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Coach's Formula is a program developed for the special nutritional needs of athletes. Six Coach's Formula tablets daily provide a constant flow of balanced nutrients. And the potencies are the ultimate:

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| Vitamin B-1 | 150 Mg. |
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| Niacinamide | 300 Mg. |
| Choline | 200 Mg. |
| Inositol | 200 Mg. |
| Folic Acid | 400 Mg. |
| PABA | 100 Mg. |
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| Phosphorus | 500 Mg. |
| Magnesium | 500 Mg. |
| Manganese | 7.2 Mg. |
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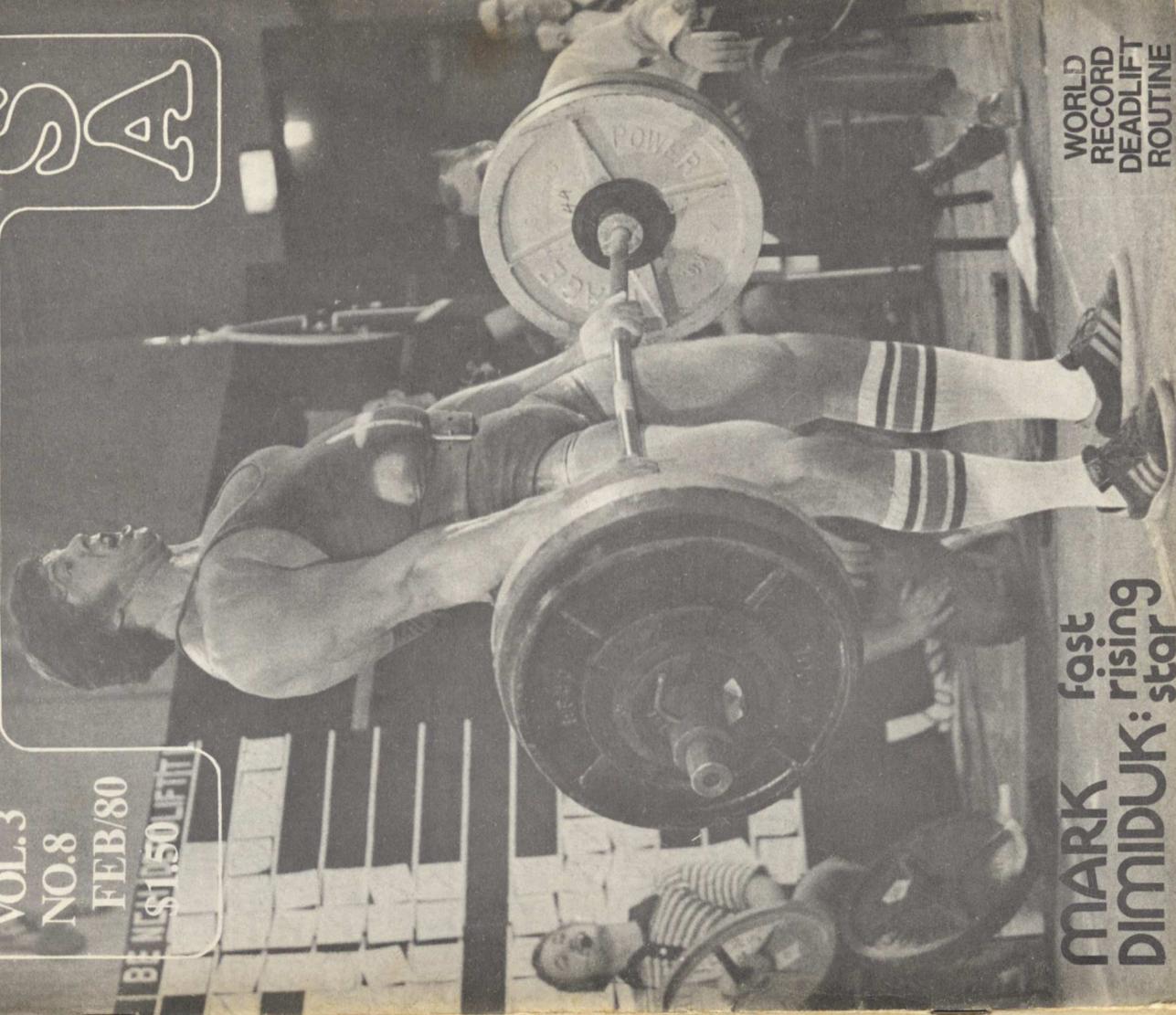


THOMPSON

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BEING \$1.50/LIFT!



MARK DIMIDUK: fast rising star

WORLD RECORD DEADLIFT ROUTINE



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SPECIAL NOTICE TO ALL ATHLETES AND OFFICIALS OF THE NATIONAL COMMITTEE:

BULLETIN #26
TO: THE NATIONAL POWERLIFTING COMMITTEE, REGIONAL CHAIRMAN, ASSOCIATION CHAIRMAN AND ALL SUPPORTERS OF POWERLIFTING.
SUBJECT: POWERLIFTING NEWS UPDATE.

1980 WORLD CHAMPIONSHIPS FOR WOMEN

THE FIRST WORLD CHAMPIONSHIPS FOR WOMEN WILL BE HELD ON THE 3RD & 4TH OF MAY AT LOWELL UNIVERSITY IN LOWELL, MASSACHUSETTS. THE MEET WILL BE HELD IN A RELATIVELY NEW SPORTS COMPLEX WHICH CAN SEAT UP TO 3500 SPECTATORS.

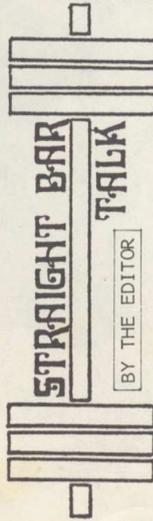
A LARGE COMMITTEE OF WORKERS IS NOW IN FULL SWING SETTING UP ALL THE NECESSARY DETAILS INVOLVED IN CONDUCTING AN EVENT OF THIS MAGNITUDE. MORE INFORMATION WILL BE REPORTED IN FUTURE BULLETINS AS EVENTS DEVELOP.

ADDENDUM TO ANNUAL COMMITTEE LIST

IN LAST MONTH'S BULLETIN, AN OMISSION OF ONE OF OUR MOST IMPORTANT NATIONAL SUB-COMMITTEES WAS INADVERTENTLY MADE. THIS IS, THE NATIONAL COLLEGIATE COMMITTEE. LISTED BELOW IS THE FULL COMMITTEE AND SHOULD BE ADDED TO YOUR COMMITTEE SHEET.

COLLEGIATE COMMITTEE

- DR. BITLY JACK TALTON, CHAIRMAN
- JOE SLABINSKI
- PETER VUONO
- GEORGE PARIGIAN
- TOM KELCHNER



BY THE EDITOR

THE NEW POWERLIFTING USA IS HERE!

Yes, the NEW POWERLIFTING USA is here! You can expect further subtle improvements in the issues to come as well. If you're worried that you're going to lose some of that "quick flash" news coverage of the big events, forget it! INCLUDED WITH EACH SUBSCRIPTION, separate from the regular issues, will be first class, flash bulletins of the SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS and the WORLD POWERLIFTING CHAMPIONSHIPS in your hands 3-5 days after the event occurs...just like you are used to.

PLEASE NOTE THE NEW PRICE for Powerlifting USA...for subscribers in the United States and Canada the rate is now \$15.00 for one year, 12 issues. This price is effective from January 26th, 1980...new subscriptions and renewals received with a postmark after that date will be credited with 8 issues before next renewal time, if they send in \$10.00 only.

In the first issue of Powerlifting USA, over 2 1/2 years ago, I said that I was not depending on the magazine for any income, in hopes that this would allow the magazine to get over the hump of early development.....some of you older lifters will remember well how a few other powerlifting publications came along a little too fast and disappeared. Things have changed, the magazine recently

plust, they have offered to set up an entire Sports Medicine wing for him to head up! Plus, a local Sports Medicine Clinic has made an offer for him to supervise their program...he also had the opportunity to meet some of the local sports heroes...including John Havlichek. Ernie told John what a superstar he might really have been, if he did three things...squat, bench press, and deadlift!

Recently, in training, Ernie squatted 870x81 and dead-lifted 720x65... (his bench is up also)...in preparation for Joe Zarella's New England States Championships... however, this meet has since been re-scheduled twice, and this may be the last time Ernie's timing...for the 2250+ total and 900+ squat he was hoping for. Ernie has spent some time talking to Don Reinhardt recently...and would like to see PL leave the AAU, if only to see how he would like to see PL have the records. Best of luck to your Ernie...you have a terrific philosophy of lifting and living.

OFFICIAL PUBLICATION OF THE UNITED STATES POWERLIFTING FEDERATION...the proposal and rough draft contract for PL USA to become that...has been submitted to the National Committee, namely Lyle Schwartz, for consideration. The essence of the proposed association is this...in handling my own, present, subscription rolls. I am already forming a "registration" services...and, the vast majority of my readers are also AAU card holders, and will be USPF card holders also. The highest priority for the income to the United States Powerlifting Federation is for the outfitting of international teams, so the fact that the USPF (presently called the National Powerlifting Committee) can trade a non-tangible asset, no money involved, by simply calling Powerlifting USA the Official Publication in exchange for registration services is rather neat.

Dave Keaggy, who helped me work out the proposal, has lots of experience in the association of publications with sports governing bodies and the effect that arrangement has on the growth of those sports who take that path...examples being the Olympics...GOLF Digest, we all know how prominent golf is on the American sports scene...Guns and Ammo, the influence of the National Rifle Association is legend. I believe the reason for such growth is the fact that communication between the administration of the sport and the participants is so good...and this works both ways...the lifters, through survey forms in the magazine...or by actual ballots furnished in the official publication, can indicate their feelings, en masse, to the governing body...in true democratic fashion.

If the National Committee is going to break away from the AAU, which I still don't think it is prepared to do, but if we charge ahead and do it...they are going to need a registration service...which they can have the AAU do, they can do it themselves. Or they can contract out for it...something must be done. Whether I do it or not is not so important to me, I'm going to get 4500 (current AAU estimate of how many lifters there are registered) subscribers...and more, in due time, regardless of whether I get them through a requirement of the National Committee that lifters get the magazine as part of their registration fee, but...if the assets and capabilities of the National Committee and Powerlifting USA can be "meshed" in such a way, as proposed, so that there is no duplication of effort...and that other efficiencies are taken advantage of, I think that makes good sense for Powerlifting.

M.L.

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First Class Mailing of Powerlifting USA in North America is available at a subscription rate of \$20.00 per year. Foreign (other than Canada) surface mail subscriptions available at the rate of \$15.00 US per year. Foreign airmail subscriptions available at the rate of \$25.00 per year. For two year subscriptions deduct \$1.50 from twice the yearly rate, i.e., in US, 2 years for \$28.50 for 2nd class.

*****POWERLIFTING USA ADVERTISING RATES AVAILABLE UPON YOUR REQUEST*****

TRAINING FOR THE INJURY PRONE.....BY TOM DITTLIO

Let's assume you've been having trouble with muscle pulls or strains on the bench and every time you try a personal record you can't "put it out" because in the back of your mind you're expecting that damn pull to hit you once again. So how can you continue to train and/or perhaps it's a situation in the Squat. Pain within the knees: a kind of "pricking" at certain points within the knee when you're either "up" or "down" or "repping out". Now if you can't rep out or do any singles or doubles...How can you continue to train & gain? Try this for 6 months and see what it does for you. For the bench...change grips, sometimes going from wide to medium...or from medium to close...this will enable you to work out without re-injury...but how do you continue to gain? You can't use heavy singles or doubles because of the chance for re-injury...so...you do this: Take a working weight...Let's say you can bench 350 lbs...take 90% of 350, which is 315. Now, after a 2 rep set, dump and set weight jumps up to this weight do 315 for 5 singles...progress to 315 for 10 singles. When you make that 315 for 10 singles, jump the weight to 325 on your next heavy workout day, and start the process all over again. In a matter of a year, you could be doing 400 for 5 singles. Instead of "forcing" up your max in the normal fashion.

This kind of training is result producing and safe. The only drawback is that it takes training time...due to all the sets of single repetitions. But if you can't max out or rep out, because of the tendency for injuries...what do you do? To put it simply...it's safer to do 350 for 10 singles than to try 400 for a single if you are injury prone.

Yet, if you can get 350 for 8 to 10 singles, it's almost certain that you can bench 400x. So you can max on this way and maybe a year later you can do 450 for 5 or 8 singles...then you know you're closing in on a 450 max. This method is also good if you train alone because it's relatively safe...because you're neither forcing reps or max poundages, instead you're doing many attempts at a medium heavy weight. There's very little chance of injury. The only trouble is...like I said before...it takes time. On the other training day, do sets of 10 with light weights for a pump and base the workout around assistance movements (which don't aggravate the areas which easily get injured).

For the "Dez" uses the methods to get around his injured knees. One day he'll use 100 lbs weight, he'll use one triple with, but he'll use 100 lbs weight, he'll use increasing sets of ones as time goes by. On the squat day, he'll take a weight he can squat 10 reps with and instead do sets of 5s. Once again, he'll increase sets of 5s with this weight as time goes by. Last year he was getting 485x10 sets of 5s. He couldn't max out or rep out because of very painful knees but he could continue to train and gain using this method.

So, if you're injury prone...or train alone and want a training method which will allow you to continue to train without re-injury...and with safety, try this method, because it works.

coming to the point that it demanded almost full-time dedication, in addition to my regular full time job,.....so...I have obtained a leave of absence from my regular job for a few months in order to give the magazine a go...to do all the things with it that I wanted to, but didn't have time to do. IF ANYONE OUT THERE DOESN'T THINK THAT POWERLIFTING USA, IN THE NEW FORMAT, ISN'T WORTH THINK THAT POWERLIFTING USA...DURING THE COMING MONTHS, THEN HE OR SHE GETS HER MONEY BACK FOR THE ISSUES NOT YET DELIVERED. I'm hopeful that most of you will continue to offer me your support.

One other thing...I figure there are still lots of my price of \$10.00 a year on them...I would really appreciate it if all meet directors, lifters, fans, etc. who have those flyers would throw them away and ask me for some more of the new forms with the correct price information. I'll be glad to send anyone a bundle of the new forms, just in order to get the word out about the NEW POWERLIFTING USA, and I would really appreciate it if you readers could tell your friends your opinion of the brand new format of the magazine.

My Dad once said that it was easy when going to a meet, to look out at the crowd and see which ones were subscribers to Powerlifting USA...they were the ones with the squinty look and cheap eyeglasses....from trying to read the small print in PL USA. The printing in the new magazine is larger, and will be even easier to read when the magazine is typeset instead of just typed and reduced.

ERNE HACKETT...some nice things have happened to him since his exposure on National television and in PL USA at Waltham Hospital, where Ernie works as a physical thera-

MARK DIMIDUK



Mark with an emphatic squat effort at the Seniors. (Lambert photo)

flat statement that if he had the psyche powers of Cassidy, he would be totaling 2500+ at 242...such was the capability of the man...now, whenever Mark has a problem, he gives Cassidy a call, and...just like a computer, he spits out an answer, a new way to train to break through the plateau Mark has encountered. After listening to Hugh, Mark is a true believer in self-hypnosis...he feels even if you go 9 for 9 in a meet, you're still only using 1/3 of your total potential...thus he doesn't allow himself to fear any weight...900 in the squat...it's just another number, if you believe you can lift something, then you can do it.

Mark was born with above average ability...but his true success has come in getting the most of himself. His father was a working man...raising transmissions...apart and back together again all day...he developed enormous strength in his arms, particularly in the 1 1/2" forearms he possessed at a bodyweight of 190 or so, and had worked little Mark hard in the shop too...and this gave Mark the foundation of his strength...in his back, where he first showed his powerlifting prowess...via the deadlift...working his way up to a 655 DL at 198, even coming close with 700, while his squat and bench were in the 580/400 range. (Mark's lower erectors have been described as being much like those of David Rigert's). Mark was a top athlete in high school...4 year letterman in Football...playing center and middle linebacker...along with 3 years in track...throwing the discus, javelin, and shot put...and he was no dummy either, making the Honor Roll on several occasions. This kind of ability earned him several scholarship offers but Mark heard they needed policemen down in Maryland, and the security of putting your twenty in and getting that pension appealed to him, so he took that path. In anything that Mark gets involved with his attitude is...if you're gonna do it, do it right...he wants to excel at whatever he does, thus he'll be taking, and passing, the detective's exam at work soon. Right now he's on the Vice Squad...narcotics to be exact, where he works right beside his training buddies, Chris Rice, Jerry Williams and Curt Willard. If I was a junkie...and saw Mark coming for me, I'd swallow the evidence, my tongue...and teeth...all together, in one fell swoop. He's one policeman that doesn't get much backtalk...from wise criminals, that is.

The squat has long been Mark's most difficult lift, but with his dedicated attitude, it is now the lift that is moving the best for him. He is very close to the World Record and is thinking in terms of 837 at the Hawaii meet...and more than that at the Seniors...one record he would particularly like to break is George Frenn's seemingly immortal 853 American Record. One of his favorite assistance moves is to take big poundages out of the rack and walk around the training area with...say 865, or so...riding on his back...over-

COVER PHOTO...Mark Dimiduk with a big deadlift at the Bay St. Louis Seniors Lambert photo

Dedication:

...this issue of the New Powerlifting USA is dedicated to the mother of Mark Dimiduk, who has been seriously ill in a Pennsylvania hospital for some time, slipping in and out of coma.

It must have been quite interesting for Mark Dimiduk at the World Championships in Dayton, he happened to be seated behind a group of World Champions and record holders, unbeknownst to them, when they started talking about him...and...as you can imagine...he couldn't help over-hearing...he bronzalizes himself... "does he have any back left"...he trains like a cannibal!!!!...he sez... "just plain crazy"...he never recuperates... "and...the final comment from a seasoned, multi-title holder, referring to Mark's future in the sport... "Well, we'll see."

Yes...we will see...see what the future holds for Mark Dimiduk in 1980 and beyond...we can already see what has come to pass previously for Mark...he's gone from a pudgy 188 to a rock solid 230 in the time span of 6 years...with a squat that has gone from 385 to 785. That first meet of his, October 6th, 1973 was a very, very important one...not because of his 385 300 525 1210 performance in the 198 lb. class but because he happened to get introduced to the man who was judging during the deadlifts...Mr. Hugh Cassidy, a man with titles such as Jr. National Champion, Sr. National Champion, and World Superheavyweight Champion to his name...and from then on, Hugh became very instrumental in the career of young Mark. In fact, Mark is now training on the program that Cassidy never got to use for himself...high devised it right after winning the World Superheavyweight title in 1971 via 800 570 790 2160, defeating Jim Williams and a fast rising lifter by the name of John Kuc in the process. (In a manner that Mark much admires, Hugh retired at the top of his form, after winning everything there was to win). As Mark relates, Cassidy had unbelievable mental concentration and psyche powers...and routinely handled weights in contests that were 40-50 lbs. over anything he could do in training. Mark makes the call, he would be totaling 2500+ at 242...such was the capability of the man...now, whenever Mark has a problem, he gives Cassidy a call, and...just like a computer, he spits out an answer, a new way to train to break through the plateau Mark has encountered. After listening to Hugh, Mark is a true believer in self-hypnosis...he feels even if you go 9 for 9 in a meet, you're still only using 1/3 of your total potential...thus he doesn't allow himself to fear any weight...900 in the squat...it's just another number, if you believe you can lift something, then you can do it.

loads like this condition the mind and body so that when he does go down with a World Record poundage, the bar only feels like 700 or so.

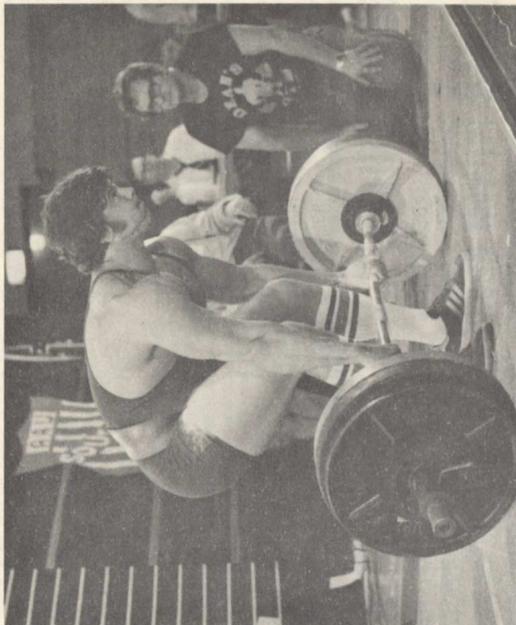
In the bench press, Mark is finding the Cambered Bar to be a big factor...he's discussed the nuances of its use with Mike MacDonald at length. He believes that a World Record for him in this lift is not out of sight either...possibly by the Seniors. He likes to overload in this lift, just as he does in the squats...his recent 540, driven 3/4s of the way to completion gives credence to the kind of power he is developing...an assistance exercise that he is finding works well for him is narrow grip benches...really, narrow grip...with perhaps an inch between the index fingers of each hand on the bar...this movement really gets to the triceps like no other exercise, currently he's repping out with 350. You can talk about dedication all day, but Mark's explanation of how hard it is to find a spotter when you want to bench at 3 in the morning, after a long day at court and at work...he often has to get by on 3-4 hours sleep...course, he don't let those weights get much rest either, rarely missing a workout as it was originally scheduled. Another example of his dedication...4 tries at the Juniors before wimling, lurking there...he's pulled an easy 740 in training, plus an 815 that was 3/4s of the way done. In a way, those great erector muscles (enough for him to do 675 for 3, in the stiff-leg deadlift) of his may work against him...he usually rips the weight up so fast that he ends up forward with it, making lockout very difficult and awkward...he can, in fact, pull 850-900 to the knees without problem...he feels that with a little more work on his form and finish, he'll pull 800+ all the way to the top.

Mark's actual training cycle on any of the lifts is devised in this manner...it doesn't require a specific number of weeks...he simply figures the number of workouts he has until the meet he is planning for is scheduled, each third of the training period represents a different cycle. One of Hugh Cassidy's basic tenets is that reps build the foundation for strength to come later...so Mark's first cycle is composed of sets of 8s and 10s (he started out with his latest cycle with 6x10 in the squat!)...in the second cycle, he works in sets of 5 to 8 reps, and in the final cycle it's triples and doubles. The key to the system is setting goals a little beyond what you think you should be able to do, while still being realistic...and then driving yourself to add that 15 to 20 lbs. per week to your training poundages. Mark will start a new cycle with as little as a few days rest after his previous meet, just long enough to get rid of the staleness. He's noticed that after the first cycle you may get some cuts in your legs, but by the third part of the cycle his thighs are just ballooning out...with power. Here's some recent workouts on the squat in the third part of his cycle for the King's Classic meet...heavy day (Monday)...free hand squats, 345x10, 315x6, 685x4, 760x2...followed by light triples...550x3, 615x3, 685x3...on Thursday...his light squat day...he does some heavy triples...245x10, 445x10, 600x3, 685x3, 750x3...no knee wraps or super suit on this day. And...to the amazement of his "critics" Mark does heavy stiffed legged and regular deadlifts on the Sunday and Wednesday prior to his workouts...and gets away with it.

Other top lifters have also had their influence on Mark...Tony Carpio among them. Another name from the past that, like Hugh Cassidy, has helped to mold Mark is Doug Ramsey, who won the 1968 Junior National Superheavy title (even beating Hugh in the process!) Doug had a neat trick for improving his squat 55 pounds, while reducing his bodyweight from 315 to 280...right after his National victory, that Mark may incorporate into his future training plans. At 315 Doug was apparently even bigger than Kaz, though not as muscular.

Mark Chaillet and Mark Dimiduk have been a great help to each other...training with Mark for 4 months brought Chaillet's total from 1765 to 1930...mainly because they trained with proper depth in the squat in mind, and helped each other maintain the proper positive attitude toward training. In the words of Mark D, Mark C is a "knuckle-dragger", meaning he has pretty long arms... (to go along with his "age" hands...Mark C really does have a huge frame, particularly for a 220 lb. man)...and he's born to deadlift. In fact Mark D predicts a World Record for Mark C in that lift within two years. Despite the length of those arms, they still bunch up to 18" when flexed and can push out a mighty respectable 440 bench press, officially. Mark D and Mark C feel they can team up for a 1500+ lb. two man deadlift in the near future, to break the informal record in that event, presently held by the Patterson brothers.

The next page in the Mark Dimiduk story will be written at the King's Classic contest on January 19th in Charlotte, North Carolina. Unfortunately, Mark's preparation for this meet has been upset by the decline in the health of his mother...she had a liver by-pass operation two years ago, and has not been in good health since. Occasionally things took a downturn...Mark took a quick trip to Pennsylvania to be by her bedside, one of the rare happenings, while Mark was there...perhaps it was a good sign. Regardless of what happens Mark is dedicating the King's meet to her...any trophy he wins is dedicated to her, and the first World Record certificate he earns will be dedicated to her. If Mark feels alright at the King's meet, he will try a World Record squat...other than that he is only hoping to bench 505 and total over 2 grand.



Setting for the pull...Mark Dimiduk at the Seniors. Lambert photo

Progress in Mark's former forte...the deadlift has been slow lately, but he still feels like something big is lurking there...he's pulled an easy 740 in training, plus an 815 that was 3/4s of the way done. In a way, those great erector muscles (enough for him to do 675 for 3, in the stiff-leg deadlift) of his may work against him...he usually rips the weight up so fast that he ends up forward with it, making lockout very difficult and awkward...he can, in fact, pull 850-900 to the knees without problem...he feels that with a little more work on his form and finish, he'll pull 800+ all the way to the top.

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MacDonald

Mike MacDonald didn't get to be the Best Bench Presser in the world by sitting on his accomplishments...he experiments, he changes, he varies all aspects of his workouts and nutrition...and monitors, with an intensity and concentration that is un-matched by any other individual I have encountered in the sport. You can not have a conversation with Mike that isn't started by talking Bench Press, and 80% filled in the in-between time with BP babble (lately, he is making a major effort not to discuss the bench press with his wife, after spending his 90 hours per week in his gym/health food store in Duluth, Minnesota). This evolution of thought and action has led to Mike's present routine.

HOW HE TRAINS

.....Mike is benching EVERY THIRD DAY now.....he used to test himself every time he felt like benching...to see if he was ready, by stretching a special way to see if he could feel any soreness from the previous workout...now, he is so careful not to overtrain...so sensitive to his own bodies capabilities, that he can train every third day without fear of going stale....he starts out with 2 sets of 135 for 8 reps on a regular bar, straight, Olympic bar...then he goes to 2 sets of 225 for 3 reps each...notice that he always warms up thoroughly, a key to his longevity...his following sets are done with a normal competitive pause with the bar on the chest...1 single with 315....then a single with 405....another jump to 475, and another single...finally, another set with 545 or so....for a paused single...THEN...he goes to the Cambered Bar...for 3 sets of 3 with MAX weight, paused on each rep...these are very key sets, but as Mike has told me time after time...You really have to be careful not to OVERTRAIN on the Cambered Bar, it's easy to do. Then,....to another variation of the Cambered Bar, he reverses it...with the band pointing down, you can only bring the bar down halfway...perfect for building lockout power...he does 3 sets of 5 with MAX weight...these reps are hot paused...just a very light touch on the chest and then necessary for development of a balanced lift.

Mike's lifting has been going very well lately...though he has a touch of tendinitis in his elbows (which comes and goes in recent years, probably a symptom of slight overtraining)...his squat is up, and his deadlift is on the way...he is going for Jerry Jones Minnesota State total record at 181 (1655) at the Red River Open, and after that one else has ever done, even in the lighter classes...he is even considering going down to the 165 class, now that he's had so much success in making 181...where he figures a 495 bench press would be feasible. Mike has also had great success in high dosages of glandular substances supplementation....lots of energy and lots of progress in his workouts. Whatever Mike tries usually works out well, but he has some wild theories....one of which is based upon what part of the animal a wolf in the wild will eat first when it has made it's kill...affirming Mike's notion on what are, in fact, the most important substances to supplement one's diet.

By the way, do you realize that if Mike went 606 545 705 at the Seniors, it would tie Ron Collin's total record!

FOR THE RECORD

This section is reserved for any and all kinds of lifting records...everyone is encouraged to send in regional, state, association, meet, club school, gym records...any kind of records. Send to POWERLIFTING USA, BOX 467, CAMARILLO, CALIFORNIA 93010

CALIFORNIA RECORDS	PACIFIC ASSOCIATION RECORDS	OKLAHOMA HIGH SCHOOL RECORDS	KUITUNTO STATE W. VA. HI. SCHOOL RECORDS	MINNESOTA RECORDS	WORLD RECORDS
114 50 315 M. SHILO	315 M. SHILO	245 D. JEFFER	245 KATELY	310 K. GOUGE	485 C. DANBAR
DL 260 G. HANICUTT	400 G. HANICUTT	175 D. JIA	185 CONROY	195 K. GOUGE	393 C. DANBAR
DL 450 M. CHAMP	890 J. HANICUTT	780 D. PFEIFER	735 KATELY	380 K. GOUGE	495 H. THABA
127 50 285 J. BERNAZZANI	230 J. BERNAZZANI	315 R. SECORINE	205 SECORINE	330 K. GOUGE	507 P. KOZDZIE
DL 285 J. BERNAZZANI	485 J. BERNAZZANI	395 R. PATTON	220 C. PEASTER	310 K. GOUGE	509 S. PROSTBAUM
DL 180 J. BERNAZZANI	1180 J. BERNAZZANI	855 D. HOPPER	410 K. GOUGE	220 C. PEASTER	617 L. GANT
132 50 474 E. HERNANDEZ	450 J. JACKSON	355 D. HOPPER	790 THEBAULT	134 L. GANTLEY	134 L. GANTLEY
DL 510 E. HERNANDEZ	500 J. JACKSON	450 M. MCREE	365 THEBAULT	358 Y. THINAGA	525 K. GOUGE
DL 510 E. HERNANDEZ	1240 C. JACKSON	985 M. MCREE	975 THEBAULT	522 L. GANT	522 L. GANT
148 50 525 D. KINLEY	505 A. RAFAEL	415 D. HOPPER	325 THEBAULT	1129 K. GOUGE	1421 E. FISHELLEY
BP 425 D. KINLEY	500 A. RAFAEL	520 D. HOPPER	325 THEBAULT	1129 K. GOUGE	1421 E. FISHELLEY
DL 1449 J. OKSINI	1368 A. RAFAEL	1190 F. HOPPER	405 THEBAULT	1129 K. GOUGE	1421 E. FISHELLEY
165 50 578 J. LEM	578 J. LEM	400 F. HOPPER	975 THEBAULT	1129 K. GOUGE	1421 E. FISHELLEY
BP 475 D. MCCORMICK	400 A. RAFAEL	270 V. POWELL	470 SERPASS	1129 K. GOUGE	1421 E. FISHELLEY
DL 1534 T. MOSSBARGER	1474 J. LEM	1095 J. BARNETT	425 HARRIS	1129 K. GOUGE	1421 E. FISHELLEY
181 50 705 T. MOSSBARGER	510 J. LEM	450 C. BACHHELDOR	290 MORELLI	1129 K. GOUGE	1421 E. FISHELLEY
DL 440 J. KLUSTERGARD	520 R. SILVA	310 C. BACHHELDOR	320 MORELLI	1129 K. GOUGE	1421 E. FISHELLEY
DL 600 T. MOSSBARGER	520 M. DORKE	520 R. SMITH	320 MORELLI	1129 K. GOUGE	1421 E. FISHELLEY
198 50 700 T. OVERLITZER	525 P. LOVE	435 M. CRITES	440 SARTINO	1129 K. GOUGE	1421 E. FISHELLEY
BP 518 B. RAVENSCHOFF	430 R. SILVA	300 M. HIMMER	315 MARTINEZ	1129 K. GOUGE	1421 E. FISHELLEY
DL 785 L. HERNANDEZ	665 P. LOVE	530 J. FLECKALL	590 MARTINEZ	1129 K. GOUGE	1421 E. FISHELLEY
DL 785 L. HERNANDEZ	700 P. LOVE	500 J. CASH	520 PAMMER	1129 K. GOUGE	1421 E. FISHELLEY
220 50 783 M. PHILLIPS	700 P. LOVE	350 D. MCKINNEY	325 PAMMER	1129 K. GOUGE	1421 E. FISHELLEY
DL 730 A. BOSTIC	1868 M. PHILLIPS	600 B. BOYCES	565 PAMMER	1129 K. GOUGE	1421 E. FISHELLEY
DL 730 A. BOSTIC	1700 J. TOLES	1440 J. CASH	1405 PAMMER	1129 K. GOUGE	1421 E. FISHELLEY
242 50 570 J. MASTERFIELD	505 J. TOLES	375 HEAD	505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY
BP 530 J. MASTERFIELD	1880 S. PALMER	575 BENNETT	505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY
DL 804 T. MCCORMICK	410 D. VAN BROCKLIN	1480 BENNETT	505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY
275 T. 2100 G. FRENZ	500 M. BURJEL	705 G. NOW	505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY
DL 810 D. SHAM	1610 D. VAN BROCKLIN	1325 M. WORKMAN	505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY
DL 810 D. SHAM	1510 D. VAN BROCKLIN	500 M. WORKMAN	505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY
SM 50 815 G. FRENZ	105 G. VELLER	560 G. JONES	505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY
DL 810 G. FRENZ	705 G. NOW	1325 M. WORKMAN	505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY
T 2035 P. CASEY	1955 T. VELLER		505 M. WILKINSON	1129 K. GOUGE	1421 E. FISHELLEY

After that, it's the Hawaii meet, where Mark really hopes to put on a super performance. He'll be going there with World Records in his sights. He figures he could go anywhere from 2100 to 2200, but probably he'll hit around 2150 via 835 785 or so. Of course, he'd like to win in Hawaii...but, at the very least, he'd hope to be far enough ahead at substantial time to force John Kuc to a 900+ deadlift. He really admires Kuc...thinks he's a great lifter, and Mark considers all of the top contenders in his class to be almost part of a brotherhood. Mark really enjoys the fun aspect of competition...none of this cut-throat/out-to-get-a-guy stuff for him.

Despite his recent difficulty in gaining weight (he was up to 235 when some of the recent mental stress of his mother's illness dropped him down to about 230 once again). Mark's plans extend into the 275 class, and even to the Super's...where his mentor Cassidy had such success. He'd like to show some people a few things, strengthen, and that full-contact karate will be his gig (those poor criminals around Washington DC are just not going to get any breaks in the foreseeable future!). He vows that he will never stop training, hopefully he will get a gym of his own going in the near future, so that he and his friends, and those that want to pay for the privilege...will all have a place to train. One of Mark's finest qualities is the way he takes exactly as much joy in the progress of his training partners and friends as he does in his own success. He is absolutely self-less when it comes to passing out praise for a workout well-done.

In short, Mark is the most confident lifter I've ever known, and perhaps the hardest trainer as well. After one body-shocking workout, he sets himself...with a copy of Powerlifting USA, or other suitable material, and starts getting himself psyched up for the next one....a totally positive attitude about his sport...that's Mark Dimiduk

Mark L

*****Regarding the IPF position on banning Tony Fitton, as described in the last issue, I have the following comment:*****

"The International Powerlifting Federation has threatened to ban Tony Fitton from all powerlifting activities for a period of two years for the reason that he has criticized, as an international referee, another referee in his articles on the 1977 and 1978 World Championships."

I had the honour of being present at both mentioned Championships...in 1977 as a team manager and referee, and in 1978 as the Chairman of the Organizing Committee and the Master of Ceremonies. I have also read (with great enjoyment) both of Mr. Fitton's "indiscreet" articles.

I agree with the IPF that an international referee should not criticize another international referee in public, but Tony did not write the articles as a category II referee (hell, the great majority of the readership of this magazine did not even know that Fitton is a Category II International referee). He reported only what he saw as a writer, and a true friend of the sport.

Besides...Tony was right. The refereeing at both Championships was occasionally a somewhat clumsy. Undoubtedly the referees and judges at all World Championships in any sport are under great pressure. The pressure and importance of the competition might make some of them "snap".

I think that instead of taking childish revenge on a writer who dared to open his mouth when he saw something that he thought was not right, the IPF should concentrate in the future in selecting for its events, officials who are competent and able to keep their heads cool when needed.

Jaska Parviainen
Category I International Referee

*****RAVENSCROFT RETURNS...My friend Larry Pacifico, who stated that I motivated him in the 1976 Seniors, has motivated me into the 1980 Seniors. It is a thrill in itself to compete against the greatest Champion in Powerlifting history. I would like Larry to know I will be looking forward to seeing him at Madison, Wisconsin in July of this year." Ed Ravenscroft

*****Joe Zarella tells me the TV contracts have already been signed for both the Men's & Women's Nationals through 1982...\$26,000 in 1980 (NBC), \$60,000 in 1981 and 1982 (CBS)...also, John Redding is the new National Records Chairman...his address is 12 Hobart Avenue, Beverly, Massachusetts 01915

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POWERLIFTING Ponderings

by TONY FITTON

A Nostalgic Look at PL

...This month's Ponderings is not by Tony, but by the subject of several of Tony's stories, the immortal Neil Whillock, who gets in a few cracks at the early Mr. R.A. Fitton in this piece written several years ago for Tony's Powerlifting News magazine...all's fair in PL publishing!

IN SEARCH OF A PERFECT DIETARY SUPPLEMENT

by Neil Whillock

It might be of interest to record the efforts of a dedicated, if sometimes misdirected, young man in his efforts to find the ultimate in a balanced food supplement.

This young man is a strength set lifter well known for his radical ideas and is called R.A. Fitton addressed by his mother as Anthony, with the accent on the AN, and known to his club associates as Ginger Power.

He first became interested in strength set lifting after seeing J.E. Kershaw, our chubby secretary, performing a heavy squat. This at once fired the imagination of our hero. After a fortnight's training on heavy squats he was disconcerted to find he was as yet unable to emulate the feats of said James Kershaw and cast about him for a reason why this should be.

"Ah", he thought, "it must be 't'grab". By now Tony's mind was ticking over at an alarming rate. In another week he was thinking in terms of a food supplement.

In his industrious way he plodded up Yorkshire St., Rochdale, to the health food stores and paraded past one way and then back the other until such a time as the store was full and he could go in with time to scan the shelves. A great number of things offered themselves to his eyes. Many different forms of honey, nerve tonics, female pills, and all the rest.

The assistant turns an expectant fact to Tony.

"Mumble, mumble, mumble, mumble" said Tony.

"Mumble, mumble, mumble, mumble".

Now that Tony knew all about supplements he felt better. Later he heard of a few products which were spoken of. Soy flour, vitamins, complan, casilan, and others.

Tony's inquiring mind made him think that perhaps he should obtain the most highly qualified information available. He wrote to McQuigall's of the graded grains, which seemed reasonable, who suggested he write to a distinguished doctor at Queen Elizabeth College, London. The doctor was very tired after translating Tony's letter and so recommended a visit to the local library. A comprehensive answer to the letter would of necessity have had to be several hundred pages long and he did not think he was paid for that.

At this time an original idea struck Tony. As a motorist knows more about the petrol his car uses than the food he eats, so does the farming community know more about the foods it uses in animal husbandry than the food humans consume. This would not be the case if we were cannibals, but there we are.

He wrote to Spillers the Millers, and got in reply a veritable deluge of information. Under we show the

items most promising:

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While this information was being mullied over in Tony's mind one of our more gullible club members was told in some detail that Tony was having Pig Pellets, a cyclist was on Racehorse cubes and a third member, with bronchitis, was enjoying R.C.C. Complex for hens. (Keeping away from other affected chickens, of course.) While not actually dining out on this story he still believes this to have been true.

In the connection with human lifting, it not being possible to ascertain what the current hen deadlifting record is, some problems do seem to present themselves. POULTRY FOOD: Should one take the chick food or growers food or layers food. If on layers food and one gets taken short and lays an egg during the performance of a lift, is this cause for disqualification? If he is shunting 'cock a doodle do' loudly in support of a colleague doing a lift who then collapses laughing, is another attempt allowed?

PIG PELLETS: This would appear to be a personal choice of how much a lifter is prepared to lose his waistline in pursuit of his goal.

HORSE FOOD: First is the problem of how much to take. If a pony at 14.2 hands high can take 4-12 lbs. daily, how much does Tony need at 4.2 hands high in a kneeling position?

Would he be allowed to lift without footwear if his feet became round?

If he took the racehorse cubes, would he be declared a professional?

Should stud cubes be allowed only to married lifters? His high sense of moral righteousness torn over these vital questions, he decided the time was not propitious to follow these lines further.

Protein in counts of Tony's search, he tried to compare relative amounts of protein in egg powder, milk powder, soy flour, peanut flour and yeast. With scientific determination, he persuaded other people to assist him in finding which source promised most protein. Out of these products, peanut flour contained 65%.

It was decided that a mixture of 5 or 6 products in varying proportions would be perfect. About 10 lbs. in total quantity was bought and this was mixed.

It tasted horrible.

It would bind enough to be made into tablets only with a large amount of liquid paraffine applied.

Tony is lifting well now on chips and potato pie, sometimes taken together.

How does that grab you, dieticians?

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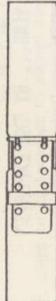
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Class I	235 (518)	255 (562)	272.5 (601)	290 (639)	305 (672)	337.5 (744)	365 (805)	392.5 (865)	417.5 (920)
Class II	210 (463)	225 (496)	242.5 (533)	257.5 (568)	272.5 (601)	300 (661)	325 (716)	347.5 (766)	372.5 (821)
Class III	182.5 (402)	197.5 (435)	212.5 (468)	225 (496)	237.5 (524)	262.5 (579)	305 (623)	325 (672)	355 (716)
Class IV	157.5 (347)	170 (375)	182.5 (402)	192.5 (424)	205 (452)	225 (496)	242.5 (535)	260 (573)	280 (617)

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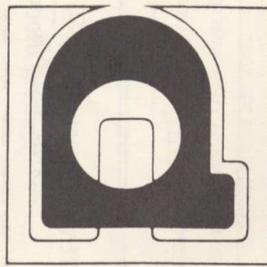
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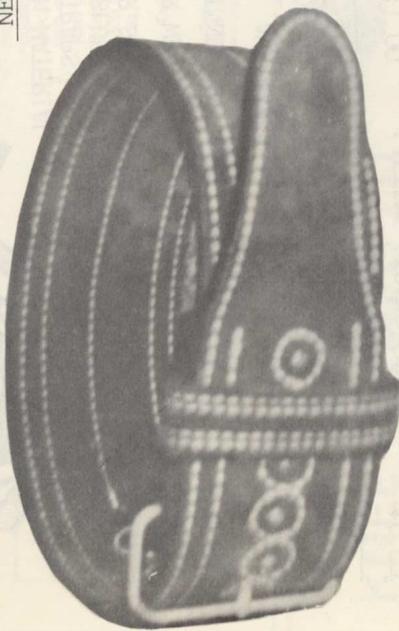
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3 560 Brunson, P 9/23/79	380 Aicale, L 4/7/79	610 Jones, D 8/11/79	1492 Wright, G 6/27/79
4 550 Bradly, J 12/28/79	370 Trujillo, J 6/10/79	606 Brunson, P 9/23/79	1475 Welch, J 8/10/79
5 551 Bush, J 9/18/79	369 Trujillo, J 6/10/79	606 Brunson, P 9/23/79	1465 Bush, J 9/18/79
6 540 Grossman, R 7/14/79	365 Kinley, A 12/15/79	595 Sucinin, P 7/14/79	1455 Grossman, R 7/14/79
7 540 Grossman, R 7/14/79	363 Kinley, A 12/15/79	595 Sucinin, P 7/14/79	1450 Brunson, P 9/23/79
8 540 Grossman, R 7/14/79	358 Mellock, J 5/26/79	580 Aicale, L 4/7/79	1415 Aicale, L 4/7/79
9 535 Wright, G 6/27/79	355 Wright, G 6/27/79	580 Aicale, L 4/7/79	1415 Aicale, L 4/7/79
10 525 McCarty, J 10/28/79	350 Bradly, J 12/28/79	573 Husey, G 10/17/79	1400 Grossman, R 7/14/79
11 525 McCarty, J 10/28/79	347 Welch, J 8/10/79	560 Rosciglione, J 12/11/79	1385 Rosciglione, J 12/11/79
12 525 McCarty, J 10/28/79	345 Heckler, B 1/21/79	556 Chong, B 12/8/79	1375 Gant, L 8/18/79
13 525 McCarty, J 10/28/79	345 Heckler, B 1/21/79	556 Chong, B 12/8/79	1375 Gant, L 8/18/79
14 518 Higgs, T 7/14/79	342 Zapp, P 9/10/10/14/79	551 Joyner, M 9/19/79	1365 Otonno, C 3/10/79
15 510 Lorentz, T 4/7/79	341 Sucinin, P 7/14/79	550 Smith, J 7/14/79	1361 Trujillo, P 9/18/79
16 505 Wain, D 8/1/79	341 Hero, J 7/14/79	545 Grossman, R 7/14/79	1350 Lorentz, T 4/7/79
17 500 Okonko, C 3/10/79	340 Atkinson, R 4/14/79	545 Grossman, R 7/14/79	1350 Lorentz, T 4/7/79
18 500 Thompson, D 4/21/79	340 Atkinson, R 4/14/79	545 Grossman, R 7/14/79	1350 Lorentz, T 4/7/79
19 500 Thompson, D 4/21/79	335 Leonard, J 5/10/79	540 Clason, M 4/5/79	1338 Husey, G 10/17/79
20 500 Thompson, D 4/21/79	335 Leonard, J 5/10/79	540 Clason, M 4/5/79	1338 Husey, G 10/17/79
21 490 Chong, B 12/8/79	335 Leonard, J 5/10/79	534 Husey, G 10/17/79	1333 Grossman, R 7/14/79
22 490 Chong, B 12/8/79	335 Leonard, J 5/10/79	534 Husey, G 10/17/79	1333 Grossman, R 7/14/79
23 490 Chong, B 12/8/79	335 Leonard, J 5/10/79	534 Husey, G 10/17/79	1333 Grossman, R 7/14/79
24 490 Chong, B 12/8/79	335 Leonard, J 5/10/79	534 Husey, G 10/17/79	1333 Grossman, R 7/14/79
25 485 Elliott, R 2/17/79	330 Holman, T 4/21/79	530 Kline, B 10/14/79	1322 Bell, S 3/27/79
26 485 Elliott, R 2/17/79	330 Holman, T 4/21/79	530 Kline, B 10/14/79	1322 Bell, S 3/27/79
27 485 Elliott, R 2/17/79	330 Holman, T 4/21/79	530 Kline, B 10/14/79	1322 Bell, S 3/27/79
28 480 Kaufman, L 6/16/79	330 Hiller, J 11/17/79	530 Kline, B 10/14/79	1322 Bell, S 3/27/79
29 480 Kaufman, L 6/16/79	330 Hiller, J 11/17/79	530 Kline, B 10/14/79	1322 Bell, S 3/27/79
30 480 Kaufman, L 6/16/79	330 Hiller, J 11/17/79	530 Kline, B 10/14/79	1322 Bell, S 3/27/79
31 480 Kaufman, L 6/16/79	330 Hiller, J 11/17/79	530 Kline, B 10/14/79	1322 Bell, S 3/27/79
32 475 Triphana, A 4/17/79	325 Clason, M 4/5/79	529 Wood, S 3/23/79	1317 Chong, B 12/8/79
33 475 Triphana, A 4/17/79	325 Clason, M 4/5/79	529 Wood, S 3/23/79	1317 Chong, B 12/8/79
34 475 Triphana, A 4/17/79	325 Clason, M 4/5/79	529 Wood, S 3/23/79	1317 Chong, B 12/8/79
35 475 Triphana, A 4/17/79	325 Clason, M 4/5/79	529 Wood, S 3/23/79	1317 Chong, B 12/8/79
36 473 Cavellier, R 8/29/79	325 Clason, M 4/5/79	529 Wood, S 3/23/79	1317 Chong, B 12/8/79
37 473 Cavellier, R 8/29/79	325 Clason, M 4/5/79	529 Wood, S 3/23/79	1317 Chong, B 12/8/79
38 473 Cavellier, R 8/29/79	325 Clason, M 4/5/79	529 Wood, S 3/23/79	1317 Chong, B 12/8/79
39 473 Cavellier, R 8/29/79	325 Clason, M 4/5/79	529 Wood, S 3/23/79	1317 Chong, B 12/8/79
40 470 Carpent, P 4/17/79	325 Brooks, C 10/20/79	525 Gaudin, K 9/19/79	1317 Chong, B 12/8/79
41 470 Carpent, P 4/17/79	325 Brooks, C 10/20/79	525 Gaudin, K 9/19/79	1317 Chong, B 12/8/79
42 468 Metzger, R 7/14/79	325 Brooks, C 10/20/79	525 Gaudin, K 9/19/79	1317 Chong, B 12/8/79
43 468 Metzger, R 7/14/79	325 Brooks, C 10/20/79	525 Gaudin, K 9/19/79	1317 Chong, B 12/8/79
44 465 Malone, P 12/9/79	320 Pena, R 7/20/79	520 Bradley, J 12/28/79	1275 Topoglou, J 12/15/79
45 465 Malone, P 12/9/79	320 Pena, R 7/20/79	520 Bradley, J 12/28/79	1275 Topoglou, J 12/15/79
46 465 Malone, P 12/9/79	320 Pena, R 7/20/79	520 Bradley, J 12/28/79	1275 Topoglou, J 12/15/79
47 462 Hertz, J 7/14/79	320 McCarty, R 11/17/79	518 Kinley, D 7/14/79	1270 Oronanti, R 5/19/79
48 462 Hertz, J 7/14/79	320 McCarty, R 11/17/79	518 Kinley, D 7/14/79	1270 Oronanti, R 5/19/79
49 462 Hertz, J 7/14/79	320 McCarty, R 11/17/79	518 Kinley, D 7/14/79	1270 Oronanti, R 5/19/79
50 462 Hertz, J 7/14/79	320 McCarty, R 11/17/79	518 Kinley, D 7/14/79	1270 Oronanti, R 5/19/79
51 460 Oronanti, R 5/19/79	315 Stocland, R 6/24/79	510 Philllips, G 2/4/79	1250 Kline, B 10/14/79
52 460 Oronanti, R 5/19/79	315 Stocland, R 6/24/79	510 Philllips, G 2/4/79	1250 Kline, B 10/14/79
53 460 Oronanti, R 5/19/79	315 Stocland, R 6/24/79	510 Philllips, G 2/4/79	1250 Kline, B 10/14/79
54 460 Oronanti, R 5/19/79	315 Stocland, R 6/24/79	510 Philllips, G 2/4/79	1250 Kline, B 10/14/79
55 457 Hayekata, T 12/13/79	315 Taylor, T 12/79	510 Topoglou, J 12/15/79	1250 Shockett, S 11/17/79
56 457 Hayekata, T 12/13/79	315 Taylor, T 12/79	510 Topoglou, J 12/15/79	1250 Shockett, S 11/17/79
57 457 Hayekata, T 12/13/79	315 Taylor, T 12/79	510 Topoglou, J 12/15/79	1250 Shockett, S 11/17/79
58 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
59 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
60 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
61 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
62 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
63 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
64 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
65 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
66 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
67 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
68 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
69 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
70 455 Aicale, L 4/7/79	314 Bell, B 9/5/79	510 McClure, J 10/28/79	1250 Shockett, S 11/17/79
71 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
72 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
73 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
74 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
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82 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
83 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
84 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
85 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
86 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
87 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
88 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
89 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
90 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
91 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
92 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
93 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
94 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
95 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
96 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
97 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
98 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
99 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79
100 445 Menaker, P 6/12/79	308 Metzger, R 7/14/79	500 Garrow, R 3/3/79	1215 Malone, P 12/9/79

Clay Patterson and his 562 bench press at the Greater Texas Classic photo courtesy Patterson

DALE BETHEL WOULD LIKE TO PUBLISH AN ARTICLE ON HIS APPRECIATION FOR THE SUPPORT HIS WIFE, SUSAN HAS SHOWN FOR HIS LIFTING. AMEN.

Former World Record holder in the deadlift, Rich Luckman, is still training...good for about 600 now, at bodyweight of 144. Never a booster, and never a drug user, Richard lifts still rank with the all-time best. Below...Richard Luckman with a 575 deadlift.



"It's 4th down and 7, on the Red team's 48 yard line. The White team comes to the line, but...the handoff goes to the fullback, who busts...the line of scrimmage and carries several would-be tacklers into the secondary, shaking free and overpowering the cornerbacks, he scampers 48 yards into the end zone, for the games winning touchdown. Routine work for the White team's fullback, who bargains to be "DENNIS THE DRIVER" Wright. For the 2nd yr. in a row Dennis ran for more than 200 yds. in a single game. He also won the game's M.V.P. award...for the 2nd yr. in a row at his high schools annual Alamu football game" This play-by-play account of Dennis Wright's latest exploits is courtesy one of his new training partners, Paul Adams, who Dennis is grooming for a 600 squat at the State meet. Dennis himself has had some very good workouts, not too long ago. The 181s could be exceptionally vicious this year at the Seniors, with some extremely determined athletes looking horns.

California lifters will remember HILBERT MURILLO as a top 148er...after a 3 yr. lay-off, he's back training...during those 3 yrs. he played on back to back State Champ Slo-pitch Softball teams...he was an All-State pitcher and MVP...softball and baseballs, Bob Hoffman's favorite sports mix!

IF YOU MISSED THE WORLD CHAMPIONSHIPS...THEN, YOU MISSED THE GREATEST POWER EVENT EVER, BUT...WE STILL HAVE PROGRAMS!

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97 lb class	220 121 253 595
J. Fruth	193 110 275 578
C. Santandrea	203 104 270 578
R. Stilverman	203 104 270 578
105	
P. Meister	248 132 330 710
K. Madzey	242 148 275 683
K. Tutte	231 126 303 661
114	
T. Dillard	275 126 325 727
T. Mabley	198 93 308 600
M. Irribarren	220 121 264 606
123	
S. Elwyn	259 165 319 764
M. Orton	270 159 314 744
J. Austin	259 143 330 733
132	
K. Gajda	297 143 369 810
R. Joubert	270 137 358 766
K. Lind	292 126 341 760
148	
J. Reid	303 193 385 881
J. Glenney	286 159 330 777
K. Sansocie	275 170 325 771
165	
S. Moody	352 209 390 942
R. Weidling	359 148 396 744
K. Kauti	253 148 319 722
181	
L. Griffin	336 209 418 964
L. Vogelsang	264 193 375 810
L. MacFarlane	281 112 352 872
181+	
A. Turbyne	451 259 468 1179
J. Todd	484 198 424 1107
V. Gagne	374 209 435 1019

A SUPER CONTEST...VERY COMPETITIVE AND EXCITING...INCLUDING THE OFF PLATFORM ACTIVITIES. CLAY PATTERSON AND PENNY STILL-WEPPER WERE SUSPENDED PENDING APPEAL IN MEMPHIS ON MARCH 1, FOR 3 YEARS EACH...GAY RIGHTS GROUPS AND ANTI-SHAH SYMPATHIZERS ALSO MADE THEIR PRESENCE KNOWN...FRUTH WON THE 97S SOLIDLY, BUT WEISTER HAD SOME COMPETITION THIS TIME IN LINDA MADZEY OF WYOMING. MELISSA ORTH HAD ONLY BEEN TRAINING FOR A FEW MONTHS AND WAS STILL A TEENAGER, ALMOST TOOK UP VETERAN SUE ELWYN, WHO COOLY PULLED THE WINNER D. GADDA WAS JUST TOO STRONG FOR BECKY JOUBERT AND VALLANT KATHY LIND, WHO HAD SHOULDER PROBLEMS, SAME STORY IN THE 148S...VICKY ORGANE WAS JUST TWO LBS...OVER, OR SHE WOULD HAVE HAD A GOOD SHOT AT RETAINING HER TITLE IN THE 181S. JAN TODD MADE A DESPERATE ATTEMPT SQUAT, BUT IT WAS NOT ENOUGH OF A LEAD AS ANN TURBYNE WAS RED HOT ON ALL THREE LIFTS...LEADING TO AN INCREDIBLE 1179 TOTAL. THANKS TO JILL & DAVE GANGER AND VALLIE KAHN...PLUS MANY OTHERS, FOR A GREAT CONTEST...PHOTOS & FULL REPORT NEXT

WHAT'S HAPPENIN'

IN AUSTRALIA, BEV FRANCIS BE'ED 286 AT 165 WITH NATIONAL AUSTRALIAN REFS PRESENT... SHE COULD BE A BIG FACTOR AT THE WOMEN'S WORLD MEET 738 446 738 1923 AT 198... TRIED A 780 SQUAT (WEIGHING 191)... DENNIS WRIGHT SET A NEW WORLD RECORD IN THE SQUAT WITH A 738... HE ALSO TOTALED AN AMERICAN RECORD 1835... IN EUROPE... HAKAN FRANSSON RECENTLY DEADLIFTED AN 805 AT SNA, THE SWEDS ARE PROMOTING A SUPER CONTEST... OR SERIES OF CONTESTS... CALLED THE BATTLE OF THE GIANTS, IN GÖTEBORG, COPENHAGEN AND MALMO... LIFTERS INVITED INCLUDE HELDUNO, KAZMAIER, KENADY, NILSSON, ANDERSSON, YVANDER, BACKLUND, WATTSSON, FRANSSON, ETC... FRANK ZANE AND INGEMAR JOHANSSON ARE ALSO PART OF THE FESTIVITIES... WHICH INCLUDES MARTIAL ARTS, OLYMPIC LIFTING, ETC... INCLUDING FORMER DISCUS SHOT GREAT RICKY BRUCH.

DATE CHANGES... SOUTHEASTERN ASSOCIATION OPEN/NOVICE MEET... IS NOW APRIL 5TH... ALSO, THE EASTERN OPEN MASTER POWER MEET WILL BE HELD MAY 3RD... CONTACT JIM WESSER, 206 FARVIEW, NORRISTOWN, PENNSYLVANIA 19401... THE ONES ADVERTISED IN THIS TYPE OF EQUIPMENT... EXTREMELY SIMPLE TO USE... NO TIME-CONSUMING WRAPPING OF THE BAR, ETC. A TRUE BREAKTHROUGH IN THIS TYPE OF EQUIPMENT... YOU JUST STICK YOUR HAND THROUGH THEM, GRAB THE BAR AND LIFT.

THE STANDOFF BETWEEN THE IPF AND THE AAU HAS RISEN TO ITS MAX LEVEL... THE IPF STATING, IN A LETTER DELIVERED TO JOE ZABELLA BY CLAY PATTERSON, THAT THE HAWAII MEET, THE WOMEN'S WORLDS, THE MEN'S WORLDS, ANY INTERNATIONAL MEET IN THE UNITED STATES WILL NOT RECEIVE AN IPF SANCTION... THE UNITED STATES WILL BE BANNED FROM THE IPF FOR A YEAR... THE UNITED STATES POWERLIFTING FEDERATION WILL BE FINED \$15,000, DURING THE YEAR OF BANISHMENT, NO AMERICAN LIFTERS WILL BE ABLE TO SET WORLD RECORDS, ETC... UNLESS THE UNITED STATES ALLOWS A TEAM TO GO TO THE LONDON WORLD CUP... JOE ZABELLA DISREGARDED THE LETTER, ON THE GROUNDS THAT IT WAS NOT SIGNED BY ANY OF THE AUTHOR'S NAMES THAT WERE TYPED AT THE END OF THE LETTER... IN THE NEXT FEW WEEKS, THIS SITUATION SHOULD BE RESOLVED ONE WAY OR ANOTHER... SOMETHING HAS TO GIVE... THAT'S FOR SURE.

IN VIEW OF THE STAND BY JOE ZABELLA ON THE MATTER BETWEEN THE IPF AND THE NATIONAL COMMITTEE CLAY PATTERSON HAS SAID THAT THE WORLD CHAMPIONSHIPS HAVE BEEN CANCELED FOR 1980... AT LEAST, THE ONES UNDER HIS DIRECTION... AND THAT THE CONTEST WILL HAVE TO BE MOVED ELSEWHERE... CLAY HAD BEEN PLANNING TO USE THE SAME WEIGHTS USED AT THE ARLINGTON MEET AT THE WORLDS, INCIDENTALLY.

IF YOU HAVEN'T SEEN MIKE SMITH, ACE PHOTOGRAPHER, AT SOME OF THE MEETS IN THE SOUTH RECENTLY, IT'S BECAUSE OF HIS NEW JOB AND SOME DEATHS IN HIS FAMILY... HE SHOULD BE BACK UP TO SPEED SOON, HOWEVER... POWERLIFTING USA OFFERS IT SYMPATHY AND BEST WISHES TO MIKE... A DEDICATED SON, WHO COMMITTED OVER A LONG DISTANCE EACH WEEKEND TO BE WITH HIS INVALID PARENTS... WHO BOTH PASSED AWAY DURING THE LATTER PART OF 79.

I HAVE SINCE BEEN INFORMED BY CLAY PATTERSON THAT THE HAWAII MEET WILL RECEIVE A SANCTION FROM THE IPF... HOORAY FOR THAT... GUS'S MEET HAD ABSOLUTELY NOTHING TO DO WITH THIS IPF/USPF SQUABBLE IN THE FIRST PLACE... AT THE KING'S CLASSIC, TONY CARPINO MEANT 660 450 650 AT 181... MARK DIMITIUK TRIED AND MISSED A WR 815 SQUAT

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WORLD CHAMPIONS
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POWERLIFTING

WE OFFER OUR NEWEST T-SHIRT, "THE CADILLAC OF T-SHIRTS", COLORS, WHITE, YELLOW, POWDER BLUE, TAN, RED, GREEN, NAVY, BLACK, ORANGE. SIZES S-M-L-XL-2X-3X-4X (MEN) AND S-M-L-XL (WOMEN). PRICES: \$6.50 EACH, 2 FOR \$12. FOR S-M-L-XL FOR 2X-3X-4X ADD \$1 EACH. OTHER LOGOS IN STOCK: MEN'S WORLD DEADLIFT POWERLIFTING, USA DEADLIFT POWERLIFTING, BENCH PRESS, SQUAT, 3 LIFTS, MUSCLE POWER, PUMPING IRON, WOMEN'S... 3 LIFTS, SQUAT, BODY BEAUTIFUL, DEADLIFT, MUSCLE POWER, PUMPING IRON.

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OTHER LATE NEWS... JOHN MAPLE RECENTLY SQUATTED 600 IN TRAINING... HOW ABOUT THAT, RICKEY DALE GRAY? PARTNER DAVE SCHNEIDER HAS DOUBLED 675 AT 230... MOHLER REPEATEDLY TRIPLED 760 NOT TOO LONG AGO IN THE SQUAT... WEIGHING 260... BRIDGES WAS SEEN TO BACK OUT OF THE RACK WITH 854 RECENTLY, DIDN'T SQUAT IT, THO.

FREE SUPERWRAPS SUPER SUITS NOW IN COLOR

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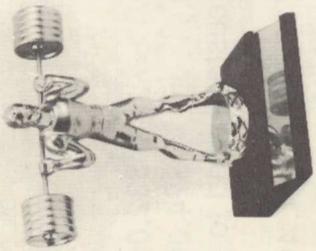
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114	C. MARD	203* 132* 242* 978*	1979 APPRENTICE SCHOOL-VIRGINIA STATE P/L CHAMPIONSHIPS-10/9/79	374	303	446	1124
121	RINGT	357* 259	395 1008*	M. DUGGS	977	1046	377
132	C. COLEMAN	181 187	253 622	S. COALEY	446	402	991
133	C. FOSTER	241 253	451* 1046	C. BROON	429	303	--
134	C. SULLIVAN	285 154	385 749	S. MONTGOMERY	600**396	595*	1932**
148	D. CARTER JR	407 286	451 1146	K. WALKER	584	391	584 1559
149	H. HAECKER	391 254	429 1085	K. BELONG	518	352	573 1443
150	A. PEDERSON	314 236	402 953	B. EDMONSON	374	203	523 1102
151	D. SULLIVAN	303 187	413 903	S. CROKS	319	281	402 1002
152	R. BENNY	248 198	418 865	N. EDWARDS	275	303	424 1002
153	E. JONES	297 209	358 865	S.W. MONTGOMERY	534	457	501 1693
154	C. GROOME	232 158	314 804	J. STEWART	473	319	523 1316
155	L. CHISHOLM	198 209	281 688	J. TEAGUE	518	231	567 1316
156	T. FROCH	225* 115	281* 622*	R. MORGAN	473	319	473 1287
157	M. ELLIOTT	479 297	551 1328	S. FAHRTING	2758	1819	4028 8599
158	S. ELLIS	435 325	468 1228	V.A. STATE RECORD	--	--	--
159	L. WATSON	380 308	473 1162	♀ FEMALE VA STATE RECORD	--	--	--
160	G. CROCKETT	407 286	462 1157	♀ MASTER VA STATE RECORD	--	--	--
161	L. WATSON	407 286	462 1157	♂ VA STATE RECORD	--	--	--
162	A. JAMESON	407 286	462 1157	♂ BULLDOG P/L CLUB - 31	--	--	--
163	A. JUD	363 270	435 1069	2ND: LYNCHBURG YMCA - 19	--	--	--
164	B. PRICE	358 264	429 1052	3RD: NIGHTLIFTING UNL - 13	--	--	--
165	R. GARWOOD	298 203	413 903	4TH: CHARLOTTESVILLE BOC-11	--	--	--
166	A. TORRESINI	485 259	567 1311	OUTSTANDING LIFTER LT CLASS:	--	--	--
167	J. JENNINGS	462 316	507 1305	OUTSTANDING LIFTER HW CLASS:	--	--	--
168	R. PHELPS	462 303	485 1250	OUTSTANDING LIFTER HW CLASS:	--	--	--
169	M. WHELAN	391 316	473 1201	OUTSTANDING LIFTER HW CLASS:	--	--	--
170	M. LAMBERT	451 286	424 1162	OUTSTANDING LIFTER HW CLASS:	--	--	--
171	J. SPARKS	341 292	457 1090	THANKS TO ALL WHO HELPED ME IN	--	--	--
172	L. COLLIER	286 236	451 975	BOB CRIST, LARRY EGLSTON	--	--	--
173	K. BUCKLE	--	--	HONORBURGER AND HIS SON, JAMIE	--	--	--
174	T. KILSON	--	--	JAMERSON, AL TURKESIN, MENDY	--	--	--
175	J. BARFIELD	457 336	600 1394	SMITH, MICKELBERG, CRIST, & SPECIAL	--	--	--
176	R. BEHMAN	429 297	501 1220	THANKS TO JUDAN WARNER.	--	--	--
177	V. ZATTEIRO	402 397	501 1220	MEET DIRECTOR: JERRY RINGT	--	--	--
178	V. PATELLA JR	413 319	462 1195	THANKS FOR RESULTS.	--	--	--
179	T. MARTIN	402 392	485 1179		--	--	--
180	J. BESSAMER	385 330	435 1151		--	--	--
181	J. L. RICHARDS				--	--	--

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 67.5*/148 207.5 155 227.5 590
 127.5 122.5 183 432.5
 T. PENNLEY 200 135 220 555
 75*/165
 D. JONES 260 130 277.5 667.5
 J. ANDERSON 229 145 227.5 667.5
 J. HILL* 210 122.5 240 572.5
 T. PENNLEY 190 140 212.5 542.5
 82.5*/181 267.5 190 287.5 745*
 D. COATS 262.5 120 277.5 660
 D. WATKINS 222.5 157.5 235 615
 M. RAYMOND 197.5 157.5 260 615
 J. BURNS 190 152.5 227.5 570
 98*/198 172.5 107.5 220 500
 C. MCCAIN 137.5 182.5 362.5 882.5*
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 D. BROWN 235 152.5 210 662.5
 D. BOWME 240 152.5 235 647.5
 T. PENNLEY* 190 102.5 175 427.5
 100*/220 315 217.5 305 837.5
 D. APPS 232.5 155 245 622.5
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 110*/242 357.5 255 355 867.5*
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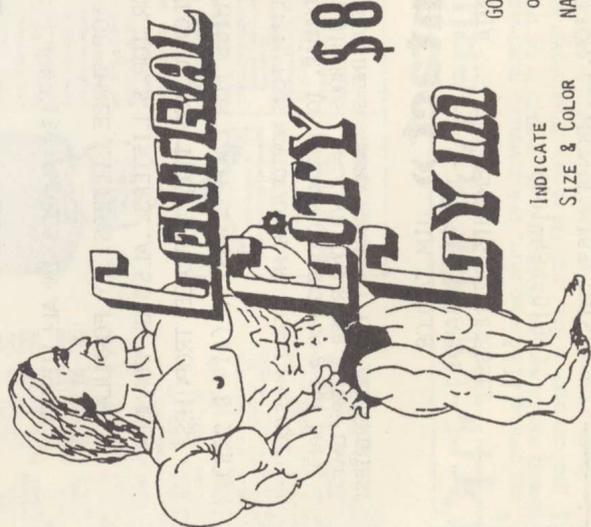


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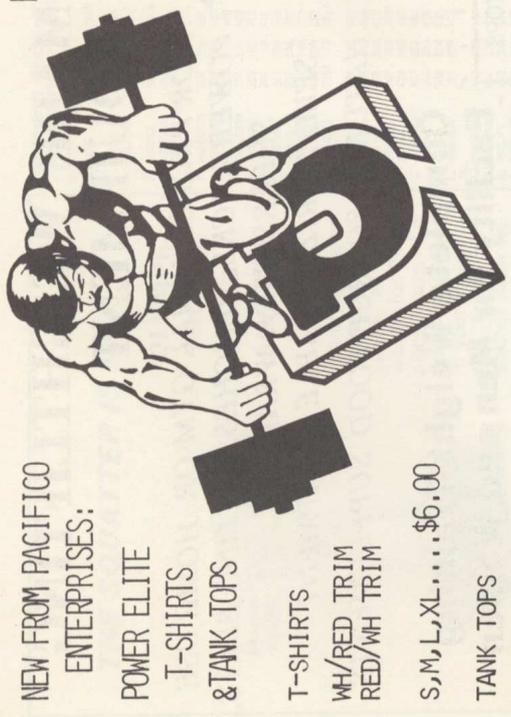
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D. MEYER	240	195	335	770
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MC CALL	200	110	255	585
K. KILLEN	155	95	210	460
C. WILSON	390	125	370	945
H. WILSON	400	140	400	940
P. WILSON	230	140	280	630
L. 165				
C. BUSCH	385	270	455	1110
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R. HASTON	280	240	430	950
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D. STEVENS	360	200	405	965
J. PALLON	360	240	370	910
K. KAUFMAN	300	235	350	885
M. BOCCCHI	315	230	320	875
M. HICKALE	250	195	290	735
S. LEONARD	250	150	305	705
G. RUMBAKIS	150	275	275	700
J. RUTLAND	200	185	310	685
148. HOFFMAN	400	270	500	1170
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S. BOVA	275	250	375	900
H. HUBIN	305	185	340	830
J. PROPHETE	275	175	295	695
165. D. SEXTON	500	280	485	1275
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J. LANNON	420	280	485	1185
M. HOLMES	420	250	470	1140
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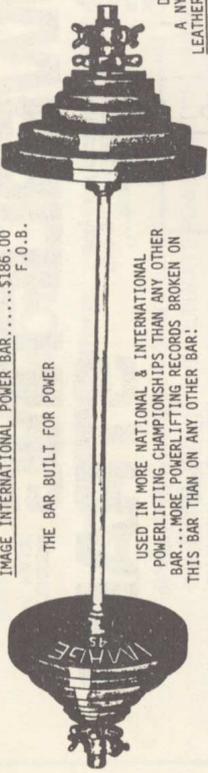
CALLS WERE MADE... LIKE A CLIP FOR A BENCH PRESS WHICH SOUNDED ABOUT 6 INCHES BEFORE THE BAR REACHED THE CHEST... THE LIFT GOT 3 WHITE LIFTS EVEN THO' IT WAS TOUCH & GO... BUT YOU LIFT IS GIVEN OR NOT YOU MUST JUDGE BY THE RULES WHICH STATE THAT THE BAR MUST STOP AT THE CHEST... THE BAR SOME OTHER PLACES LIFTING... TOGETHER WITH SOME OTHER LIFTING... 242. CONGRATULATING AN AMERICAN WOMEN'S RE- LB CLASS BY TERRI DORS ON CHRIST- HAD A SPOT ON TERRI DORS ON CHRIST- 965 DAY).

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S. MITCHELL	300	295	410	1005
181. J. MINNEY	530	325	625	1380
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WHAT'S HAPPENIN'

FL USA author Jeff Everson has "officially" opened his Mutually Exclusive Club...in which you do lifts that would appear to be mutually exclusive...like bench press and snatch, Jeff has done 337 and 515 officially, and is hoping for 530-540 and more comparables nowadays...under his plan Elite IV would be the same as the present Elite:

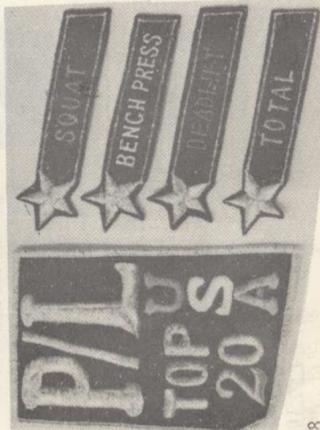
ELITE IV	52k 56k 60k 67.5k 75k 82.5k 90k 100k 110k 125k 125k+	110k 125k 125k
ELITE III	482.5 525 565 632.5 692.5 745 785 827.5 887.5 917.5	887.5 917.5
ELITE II	1064 1157 1246 1394 1527 1642 1731 1824 1890 1946 2022	1890 1946 2022
ELITE I	520 567.5 610 685 750 807.5 847.5 895 927.5 955 992.5	927.5 955 992.5
WORLD RECORD	1146 1251 1344 1510 1653 1780 1866 1973 2044 2105 2188	2044 2105 2188
	557.5 610 655 737.5 807.5 870 910 962.5 997.5 1027.5 1067.5	962.5 997.5 1027.5 1067.5
	1229 1344 1444 1625 1780 1918 2006 2121 2199 2265 2353	2121 2199 2265 2353
	595 652.5 700 790 865 932.5 972.5 1030 1067.5 1100 1142.5	1067.5 1100 1142.5
	1311 1438 1543 1741 1906 2055 2143 2270 2353 2425 2518	2270 2353 2425 2518
	1245 1344 1416 1609 1827 1857 1945 2061 2132 2143 2420	2061 2132 2143 2420

THE PROMOTERS OF THE WOMEN'S NATIONALS are inviting some of the top male lifters to spot and load at their meet, John Koc among them. John couldn't make much on the tube by pulling a WR DL and setting a new total mark at the Worlds...maybe he can make it as a spotter this time, as the Ladies meet will be televised by NBC.

...this note from Lee Gesbeck...TO ALL POWERLIFTERS...SUBSCRIBE TO POWERLIFTING USA. Where else can you get results in any meg 5 days after they take place, the Worlds ended on a Sunday PM and the following Friday my FL USA arrived at my house with the results...CAN'T BEAT THAT. SUBSCRIBE TO POWERLIFTING USA!

Ken Hassenius has noticed that at local as well as national contests, not-so-well-known lifters seem to be judged a little more critically than some of the big name "macho" lifters that seem to intimidate the judges...he suggests a grass roots judge qualification system and a requirement that at least one national card holder be present to referee at all meets.

PATCHES



POWERLIFTING USA ACHIEVEMENT PATCHES TELL THE WORLD JUST HOW STRONG YOU ARE: HAVE YOU MADE A LIFT THAT PLACES YOU ON THE TOP 100 LIST FOR YOUR CLASS...IN ANY LIFT?...ARE YOU IN THE TOP 100, TOP 50, OR TOP 20 IN THE SQUAT, BENCH OR TOTAL...THEN YOU ARE ELIGIBLE FOR THESE SPECIAL PATCHES.

EMBRIDDERED ON A BLACK FELT BASE IN SILVER (GOLD FOR THE TOP 20), RED, WHITE AND BLUE...TO QUALIFY...TELL ME WHAT YOUR LIFTS WERE...WHEN AND WHERE THEY WERE MADE...AND INDICATE WHICH PATCHES YOU WANT...TOP 20, TOP 50, TOP 100...SQUAT, BENCH PRESS, DEADLIFT, OR TOTAL...THE TOP 20 PATCH IS \$4.00, THE TOP 50 AND TOP 100 PATCHES ARE \$3.50 EACH, AND THE LIFT IDENTIFICATION PATCHES ARE \$2.00 EACH...YOU CAN ORDER ANY NUMBER OF THE PARTICULAR PATCHES THAT YOU QUALIFY FOR...PUT THEM ON WARMUP SUIT, AND YOUR GYM BAG...OR ANYWHERE ELSE YOU LIKE...THE UNIQUE COLOR SCHEME OF THE PATCH DESIGN CONTRASTS WITH ANY OTHER COLOR...HUNDREDS OF THESE PATCHES HAVE BEEN SOLD TO LIFTERS ALL OVER THE COUNTRY, OUR STOCK HAS JUST RECENTLY BEEN REPLENISHED AND WE ARE READY TO FILL YOUR ORDER FOR POWERLIFTING USA ACHIEVEMENT PATCHES IMMEDIATELY...DON'T WAIT ANY LONGER...EACH TIME A LIST IS UPDATED, IT BECOMES HARDER AND HARDER TO MAKE IT THE NEXT TIME AROUND...IF YOU QUALIFY...ORDER RIGHT AWAY...SEND YOUR ORDER TO "PATCHES", BOX 467, CAMARILLO, CALIFORNIA 93010...HAVE CHECKS PAYABLE TO "POWERLIFTING USA"...SEND THAT ORDER IN RIGHT NOW!!!!

INTRODUCING ELITE[®]



COMPETITION WRAPS

From the makers of the ELITE suit, here is a wrap designed especially for Powerlifting competition. Using synthetic materials, the weave of the wrap is designed to stretch to its maximum length, and then stop stretching. This gives the lifter extra support in the bottom of the squat, the critical position. These are the best wraps on the market and, if bought from Strength Systems, they are **GUARANTEED FOR 3 MONTHS**

(from date of shipment, against ripping of material)

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A.A.U. APPROVED

ELITE[®] COMPETITION SUITS

The suit you have been hearing about. Now being worn by virtually all the top men in our sport. Scientifically designed to shift the stress from the body to the suit. Sizes 26-40 in Black, Red, and Royal Blue. (specify 1st and 2nd choice). Team prices available on orders of 8 or more. Get the advantage the champions are getting, order Now!!

ELITE wraps....\$11.50
ELITE suit....\$44.00
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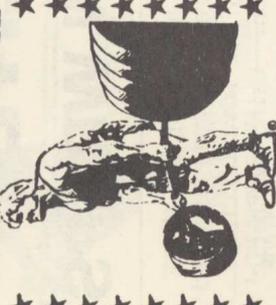
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(INCLUDE HEIGHT AND WEIGHT INFO)

NEW PHONE NUMBER...214-299-5585

POSTAGE AND HANDLING

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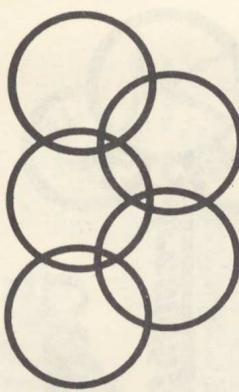
POWER LIFTING

POWER LIFTERS

strong enough to bear the strain... man enough to take the pain!

This USA P/L shirt is really beautiful!!!! (S, M, L, XL) \$7 each or 3 for \$18 postpaid.

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IF YOU ARE A DEDICATED POWERLIFTER THEN YOU SHOULD OWN ONE OF THESE "POWERLIFTING 1984" T-SHIRTS!

The shirt you've all been waiting for! The logo says it all! (S, M, L, XL) ..\$6 each or 3 for \$16...plus \$1 postage

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RANDY WILSON ORDER FROM: 135 ST. CHARLES #500 NEW ORLEANS, LA. 70130

THE "Elite"

--STRONG, LONG-LASTING, AND THE NEW WRAP OF THE CHAMPIONS! --DESIGNED SPECIFICALLY FOR POWERLIFTING --MEETS AAU/IPF STANDARDS --\$10.00/PR.

ALSO AVAILABLE: *SUPERSUIT..@ \$24 (STATE HEIGHT/WEIGHT) SIZES 26 THROUGH 44 *SUPERWRAPS @ \$5/PR. AND \$11 FOR 3 PAIRS *SUPER, OFFICIAL LIFTING BELT @ \$22.50. 10CM WIDE ALL AROUND WITH 2 PRONG BUCKLE. MAX THICKNESS AVAILABLE. EVEN SIZES ONLY.

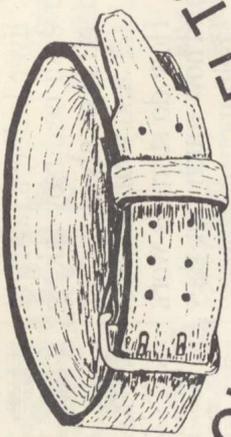
WEIGHTS AND EQUIPMENT AT DISCOUNT PRICES TROPHIES, PLAQUES, & MEDALS AWARDS FURNISHED FOR 1977 PAN-AMS, 1977 TEXAS STATE MEET, 1978 SENIOR NATIONAL AAU BOXING CHAMPIONSHIPS, 1979 SR. NATIONAL POWERLIFTING, 1979 NATIONAL COLLEGIATES, 1978-79 CHATTANOOGA OPEN

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- I. BECAUSE WE ARE A WHOLESALE DISTRIBUTOR, DIRECT TO THE LIFTER
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Table with 4 columns: MODEL NO., LAYERS, COVERING, THICKNESS, PRICES. Rows include models 4N, 5N, 6N, 4S, 5S, 6S with various specifications and prices.

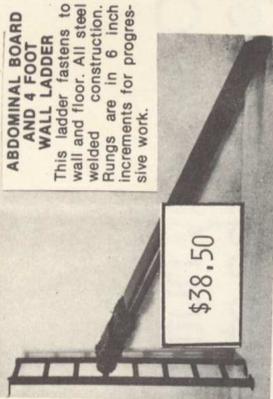
ALL BELTS ARE 10 CM WIDE WITH HEAVY DUTY, DOUBLE PRONG, ZINC PLATED BUCKLES. 5 STANDARD COLORS OF SUEDE..... ROYAL BLUE, NAVY BLUE, BLACK, BROWN AND RUST.

'SPECIAL OPTIONS'

- 1. OTHER COLORS OF SUEDE2 DOLLARS EXTRA.
2. NATURAL LEATHER DYED ANY COLOR.....5 DOLLARS EXTRA
3. CHROME PLATED BUCKLES.....5 DOLLARS EXTRA
4. WRITE FOR MORE INFORMATION ABOUT OTHER CUSTOMIZING OF BELTS.

NAME _____ PH. _____
ADD. _____ city _____ state _____ zip _____
Waist size _____ Model no. _____ Color _____ Chrome buckle _____

COMPARE PRICES AND WORKMANSHIP



ABDOMINAL BOARD AND 4 FOOT WALL LADDER
This ladder fastens to wall and floor. All steel welded construction. Rungs are in 6 inch increments for progressive work.

\$38.50

HEAVY HACK UNIT WITH FOOT REST

This unit is used by Weight Men and Football Players for strong and muscular leg development. Smooth running with handles that give a natural grip.

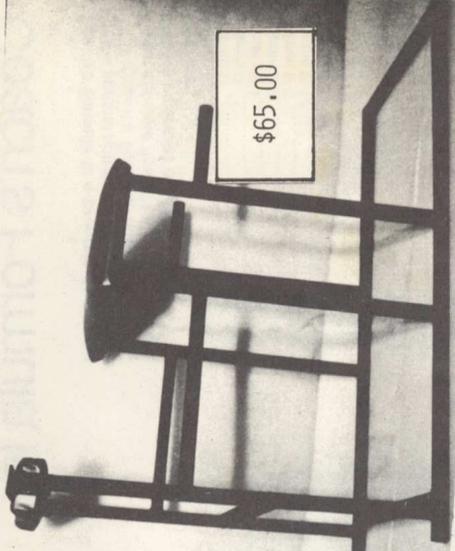


\$100.00

SEATED CURL BENCH
One piece all welded Solid Curling Bench. Stamped at just the right angle to get the most out of your curling movements. No way you can cheat. Very popular.

\$36.95

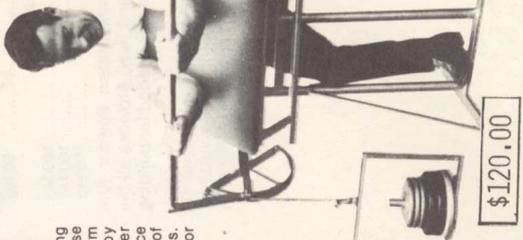
HYPER EXTENSION, ROMAN CHAIR COMBO
This super compact unit is free standing and will not tip. Used to develop and strengthen the lower back and abdominal muscles. Hundreds of satisfied users. Constructed to last a lifetime. Heavy square steel tubing used to make it superstrong.



\$65.00

CADILLAC CABLE CURL
(Also available with Curl Bar)

This is the best curling unit I make. Easy to use and adjusts to all arm lengths. Copied by others, but never duplicated. One piece solid unit capable of handling over 200 lbs. easily. Use with one or two arms.

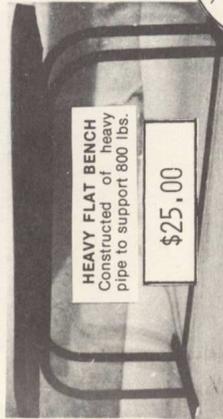


\$120.00

NOTE

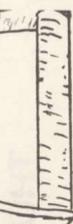
\$25.00

HEAVY FLAT BENCH
Constructed of heavy pipe to support 800 lbs.



\$5.50

PULLEY HANDLE
Use various ways with Lat Pulley. All steel and very strong.



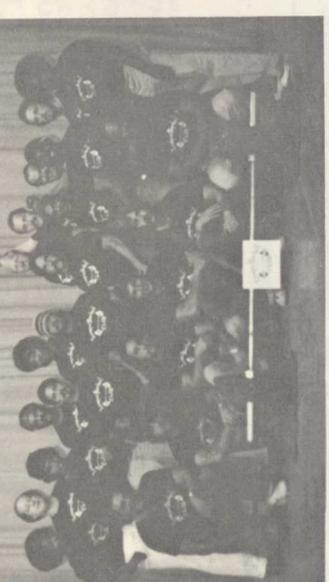
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DUNCANVILLE CLASS III MEET		12 JAN 90 DUNCANVILLE, TEXAS	
114	TRIGG	82.5	60
123	SUITT	115	60
124	WINTERS	123	55
125	WINTERS	123	55
126	WINTERS	123	55
127	HILFER	120	57.5
128	EMBELE	125	160
129	CHASTAIN	125	90
130	SUITT	97.5	60
131	SUITT	97.5	60
132	MASTRANGELO	52.5	102.5
133	ROVEL	177.5	125
134	ROVEL	147.5	115
135	MONTGOMERY	140	112.5
136	BARNES	137.5	95
137	BARNES	137.5	95
138	BOYER	145	125
139	RALEY	147.5	112.5
140	RALEY	147.5	112.5
141	WELLMAN	136	117.5
142	WELLMAN	142.5	102.5
143	COE	125	110
144	MARTIN	120	110
145	METSELL	125	110
146	GUIN	195	132.5
147	BLAKEY	180	135
148	GREEN	175	127.5
149	SMITH	175	127.5
150	SMITH	147.5	117.5
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250	SMITH	145	125



THE LOMPOQ BARBELLS CLUB... a dedicated group of lifters, who are very well-organized and making rapid progress lately. Photo courtesy Jess Sue Armbruster, Jim Lem, Lynn McElmain & Belinda Love's Health Club. *CALIF. STATE RECORD *PACIFIC ASSOCIATION RECORD URBAN, CALIF.

INDIANA NOVICE BP		6 JAN 80	
114	JACOBS	415	250
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