142.5	62.5	155	360
T2				
JAN MARELLO	137.5	70	150	357.5
SHAY STONE	112.5	65	127.5	305
ASHLEY MILLET	92.5	52.5	112.5	257.5
JUNIORS				
J. KAUFMANN	127.5	77.5	72.5	357.5
N. HELLERSTEDT	95	67.5	102.5	265
J. SCOTT	95	55	112.5	262.5
MASTERS				
M2				
KATE D-CRAIG	137.5	80	150	367.5
B. HOWARD	105	62.5	110	277.5
M1				
BETTINA ALTIZER	187.5	127.5	167.5	482.5
ANGELA SIMONS	127.5	100	142.5	370
M6				
G. JOHNSON	37.5	35	55	127.5
M1				
JUDY DRENTH				
148 LB CLASS				
OPEN				
PRISCILLA RIBIC	215	125	202.5	542.5
REBECCA PHELPS	180	95	192.5	467.5
C. NEWMAN	152.5	122.5	172.5	455
T. KUNSMAN	155	100	172.5	427.5
L. STYRLUND	145	92.5	167.5	405
RUTH WELDING	147.5	82.5	160	390
DAWN STEELE	137.5	95	152.5	385
C. BURROUGHS	137.5	70	155	362.5
(GUEST LIFTER)				
MARIAN GIBSON	177.5	117.5	192.5	487.5
TEEN				
T1				
M. DENNANY	147.5	85	155	387.5
T3				
D. JOYNER	147.5	75	147.5	370
R. CHRISTIANSEN	122.5	62.5	125	310
JUNIORS				
D. TIEMANN	112.5	65	127.5	305
TANJA WAITE	100	60	122.5	282.5
MANDY MILLER	112.5	47.5	112.5	272.5
MASTERS				
M2				
RUTH WELDING	147.5	82.5	160	390
S. SHKOV	140	67.5	152.5	360
KAREN BAKKE	137.5	72.5	127.5	337.5
J. LIVINGSTON	77.5	50	100	227.5
M3				
RITA CARLSSON	100	57.5	140	297.5
M5				
DOONNA STEELE	112.5	65	130	307.5
165 LB CLASS				
OPEN				
D. CHANEY	157.5	115	192.5	465
K. EVERRETT	180	92.5	192.5	465
K. WALFORD	157.5	92.5	200	450
KATIE FORD	165	102.5	162.5	430
RHONDA CLARK	150	77.5	170	397.5
M. McLEAN	135	65	155	355
RACHEL MOORE	115	52.5	125	292.5
(GUEST LIFTER)				
GILY MARTINEZ	137.5	77.5	132.5	347.5
TEEN				
K. EVERRETT	180	92.5	192.5	465
RACHEL MOORE	115	52.5	125	292.5
JUNIORS				
KATIE FORD	165	102.5	162.5	430
S. LUNDSFORD	107.5	75	120	302.5
MASTERS				
M1				
D. CHANEY	157.5	115	192.5	465
M2				
M. McLEAN	135	65	155	355
TERESA MERRICK	87.5	52.5	135	275
M2				
MAL REEN POST				
M3				
B. GLENDINN	82.5	35	112.5	230
M4				
R. HACKNEY	110.5	60	132.5	308.5
181 LB CLASS				
OPEN				
J. WATKINS	227.5	127.5	215	570
CATHY MARTIN	160	97.5	165	422.5
MALINDA BAUM	137.5	85	165	387.5
(GUEST LIFTER)				
JEAN MATON	165	102.5	180	447.5
TEEN				
T3				
M. MULLIN	147.5	90	170	407.5
N. HELLERSTEDT	145	92.5	155	392.5
JUNIORS				
J. WATKINS	227.5	127.5	215	570
LACY PICOU	155	62.5	162.5	380
MASTERS				
MALINDA BAUM	137.5	85	165	387.5
M2				
D. JACKSON	137.5	87.5	137.5	362.5
198 LB CLASS				
OPEN				
LINDA SCHAEFFER	140	85	192.5	417.5
DESI HATHFIELD				
(GUEST LIFTER)				
JENNIFER BUSBY	180	105	175	460
TEEN				
T2				
TIFFANY BAYER	130	57.5	120	307.5
T3				
VERICE LEWIS	117.5	72.5		

(article continued from page 9)

He threw at it all he could muster, but feels that if had he done less; he would have been 10-15% stronger.

Bill is not a big sleeper. He believes the most regenerative component of sleep is the delta wave period. As it requires 2 1/2 to 3 hours to cycle through this phase, Bill feels six hours are sufficient for two to three cycles, while sleeping the customary eight affords little extra benefit. During his competitive years however, Bill supplemented his sleep with periodic "power naps." Growth hormone peaks during such naps as well as during vigorous activity and is concomitant with insulin release subsequent to eating.

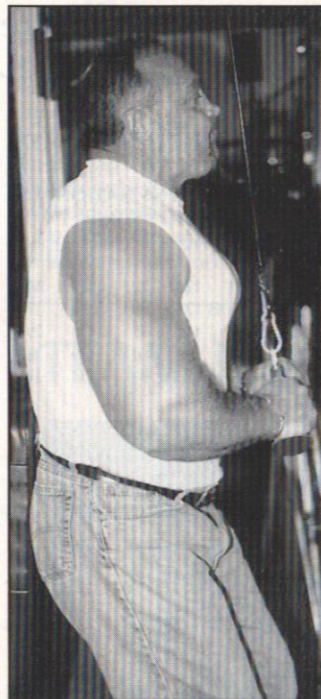
The mental aspect of strength performance dictates the difference between winning and not even placing. As would be expected, Bill is an avid practitioner of various mental strategies. "We create our own reality," he explains. To cite an example he brings up the barrel load event in an early World's Strongest Man competition. While warming up for the event he convinced himself the barrels were empty and threw two hundred pounders 6-8 ft. overhead. The result of his self-programming is arguably one of the greatest displays of mental power

ever filmed. Bill can be seen hurling kegs ten to fifteen feet through the air rather than running to load them in the truck, as his competitors, the "other" strongest men in the world, were forced to do.

When pressed to sum up his training philosophy Bill thought for a moment and then quipped, "Train insane." Super-high intensity is the hallmark of his style. It is his essential ingredient. "Each set must be infinitely the most important thing in your existence, a life or death struggle. Create a sense of urgency, act like a cornered, wounded animal, use the fight or flight response, come out like a raging bull for every set."

"How you perceive the weight is crucial to determining performance." He recalled training with Jamie Reeves who was hoisting 308 for 2 reps in behind-the-neck presses. "I demonstrated by driving up 350 for 10. Jamie came back a week later and pushed out 10 reps with 308. We had contempt for the weight, actually loathed it. We viewed it as meaningless stuff on the end of the bar."

To aid him in his disregard for the plates on the bar, Kaz never loaded the weights himself, because he would not want to think about how much he was adding, did not want his brain to register that the



bar was becoming heavier. Total focus would be placed on moving the bar with the proper form, on accelerating with maximum velocity. Efficiency meant lifting as much as he could while doing the least possible, so he never loaded the bar, put up his own lifting suit, or

wrapped his own knees.

To augment this focus, Bill routinely engages in self-hypnosis, visualization, and mental imagery. In this aspect he is similar to virtually all strength-world greats.

While training Bill refuses to let the outside world disturb him and he believes that in order to succeed, the goal you set for yourself must be the most important thing in your whole life. Budget time to family, work, community commitments, eating, sleeping, but your objective must still remain paramount.

Finally, during the course of my conversations with Bill, he often reiterated that his Christian faith is responsible for his strength. He feels his spiritual commitment enabled him to achieve success. Return on commitment is not some vague inspiration, but a direct result of Bill's promise to spread the word of Jesus should he be blessed in his endeavors. While such religious zeal may come as a surprise to many, Bill insisted it be a cornerstone in this interview.

I'd like to thank Bill for his taking the time to make this interview possible. Being a pawn the chess-board of strength, it has been a pleasure to talk to the King himself.

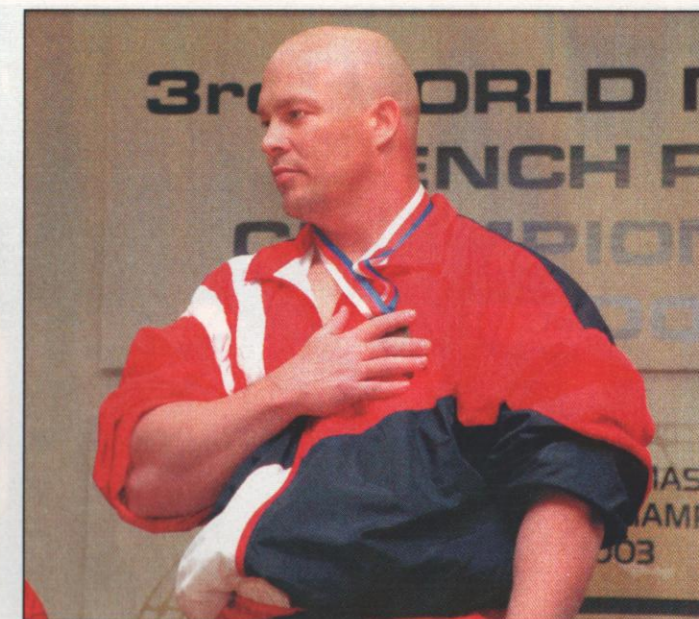
Marc Caviglioli M.Ed.  
Iron Shark Barbell Club



At 60 kg, John Corsello takes the first men's gold medal for Team USA

(article continued from page 5)

Diprima FRA	314	349	349	314	Stangel GER	440	462	468	468
Muigg AUT	303	349	325	303	Jacob GER	446	457	468	468
Dziergwa GER	303	344	349	303	Pares FRA	424	440	440	424
Reitter AUT	297	300	300	297	Roulot FRA	418	429	429	418
Sundstoele NOR	242	259	270	259	Baranov RUS	394	391	413	413
Cesalvio FRA	352	352	352	---	Hardy GB	385	407	424	407
165 lb. class					Harvey GB	385	407	424	407
Lespoix FRA	374	391	396	396	Svoboda CZE	396	396	443	396
Rasmussen DEN	369	380	396	369	220 lb. class				
Jezek CZE	363	380	380	363	Young USA	529	544	554	529
Savola FIN	352	352	369	352	Agoston HUN	473	496	507	496
Leierzopf AUT	344	341	363	341	Volkov RUS	473	496	507	473
Kreuzhuber AUT	336	336	347	336	Aymon AUT	440	462	462	440
Mitb NOR	308	319	330	330	Schranz AUT	396	413	418	418
Fixmer LUX	325	325	344	325	Brooks GB	413	435	440	413
Pickens NZ	281	297	300	281	Sklyarov RUS	374	396	440	396
Kekkonen FIN	352	352	363	---	Bertelsen DEN	385	385	385	385
Rooch GER	385	385	402	---	242 lb. class				
181 lb. class					Koblov RUS	507	512	523	523
Zangl USA	429	446	451	451	Lindberg SWE	485	501	540	507
Compain FRA	440	451	451	451	Shibaev RUS	473	490	501	501
Petrichor AUT	418	429	454	429	Jabol FRA	457	479	496	496
Heinrich GER	424	440	440	424	Stiemerling GER	451	473	465	473
Smith ND	407	418	429	418	Vilppola FIN	468	468	504	468
Sekot CZE	369	385	396	396	Auclair FRA	454	451	473	451
Riviere FRA	363	374	385	374	Kanal CZE	440	462	490	440
Hoza CZE	363	374	385	374	Wozniak CZE	407	407	440	407
Sabathy AUT	352	369	369	352	Massey GB	363	385	402	402
Berndorf DEN	319	350	369	319	Rodney RSA	396	429	429	396
Gracyk POL	448	429	435	---	Ludlum USA	504	504	504	---
198 lb. class					275 lb. class				
Theuser CZE	462	485	485	485	Klinger USA	551	567	585	567
					Hutchinson USA	512	529	534	529
					Volkman GER	496	512	529	512



Ralph Young won his gold medal on his opening attempt of 529 lbs.

Rioux CAN	485	507	507	507
Ringvold NOR	473	496	496	473
Royer CAN	440	457	468	468
Hannolin FIN	446	446	460	446
Tochaczek POL	308	330	330	330
Jimenez SPA	495	529	554	---
Tselyurik UKR	507	507	507	---
SHW				
Gaudreau USA	551	573	570	573
Papini ITA	551	562	573	562
Simonenko RUS	534	556	570	556
Edwards USA	490	507	523	523
Pawlik POL	485	507	518	518
Mikel SWE	495	495	562	496
Kaunistaki FIN	462	496	542	496
Sobiechowski	418	429	440	429
Teams: USA 69, Germany 53, Russia 50, Best Lifter: Klinger 147.65, Young 147.60, Gaudreau 141.88				

Men's Master II. The USA Team was third in an exciting team battle. To the delight of the Czech fans the host country, Czech Republic, took first place with 51 points. Germany was second with 50 points and the USA behind Germany again with 46 points. At 75 kg. Jay Haines, with

quite strict judging, got in all three lifts and that performance earned him a bronze medal. Then at 82.5 kg. Steve Caldwell had lost weight, was dehydrated, and could not get his 175 kg opener. At 110 kg., Greg Chrun had no better luck as he missed 210 twice and then made an unsuccessful try for the win with 225 kgs. The lift drew 2 red lights and controversy. Nectar Kirkiris and Steve Farley appealed to the jury and Greg was allowed another attempt for the win. Unfortunately, Greg did not have enough left to make the lift and he was out. At 125 kgs. it was Pat Dennis. It looked like it would be a tough day for Pat, who opened with a World Master

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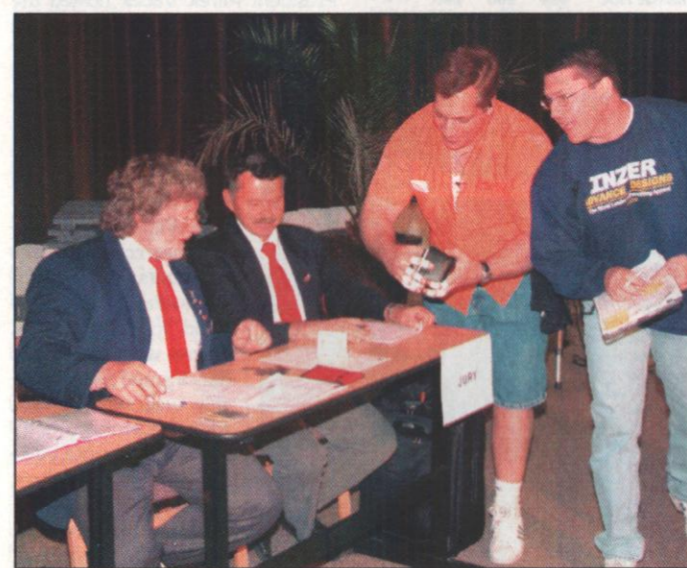
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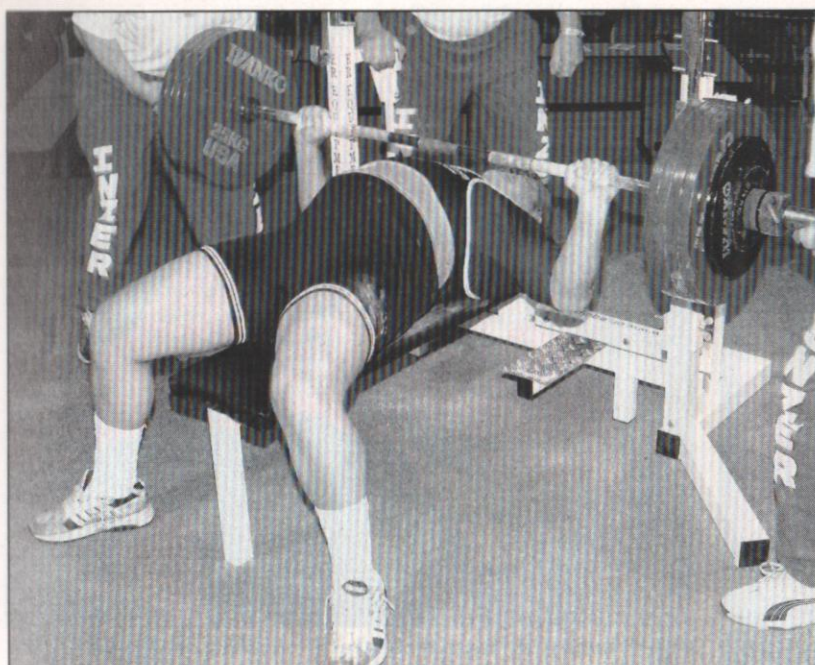
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American Coaches Nectar Kirkiris and Kevin Farley (standing, right) informing the Jury of Greg Zangl's World Record attempt intentions.



The Gold Medal and a new World Masters Record for Dan Gaudreau.



Pat Dennis finally gets on the scoreboard for the gold medal and a world record.

record 240 kgs. After 2 close misses, things looked bleak. Then, on his third try, Pat put it all together. The third attempt was good for the win, gold medal, and the world record for Pat. The 125 kg class was a tough struggle. After missing his opener Fred Dini came back with a 225 kg. lift and got the bronze medal. Gip Dugan got his opener and missed the next 2 lifts for 5th place.

Men Masters III				
123 lb. class				
Gallard FRA	253	275	286	275
132 lb. class				
Steffen GER	236	248	253	248
Lietzau GER	231	242	240	231
148 lb. class				
Sitruk FRA	352	374	388	385
Bohm CZE	314	325	330	330
Klewe GER	303	319	319	319
James GB	349	349	319	319
165 lb. class				
Paananen FIN	352	369	374	369
Eriksson SWE	352	369	374	369
Haines USA	319	330	347	347
Hruby CZE	319	330	344	330
Oppenheim RSA	286	314	336	314
Sulime FRA	297	300	300	297
Nikoforov RUS	344	344	344	---
181 lb. class				
Klostergaard US	391	402	407	407
Lechowicz POL	363	374	380	380
DiRocco ITA	352	352	374	374
Synstad NOR	374	374	385	374
Hakkoum FRA	330	347	347	347
Amalou FRA	325	341	341	341
Kirchner CZE	292	308	325	308
Olic CZE	275	275	344	275
Thomas GER	394	394	394	---
Schaumann GER	300	300	300	---
198 lb. class				
Markwat POL	429	446	457	457
Chala UKR	396	396	413	413
Thorngren SWE	374	407	407	407
Pietsch GER	380	380	380	380
Escolano FRA	374	374	385	374
Koprnicki CAN	319	330	344	330
Hodne NOR	297	297	308	308
Schutzenhofer	344	344	344	---
220 lb. class				
Furmanek POL	507	530	540	507
Karlsson SWE	429	446	457	457
Grabowski POL	429	446	457	446
Vetter GER	413	424	446	413
Jaakkola FIN	358	374	385	358
Hornik CZE	330	352	374	352
Krutil CZE	325	341	358	341
Caldwell USA	385	385	385	---

242 lb. class				
Maximushkin	462	479	490	490
Marsik CZE	473	473	485	485
Lovasz HUN	473	485	504	485
Mendelson GER	440	457	473	440
Nygard FIN	407	424	446	424
Fugisang DEN	385	385	385	385
Primus CZE	297	314	325	314
Chrur USA	462	462	496	---
Brooks GB	---	---	440	---
275 lb. class				
Dennis USA	529	529	529	529
Maliniemi SWE	440	457	468	468
Loll FIN	407	418	429	429
Siewert GER	396	407	418	407
Beyer GER	352	374	385	374
Vesely CZE	363	374	374	363
Bostrom SWE	231	---	---	231
SHW				
Vana CZE	496	512	512	512
Sota CZE	473	490	501	501
Dini USA	485	485	496	496
Sipilonen FIN	473	496	507	473
Duggan USA	457	457	496	457
Schprints RUS	402	424	446	424
Sosul GER	385	402	---	385
Teams: Czech Republic 51, Germany 50, USA 46. Best Lifter: Sitruk 144.11, Furmanek 140.82, Dennis 136.92				

Masters III: The beginning of this division was tough for American



John Blackmon came back on his last attempt to win the gold medal as well.

Lifters. At 67.5 Ivan Zwick made three tries at 130 kgs. and was out of the competition. The next American lifter at 82.5 kgs. met the same fate, missing his 155 kg opener three times. Things brightened up in the 90 kg. class as Bill Phillips made 182.5 on his 2nd lift for the gold medal. Then he made a try at 188 kg for the Master III world record. It was no lift, but he already had the Gold medal.

At 100 kg Jim Bourisaw pushed up 182.5 for another USA gold medal. At 125 kg. Murray Marsh missed his 2nd lift, 185 kg., but got it on his 3rd for the silver medal just 5 kgs. behind the Norwegian winner. Ralf Sofferding picked up more USA points with

the bronze medal finish with a 175 kg bench. Big John Blackmon missed his first 2 tries at 185 kgs. Then, on his third and last try, he punched it up and earned himself the gold medal and winning points for Team USA and the USA team beat out Germany for first place. Champion of Champions in this was Bill Phillips and 2nd was James Bourisaw.

Men Masters III				
132 lb. class				
Geese GER	237	242	248	248
Diepold GER	209	220	231	231
Hansen DEN	154	176	187	187
148 lb. class				
Povetkin RUS	292	303	---	292
Halvorsen NOR	259	275	292	275
Eriksson SWE	270	275	297	275
Russo FRA	270	270	286	270
Vento FIN	198	220	220	198
Mielich GER	148	---	159	159
Zwick USA	206	206	206	---
Thomas FRA	206	206	206	---
165 lb. class				
Siklosi HUN	308	319	319	319
Germany FRA	303	314	314	314

Epineau FRA	275	286	297	286
Wallis GB	264	275	292	275
Wimmer GER	231	236	242	236
Mild AUT	198	209	220	209
181 lb. class				
McFayden GB	352	363	363	363
Kallio FIN	330	330	344	330
Sourek CZE	203	214	220	220
Petras CZE	203	214	220	220
Wiegand USA	344	344	344	---
198 lb. class				
Phillips USA	374	402	444	402
Andersen GB	297	308	319	319
Chabeau FRA	292	308	319	308
Fell GER	297	297	297	297
Niemi FIN	297	297	297	297
Hofirek CZE	286	297	297	286
Rohrbacher AUT	264	275	286	275
Scott GB	253	253	253	253
Zimmerman CZE	297	300	300	---
220 lb. class				
Bourisaw USA	385	394	402	402
Madsen DEN	330	347	358	358
Uher CZE	286	303	303	303
Feldmann GER	275	286	292	286
Kolditz GER	220	234	236	236
Waldeck SWE	319	330	344	---
Lebolay FRA	402	402	402	---
242 lb. class				
Cuvelier FRA	385	407	407	407
Thell AUT	330	352	363	352
Kolar CZE	330	347	350	347
Weber GER	352	363	363	---
275 lb. class				
Engebrtsen NOR	407	418	429	418
Marsh USA	396	407	407	407
Sofferding USA	369	385	402	385
Kasza HUN	352	374	385	352
SHW				
Blackmon USA	429	429	429	429
Sandelin FIN	330	358	374	358
Teams: USA 53, Germany 47, France 44. Best Lifter: Phillips 117.53, Bourisaw 112.43, Cuvelier 111.92. 1 - World Record attempt.				

The busiest man at the competition had to be Jiri Hofirek, Czech General Secretary, meet director, technical officer and he even lifted. He was seen from early am until late evening going up and down the long hall from the championship office to championship hall. The meet ran smoothly and the spotters and loaders were fast and accurate. The competition moved along well under Mr. Hofirek's direction. It was convenient to have the hotel, competition, and banquet all under the same roof. IPF General Secretary Heiner Koberich and the Czech Federation President Mirek Vacek hosted the awards ceremony. Winning team trophies were presented. Best lifter trophies were handed out. Inzer Advance Designs received recognition and an award for being the principal sponsor of this IPF championship. With the awards ceremonies completed the organizers provided a fine banquet with plenty of good food and drink. There was music and dancing and good fellowship well into the early morning. Monday morning was one more beautiful day as the lifters, coaches, and powerlifting supporters boarded the buses for Prague and their trip back to their homes all around the world.



Mike Danforth went 10 times bodyweight at the APF Pine Tree State Open (749 441 672 1862 at 181) to win Best Lifter and then came back right after that to hit 782 474 689 1945 at the Maine State meet. (photograph provided by courtesy of the Meet Director - Russ Barlow)

APF Manie State & Natl. Qualifier				
5,6 APR 03 - Turner, ME				
Men AAFP				
Phil Halliwell	350	232.5	275	857.5
Aaron Stroud	342.5	182.5	272.5	797.5
Joshua Cahoon	260	160	275	695
Jamie Fellows	302.5	192.5	290	785
David Wilcox	305	155	325	785
Joseph Sylvia	320	200	215	735
Mike Ridge	295	165	265	725
James McQuaid	287.5	167.5	272.5	727.5
Ethan Baker	250	182.5	237.5	670
Jason Cross	272.5	162.5	262.5	697.5
Patrick O'Reilly	237.5	215	225	677.5
Rodney Roy	232.5	137.5	227.5	597.5
Kevin Inman	237.5	140	237.5	615
Jake Sodano	232.5	135	227.5	595
Men Guest				
Scott Blanchard	205	307.5	512.5	---
Tom Higgins	272.5	---	272.5	---
Men JR				
Joshua Cahoon	260	160	275	695
Greg Levasseur	250	160	240	650
Ryan Benson	227.5	165	295	687.5
Patrick O'Reilly	237.5	215	225	677.5
Chad Frost	235	157.5	217.5	610
Men Master 40-49				
Russ Barlow	375	227.5	347.5	950
Ralph Fecteau	317.5	190	310	817.5
Tom Sunshine	167.5	120	192.5	480
Kevin Inman	237.5	140	237.5	615
Robert Chance	247.5	127.5	247.5	622.5
Mark Strumphan	165	135	202.5	502.5
Men Master 50+				
Iron Mike Scott	197.5	125	197.5	520
William Smith	215	152.5	212.5	580
James Boulos	162.5	137.5	215	515
Men Open 148				
Adam Burke	112.5	112.5	147.5	372.5
Men Open 181				
Mike Danforth	355	215	312.5	882.5
Greg Brochu	232.5	167.5	230	630
Scott Nautel	220	145	240	605
Men Open 198				
John Vigilio	272.5	160	262.5	695
Joshua Cahoon	260	160	275	695
Rodney Roy	232.5	137.5	227.5	597.5
Men Open 220				
Edmund Nestl	277.5	192.5	267.5	737.5
Jason Jay	272.5	197.5	222.5	692.5
Andrew Cardinal	247.5	172.5	260	680
Ethan Baker	250	182.5	237.5	670
John Westleigh	240	145	242.5	627.5
Men Open 242				
Phil Halliwell	350	232.5	275	857.5
Jeff Joyce	317.5	190	250	757.5
Mike Ridge	295	165	265	725
Patrick O'Reilly	237.5	215	225	677.5
Men Open 275				
Jamie Fellows	302.5	192.5	290	785
David Wilcox	305	155	325	785
J. McManmon	272.5	182.5	277.5	732.5
Mike Toderico	277.5	182.5	247.5	707.5
Jason Cross	272.5	162.5	262.5	697.5
Terry Frost	227.5	182.5	257.5	667.5
Men Open 308				
David Egan	272.5	182.5	250	705
Men Ten				
BJ Fredette	215	147.5	227.5	590
Doug Geis	245	145	220	610
Kyle Shanahan	102.5	110	137.5	350
James Sprentant	145	122.5	197.5	465
Women Open 132				
Laura April	97.5	60	102.5	260

Women Open 181				
Susan Pike	167.5	82.5	182.5	432.5
Best Lifter: Men - Mike Danforth. Women - Susan Pike. Team - Galaxy Gym, NH. Table: Lynne Barlow, Norm Guay, Michelle Curtis, Chad Curtis, Erica Blanchard. Judges: John Pelletier, Lynne Barlow, Scott Blanchard, Chris Wiers, Steve Smith, "Iron" Mike Scott. Spotters & Loaders: Rob Trundy, Tim Lane, John Pellitter, Chris Wiers, Scott Blanchard, Charlie Kanavas, George Sotorikas. Help: Nick "The Stick" Dulac, Zeb Knight, James. I would like to thank all the lifters and my help for a "first class" Maine State Powerlifting Championships. A special thanks goes out to my co-promoters Chris Wiers and Scott Blanchard for without your continued help there would be "no" state meet. Thank you to Wayne at Galaxy Gym, NH, Phil at Hollywoods, CT + Matt at Total Fitness, ME. Your "team" entries are very important to the success of powerlifting. See you at the AWPFC World Championships, August 15, 16 + 17 in Saco Maine. Stay Hardcore. (Thanks to Russ Barlow for these results)				

USA RAW BP Spring Nationals  
05 APR 03 - Tuscola, IL

teenage men				
148	Lee Roy Banks	435*	---	---
Devan Kidwell	205	198	---	---
181	Ron Koczncasz	385*	---	---
Clinton Williams	265	220	---	---
master men 40-49				
220	Kanji Smith	415*	---	---
220	4th	420*	---	---
Joseph Barnette	440	220	---	---
4th	460*	Greg Kolhoff	360	---
242	4th			



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USAPL Texas State					17 MAY 03 - Killeen, TX (KG)				
Women	SQ	BP	DL	TOT					
T2					Jim Le	165	137.5	232.5	535
Dayna Sefuentez	80	47.5	107.5	235	O. Pimenides	150	110	210	470
105					M1				
Kat Leggett	105	55	107.5	267.5	Dan Deuter	185	175	200	560
Barbara Vallejo	77.5	42.5	97.5	217.5	M3				
114					Ronald Smith	157.5	110	170	437.5
T2					Open				
Saion Rodriguez	77.5	47.5	102.5	227.5	Ray Cummings				
M2					T1				
Deb Hairston	115	65	137.5	317.5	James Harvey	137.5			
123					Jr				
M1					Chris Caffery				
Dana Deutsch	115	70	132.5	317.5	Bryan Frizzelle				
T2					M1				
Krystal Ramirez	92.5	47.5	102.5	242.5	Gary Kaiser	177.5			
T1					220				
Amanda Baum	70	35	85	190	Novice				
Open					Kevin Kallus	230	172.5	237.5	640
Rowena Lopez	120				T2				
132					Dunte Cuzart	227.5	150	292.5	670
Open					T3				
Kathy Singletary	130	72.5	152.5	355	Casey Wofford	275	155	250	680
Stacy Miller	75	57.5	100	232.5	Dave Osen	140	80	177.5	397.5
M1					Jr				
Denise Perryman	87.5				Chris Kahanger	230	160	285	675
165					Andrew Franks	250	142.5	265	657.5
Open					Andy Coggan	222.5	165	212.5	600
Kimberly Waffold	170	110	215	515	Arnie Robinson	197.5	147.5	250	595
Christy Newman	155	130	150	435	M1				
181					Tracy Glawe	257.5	172.5	255	685
M1					Steve Atkins	205	160	215	580
Malinda Baum	162.5	95	182.5	440	Chuck Bilbey	220	125	267.5	552.5
T2					Chennis Norton	192.5	137.5	195	525
Lindsey Burdick	132.5	75	137.5	345	Open				
Kimberly Gambelin	77.5	50	120	247.5	Bubba Stokes	320	192.5	322.5	835
Open					Dewon Johnson	282.5	175	300	757.5
Wendolynn Allen	100				Dan Lannamann	220	162.5	235	617.5
198					242				
T2					Josh Wheeler	295	172.5	280	747.5
Brittany Burdick	137.5	70	122.5	330	Novice				
T3					Joseph Gremillion	160	125	175	460
Christina Shavers	135	70	155	360	Jr				
SHW					Jason Rifenburgh	202.5	125	227.5	555
M1-Open					Open				
ilami Taylor	160	80	157.5	397.5	Ennis White	292.5	240	277.5	810
Novice					Matthew Parsons	287.5	187.5	322.5	797.5
Romana Richards	80	55	127.5	267.5	Jon Mageding	282.5	185	287.5	755
MEN					205				
114					Ken McFarland	275			
T2					25				
David Summers	135				R. Morehouse	240	162.5	235	637.5
123					Jr				
T1					Ross Alexander	272.5	162.5	245	680
Brent Taylor	115	67.5	135	317.5	M1				
132					Jeff Capps	290	165	290	745
Aaron Hickley	120	65	137.5	322.5	M4				
T2					Ernie Surrell	300	177.5	267.5	745
Eric Rejcek	160	90	197.5	447.5	Open				
148					William Ferguson	327.5	205	295	827.5
T2					Dearn Mann	297.5	212.5	245	755
Adam Hickley	165	105	165	435	Shawn Baker	262.5	165	325	752.5
Novice					Dean Reece	310	200		
Michael Vasquez	195	115	195	505	M2				
Open					Tyrone Wilson	205			
Eric Lebougeois	137.5	122.5	162.5	422.5	SHW				
Open					777 Marcum	250	165	257.5	672.5
Huaiya Tam	202.5	135	217.5	555	M1				
Barry Bradford	137.5				Charles Bryant	250	165	257.5	672.5
165					James Vaughn	227.5			
T1					(Thanks to USAPL for providing these meet results)				

USAPL Spring Record Breakers					10 MAY 03 - Ketchikan, AK				
	SQ	BP	DL	TOT					
Taylor Gregg	155	105	195*	455*	123				
132					Graham Seibel	185	130	270	585
Graham Seibel	185	130	270	585	148				
148					Keaton Collins	155	180	335	
Bradley Nelson	210	145	200	555	Trevor Norton	170	145	240	555
165					75				
Mike Wads	217.5	155	250	622.5	75	155	105	200	460
Graham Warren	130	107.5	180	417.5	75	155	105	200	460
Open					75	155	105	200	460
Tom Riffe	212.5	125	235	572.5	75	155	105	200	460
Peter Papaleo	205	117.5	210	532.5	75	155	105	200	460
Johnny Vasquez	250				75	155	105	200	460
M3					75	155	105	200	460
James Quinata	147.5				75	155	105	200	460
181					75	155	105	200	460
T2					75	155	105	200	460
Brandon Pointer	215	125	187.5	527.5	75	155	105	200	460
Novice					75	155	105	200	460
William Brown	190	152.5	237.5	580	75	155	105	200	460
Jon Crocker	132.5	102.5	182.5	417.5	75	155	105	200	460
Jr					75	155	105	200	460
Dion Chavez	180	150	220	550	75	155	105	200	460
T3					75	155	105	200	460
Chase Beinke	192.5				75	155	105	200	460
Open					75	155	105	200	460
Patrick McGinnis	210	142.5	215	567.5	75	155	105	200	460
Cedric Green	177.5	132.5	227.5	537.5	75	155	105	200	460
198					75	155	105	200	460
T2					75	155	105	200	460
Blake Larren	182.5	102.5	182.5	467.5	75	155	105	200	460
T3					75	155	105	200	460
Samuel Areias	195	135	215	545	75	155	105	200	460
Jr					75	155	105	200	460

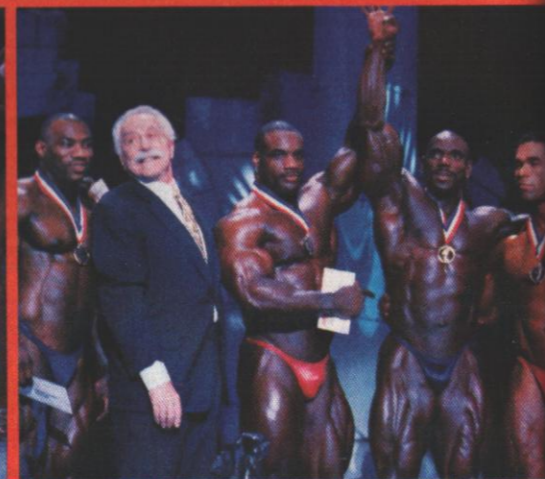
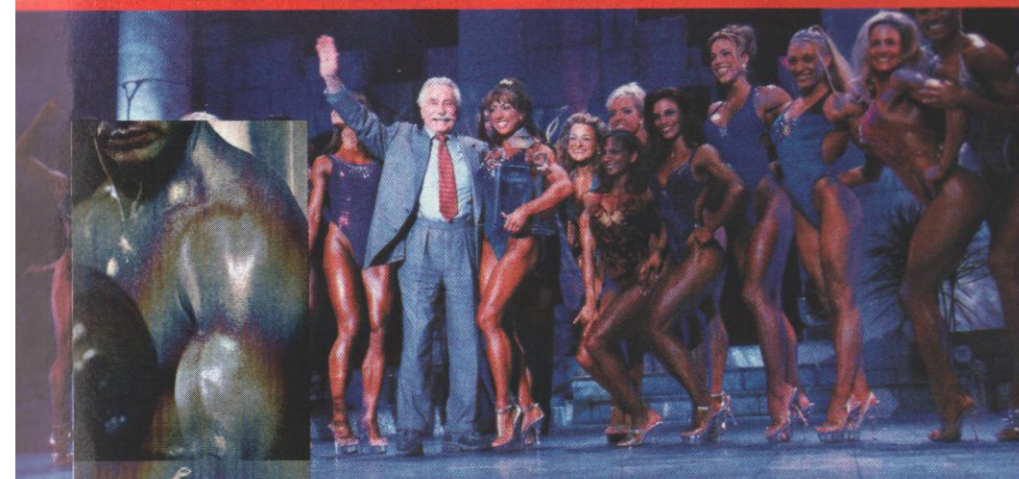
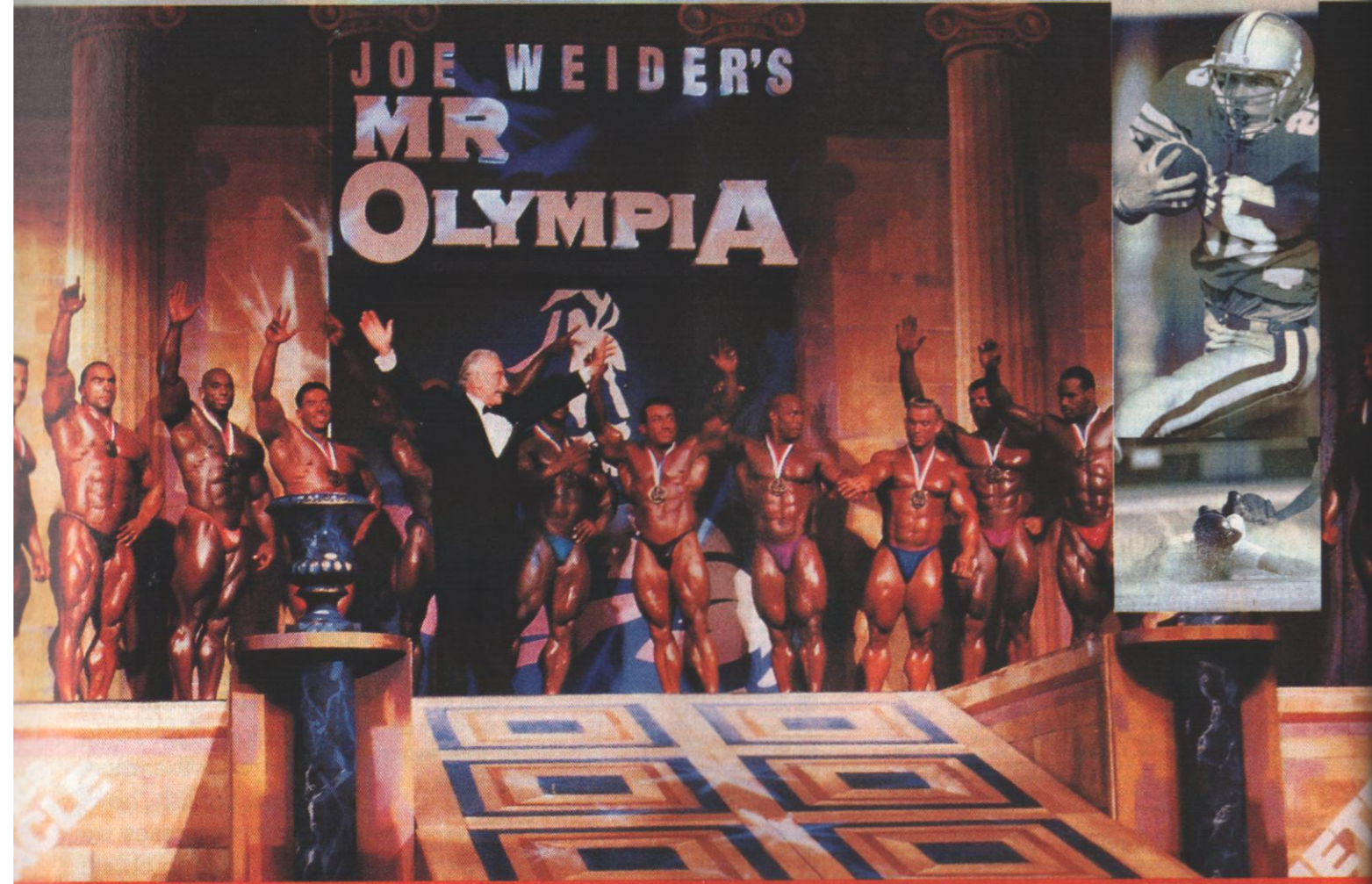
**TOP 100** For standard SHW/125+ kg. USA lifters in results received from April/2002 thru March/2003

SQUAT	BENCH	DEADLIFT	TOTAL
1 1103 Mikesell, B. 3/23/03	785 Crawford, B. 2/22/03	931 Frank, G. 11/9/02	2640 Frank, G. 6/16/02
2 1038 Basso, O. 11/9/02	782 Mendelson, S. 11/10/02	854 Gillingham, B. 11/17/02	2502 Mikesell, B. 3/23/03
3 1025 Gallo, C. 11/9/02	766 Kennelly, R. 11/17/02	832 Smith, M. 3/1/03	2425 Thompson, D. 11/9/02
4 1019 Childress, P. 3/1/03	755 Brandenburg, C. 1/18/03	804 Barry, L. 6/16/02	2419 Childress, P. 3/1/03
5 1019 Rychlak, G. 2/21/02	750 Rychlak, G. 12/21/02	804 Mikesell, B. 8/25/02	2408 Smith, M. 6/16/02
6 1014 Hutson, T. 3/29/03	735 Toranzo, J. 1/18/03	804 Thompson, D. 11/9/02	2403 Moore, B. 3/1/03
7 1003 Kidder, K. 10/27/02	730 Dizenzo, V. 10/5/02	801 Kovacs, D. 7/20/02	2370 Ruggiera, M. 11/17/02
8 986 Thompson, D. 11/9/02	724 Moore, B. 3/1/03	793 Siders, B. 7/14/02	2365 Hutson, T. 11/17/02
9 980 Ruggiera, M. 11/17/02	722 Frank, G. 6/16/02	788 Wiers, C. 8/25/02	2351 Kovacs, D. 7/20/02
10 970 Russ, E. 6/16/02	705 Kovacs, D. 3/1/03	782 Harris, R. 10/26/02	2347 Basso, O. 11/9/02
11 959 Smith, M. 6/16/02	705 Miller, M. 3/15/03	780 Ruggiera, M. 11/17/02	2341 Gallo, C. 6/16/02
12 953 Nettles, D. 6/16/02	700 Galligan, J. 3/15/03	775 Minnett, N. 5/12/02	2336 Barry, L. 6/16/02
13 931 Moore, B. 3/1/03	700 Gillespie, B. 3/23/03	771 Minnaugh, B. 6/16/02	2336 Kidder, K. 10/27/02
14 925 Rychlak, G. 2/21/02	683 Manno, T. 3/1/03	771 Culnan, S. 7/14/02	2303 Nettles, D. 6/16/02
15 920 Henry, A. 11/17/02	675 Rodriguez, M. 12/14/02	771 Grove, J. 11/9/02	2303 Gillingham, B. 11/17/02
16 909 Olmo, M. 6/16/02	670 Rodgers, T. 7/20/02		

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13mm buckle belt \$70  
10mm buckle or lever belt \$58  
Tapered buckle or lever belt \$52

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