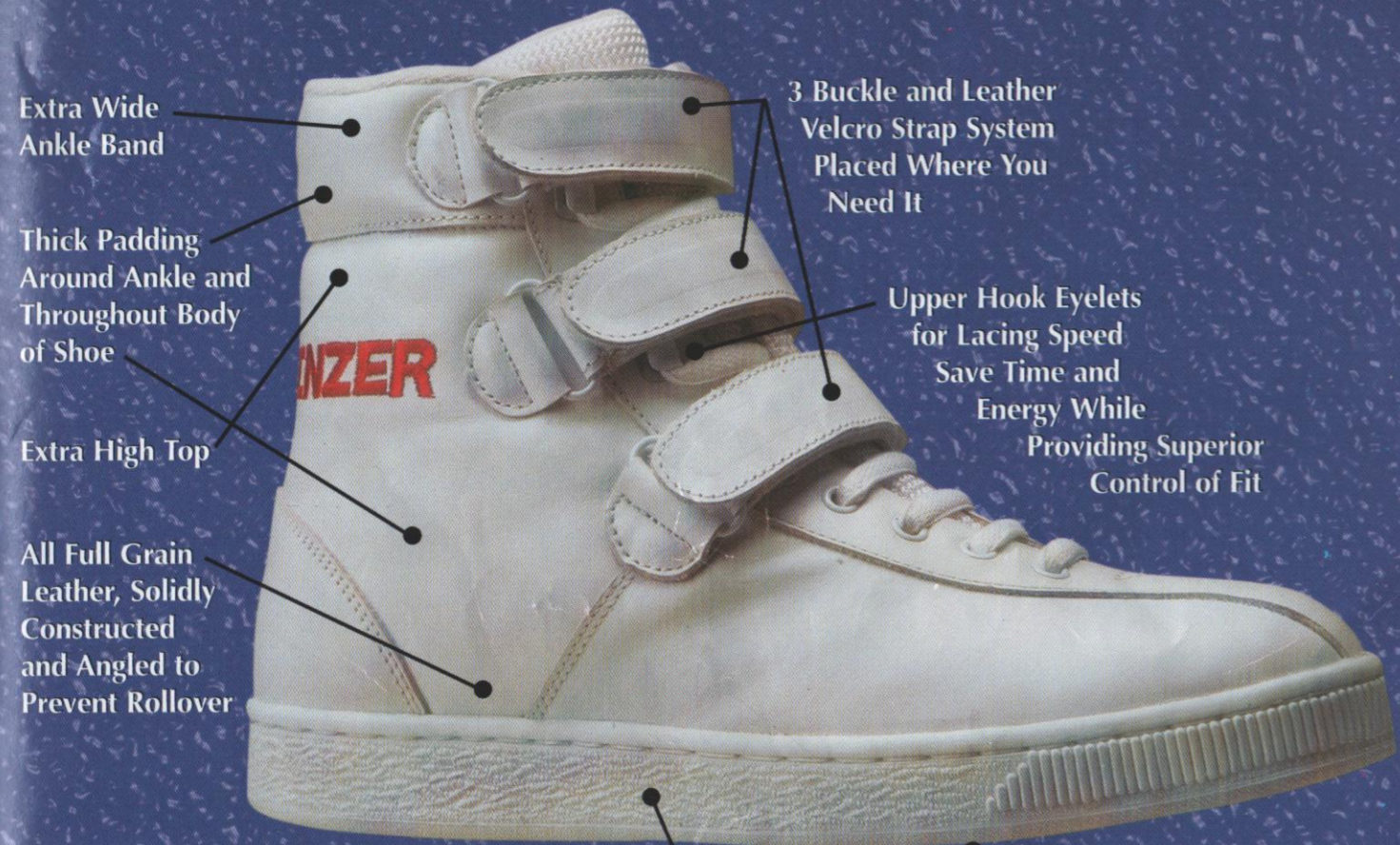


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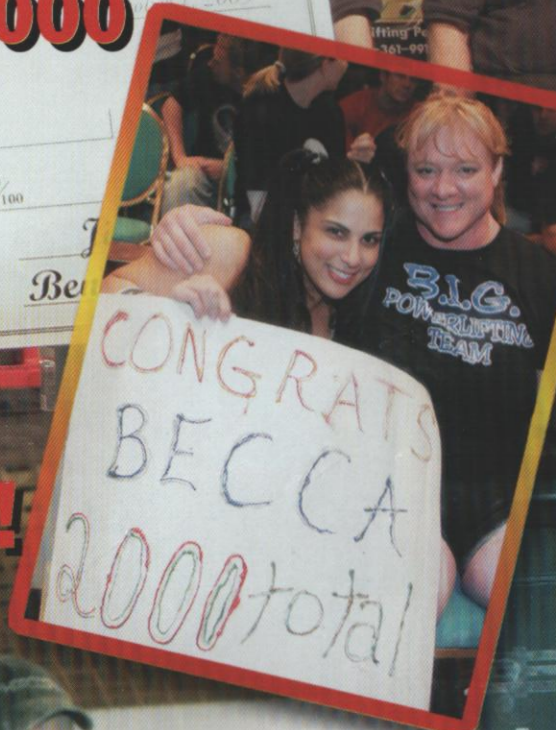
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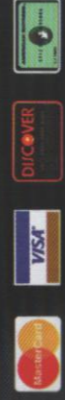
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ON THE COVER - Jason Jackson, Becca Swanson with Kara Bohigian, and Jeff Lewis. (all photographs by Leon Josaitis)

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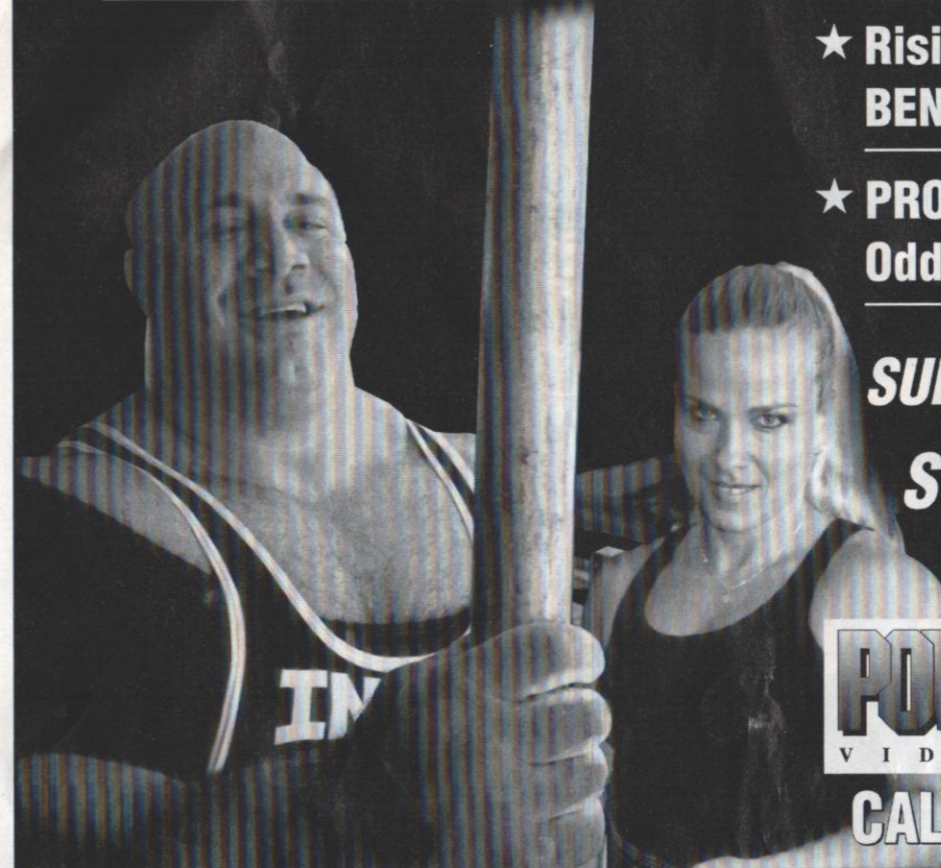
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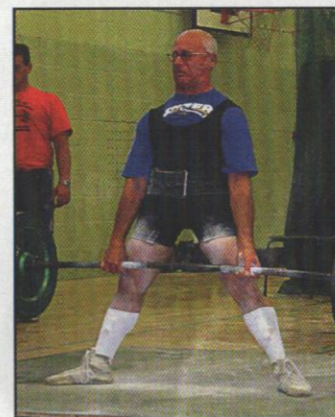
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Could this particular single event format become a more widely accepted

WDFPF Single Event Worlds

as told to Powerlifting USA by Saul Shocket

mode of future competition? Although I don't expect the single event format to soon, if ever, replace the conventional 3 event power meet, it certainly is more crowd friendly in regard to meet length. Additionally it allows the injured athlete or single lift specialist the opportunity to pick & choose their event(s). The WDFPF version of the Single Event World Championships involves competition in one event per day. Our schedule in Witney, England was as follows: Friday's Schedule Included: AM - Unequipped Squat, Afternoon - Unequipped Squat; Saturday AM - Unequipped Bench Press, Afternoon - Equipped Bench Press

PM - Bench Press Endurance; Sunday AM - Unequipped Deadlift, Afternoon - Equipped Deadlift. Although some lifters did choose to focus on a particular event, many lifters chose to compete in all three. There were a number of inspirational lifts performed during the course of this competition. The beauty of our sport involves that moment of truth we have all experienced during each max or near max lift we attempt. In powerlifting, there is almost always that defining moment where we either make the commitment to succeed with the attempt, or fail to make that commitment. This all happens within

a fraction of time, yet involves a number of personal factors. Serious competitors will know exactly what I'm talking about. Every competition offers each of us that opportunity & I believe that's what makes competition lifting so fulfilling. The 2005 WDFPF Single Event Worlds was again well represented by a host of 12 countries including: Australia, Belgium, Cyprus, England, France, Ireland, Italy, Russia, Scotland, Switzerland, Wales, & the USA. This year the grand total of competitors numbered 244. The team competition was won by England. Listed below are the number of world records broken/set by each nation. Australia=5; England=25; Italy=3; Switzerland=5; Belgium=6; (article continued on page 90)

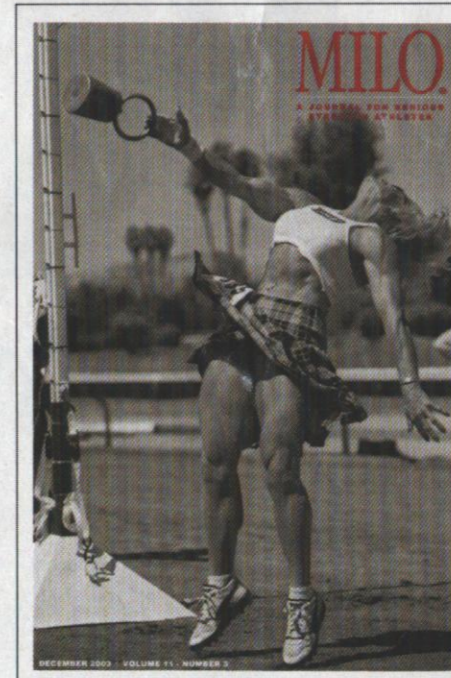
WDFPF Single Event World					Senior					Auerbach					4th-300											
14-16 OCT 05 - Witney, ENG (kg)					Smet					110 kgs.					Unequipped											
					Parkin					ENG					WOMEN											
					Roche					90					47.5 kgs.											
					Chatalein					100					Master I											
					Joseph					105					Debail											
					Master I					105					Master VI											
					Tushov					105					Gedney											
					Pated					105					4th-225											
					Master IV					105					4th-225											
					90 kgs.					105					4th-225											
					Senior					105					50.5 kgs.											
					Hockevivi					105					Teen II											
					Green					105					Piras											
					Master I					105					53 kgs.											
					Carradine					105					Senior											
					Master III					105					Galiotti											
					Zobach					105					Pannier											
					100 kgs.					105					55.5 kgs.											
					Wickows					105					DeMarzio											
					Charbit					105					63 kgs.											
					82.5 kgs.					105					Brau											
										105					Senior											
										105					Reynes											
										105					4th-90.5*											
BENCH	NAT	1st	2nd	3rd	Best	BEL	130	135	137.5	135	ENG	90	100	105	105	ENG	140	165	165	140	FRA	50	52.5	52.5	50	
WOMEN						ENG	137.5	145	150	150	SWI	192.5	197.5	202.5	197.5		ENG	192.5	197.5	202.5	197.5	USA	42.5	45	47.5	47.5
47.5 kgs.						IRE	160	170	180	180	ENG	212.5	220	222.5	220		ENG	212.5	220	222.5	220	USA	42.5	45	47.5	47.5
Master VI						FRA	167.5	172.5	175	175																
Gedney						ENG	187.5	195*	200	195																
	USA	47.5	50	52.5	52.5																					
	4th-55!																									
MEN																										
67.5 kgs.																										
Master I																										
Bevan																										
Master X																										
See																										
75 kgs.																										
Senior																										
Mikosz																										
Master VI																										
Wallis																										
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Remember when the strongest kid in your school was a girl?!

We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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ANKPOT AT BENCHAMERICA 3

For the third time the Windy City played host to one of the greatest gatherings of barbell pressers ever assembled. Empowered with the support of Jiffy Lube and Comcast Sports Net, the BenchAmerica stage was amped, set and ready to punch the lights! For the last nine months the heavy lifting hopefuls had been putting up their best qualifying attempts at sanctioned nationals and worlds all over the country. And when the dust had settled and the numbers had been crunched, the official roll call went out and those who felt they could compete under the conditions of the challenge answered.

The battle took place the weekend of October 1st, and thousands of fans showed up at the ECC College Spartan Events Center in NW Chicago. In conjunction with BA3, Jiffy Lube joined up with Xsport Fitness (formerly Powerhouse and now the fastest growing gym chain in the Midwest) and the US Marines to run "Who's the Most Fit Man and Woman", a new fitness concept in Chicagoland involving strength and fitness challenges.

From start to finish the action on the platform was full tilt and in the red! The Women's Division got the day underway and the ladies' display of technique, flexibility and strength was testament to the year's of training they'd put in to get to this platform. BenchAmerica is the only professional benchpress competition in the world for women lifters and so it's become the premier venue for these pro lifters to test their might. The audience was obviously astounded that women could push the kinds of weight that these pros could lift and a lot of people went home with looks of inspiration on their faces. With a field of nine, the champs were decided based on top three by formula and then the biggest bench overall.

For the men, it was broken down to three weight divisions; 148 and Under, 220 and Under and 242+. A competitor could win 1st place in their weight class and then win again for scoring the best pound for pound bench in their group. The three grand prizes went to the three biggest benches overall regardless of weight class. Whether brave or beserker, almost every lifter pushed themselves to the limit right out of the gates and triple bodyweight benches were almost as common as bombouts. No one was holding back as everybody seemed to have the gleam of a 1st place gold in their eyes. Records and hopes were crushed that day in Chicago and history was made and recorded yet again. Comcast caught all the action on film and already the show is airing on regional Comcast Sports Net stations!

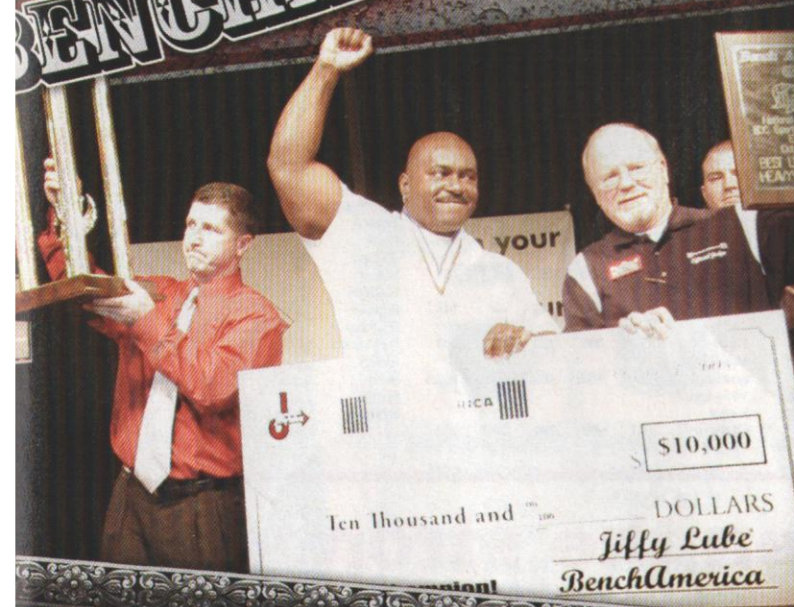
In the battle for the \$10,000 biggest bench of the show, Jason "Action" Jackson set the mark by plowing 777 pounds in the 242s! Up till that moment no one was really even considering the 242 class lifters to be in the running for the grand prizes. Matching up with Jackson, Kennelly scored a convincing 777 opener in the 308s and Siders followed suite in the SHWs. But then it all came unraveled. BenchMonster Kennelly's 2nd attempt of 815 was red lighted by the side judges for being too low and then he was too gassed to follow up with a locked out third. Benchpress Brian had difficulty in rounds two and three with getting his right arm to fully lockout and he too had to settle for the triple sevens. With all three giants coming in dead even, the decision went to bodyweight and that earned Jackson the class win, pound for pound and overall grand prize in one fell swoop! Unreal!

This year BenchAmerica took even more steps to assure a level playing field. All of the competitor's bench shirts were carefully inspected including pinching the fabrics with calipers to ensure that the material was of a stock thickness. All legal shirts were marked with an iron on BA3 logo for identification purposes the following day at contest time. For drug testing, Sherman Health Care independently conducted the collecting and Aegis Labs performed the analysis. All drug tests were witnessed and performed in a highly controlled environment and all cash winners and close runner ups were chosen for screening.

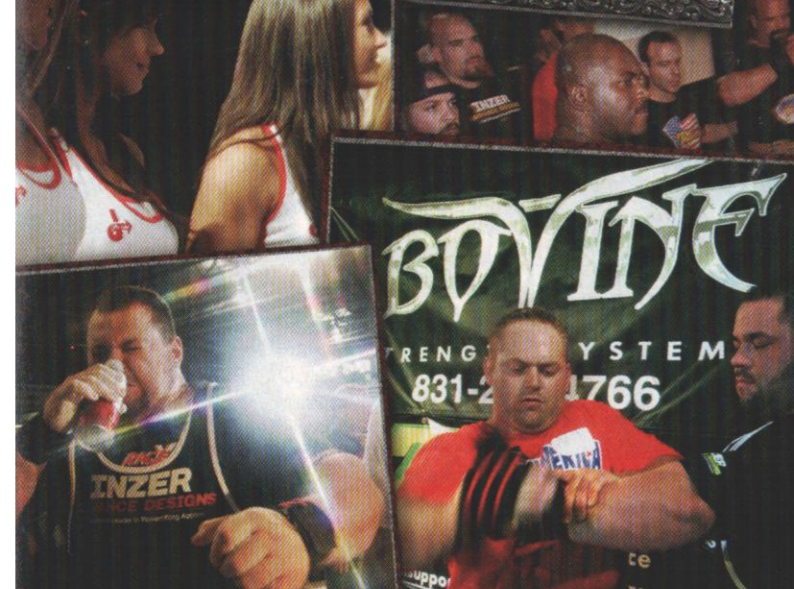
The gears are already turning for BenchAmerica 4 next year so chalk up and start training today! With each show BenchAmerica hopes to further fine tune the parameters of the competition so that those who train the hardest and show up the strongest will have the best chance at victory. With millions of recreational lifters, the fan base is there to propel the sport of competition benchpressing to the heights of popularity and success! A huge thanks to Jiffy Lube, Comcast Sports Net, Powerlifting USA Magazine, The Venture Group, Elgin Community College, The US Marine Corps, Holiday Inn, House of Pain Ironwear, Sherman Health, Bovine Strength Systems, Ivanko and to all of the other sponsors for allowing us to make BenchAmerica 3 a reality. Thanks also to the officials, the spotter/loaders, the stage crew and to everyone who showed up to pack the event center and rock the house! Stay tuned to www.BenchAmerica.com for info on BenchAmerica 4 and on how to qualify!

RESULTS

Women	St	Wt	1st	2nd	3rd	4th	Best	Coef	Wilks
Kara Bohigian - BL	Ga	139.5	297.62	314.16	325.18	336.2	325.18	1.0701	347.9751
Christy Newman	Tx	161.25	303.13	325.18	341.71	352.74	341.71	0.9663	330.1944
Mani Asp	Ca	155.75	314.16	330.69	-352.74	XXX	330.69	0.9899	327.0524
Ashley Awalt	Tx	114	214.95	236.99	259.04	-264.55	259.04	1.2522	324.3639
Leonette Richardson	Hi	165	308.64	325.18	-341.71	352.74	325.18	0.9522	309.6364
Jennie Hollier	Ca	115.25	231.48	242.51	-264.55	XXX	242.51	1.2411	300.9792
Kelly Womack	Ca	174	-314.16	314.16	-374.78	-374.78	314.16	0.9222	289.7184
Lisa Miller	IL	242.5	347.22	-374.78	-374.78	XXX	347.22	0.8131	282.3246
114	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Tony Scheldrup	Mn	114.5	248.02	270.06	281.09	-303.13	281.09	2.455	
123	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Steve Patroneck	Oh	123.5	314.16	336.2	-353.29	353.29	336.2	2.722	
Van Williams	Ok	118.5	209.44	-220.46	-242.51	XXX	209.44	1.757	
132	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Kerwin Unten	Hi	131.75	391.32	-435.41	-446.43	-446.43	391.32	2.970	
Melvin Perry	Nc	132	270.06	-308.64	-308.64	XXX	270.06	2.046	
Jay Helms	Oh		-264.55	-264.55	XXX	XXX	XXX		
148	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Joe Smith - BL	Oh	145.25	440.92	-462.97	462.97	473.99	462.97	3.187	
Trey Collins	Mn	148.5	440.92	457.45	-462.97	XXX	457.45	3.080	
Caleb Williams	Pa	148.75	402.34	-429.9	-457.45	XXX	402.34	2.705	
Andres Valleja	Wa	148.5	-396.83	396.83	-407.85	XXX	396.83	2.672	
Darren Matsumoto	Hi	148.75	-440.92	-451.94	XXX	XXX	XXX		
Dave Smith	Tx	144.75	-369.27	-369.27	XXX	XXX	XXX		
165	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Joe Mazza	Nj	164.75	-512.57	512.57	529.1	-567.68	529.1	3.212	
Ray Hickman	Or	162.75	479.5	512.57	-523.59	-534.62	512.57	3.149	
Wade Hooper	La	165	501.55	-512.57	-534.62	XXX	501.55	3.040	
Mark Richmond	Ga	165.25	-418.87	418.87	473.99	-512.57	473.99	2.858	
Ernieck Nickson	In	164.5	424.39	446.43	-457.45	XXX	446.43	2.714	
Jon Mouzon	Sc	163.25	418.87	435.41	-446.43	XXX	435.41	2.667	
181	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Lance Kirchner - BL	Wi	163.75	501.55	512.57	529.1	XXX	529.1	3.231	
Andy Furnas	Oh	181	-457.45	473.99	501.55	XXX	501.55	2.771	
Kenny Dimofu	Or	181.75	407.85	429.9	451.94	XXX	451.94	2.487	
Frank Gaminita	La	180.75	-523.59	-523.59	XXX	XXX	XXX		
198	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Dennis Cieri	Nj	197.5	556.66	-578.71	-578.71	XXX	556.66	2.819	
James Whitney	Tx	198	512.57	-540.13	551.15	-562.17	551.15	2.784	
Rick Marama	Ma	198.5	-534.62	-534.62	XXX	XXX	XXX		
Andre Planchon	Ca	197.75	-501.55	-518.08	XXX	XXX	XXX		
Chad Bell	Tx	186.5	-479.5	-479.5	XXX	XXX	XXX		
220	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Matt LaMarque - BL	Ca	218	-644.85	661.38	-705.47	-705.47	661.38	3.034	
Tony Succarotte	De	219	584.22	617.29	-633.82	-662.48	617.29	2.819	
Joe Guerra	Tx	217.5	-584.22	584.22	-611.78	XXX	584.22	2.686	
Ed Wilkinson	Tx	219.5	-617.29	-628.31	XXX	XXX	XXX		
Joe Bianchi Sr	Ma	218.5	-606.27	-606.27	XXX	XXX	XXX		
Bart Kelly	Ca	220	-606.27	-606.27	XXX	XXX	XXX		
242	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Jason Jackson - BL	Ok	241.75	777.12	777.12	-810.19	-810.19	777.12	3.215	
Brad Kelly	Sc	241	-655.87	655.87	-733.03	-778.22	655.87	2.721	
Eric Wright	Tx	242.5	-650.36	-661.38	XXX	XXX	XXX		
275	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Mike Womack	Ca	275.5	733.03	766.1	-804.68	-804.68	766.1	2.781	
Collin Rhodes	Nm	275.5	639.33	-672.4	-672.4	XXX	639.33	2.321	
John Stewart	Tx	275.5	-733.03	-744.05	XXX	XXX	XXX		
John Erickson	Ok	275	-705.47	-804.68	XXX	XXX	XXX		
Horace Lane	Mi	275.25	-688.94	-688.94	XXX	XXX	XXX		
308	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Ryan Kennelly - BL	Wa	308.5	777.12	-815.7	-826.73	XXX	777.12	2.919	
Wayne Watts	Ga	296.5	-600.75	600.75	-639.33	XXX	600.75	2.026	
Steve Wong	Ca	304	-804.68	-876.33	XXX	XXX	XXX		
Timy Meeker	Tx	305.5	-865.31	-865.31	XXX	XXX	XXX		
John Hudson	IL	298.5	-639.33	-639.33	XXX	XXX	XXX		
SHW	St	Wt	1st	2nd	3rd	4th	Best	Bodyweight/Ratio	
Brian Siders	Wv	342.25	777.12	-821.21	-821.21	XXX	777.12	2.271	
Dave Marchant	Ut	349.5	-644.85	650.36	-705.47	XXX	650.36	1.861	
Doug Gerona	Hi	369.25	-727.52	-760.59	XXX	XXX	XXX		
Lance Karabel	IL	344.25	-650.36	-650.36	XXX	XXX	XXX		



BEST LIFTERS		MOST WEIGHT LIFTED	
Women	Kara Bohigian 325.18	1st Place	Jason Jackson 777.12
Light Wts.	Joe Smith 462.97	2nd Place	Ryan Kennelly 777.12
Middle Wts.	Lance Kirchner 529.1	3rd Place	Brian Siders 777.12
Heavyweights	Jason Jackson 777.12		



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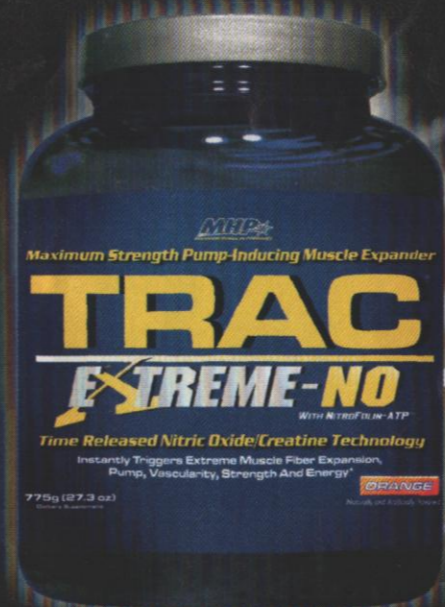
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TRAINING

BOX SQUATTING BENEFITS

as told to Powerlifting USA by Louie Simmons

I'm often asked, why do box squats? We do them to produce world-record squats. The late, great Matt Dimel made 1010 in 1985 at SHW. Chuck Vogelpohl pushed the limit of the squat by doing 1025 at 220 pounds, the lightest man to do a grand.

I am sure that the original Westside Barbell in Culver City, California, was asked the same questions in the 1960s and early 1970s, when Bill West and George Frenn were breaking squats records beyond comprehension. Frenn made 854 in gym trunks at 242 and held a world record in the weight throw.

Later, men such as Larry

Kidney and his training partners Marv Phillips broke many world record squats by box squatting.

Paul Childress has made 1123 at 308, and I am sure Paul has to defend why he box squats.

My friend Eskil, from Sweden, found a training manual from the 1950s at a Polish weightlifting facility demonstrating the box squat. Today, my friend Sakari, from Finland, teaches box squatting to their strongest lifters. Lifters from Ireland, Germany, England, Canada, and Sweden are also box squatting.

At Westside, in Columbus, Ohio, we have five men who squat more than 1000 pounds and a woman, Amy Weisberger,

who at 148 has squatted 565.

Because I am asked why do box squats, I will explain simply and scientifically why we do them and why you should too.

First, there is only one way to box squat. *Pure Power* had an article on ways to box squat, but there is only one proven way: the Westside way. Here's how. First, push the glutes rearward as far as possible. With a tight back arch, descend to the box. Push your neck into your traps. Push your knees apart to maximally activate the hips. When sitting on the box, the shins should be straight up and down or even past perpendicular. This places all the work on the hamstrings, glutes, hips, and low back. These are the precise muscle groups that do a very large percent of the squat. After sitting completely on the box, some glute and hip muscles are relaxed somewhat. Then forcefully flex the abs, hips, and glutes and jump off the box.

To ascend correctly, push the traps into the bar first. This will flex the back muscles, then the hips and glutes, and finally

the legs. If you push with the legs first, you will be in a good morning position because the glutes will raise first, causing you to bend over. Remember that where the head goes, the body will follow. *Note: Always push the feet out to the sides, not directly down.* Chuck Taylors are the best shoes for squatting. This was tested at Ball State University in lab conditions.

Box squats have tremendous advantages over regular squats. These are as follows. You do not get as sore from a box squat workout, and you can recover much faster. If the box that you are squatting on is below parallel and you do a thousand squats, they will all be below parallel, regardless of the weight. This is important because when many lifters warm up, they cannot break parallel with light weight, or as the weight nears a max, many will cut depth. However, with a box to sit on, you will always break parallel, or any depth desired.

Box squats can increase flexibility. When monitoring flexibility, you should be able to

break parallel with your competition stance. If this is not possible, sit on a box about 2 inches above parallel. After mastering that height, reduce the box height by half an inch. The easiest way is to remove a 1/2 inch rubber mat. Then sit on the box at that new height until comfortable. Reduce the height half an inch again. Continue this until you are not only at parallel but below. Start with a shoulder-width stance. Then widen your stance by an inch or two each time until a very wide stance is achieved. John Stafford has sat on a 6 inch box; he is 6 feet tall, 285 pounds.

I am always concerned when a coach asks how low can we squat, referring to Olympic squats. A very close squat stance makes no sense. Look at a pyramid; the wider the base, the greater the pyramid. I guess if my only claim to fame was bouncing my ass off my heels with 315, I would ask that question myself.

Box squatting with a slow count is a form of PNF (proprioceptive neuromuscular facilitation), commonly used in clinical settings. This type of stretch involves a maximum precontraction of the muscle groups to undergo elongation. As the box is lowered to an extreme for your range of motion, a box squat can become a safe ballistic stretch method. This will not only increase your range of motion in the muscle groups, but also increase joint mobility.

Box squats also resemble CRAC (contract relax agonist contract), a form of stretching. This information can be found in *Strength and Power in Sport* (1991). If you lower to the box slowly and widen your stance slowly, more muscle flexibility and joint mobility can be achieved.

A lighter weight can achieve a bigger squat with box squatting. By training at 50-60% of your 1-rep max in a 3-week wave, a large squat can be developed. Three lifters trained with 405-480 for 8-10 doubles with 120 pounds of chain as a reactive method. They all made their first 800+ squat.

Jumping ability is developed with box squats. John Stafford, at 290 bodyweight, can jump onto a 35 inch box with a pair of 70 pound

dumbbells. John Harper, a sophomore at Kent State University, is a discus thrower (189 feet) who can jump onto a 50 inch box. Maybe more extraordinary is that he is able to sit on his knees and jump onto his feet with 255 pounds on his back, due largely to box squatting.

Box squatting increases pulling power. It closely simulates the motion of pulling off the floor, first by relaxing on the box after lowering onto it, then exploding upward. This is very close to the movement known as the modified dive.

If one suffers a knee injury, box squatting can be done while rehabbing the injury. When sitting on a box fully and correctly, the shins are past perpendicular. This reduces the pressure on the patella tendons by placing the majority of the weight on the hamstrings and glutes and on the heels, not the toes. It should be noted that the box itself reduces a portion of the bar weight or bodyweight that you are trying to move.

After a complete patella tendon rupture, box squats helped me to go from an 821 squat in 1991 to a 920 at 235 body weight in 2002 after the injury. John Bott had similar success. Also, I mustn't forget Jim Hoskinson, who had a horrendous injury to both knees. He had a 744 squat before the injury and had recently done

1091 in the same weight class, 308.

A box squat combines two very important methods. One is the static dynamic method. It combines two muscle activities. Static work occurs while on the box, although the lifter is constantly moving backward or forward. Then by flexing off the box, the dynamic sequence occurs.

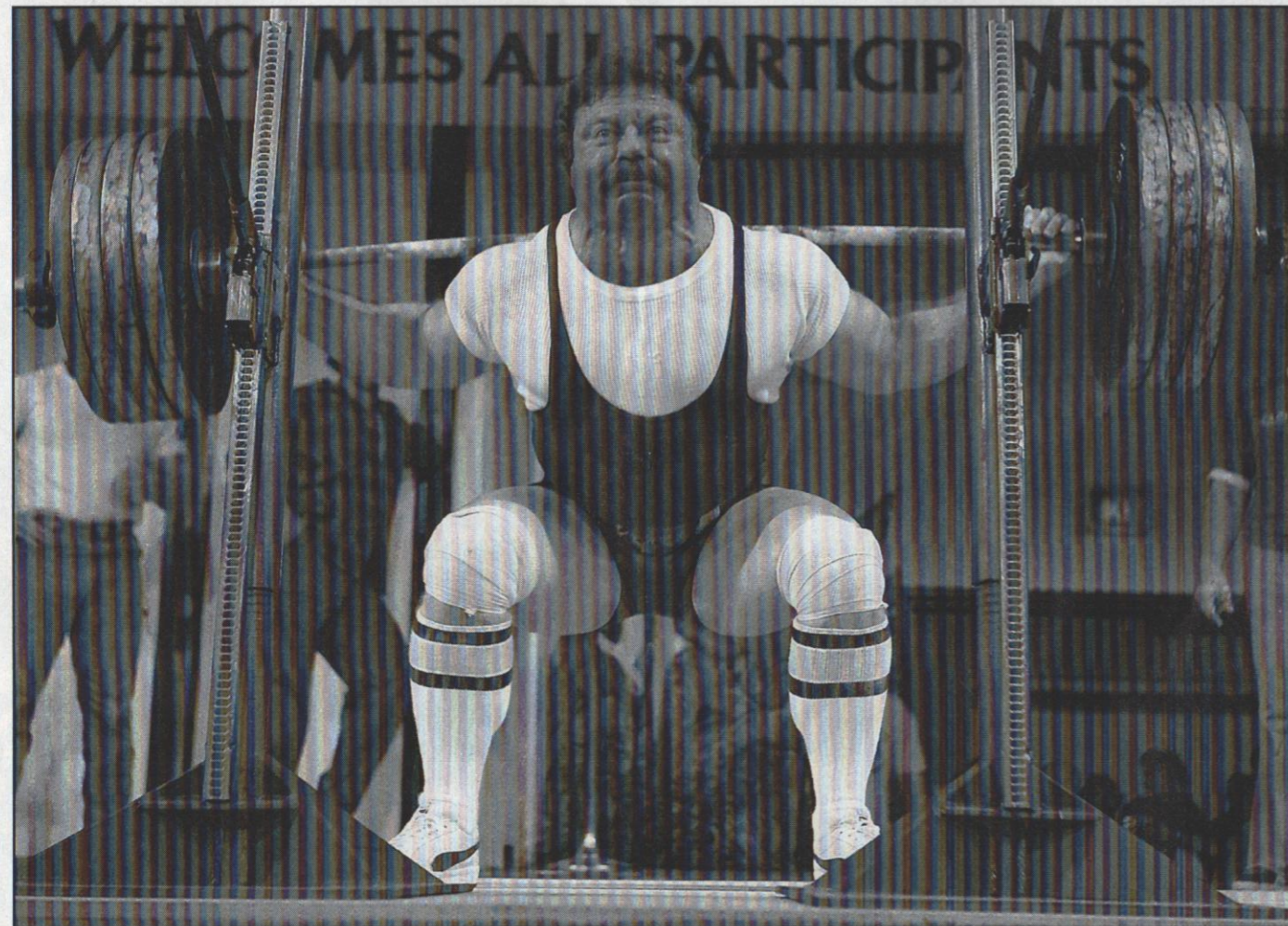
The second method that is used when box squatting is the relaxed overcome-by-dynamic work. This occurs by sitting on the box with the hips rolling in a relaxed fashion, then switching to an explosive, or dynamic, concentric phase. Both of the above-mentioned methods build explosive strength as well as absolute strength.

Why are box squats superior to conventional squats? I hope to explain it further through physics. Lowering to the box in the eccentric phase is a form of potential energy. When sitting on the box in about 0.5 second, you are involved in a collision. By using a box to land on, we can produce kinetic energy. The amount of kinetic energy an object has depends on two things: its mass (weight) and its speed. A heavier weight means more kinetic energy. But more importantly, in a regular squat, the eccentric phase lasts about 1 second, about twice as long as in a box squat. By being able to relax some muscles and with

the use of Jump-Stretch bands, the box squat is close to twice as fast. If you tripled the speed, it would represent 9 times more kinetic energy during the collision.

What about the development of power? Power is defined as work done divided by the time used to do the work. When you do a regular squat, you must do three things. The first is the eccentric phase, where muscles lengthen. When the eccentric phase stops, a static phase begins, where the muscles are not lengthening or shortening, but muscle energy is decreasing. Then to raise concentrically, you must start a load while the muscles are held statically, even to a brief extent. Could this phenomenon be the reason that you can lower 50% more than you can raise? After all, power can be produced only so long. In a regular squat, you must produce power during all three phases, but a box squat breaks up the eccentric and concentric phases because some of the muscles are relaxing while others are held statically by movement in the hip joints. Here is where force can be redirected very strongly. Because a heavy squat uses a large amount of energy, it makes sense to break the work into separate parts. While box squatting is not plyometrics, it builds tremendous reversal strength.

Wilson's studies (1990) have shown that the stretch reflex lasts up to 2 seconds. We have proven that by sitting on a box correctly the reflex lasts up to 8 seconds. What an advantage for a football lineman on a long count. Explosive strength is developed mainly by explosive efforts, such as jumps, shot put, and jerking dumbbells or a barbell. However, it is easiest and safest to develop explosive strength by increasing maximal strength (*Science of Sports Training*, Thomas Kurz). I hope this convinces you to try box squatting, which many of the old champs and the new champs are doing.



Marv Phillips, seen above at the 1980 Hawaii Record Breakers (Steve Dussia photograph) was an early proponent of box squatting.

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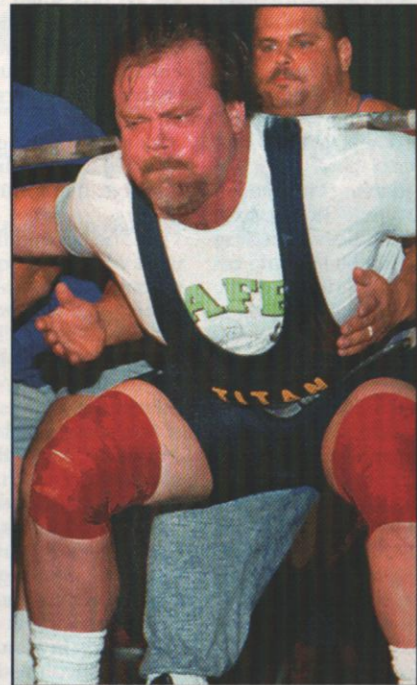
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John Ware, Head Football Coach at Missouri Southern, and 1991 WPC World SHW champ, died Sept. 27, at age 46. We hope to have more on his passing from his associates in a coming issue of PL USA

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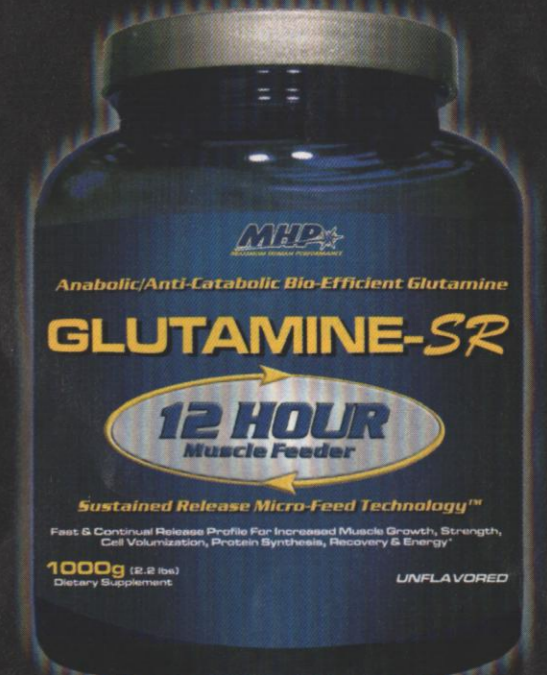
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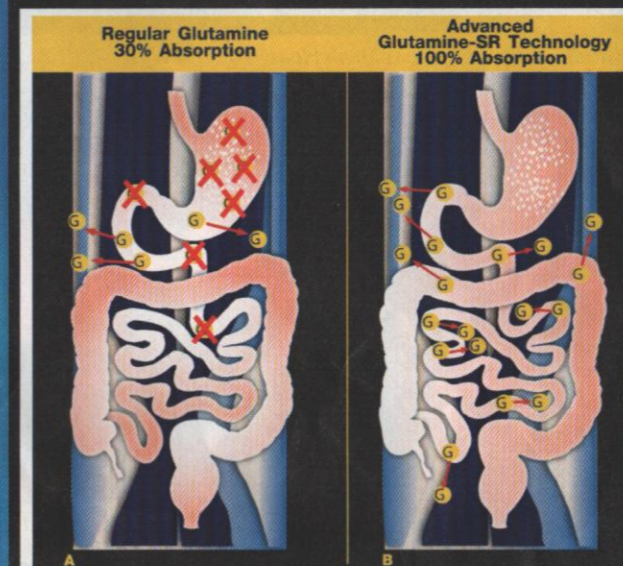
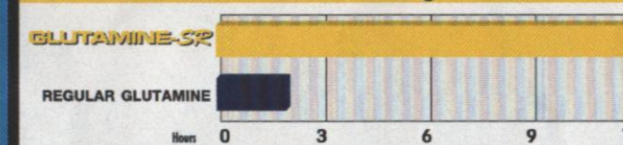


Fig. A illustrates that approximately 70% of regular glutamine is utilized in the stomach and the intestinal tract and never reaches the bloodstream to feed muscle tissue.
Fig. B illustrates that the patented sustained release Microfeed Technology in Glutamine-SR protects the Glutamine molecule as it passes through the stomach and the intestinal tract, allowing for 100% absorption and more glutamine to feed muscle tissue and trigger an anabolic reaction.

When Other Glutamine Products Stop Working, Glutamine-SR Continues to Feed Muscle Tissue For 12 Straight Hours!

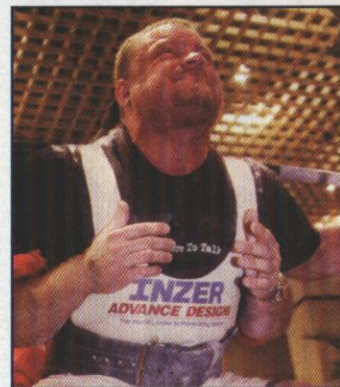


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J. Smolinski	600	600	600	—
B. Carpenter	711	711	—	—
C. Smith	694	711	711	—
A. Wilson	705	733	733	—
M. Coulter	755	804	804	—
P. Key	815	—	—	—
N. Winters	755	755	755	—
M. Wolfe	804	804	804	—
A. Baker	804	804	804	—
Brandenburg	843	859	877	—
S. Lattimer	903	903	903	—
WOMEN	SQ	BP	DL	TOT
B. Swanson	854	523	672	2050
L. Phelps	683	352	468	1504
A. Weisberger	567	347	446	1361

MEN				
Lightweights				
O. Kutcher	837	529	755	2121
N. Hatch	833	534	534	1902
B. Schwab	688	507	595	1791
B. Strickland	655	435	501	1592
Middleweights				
K. Robertson	903	650	716	2270
Kroczaleski	887	606	755	2248
T. Atkins	843	688	677	2210
C. Mason	881	633	683	2199
S. Rowe	843	606	650	2099
J. Norman	848	523	655	2028
P. Harrington	881	523	666	2072
Berardinelli	766	507	600	1873

OUT				
J. McElroy	—	363	545	909
A. Coleman	804	—	688	1493
M. Cartinian	286	606	286	1179
S. Frankl	—	677	677	1355
R. Lunsford	788	—	622	1410
L. Mosley	777	—	600	1377
Heavyweight				
J. Grandick	1003	755	749	2507
J. Stafford	937	734	832	2503
C. Vogelpohl	1074	600	771	2447
A. Mehan	1052	595	716	2364
J. Graalfs	1047	584	716	2347
J. Bayles	925	644	744	2314
C. Simmons	942	683	661	2287
Z. Cole	931	633	677	2243
J. Myers	909	600	727	2237

Superheavyweight				
G. Frank	1058	804	870	2733
J. Lewis	1201	782	694	2678
P. Childress	1146	694	821	2662
J. Hoskinson	1102	606	711	2419
C. Aichs	1102	810	711	2623
J. Bernor	1102	777	672	2551
M. Smith	1102	501	755	2358
C. Taylor	870	755	677	2303
OUT				
308 lbs.				
C. Gallo	1052	—	—	1052

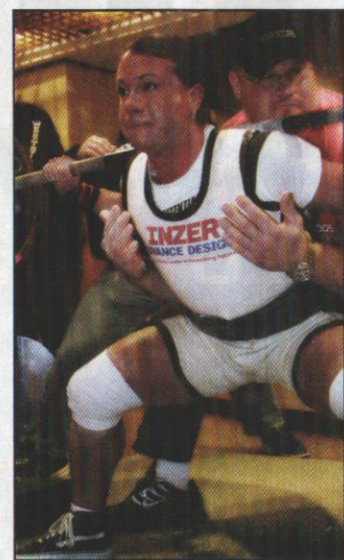
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BENCH	1st	2nd	3rd	Best
WOMEN				
K. Bohigian	325	352	352	325
MEN				
Lightweight				
F. Boldt	584	622	623	623

4th-640				
J. Fry	622	639	639	622
J. Burdette	562	584	600	600
B. Heck	589	600	600	589
R. Daly	523	556	556	523
J. Ceklovsky	479	507	507	479
T. Hensey	451	451	485	451

Heavyweight				
R. Luyando	727	744	744	727
B. Fields	672	716	749	716
C. Tallman	700	711	711	711
R. Briggs	694	705	705	705
J. Ladnier	705	745	—	705
M. Wolfley	666	688	705	688
G. Scott	644	677	722	677
P. Grosso	650	672	672	650
E. Rectenwald	622	650	666	650
M. Smith	628	628	639	639
B. McIntyre	573	606	622	622
Z. McCaslin	611	639	639	611

SHW				
R. Kennelly	832	854	909	854
OUT				
J. Kilts	622	622	633	—
S. Boardman	540	540	578	—
S. Rabine	639	—	—	—
J. Cravatta	666	672	700	—
M. Lamarque	650	705	734	—
K. Patterson	746	746	767	—



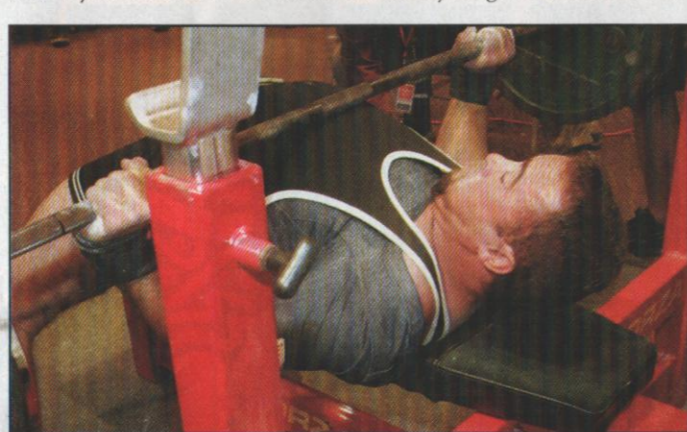
Laura Phelps ... got a 683 squat @ 165 and she tried over 700 lbs.!!



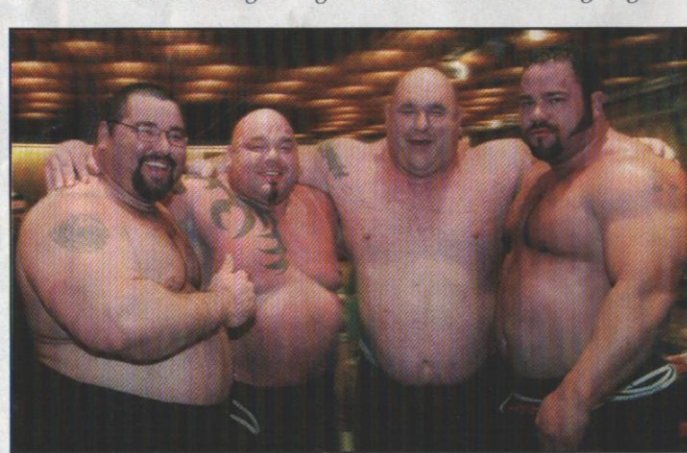
The Heavy Artillery ... Paul Childress, James Grandick, Garry Frank



Rob Luyando ... won the Bench Bash Heavyweights with 727 @ 242



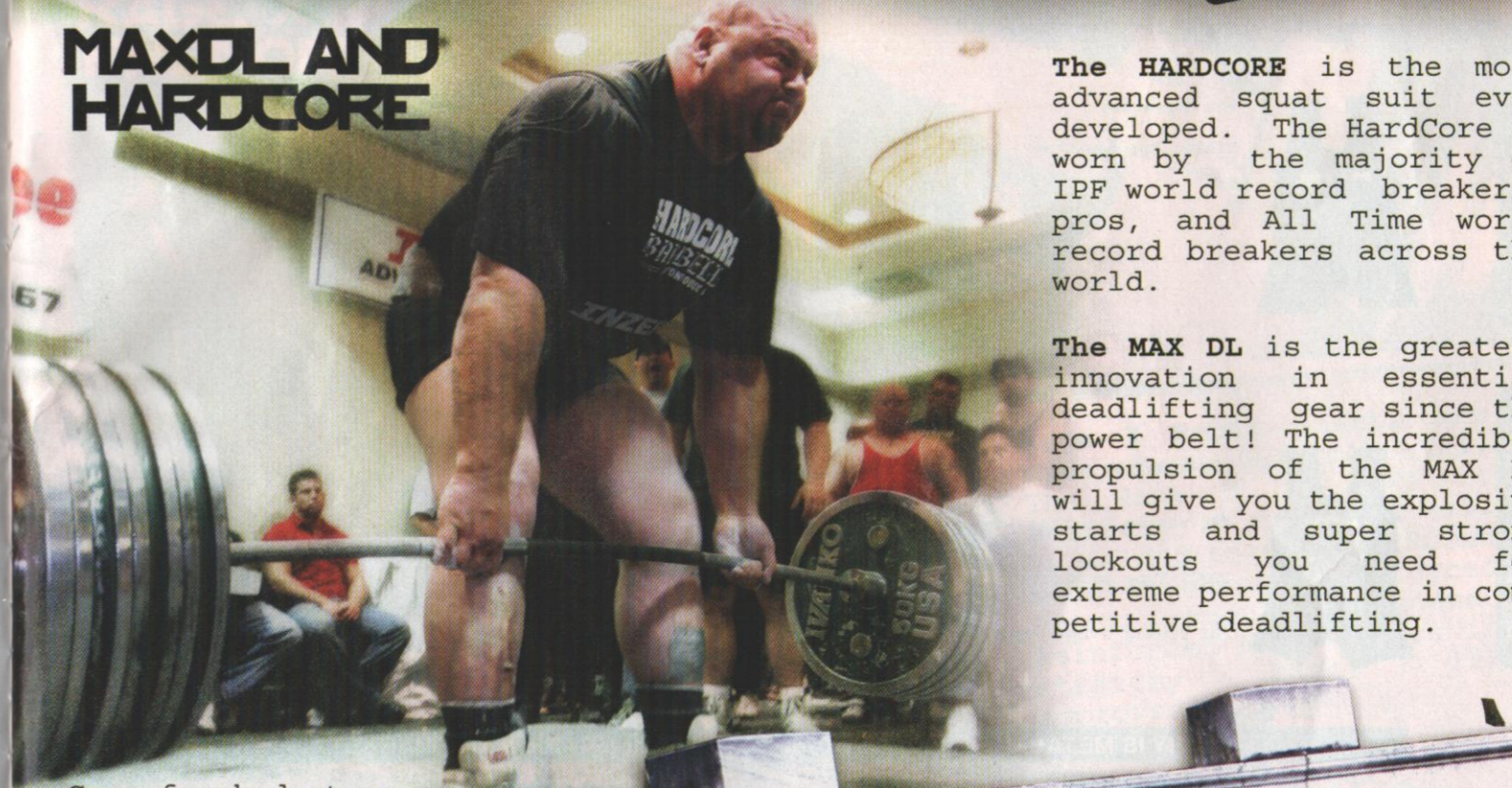
Fred Boldt ... took the lightweights with a 623 bench weighing 181.



Big Benchers ... (left to right) Mike Wolfe, Clay Brandenburg, Shawn Lattimer, and the SHW winner Ryan Kennelly. (Leon Josaitis photos)



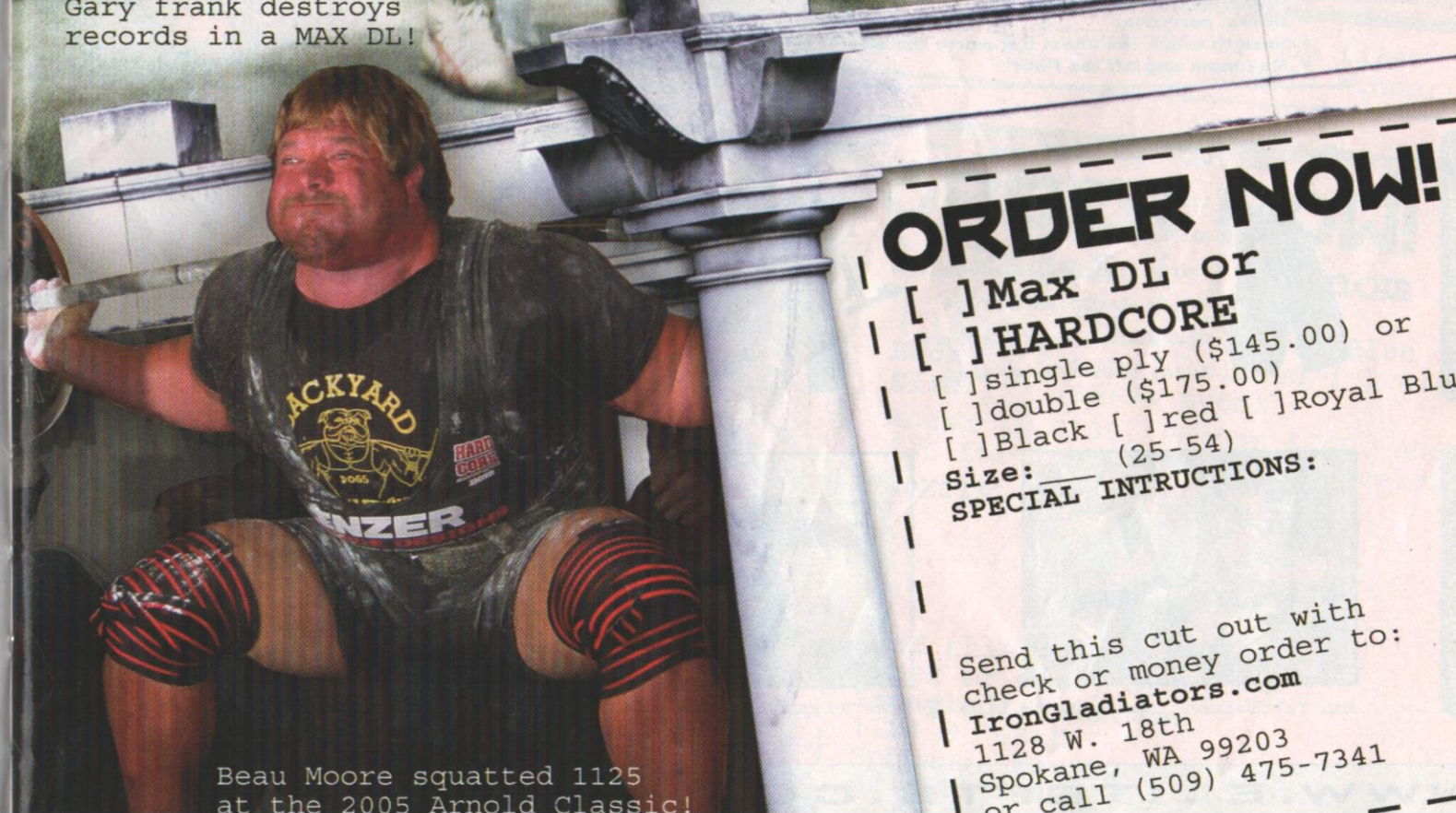
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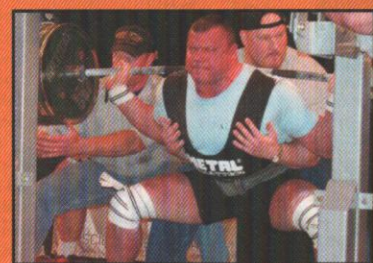


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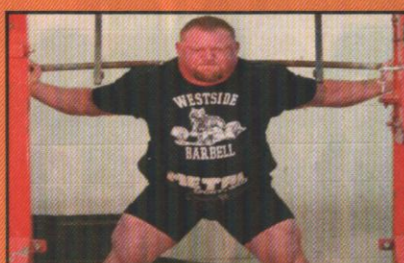
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AAU National BP/DL/PP

as reported to Powerlifting USA by Barbara Beasley



Jamie Langdon of North Carolina - Best Female Lifter in the Push/Pull

AAU National BP/DL/PP 15-16 OCT 05 - Richmond, VA		M. Peck 418 Submaster (35-39)		Raw 4th-248	
BENCH	Open	N. Jamison	—	114 lbs.	—
FEMALE	F. Schuetz 485	Youth (12-13)	—	Master (45-49)	—
Assisted	275 lbs.	T. Proctor	126	Kilikauskas	192
148 lbs.	Master (45-49)	P. Collins	121	123 lbs.	—
Lifetime	M. Bradley 501	242 lbs.	—	Open	—
Master (50-54)	Raw	Military	—	J. Deane	226
B. Beasley 160	114 lbs.	Submaster (35-39)	—	J. Phillips	192
Lifetime	Kids (10-11)	T. Norman	275	Submaster (35-39)	—
Open	C. Dantzler 66	275 lbs.	—	J. Phillips	192
B. Beasley 160	148 lbs.	Lifetime	—	148 lbs.	—
Master (50-54)	Master (50-54)	Master (40-44)	—	Lifetime	—
Open	J. Singleton 253	A. Belfield 388	—	Master (50-54)	—
B. Beasley 160	Lifetime/Open	A. Belfield 388	—	B. Beasley 305	—
181 lbs.	Lifetime	Master (40-44)	—	4th-308	—
Lifetime	D. Wilson 314	A. Belfield 388	—	Open	—
Master (70-74)	J. Singleton 253	Master (55-59)	—	B. Beasley 305	—
E. Trevorah 137	Master (45-49)	R. Cross 303	—	4th-308	—
Raw	D. Wilson 314	Master (70-74)	—	Master (50-54)	—
148 lbs.	Master (50-54)	R. Gunton 192	—	B. Beasley 305	—
Lifetime	J. Singleton 253	Open	—	4th-308	—
Open	A. Belfield 388	Military	—	Open	—
D. Grimes 110	Master (50-54)	308 lbs.	—	Open	—
Military	J. Singleton 253	Lifetime	—	D. Grimes 242	—
Open	Military	Master (45-49)	—	B. Beasley 305	—
D. Grimes 110	Open	W. Ferguson 358	—	4th-308	—
Open	J. Singleton 253	Lifetime	—	165 lbs.	—
D. Grimes 110	Open	Master (55-59)	—	Master (55-59)	—
181 lbs.	J. Singleton 253	J. Behari 446	—	Vanderhorst 198	—
Master (50-54)	Special Athlete	4th-457	—	4th-203	—
A. Henderson 148	Master (50-54)	Lifetime	—	181 lbs.	—
198 lbs.	J. Singleton 253	Submaster (35-39)	—	Master (40-44)	—
Teen (18-19)	165 lbs.	E. Brown	—	—	—
A. Marrow 154	Master (60-64)	4th-457	—	Master (50-54)	—
4th-165	J. Newnam 310	Master (45-49)	—	A. Henderson 253	—
198+ lbs.	Teen (16-17)	W. Ferguson 358	—	4th-259	—
Master (40-44)	S. Madrid 214	Open	—	MALE	—
L. Marrow 181	Teen (18-19)	J. Behari 457	—	Assisted	—
4th-187	J. Lebedz 286	DEADLIFT	—	198 lbs.	—
MALE	181 lbs.	Lifetime	—	FEMALE	—
Assisted	Teen (14-15)	Assisted	—	Master (70-74)	—
198 lbs.	J. Marrow 226	148 lbs.	—	T. Trevorah 402	—
Junior (20-23)	4th-231	Lifetime	—	Military	—
Lifetime	Teen (18-19)	Master (50-54)	—	Open	—
Master (70-74)	G. Marrow 242	B. Beasley 305	—	S. Thompson 485	—
A. Mickelson 451	198 lbs.	4th-308	—	220 lbs.	—
T. Trevorah 275	Master (55-59)	Lifetime	—	Master (40-44)	—
Military	T. Smith 264	Open	—	M. Bennett 705	—
Open	Submaster (35-39)	B. Beasley 305	—	Submaster (35-39)	—
W. Thacker 409	M. Mullin 380	4th-308	—	T. Bowman 545	—
220 lbs.	Master (50-54)	242 lbs.	—	Law/Fire	—
Lifetime	Master (45-49)	B. Beasley 305	—	Master (40-44)	—
Master (45-49)	M. Peck 418	4th-308	—	K. James 600	—
T. Holland 391	M. Lewis 314	Open	—	4th-611	—
Master (40-44)	Master (60-64)	B. Beasley 305	—	Law/Fire	—
M. Bennett 402	C. Wooten 341	4th-308	—	Open	—
242 lbs.	Military	181 lbs.	—	K. James 600	—
Military	Submaster (35-39)	Lifetime	—	4th-611	—
Open	A. Jones 374	Master (70-74)	—	275 lbs.	—
F. Schuetz 485	Open	E. Trevorah 242	—	275 lbs.	—

Lifetime	Master (55-59)	FEMALE	BP	DL	TOT
Master (55-59)	L. Emerson 490	Assisted			
R. Cross 440	Master (50-54)	148 lbs.			
Master (45-49)	R. Friedman 424	Master (50-54)			
M. Bradley 600	4th-440	B. Beasley	160	305	466
Raw	Open		4th-DL-308		
114 lbs.	T. Phillips 479	Open			
Kids (10-11)	M. Hanley 468	B. Beasley	160	305	466
C. Dantzler 149	P. Tsatsouline 457	181 lbs.			
4th-160	198 lbs.	Lifetime			
132 lbs.	Master (55-59)	Master (70-74)			
Master (45-49)	T. Smith 573	E. Trevorah	137	242	380
J. Marchio 424	220 lbs.		4th-DL-248		
148 lbs.	Submaster (35-39)	Teen (16-17)			
Lifetime	N. Jamison 380	C. Box	198	319	518
Master (45-49)	Youth (12-13)	4th-BP-203			
R. Houle 479	P. Collins 214	Raw			
Lifetime	4th-237	114 lbs.			
Open	T. Proctor 209	Teen (16-17)			
R. Houle 479	4th-237	R. Weaver	77	237	314
Master (45-49)	242 lbs.		4th-DL-242		
D. Wilson 512	Master (50-54)	123 lbs.			
Open	F. Panaro 600	Teen (14-15)			
D. Wilson 512	Military	A. Presutto	77	226	303
165 lbs.	Open	J. Erickson 396			
Teen (16-17)	J. Erickson 396	275 lbs.			
S. Madrid 385	275 lbs.	132 lbs.			
181 lbs.	Master (55-59)				
Lifetime	R. Cross 440				

(continued on page 59)

INDEDICATION

Mike's Olympic Gym of Mechanisville, Virginia is where I first met Barbara in July of 1994. After receiving her introduction to powerlifting, she began to win state, national, and world powerlifting titles, breaking records along the way. Primarily competing in the AAU and USAPL, Barbara ultimately assumed the position of AAU Chairperson for the state of Virginia and Vice-Chairperson of the East section for AAU. She was a successful meet director coordinating state, national and world Powerlifting meets as well as Push-Pull and Single Lift meets.

Always an outgoing person, Barbara cared about people and had a kind heart. She would often volunteer to help out at the Chickahominy YMCA Bench Press Classic, which was a fundraiser for children to attend summer camp. When asked she would help any meet director sponsoring a sanctioned or unsanctioned event, performing a multitude of duties. Moreover, Barbara, along with Judy Wood and Jill Meads, helped to establish the AAU Junior Olympics Fund. This fund assisted younger lifters to attend the AAU Junior Olympics.

Barbara departed this earth on November 3, 2005 at the age of 51, surrendering to a cerebral aneurysm.

Contributions honoring Barbara should be forwarded to Women of Steel, c/o Virginia Powerlifting Association, 6108 Pine Slash Road, Mechanicsville, Virginia, 23116.

Money received will sponsor youth attending and competing in the 2006 AAU Junior Olympics powerlifting events.

She leaves many to cherish her memories including family and friends. Though she is gone she will be remembered in our hearts. Thank you Barbara for the memories and you will never be forgotten.

PHILLIP BATTLE



Shortly after directing this AAU National Championship on October 15th and 16th, Barbara Beasley was in an evening training session, when she suffered a brain aneurysm. Rushed to a hospital, she was breathing on her own for a time, but passed away one day after her 51st birthday. (Phillip Battle)

GPC WORLDS

as told to Powerlifting USA by L.B. Baker



Scott Lee benched 435 at 181, 50-54. (photos courtesy L. B. Baker)

The annual Global Powerlifting Committee (GPC) World Powerlifting and Bench Press Championships were held over a 6 day period from October 17 until October 22, 2005 at the spacious Sporthalle in beautiful downtown Dessau, Germany. In the opening ceremonies all countries represented by athletes from each country carrying posters in front of uniform flags from each country draped on the wall behind the platform. The Governor of the Province and the Mayor of Dessau were among the welcoming dignitaries along with the meet promoter Andreas Mrosek.

As expected the meet was run with German precision the entire six days with officials from the Global Powerlifting Committee doing diligence in the judges chairs and excellent spotter/loading by the Austrian team led by Heinz and Gabby Buhl. I can't say the judging was strict unless we consider that breaking parallel and locking out a deadlift to be strict. The judging was fair and consistent the

entire six days and the same for all competitors.

Day 1, October 17. All women and men 52kg, 56kg, and 60kg begins with Lucia Gulascova of Slovakia taking the 48kg class, teenage 16-17 group with 25kg followed by a first place win by Angela Debudey of Germany starting the open class with 45kg. First place in the 60kg class was claimed by Ilvija Kleinberga of Latvia with a strong 65kg bench. The 67.5kg class was dominated by the outstanding Virpi Pukila of Finland with 120kg out distancing Angelika Morawski of Germany who had

90kg for runner up in the 67.5kg class. Linda Ludannaja of Latvia rounds out the open women with a win in the 75kg class with a bench of 70kg.

The 60kg master 40-44 class was won by Sonja Teske of Germany with 60kg. There was a battle in the master women 40-44 67.5kg class with Angelika Morawski of Germany leading the way with a 90kg bench followed by Hildegard Weintelt of Germany with a 70kg bench and finally Olga Miglane of Latvia in third place with 60kg. Master 45-49 brings Marita Kasmere of Latvia with a win in the 60kg class with a bench of 42.5kg. Hildegard Utecht of

Germany takes the 67.5kg 45-49 class with 82.5kg and another Latvian lady, Valentina Abramenko, takes the 75kg 45-49 class with a strong bench of 65kg. Heidi Kerlinski of Germany dominated the 82.5kg 45-49 class with a strong 87.5kg bench. Going down in size to the lovely Svetlana Nefjodova of Latvia in the 52kg 50-54 class winning with a strong 40kg bench. Finishing up for the ladies was Ingaburg Hagge of Germany winning the 82.5kg 50-54 class with a great 92.5kg bench.

The lightweight men's bench division was dominated mostly by the Germans with the biggest benches of the day going to Rupert Wick winning the 56kg open class with 130kg and Evgenij Petrosenko in the 60kg open class with another 130kg bench.

Day 2, October 18. The teenage 18-19 class was led off by Leo Graf of Germany with 110kg winning over Vaceslav Borodnicenko also of Germany with 95kg in the 67.5kg class. The junior 67.5kg class was dominated by Christopher Reinhart of

(continued on page 59)



Kim Packer... a PR & World title

GPC World Championships 17-23 OCT 05 - Dessau, GER

BENCH	FEMALE	Assisted	148 lbs.	Lifetime	Master (50-54)	Open	B. Beasley 160	Lifetime	Master (50-54)	Open	B. Beasley 160	181 lbs.	Lifetime	Master (70-74)	E. Trevorah 137	Raw	148 lbs.	Lifetime	Open	D. Grimes 110	Military	Open	D. Grimes 110	181 lbs.	Master (50-54)	A. Henderson 148	198 lbs.	Teen (18-19)	A. Marrow 154	4th-165	198+ lbs.	Master (40-44)	L. Marrow 181	4th-187	MALE	Assisted	198 lbs.	Junior (20-23)	Lifetime	Master (70-74)	A. Mickelson 451	T. Trevorah 275	Military	Open	W. Thacker 409	220 lbs.	Lifetime	Master (45-49)	T. Holland 391	Master (40-44)	M. Bennett 402	242 lbs.	Military	Open	F. Schuetz 485																																						
SpodniakSVK 209	Winterscheid GER 275	Novotny AUT 242	Master (65-69)	Peters GER	Master (40-44)	Kuttler GER	225	Martens USA 426	Kendall USA 426	Rathke GER 457	Avola FIN 518	Eulenstein GER 396	Rubikis LAT 496	Eufenstein GER 330	King GB 507	Weber GER 407	Doppler GER 529	Kohs LAT 479	Open	Williamson USA 440	Master (45-49)	Lentz LAT 529	Pevko GER 440	Andrups LAT 529	Bitmann GER	Stamm GER	Slosarek GER 468*	Gunther GER 396	Master (55-59)	Eulenstein GER 330	Daley USA 523	226	Botcher GER	—	114 lbs.	Teen (13-15)	Digger USA 264	110	330	705	Open	Karkuschke GER 407†	275†	369	1052†	132 lbs.	Teen (16-17)	Master (50-54)	308	Derudder BEL 336*	192	429	959	Open	Bobrovitz CAN 380†	253	374	1008	Bobrovitz CAN 380	253	374	1008	Borwn GB 314	181	286	782	Open	Watson GB 187	143	231	562	402	114 lbs.	Master (50-54)	165	88	242	474	Teen (18-19)	Derudder BEL 319	159	358	837	Junior	Calus BEL 507	358*	468	1333	Open	McNamarra IRE 716†	413	562	1692

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—JAY SCHROEDER, arpprogram.com

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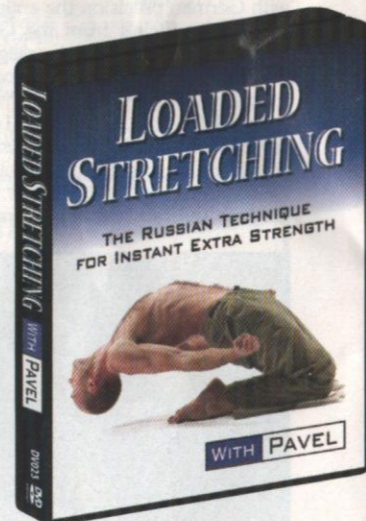
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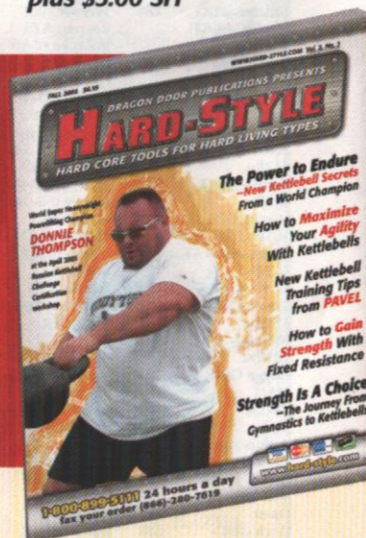
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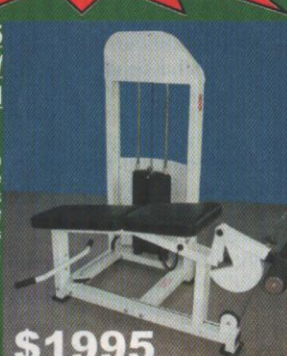
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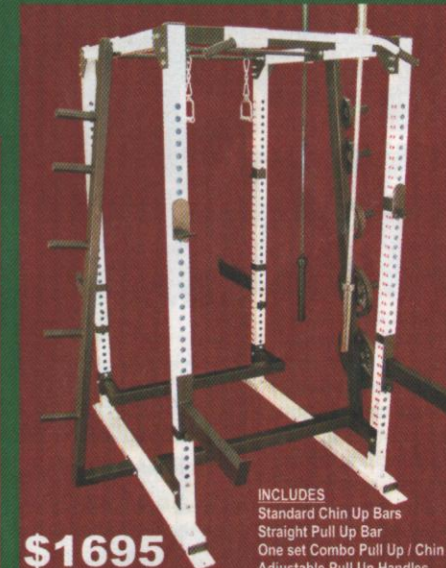
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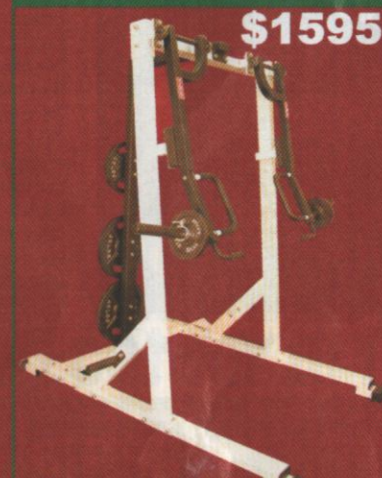
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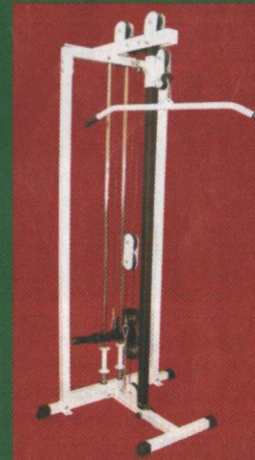
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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the triceps. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

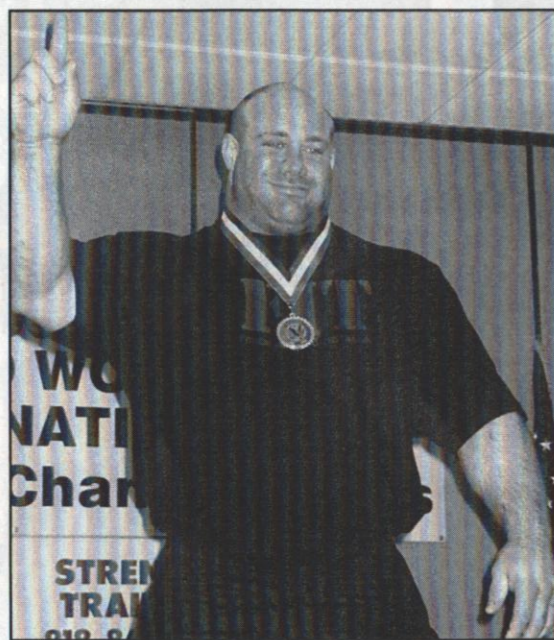
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron.

In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output.

This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Inledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as B o d y Q U I C K

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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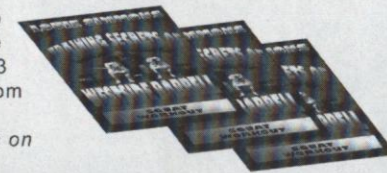
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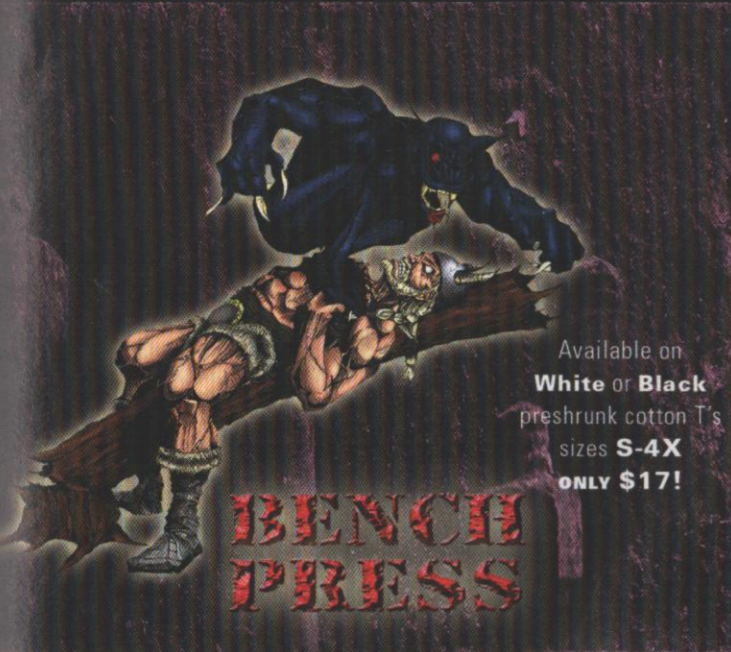
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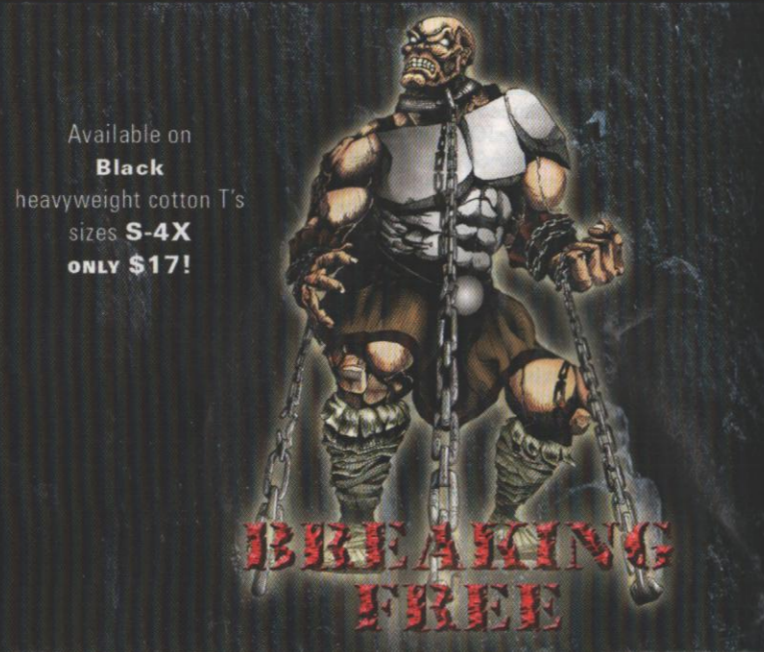
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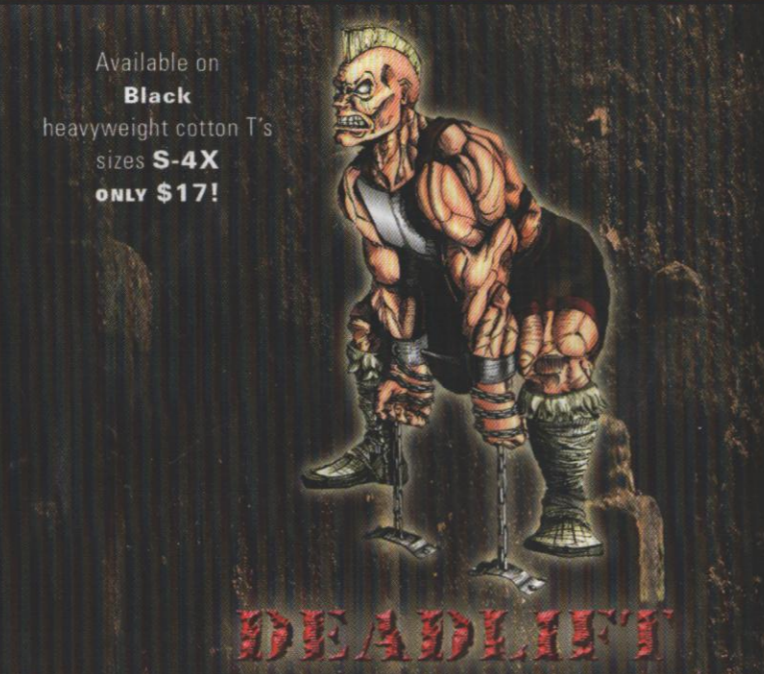
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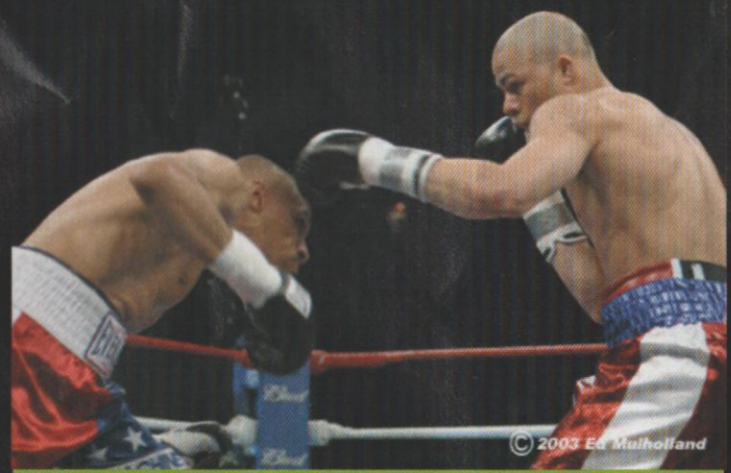


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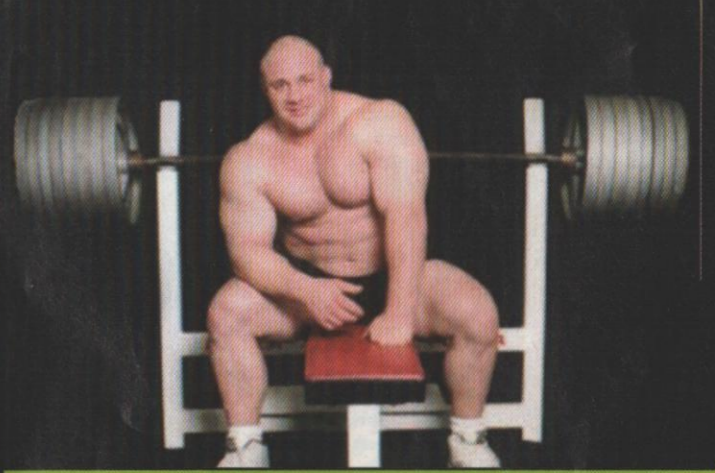
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Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

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The 1979 Hawaii World Record Breakers was held at the Sheraton Waikiki Hotel. There were 33 lifters, with 45 World Records attempted, and 19 open records set, the most ever at an IPF sanctioned meet. CBS Sports Spectacular televised the event for a half hour on prime time, 1:00pm on a Saturday.

CBS, at the direction of Eddie Einhorn, the head of the sports department, and later the owner of the Chicago White Sox, paid me \$25,000 to let CBS cover this event. The attendance was 3,524, down from the all time attendance record set in 1978, which was 4,026. I was totally drained from promoting the 1978 event, and considered not doing the 1979 Record Breakers, or any other meet.

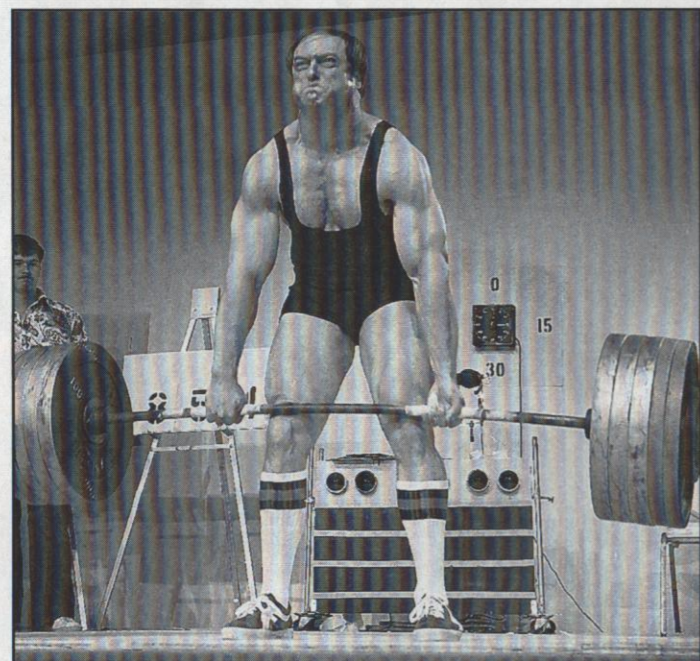
I had done my first 800 squat (815) and my best deadlift up to that time was 800. Then in November of 1978, I did 845 and could have done 875 on a fourth, which would have been a 75 pound jump in five months of training. Instead, I jumped from 845 to 900 and got that over my knees. Nobody had ever gotten 900 that high, and I felt I could do 1,000 in the deadlift within 2 1/2 years.

In the meantime, I was receiving calls from Australia, Japan, China, Taiwan, Finland, Sweden, Brazil, Canada, England, Ireland, France, Russia, India, Norway, and Belgium, not to mention about 30 USA states, all asking, "When is the next World Records Breakers?" They wanted to plan their next vacation around the meet. They wanted to know which lifters was I bringing and would it be televised? I also had competed in the World's Strongest Man contest, which was also televised on CBS Sports Spectacular, and I had been in third place, that is, until I got hurt on the Tram Pull and I finished fifth out of ten and missed my best event, which would have been the refrigerator race. I had practiced racing with refrigerators and I could actually run with a 400 pound refrigerator on my back, when everybody else could only fast walk. To train for that lift, I need to make the 400 lbs. refrigerator feel light, so I would walk with first 800 lbs., then 850, then 900, and then 950 lbs. I would usually walk 45 feet with that weight in the form of a squat bar.

That World's Strongest Man competition was shown over ten Saturdays and the viewing audience for each of those events was between 20 and 35 million. The Beatles only drew 27 million on the Ed Sullivan Show in 1964, in their American debut, which was the record at that time. The 35 million in 1978 was more than any sporting event, except the Super Bowl.

Even now as I'm writing this, I wish I would have concentrated on my lifting, especially the deadlift. I

'79 Hawaii World Record Breakers as told to PL USA by Meet Director Gus Rethwisch



The Magnificent John Kuc ... 854 deadlift with no gear. (Steve Dussia)

was driving around in a beat up 1970 Maverick with "914" spraypainted on the driver's door. That was my first goal. Then, when I got that, I would sell it and buy another clunker and paint "1,000" on the side because that was my final goal.

Because of the strongman contest, I got a TV movie with Tom Selleck called, "Boston and Kilbride", a major part on Hawaii 5-0, where I was the main villain, and I played a Russian weightlifter in a movie called "Airport 79 - the Concorde". I got to stay at the Sheraton Universal Hotel on the Universal Studio lot from December 12, 1978 to January 20, 1979. All my meals were paid for, a limo picked me up every day and took me to the studio, and I got paid \$10,000 for not doing too much. I



NATIONAL TV!!! ... Ken Squires, known for his network auto racing coverage, interviewed Chuck Dunbarback in the warmup area.

had dinner with Robert Wagner and Natalie Wood on one occasion, dinner with George Kennedy on another, and I talked every day with stars like Mercedes McCambridge, who was the voice of the devil in the Exorcist, Martha Raye, John Davidson, Cyceley Tyson, Alain Delon, and I met Juliet Prowse and Robert Mitchum in the lobby of the hotel, and they wanted to know what NFL team I played for. I was 6'4" 340 lbs. at the time, with only 10% bodyfat.

In August of 1978, I finished third in the Senior Nationals in LA, with 788, 496, 788. At that meet was Lynda Carter, who played Wonder Woman on TV. She was Jon Cole's sister-in-law and she was at the meet watching him. I also had befriended Wilt Chamberlain and he was actually at the 1979 World Record Breakers for about an hour. I was negotiating with Lou Ferrigno, who was playing "The Incredible Hulk" on TV. He wanted \$10,000 and I would only pay \$6,000.

The one man I really wanted was John Kuc, the greatest deadlifter ever. Yeah, there were lifters that did more later on, but at the time, he was the best and if he hadn't retired, he would have done 925 at 242. I have no doubt about it.

John Kuc had the strongest deadlift "mind" leversaw, and changing his mind to come out of retirement was something else as well. I called him, weekly - for two years, to get him to come back. He almost came to the 1978 event, but he got hurt. Tony Filton of England had shown me a 8mm film of Kuc deadlift-

ing 848 at the 1974 IPF Worlds at 242 lbs. At that time, the highest deadlift anybody else had done at 242 was about 780. Kuc was my designated idol, along with Jon Cole and Jim Williams, Don Reinhoudt, and Larry Pacifico. Finally, on one phone call, I got frustrated and said something that upset Kuc. Just beforehand I had offered him \$1500, plane fare, an oceanfront hotel room at the Sheraton Waikiki, and all meals for one week. He told me to get off his phone and never to call again. He had a bad temper and so did I. It takes that mentality to deadlift big. You have to want to kill the bar, not just lift it!

About three days later, John called back and he was talking so softly I could hardly hear him. He said, "Is the deal still available?" I said yes, and he said, "Don't call me again, just pick me up at the airport." John showed up at the airport, six months later, dressed in a blue blazer, tie, and gray socks. Picking him up was like picking up a movie star. I was more nervous around him than I was around Tom Selleck, Jack Lord, and Robert Wagner. I took him to dinner and he told me about working out with Jim Williams and some of the great training sessions they had. The night have been the greatest pair of workout partners ever. Kuc had deadlifted 845, benched 600, and squatted 905, at 350 bwt. Williams weighed 335, benched 675, squatted 860, and deadlifted 730, and this was totally raw. It was 1972, 33 years ago. You go back to 1972 and 33 years ago was 1939.

The night before the meet, John and I went to a movie in Waikiki. It was called, "The Champion", with Jon Voigt. It was about a child custody battle over Voigt's son, who was about 11 and played by a very young Ricky Schroeder. The final scene was Jon Voigt fighting the champion of the world. He was broke. If he wins, he will have enough money to show the judge he should have custody of his kid. After getting his block knocked off for four rounds, Voigt makes a comeback and wins. John Kuc got up and yelled, "Kill the son of a \$%". Needless to say, Kuc was ready for the meet!

Terry McCormick was the defending World Champion and had deadlifted 804 at the 1978 Worlds. Kuc did a 755 squat, and McCormick did a 782. Kuc didn't wear a squat suit, and McCormick was wearing the old Marathon Super suit. They both benched raw. Kuc 485 and McCormick 507. Keep in mind, this was May of 1979, and Kuc hadn't competed since November of 1974. The rounds system hadn't been invented yet. The bar just kept going up. If you followed yourself, you only got

(article continued on page 70)

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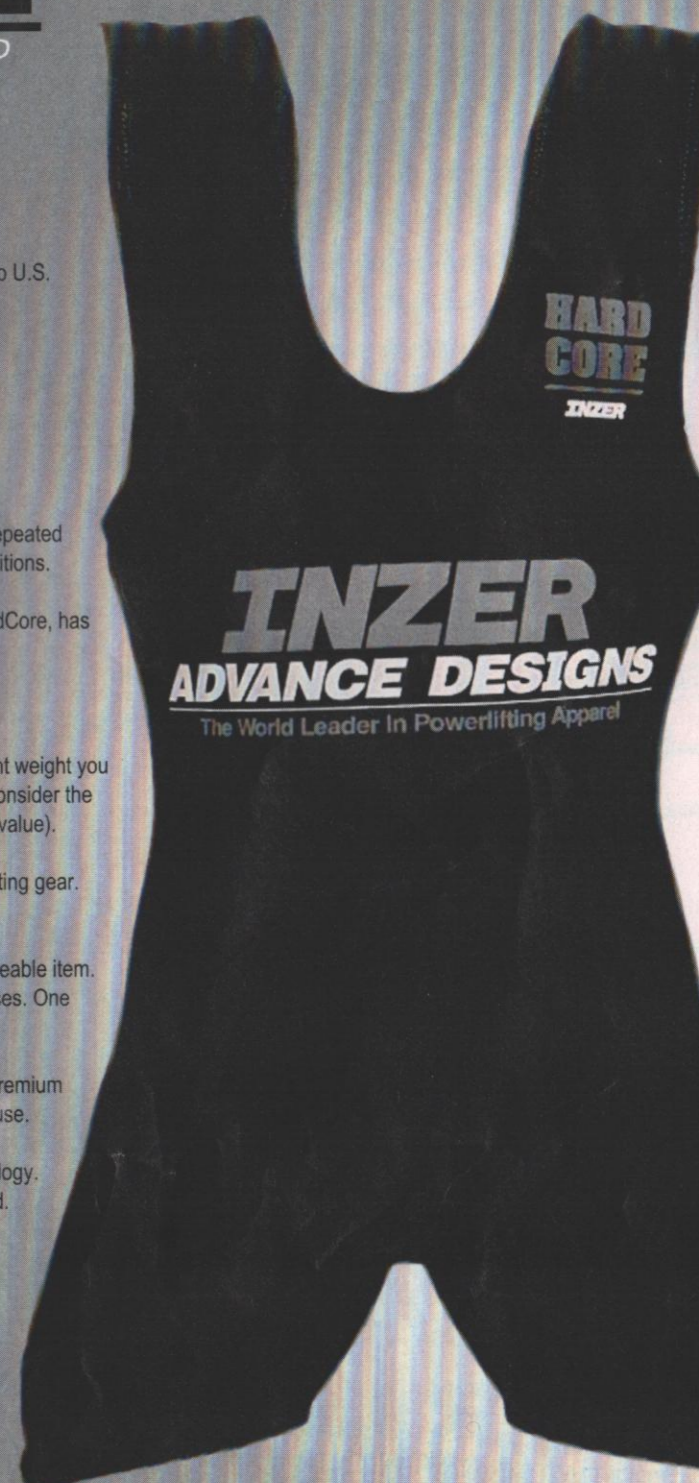
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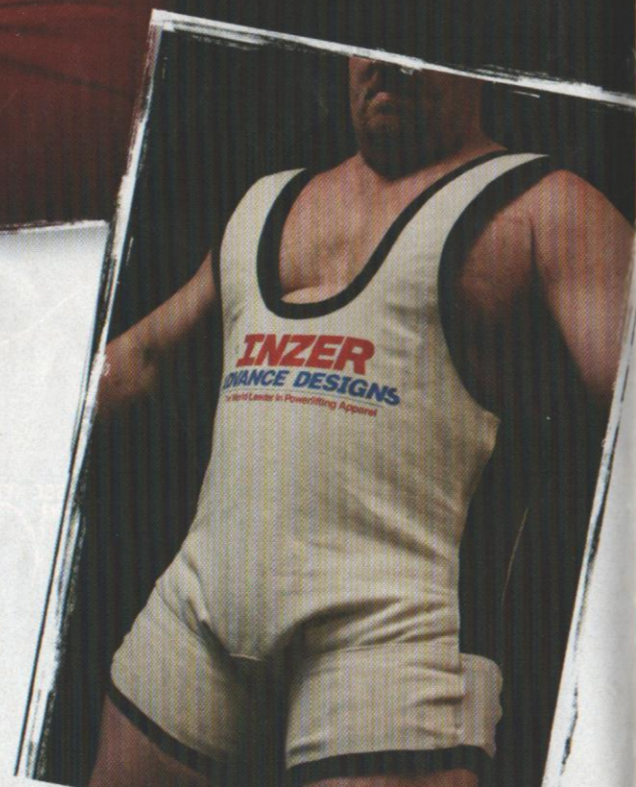


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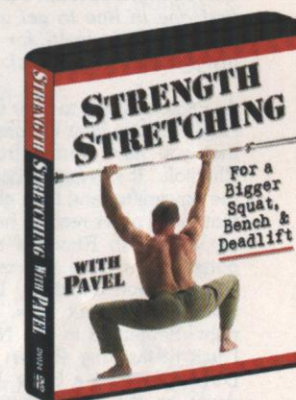
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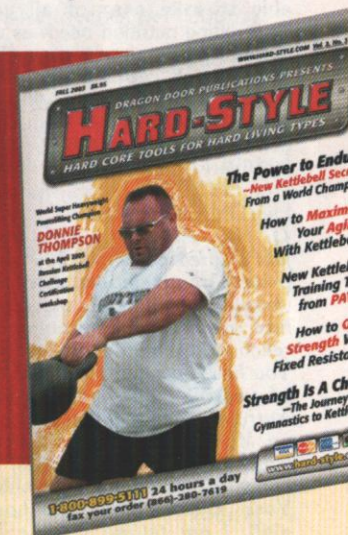
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Power Nutrition DVD in the Works?

Q: I just wanted to tell you that your column on the Rhodiola was fantastic. I have started incorporating it in my plan and even in the first week I felt much better. I have a very stressful work life and by the time I put in my workouts I am drained to say the least. I feel much more mentally focused, I don't get that worn out feeling like before and I have had some of my best workout since taking Rhodiola. It has made a big difference in my training and work life so I would like to thank you for letting us in on this. My question is about a rumor that I have heard. A buddy of mine says his friend works with you and he told him that you have a book and DVD coming out in the near future. Is that true? Let me know because I will be the first one in line to get a copy of each. Thanks again for all your insight. Sincerely, Paul Wagner

A: Paul, it's good to hear from you. I am happy to hear the great results that you have gotten from using Rhodiola. It has many benefits for the powerlifter and I am glad to see that many other readers have taken my advice on Rhodiola and have gotten some nice results. As for your question about my DVD and book coming out, yes, you are right. Sometime in the New Year I will release my Power Nutrition DVD as well as a book. It will no doubt be the best nutrition DVD geared for the hardcore powerlifter. It will teach you tons of tips and tricks to make sure that you get jacked beyond belief and at the same time it will also give many ideas on how to keep you healthy. The best way to stay updated is to go to my website and register for the newsletter. This way you will know way in advance of the release date for both of them. Feel free to sign up at www.nutritionxp3.com. With the coming release of my Power Cleanse XP3 System along with the new DVD and book you will be able to take care of all your powerlifting nutrition needs as well as improve your current medical conditions. If you don't have any medical problems then I will teach you to keep it that way so that you don't end up getting them in the first place.

Hey DMX is that you?

Q: Hey, Anthony what's up? I just wanted to throw you some props about your awesome website. It really kicks ass. I like how you have some training and rehab articles up there as well. You have opened up a whole can of worms with this Power Nutrition thing that you got going on. My buddy has been a client of yours for the last six months. His name is Tony Johnson from New York. Queens is in the house y'all. I am telling you he has gotten some great results. He

NUTRITION

Power Nutrition Questions & Answers

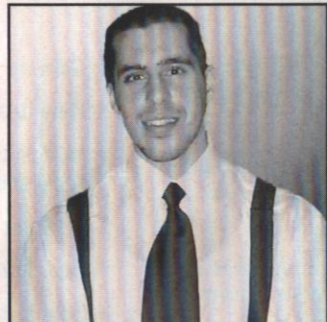
by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

has dropped a ton of fat on your plan. What I can't believe it that his strength has actually gone up. He has gone down two weight classes and yet he is stronger. What's up with that bro? I have never heard of a lifter going down two classes and post a bigger total. That is the snizzle my dizzle! Anyway I want to come on board with you and do your X P3 plan. Do you have any openings available? After I saw what it did for my friend I want to be down too. We are waging a little contest with each other so I have to make sure that I am going to take this little Bee-aach down...word! I can't wait to get moving and start getting some great results like Tony. Anyway I have a question about good tasting protein powders. What would you say are the tastiest shakes that are available? I am not talking necessarily the best formula but which ones are the best purely based on taste. Thanks dawg and keep up the good work. Your bro

Juice Jackson

A: Juice its good to hear from you. I thought for a minute there I was getting fan mail from DMX or 50 Cent. You had my hopes up, but you are still cool. All joking aside thanks for throwing me the props about the website. Yes, I know your boy Tony. He has made some huge changes in not only his strength but his body composition as well. I still have a few openings left so give me a call and we can discuss your situation. Once you get me your background info, food journal, medical history and blood work then I can get started on your nutrition and supplementation analysis. Once that is done you will get your first plan. As for your question about great tasting protein powders the first thing that I want to let you know is that quality does count. I would never recommend a protein formula based on taste alone because if taste is the only thing you are after then get yourself down to the local ice cream shop and get a milk shake there. As for the different quality protein shakes that I prefer that also taste great here they go.

1. Dymatize- This company makes a protein formula called Elite Whey. It is a combination whey isolate and concentrate. They make some really good flavors. These include Green Apple, Chocolate Mint, Berry, Gourmet



Anthony Ricciuto this is the Man Behind x-tremepower.com

Vanilla, Butter Cream Toffee, Orange Dreamsicle, Rich Chocolate and Pina Colada. I really like the green apple, chocolate mint and the café mocha. These are three of my personal favorites and I use them in my own nutrition plan quite often. You can reach them at 1-800-500-3069. Or you can check out their website at www.Dymatize.com.

2. PVL- This is a Canadian Company that makes some great tasting protein powders. They have a protein formula called Whey Gourmet. These guys are really innovative when it comes the flavor technology and they are no doubt one of the best around. Their flavors, include Arctic Cappuccino, Raspberry, Milk Chocolate, Pina Colada, White Chocolate, Blueberry, Orangesicle, Strawberry Banana, Vanilla, Chocolate Chip Mint, Caramel, Peanut Butter Chocolate, Dark Chocolate, and Mocha. Whew I got tired just typing all the different flavors that they have out on the market. If you are looking for something that makes your taste buds jump then give PVL Whey Gourmet a try because you will be dazzled. They can be contacted at 1-866-785-9439. Or they can be reached on the web at www.wheygourmet.com.

3. Prima Force- They have a protein formula called Substance WPI. It comes in two awesome flavors watermelon and grape. I am telling you the grape is fantastic. I also like the watermelon. Now this formula is pure whey isolate so it is of the highest quality whey around. What is nice about this shake is it is ideal for those that don't like a creamy type milkshake. Drinking this is like taking back a glass of Crystal Lite or juice. It has a very smooth taste and it is easy on the stomach. They can be reached at

www.bulknutrition.com or www.bodybuilding.com.

4. Dorian Yates Approved- This is another very nice tasting protein. They make a protein formula, a weight gainer, and a meal replacement and I give the thumbs up to all of these products. They don't make them in a lot of exotic flavors just your chocolate, strawberry and vanilla but they are some of the best out there for sure. There are many reasons why I like the Dorian's line of products. They are all very high quality and go above and beyond many of the other companies that line the shelves of your local health food store. They can be reached at 1-800-562-8772. Their website can be found at www.propeptide.com.

5. Perfect- I am also a big fan of this company. This is a supplement company out of Canada so you may not be familiar with it. They make a chocolate peanut butter protein formula that is out of this world. I don't know about you but I love peanut butter. In my younger years I used to put it in all my shakes to increase the calorie content. What I like about this particular formula is that it tastes awesome yet it is very low in carbs. I am telling you for such a low carb formula the taste is unreal. They also make a pineapple mango formula that is great. I am telling you it really hits the spot. They also have chocolate fudge, gourmet vanilla and strawberry. One note, I hate the large majority of strawberry flavored protein shakes out there, as many of them taste so fake. But I have to take my hat off to Perfect as they have put together a great tasting strawberry protein formula. They can be reached at 1-888-228-4826. Or you can find them on the web at www.titandistribution.ca

So as you can see here Juice these are some of the best tasting protein powders out there. They are a few of my favorites so you can be sure that they all get my Power Nutrition "Seal of Approval". Not only do they taste great but their nutrient profile is also excellent. So if you are tired of your current protein powder that tastes like dog meal then give any of the above a try because you will be glad you did. Believe me your taste buds will thank me later!

Why all the Protein?

Q: My question is about protein metabolism. I have heard that your body can only absorb 30 grams of protein every 6 hours is this true? I read this in some nutrition book and have heard this several times over. If this is true why do you recommend such high doses of protein? Sincerely, Emma Watson

A: Hey Emma thanks for writing. In regards to your question this is one of the oldest and stupidest nutrition myths ever. No, what you have read is not true in the least.

The human body can digest and absorb much more than this. If your theory was correct then the average person who is awake 12-15 hours in a day would only be able to process 60 grams per day of protein. Does this even sound like it would make any sense? Let's take a look at some of today's pro bodybuilders for example. Do you think a guy the size of Ronnie Coleman who came into the last Olympia just under 300 pounds ripped to the bone and who is 350 plus in the off season can only digest 60 grams of protein per day? If this were true you would not see such large bodybuilders. Another thing you have to take into consideration is the fact that powerlifters are not just your everyday couch potato slob. They are lifting thousands of pounds of volume several days a week. They are also doing various amounts of GPP work in their training plan. Powerlifters need a properly calculated dosage of protein to make sure that they can recover from the intense training they put their bodies through. I will just let you know that I can't even imagine any serious powerlifter weighing over 50 pounds that is taking in such a measly amount of protein. Your strength will be crap to say the least, you will never recover from your workouts and your body fat percentage will be in the double digits for sure. You will also probably suffer from some nice health ailments like diabetes, insulin resistance, energy drops, a low testosterone level, mood swings and much more. So, if this is what you are looking for then take in your 60 grams per day. On the other hand if you are looking to maximize your strength, build muscle, lose fat and live a long healthy life then I suggest you follow my guidelines and consume more protein in your nutrition plan.

Is a Multivitamin really that Important?

Q: I just wanted to tell you I loved your article series on Cortisol. I am telling you I had no idea what Cortisol was let alone how horrible it can be for my health. I learned a lot from the articles and I have to say that you did a great job on its presentation. At the same time you didn't make it so scientific that it just went over our heads. In one of your past articles the one about Mike Brown the teenage bench press champion, you mentioned one multivitamin called Animal Pak? Is this a product you recommend? Can you give me some more info on this product and let me know if it's worth spending my money on. Thanks for all your informative articles and also for educating lifters because the large majority of us didn't have a clue before you came on the scene. Sincerely, Lior Naor

A: Hey Lior, it's good to hear from you again. In regards to your question about a multivitamin in your nutrition plan being essential ... yes, it is. It is very important that

you get in a proper spectrum of your micronutrients to prevent deficiencies. The hard training strength athlete will need a much more comprehensive intake of micronutrients compared to some lazy couch potato that just sits on their flabby ass all day watching Jerry Springer and Seinfeld reruns. If deficiencies occur in your nutrition plan by not taking in the requirements that you body needs, then you can run into not only a decrease in performance but also illness. Certain micronutrients controls such things as your heart beat, the digestion and absorption of protein, energy levels, muscle contraction and much more.

In regards to your question about the Animal Pak made by Universal Nutrition I would like you to know that it is one of the best on the market today. I not only have many of my elite athletes taking it in their supplementation plan, but I also use it myself. In fact, I have used it over 14 years, since I was a teenager. Yes, the Animal Packs gets my recommended Power Nutrition "Seal of Approval" for sure. You all know that I speak the truth on any matter when comes to getting you real world results and I fully recommend this product to all powerlifters that are presently not taking a multivitamin. As for those that are already taking a multivitamin, compare the ingredients in your present formula and the Animal Pak. I guarantee that the Animal Pak will have a much broader spectrum of nutrients and in higher dosages that are needed for the strength athlete that is training hardcore day in and day out.

To show you what a comprehensive spectrum of micronutrients that the Animal Pak contains, I have laid out this table so you can see it for yourself first hand. After looking at this you will now realize why I recommend them for hardcore lifters looking to make a difference in their performance. This breakdown is for those athletes taking two packets per day of the Animal Pak.

Now many of you may be wondering why should you take this if you are already taking a "one a day" type multivitamin. Yes, your "one a day" may have 100% of the RDA for some of the vitamins and minerals in there, but as a hardcore powerlifter will the RDA be sufficient for you to make progress when you are training like an animal day in and day out? The answer is a big fat no! Let's look at the RDA, which stands for the Recommended Dietary Allowance. It was established to make sure that people didn't get deficiencies. This occurred in the past with Vitamin C deficiencies in particular because many people were coming down with scurvy. The RDA for protein is 50 grams per day. Do you think that taking in the RDA for protein is going to help you maximize your

performance? You can bet your sweet ass that's not going to get you anywhere. Can you imagine a powerlifting super beast like Garry Frank trying to get in 50 grams of protein per day? Do you think that would sustain his intense workouts and help him recover from squatting 1100 pounds and pulling over 900 week after week. If he followed that advice he would never be as strong as he is today. The same goes for your vitamin and mineral intake. The RDA will not be optimal for the hardcore powerlifter due to the fact we do a lot more before 6AM than most couch potatoes do in their whole life. The demands that we put on our bodies lifting tens of thousands of pounds of volume per workout several times per week is going to require a much more comprehensive spectrum of micronutrients. Compare this to someone whose most strenuous task for the day is fighting to get his bag of cheezies open and now you can understand what I am talking about. I am not blowing sweet nothings in your ear here trying to promote this product or that product. If I recommend a protein powder, an EFA oil, fiber supplement or energy drink you are going to be sure as hell it is going to provide some great results. You can be sure that what I say is the real deal and you have my word that I am not going to b.s. you in any manner. I call them like I see them and if a product is bogus you will know it. If a product will provide a benefit to the lifter and is reputable and high quality you will also know it. My reputation means much more to me then selling it out to the highest bidder. If it's a good quality product no matter who makes it, and it has proven itself in studies and the real world ... I will recommend it. If a company produces something that can be a benefit to the hardcore powerlifter you can be sure that I will be there to let you know all there is on it and give you a comprehensive review as well. So, yes, go out and pick up some Animal Packs and see the difference a high quality multivitamin can make in your performance and health! You can get them online at www.animalpak.com. Or you can call 1-800-872-0101 to get them shipped to your door pronto!

For those interested in more information about the Nutrition XP3 System feel free to contact me at:

Arcciuto@NutritionXP3.com

or check out my website at

www.NutritionXP3.com

VITAMINS AND MINERALS DOSAGE

Vitamin A	9,900 IU
Vitamin C	1000mg
Vitamin D	680 IU
Vitamin E	300IU
Thiamin	76mg
Riboflavin	76mg
Niacin	82mg
Vitamin B6	72mg
Folic Acid	400mcg
Vitamin B12	6mcg
Biotin	300mcg
Pantothenic Acid	76mg
Calcium	2000mg
Phosphorus	228mg
Iodine	150mcg
Magnesium	133mg
Zinc	30mg
Selenium	50mcg
Copper	600mcg
Manganese	11mg
Chromium	6mcg
Potassium	200mg

AMINO ACID BLEND

Lysine	300mg
Methionine	500mg
Leucine	100mg
Valine	760mg
Threonine	48mg
Glutamic Acid	700mg
Phenylalanine	560mg
Arginine	560mg

PERFORMANCE OPTIMIZERS

Siberian Ginseng	2000mg
Oriental Ginseng	250mg
Smilax Officinalis	500mg
Protogen A	200mg
Inosine	500mg
PAK	200mg
L-Carnitine	25mg
Chromium Picolinate	50mcg
Coenzyme A	20mg
Coenzyme B12	10mg
Phosphatidycholine	200mg
PABA	400mg
Bovine Colustrum	25mg
Argentine Liver	
3,900mg	
Choline Complex	1200mg
Bioflavonoids	1000mg

ESSENTIAL FATTY ACID COMPLEX

Linoleic Acid	200mg
Oleic Acid	100mg

DIGESTIVE ENZYMES

Betaine HCl	200mg
Pepsin	64mg
Papain	64mg
Ox Bile	120mg
Pancreatin	700mg
Mycozyme	64mg

Last month, we visited the well-oiled machine of Seguin Fitness and learned that Gary and Susan are great powerlifting meet directors. But, we have no beef against the disorganized brutes of this world – all hail the weak minds and strong bodies of the powerlifting and strongmen world!

To prove this point, we'll visit Boston, MA to meet the self proclaimed human version of Homer Simpson: C.J. Murphy. C.J. Murphy runs a gym in greater Boston called Total Performance Sports. I'll let him tell it:

I'd like to submit my gym for consideration for the Hardcore Gym of the Month in PL USA. The gym is Total Performance Sports; you sponsored my strongman contest this summer (thanks!). We are greater Boston's only fully equipped strongman/powerlifting gym.

Here's a partial listing of what kind of toys we have: monolift, rack, reverse hyper, glute/ham, Twinstack pull-down with 300 pound stacks, 2 safety squat bars, 7 million bands, whole bunch of chains, 100 pound medicine balls, bars-cambered, buffalo, Texas power, Okie deadlift, custom 3" bar, axles, and a few I can't think of right now. We have everything you need to train strongman too-stones, boxes, tires, sleds, more logs than anyone needs, car deadlift, Viking press, Conan's wheel, farmers walk handles, 2" farmers handles, kegs, throwing weights (42 and 56), giant pieces of granite, sand bags - cutting my hand is killing me from writing all this.

HARD CORE GYM #48 TOTAL PERFORMANCE SPORTS BOSTON, MASSACHUSETTS as told to PLUSA by Rick Brewer, House of Pain



Svend Karlsen with the guys at Total Performance

Basically, if you want to get strong, this is the spot in Boston. We also have way more grip training devices than anyone needs. (Note to readers: send stories of your grip training strength to HOUSE OF PAIN!)

The gym has a regular crowd who competes in IPF, IPA, APF, USAPL, powerlifting, and NASS strongman events. We regularly have the best names in the industry here to teach too - Tate & Wandler from EFS, Svend Karlsen, Fred Hatfield, Jack Barnathan, and more.

CJ, 7 million bands plus big heads? Count us in! We love it! Send a little info on yourself, tell us who the gym owner is, and all that jazz - then I'll figure out your angle. We'll be happy to feature y'all! Seriously, what do you do with a 100# medicine ball?

We use the 100 lb ball for throws and conditioning, and to teach the girls how to lift stones.

Phone calls are easier for me for info because I type like Homer Simpson. If that's no good for you let me know. I'll type something up.

Murph, OK, I'll try to call when I get caught up. What's wrong with Homer Simpson?

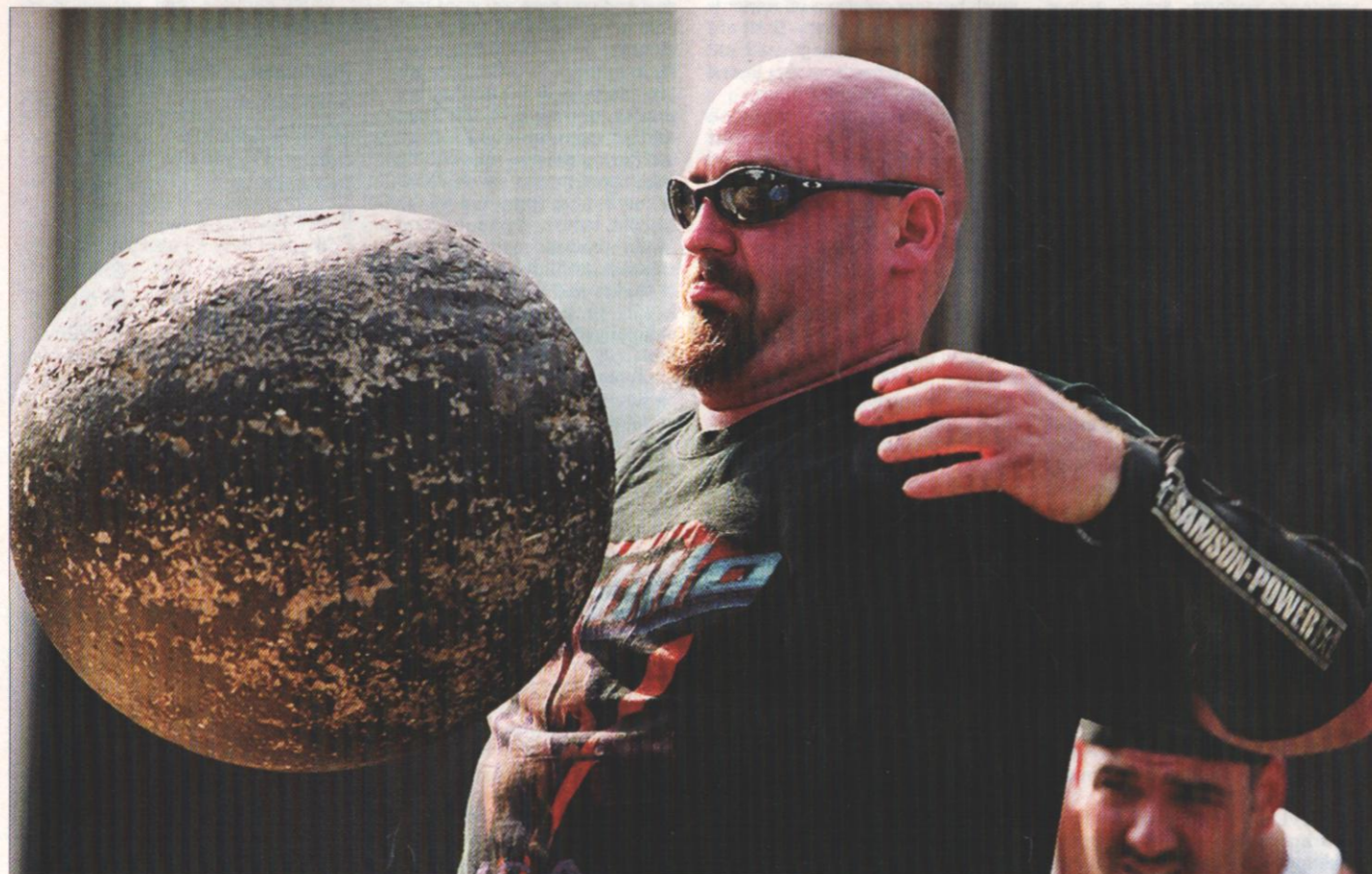
I am the human VERSION OF HOMER SIMPSON! (Murph's final response.)

We love Homer Simpson; and we love Murph, too! Total Performance Sports was chosen as one of the Top 20 gyms in America by Men's Health - but he wasn't sure that the PL USA crowd would appreciate that! (Kind of like wearing a nice dress to a powerlifting meet. It might be nice, but it's still a dress...)

Before you jump on him for that recognition from the weak-sister publication, check out the photos with this article - these guys are serious!

Next month, we'll find out where Marge Simpson trains. Or not.

Questions/Comments?
rick@houseofpain.com
or
HOUSE OF PAIN
PO Box 333
Fate, TX 75132



Playing With Rocks ... they move the Big Stones as well as the Big Iron at Total Performance Gym. (photos courtesy of Rick Brewer, HOP)

As a sports fan you should always give your team a fair chance before you dump them. It's sort of like dating. You just don't take a girl home, kiss her, and then kick her out. Actually with dating you can do that. Just don't be that quick to judge your sports team. Give it a little time.

Here is a news flash!!!!!! If your favorite team wins the World Series this year, you are not going to get part of the winners' share; you're not going to get a World Series ring, and you are not going to be invited to the White House. Hell, you are not even going to get a letter of congratulations from your local sports writer nor are you going to get a chance to take a ride on the good ship lollipop with the Minnesota Vikings football team. You are getting... NOTHING! And when you go back to see your favorite team play next year, you are going to have to pay for your tickets which will most likely cost you \$20 more because they need the extra cash to pay to refurbish their lavish locker rooms and luxury boxes. You will also have to pay for the beer and food you buy at the game ... the same beer and food that would cost you a tenth of the price at an exclusive restaurant. And God forbid if you drive to the game. Because if you do, you will probably have to re-mortgage your car to park in your favorite team's parking lot. Oh! And if your kid wants an autograph picture from one of the millionaire ballplayers on the team, you are going to have to fork out between twenty-five to thirty-five dollars, because these guys

need to feed their families. Then you go out and pay \$250 for a \$25 shirt if it has your favorite athlete's name and number on it. Are you taking all this in?

So why do people become so fanatical about players and sports teams that don't give a rat's ass about them? Sports fanaticism can be explained by a variety of factors, not the least of which is people's need to feel good about themselves. The social identity theory, when applied to sports fans, can help to explain why sports fans, many times intelligent sports fan, act and behave like imbeciles. The social identity theory states that human beings are motivated to behave in ways that maintain and boost their self-esteem. An individual who has high esteem generally perceives himself as being attractive, competent, likable and a morally and ethically good person. It should also be noted that having self-esteem makes us more pleasing to others and thereby gives us a greater opportunity to develop relationships with the people with whom we come in contact. Need I say that human beings have a universal need to belong to

associated with success.

The phenomenon psychologists refer to as "BIRGing" - basking in reflective glory is a prime example of the desire of people to associate themselves with success. BIRGing is a strategy that individuals use to publicly connect themselves with someone or something that is successful. The tactic, of course, is to have everyone link himself with the team with which he is trying to affiliate himself. I know you have seen guys like this; hell, you might be one of them. Every time their team wins you find them walking around covered from head to toe in their team's paraphernalia ... jerseys, T-shirts, caps, and underwear. Some of them have more equipment on them than the players have on when they are playing the game. They will even paint their faces and bodies with the colors of the team ... yes, even tattoo themselves with team logos. And then they go around and make these self-promotional statements like, "WE really kicked butt yesterday. They don't want to see US again." Of course, they are just living vicariously through the success of others. They have not contributed a damn thing to the achievement, but they bask in the reflective glory of what others have accomplished ... the BIRGing syndrome.

In contrast there is the psychological phenomenon referred to as "CORFing" cutting off reflected failure, or distancing yourself from a team that is losing. I know you have witnessed this, too. That same guy who is talking trash about how, "We kicked ass" after a win, all of a sudden is referring to the team as, THEY ... when the team wins it is "We" and when they lose it is "THEY". Again, this is an issue of self-esteem regulation, where fans typically associate themselves with the winner and disassociate themselves from a loser.

It is interesting to note that BIRGing becomes more intense, and CORFing can get replaced with rationalization when a game is significant. For example, when Notre Dame was defeated by USC in the waning seconds of the game, USC fans came out of the woodwork. There were Trojans all over the place ... not those kind. We had thousands of them here in South Georgia, and I didn't even know they lived here until after that game. On the flip side Notre Dame altered their definition of success after they lost. Before the game Irish fans were dead set on victory ... if you saw their televised pep rally, you know what I am talking about. After the game, they talked about what a great moral victory it was even though they lost ... trying to convince themselves that the loss was in reality a win.

DR. JUDD

FAN FANATICISM ... PART II as told to Powerlifting USA by Judd Biasiotto Ph.D.



Fan Appreciation ... Ed Coan with the loading crew at the 2003 IPF Women's World competition

(article continued in page 64)

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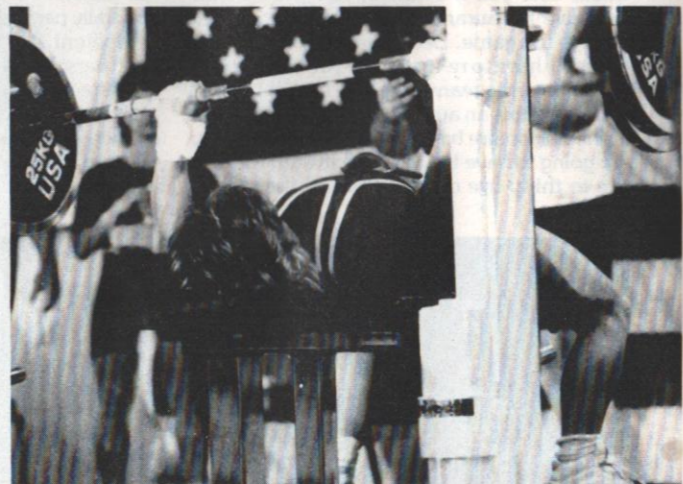


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ASK THE DOCTOR

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 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.)

MAURO: I'm trying to increase my testosterone and growth hormone levels naturally so that I can improve my lifting. What do you recommend, diet, supplement and workout wise for maximum testosterone and growth hormone increase? Thanks! **Don**

HIDON: There are a lot of things you can do to maximize testosterone and growth hormone and the best way to approach it is by looking at your lifestyle, diet, training, and supplements. I spell all of this out in detail in my book "Anabolic Solution for Powerlifters" but here it is in a nutshell.

1. Straighten out your lifestyle - get enough sleep, decrease stress, don't overdo the alcohol or drugs, etc.
2. Follow the diet in my Anabolic Solution
3. Since the best way to increase testosterone, and GH is to do heavy resistance exercise using exercises that involve the major muscle groups, you're already doing the right exercises as there's nothing better than squats, deadlifts and bench presses, and the various assistant exercises that work the legs, back, abdomen and chest, providing you don't overtrain. Also, in my view and I've backed this up by measuring endogenous testosterone and IGF-1 levels, that it's best to do between 4 to 8 repetitions and do at least 3 max sets after all the warmup sets. FYI I've copied the citations and abstracts below for two new studies that discuss training and maximizing anabolic hormones.
4. As far as supplements, I put out two, TestoBoost and GHboost that will help you maximize both testosterone and growth hormone.

TestoBoost specifically deals with increasing endogenous testosterone. For more info on it have a look at <http://www.mdplusstore.com/pdfs/testoboost.pdf>. GHboost is for increasing endogenous GH levels - you can find information on it at <http://www.mdplusstore.com/pdfs/GHboost.pdf>.

For information on all of my products, including the book, and ebook "The Anabolic Solution for Powerlifters" go to www.MetabolicDiet.com and click on the store. There you will find links to the books and supplements.

Best of luck with your lifting, **Mauro**

J STRENGTH COND RES. 2005 AUG;19(3):566-71.

Acute hormonal responses to submaximal and maximal heavy resistance and explosive exercises in men and women.

LINNAMO V, PAKARINEN A, KOMI PV, KRAEMER WJ, HAKKINEN K. Neuromuscular Research Center, Department of Biology of Physical Activity, University of Jyväskylä, Jyväskylä, Finland. linnamo@sport.jyu.fi The purpose of this study was to examine acute hormonal and neuromuscular responses in men and women to 3 heavy resistance but clearly different exercise protocols: (a) submaximal heavy resistance exercise (SME), (b) maximal heavy resistance exercise (HRE), and (c) maximal explosive resistance exercise (EE). HRE included 5 sets of 10 repetition maximum (10RM) sit-ups, bench press, and bilateral leg extensions (David 210 machine) with a 2-minute recovery between the sets. In SME, the load was 70%, and in EE, the load was 40% from that used in HRE. A significant increase ($p < 0.05$) in serum growth hormone (GH) was observed after HRE both in men and women, but the increase was greater ($p < 0.05$) in men than in women. Serum testosterone (T) increased significantly ($p < 0.05$) only during HRE in men. Since GH and T are anabolic hormones, the acute exercise-induced response during HRE may play an important role in the long-term anabolic adaptation processes related to muscle hypertrophy and maximal strength development.

J STRENGTH COND RES. 2005 AUG;19(3):572-82.

Short vs. long rest period between the sets in hypertrophic resistance training: influence on muscle strength, size, and hormonal adaptations in trained men.

AHTIAINEN JP, PAKARINEN A, ALÉN M, KRAEMER WJ, HAKKINEN K. Department of Biology of Physical Activity & Neuromuscular Research Center, University of Jyväskylä, Jyväskylä, Finland. ahtiainen@sport.jyu.fi Acute and long-term hormonal and neuromuscular adaptations to hypertrophic strength training were studied in 13 recreationally strength-trained men. The experimental design comprised a 6-month hypertrophic strength-training period including 2 separate 3-month training periods with the crossover design, a training protocol of short rest (SR, 2 minutes) as compared with long rest (LR, 5 minutes) between the sets. Basal hormonal concentrations of serum total testosterone (T), free testosterone (FT), and cortisol (C), maximal isometric strength of the leg extensors, right leg 1 repetition maximum (1RM), dietary analysis, and muscle cross-sectional area (CSA) of the quadriceps femoris by magnetic resonance imaging (MRI) were measured at months 0, 3, and 6. The 2 hypertrophic training protocols used in training for the leg extensors (leg presses and squats with 10RM sets) were also examined in the laboratory conditions at months 0, 3, and 6. The exercise protocols were similar with regard to the total volume of work (loads x sets x reps), but differed with regard to the intensity and the length of rest between the sets (higher intensity and longer rest of 5 minutes vs. somewhat lower intensity but shorter rest of 2 minutes). Before and immediately after the protocols, maximal isometric force and electromyographic (EMG) activity of the leg extensors were measured and blood samples were drawn for determination of serum T, FT, C, and growth hormone (GH) concentrations and blood lactate. Both protocols before the experimental training period (month 0) led to large acute increases ($p < 0.05-0.001$) in serum T, FT, C, and GH concentrations, as well as to large acute decreases ($p < 0.05-0.001$) in maximal isometric force and EMG activity. However, no significant differences were observed between the protocols. Significant increases of 7% in maximal isometric force, 16% in the right leg 1RM, and 4% in the muscle CSA of the quadriceps femoris were observed during the 6-month strength-training period. However, both 3-month training periods performed with either the longer or the shorter rest periods between the sets resulted in similar gains in muscle mass and strength. No statistically significant changes were observed in basal hormone concentrations or in the profiles of acute hormonal responses during the entire 6-month experimental training period. The present study indicated that, within typical hypertrophic strength-training protocols used in the present study, the length of the recovery times between the sets (2 vs. 5 minutes) did not have an influence on the magnitude of acute hormonal and neuromuscular responses or long-term training adaptations in muscle strength and mass in previously strength-trained men.

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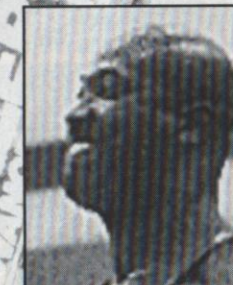
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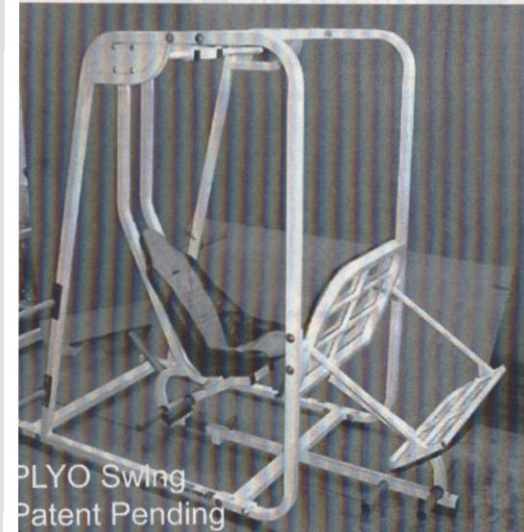
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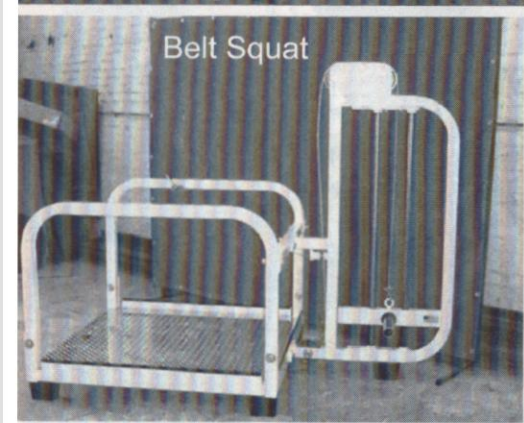
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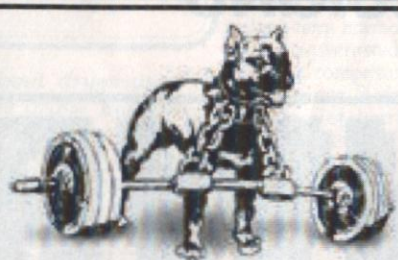
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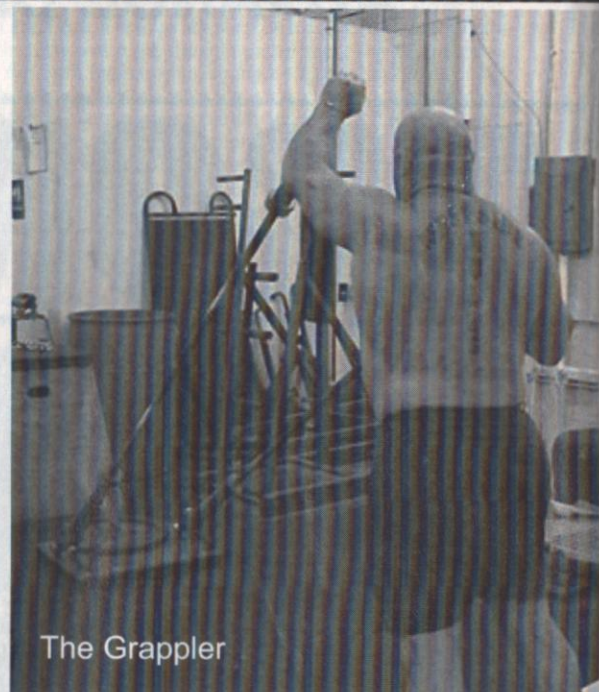
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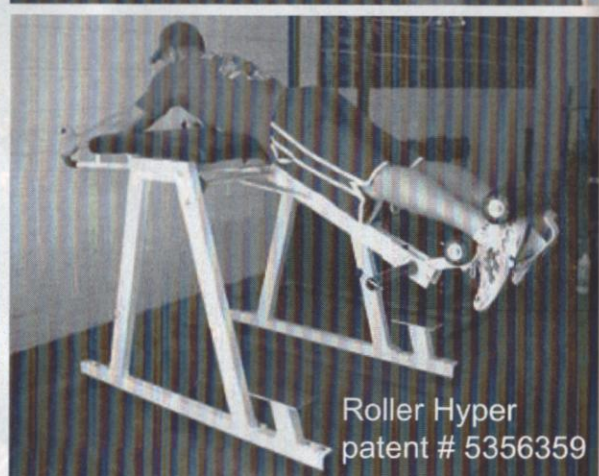
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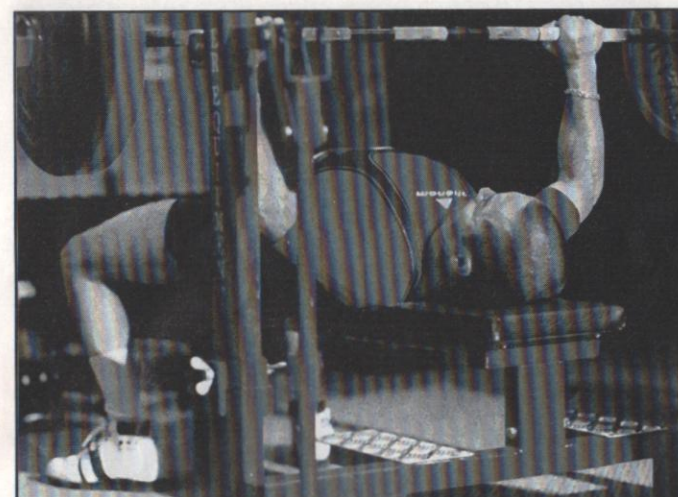
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Masters-1					97 lbs.			
105 lbs.					Boulle-FRA	—	115	231 —
Bechar-FRA	275	165	303	744	105 lbs.			
Friedric-GER	286	187	264	738	Viitasaari-FIN	297	165	330 793!
Eremen-RUS	286	137	275	700	Turunen-FIN	187	137	220 545
Tanaka-JPN	—	148	242	—	114 lbs.			
114 lbs.					Guinard-FRA	209	115	286 611
Ivanova-RUS	297	159	297	755	Kumpuni-FIN	187	137	259 584
Kitamura-RSA	286	176	270	733	123 lbs.			
Sinclair-RSA	264	121	286	672	Daumas-FRA	297	170	336 804
Oca-PHI	231	154	270	655	Kimura-JPN	286	154	330 771
123 lbs.					Agarwal-IND	203	99	237 540
Dingle-USA	242	143	286	672	132 lbs.			
Siveny-USA	259	—	308	—	Wender-BRA	303	176	292 771
132 lbs.					Zintsmas-USA	270	126	308 705
Brightwa-NZL	319	176	336	832	Louarduz-FRA	253	126	286 666
Simons-USA	270	209	308	788	Vainio-FIN	154	82	220 457
Bruder-GER	281	165	303	749	148 lbs.			
Mathias-FRA	253	176	308	738	Fomina-RUS	374	154	402 931
Lesting-GBR	253	148	297	700	Lee-USA	253	192	303 749
Stephano-USA	214	110	248	573	Carlsson-USA	281	132	319 733
Flett-GER	209	132	214	556	Gronholm-FIN	198	115	259 573
Garnier-FRA	292	—	319	—	165 lbs.			
148 lbs.					Thimm-GER	275	170	380 826
Houston-USA	341	226	385	953	McKinla-USA	286	181	297 766
Welding-USA	308	165	347	821	Lehto-FIN	198	132	297 628
165 lbs.					Ratan-IND	242	99	270 611
Blasbery-GBR	—	—	—	—	181 lbs.			
Bersene-RUS	352	226	391	970	Hollands-GBR	402	192	391 986
Nelson-USA	319	198	440	959	Diter-DEN	264	143	270 677
Styrlling-USA	330	231	385	948	198 lbs.			
Aalto-FIN	259	198	292	749	Speth-GER	275	264	319 859
181 lbs.					MEN			
Pecante-PHI	451	231	374	1058	Masters-1			
198 lbs.					114 lbs.			
Maton-GBR	385	242	402	1030	Taguibao-PHI	358	181	396 937
Baum-USA	352	220	402	975	Singh-IND	319	154	358 832
					123 lbs.			
					Christian-RSA	363	214	429 1008
					Bidika-IND	308	143	341 793
					132 lbs.			
					Shibata-JPN	407	297	418 1124
					Dowers-GBR	418	264	424 1107
					Irie-JPN	391	286	407 1085
					Patrick-GBR	413	226	418 1058
					Jones-USA	413	242	385 1041
					Bissen-USA	374	209	413 997
					148 lbs.			
					Simmons-USA	551	352	540 1444
					Dacosta-FRA	523	380	507 1410
					Roytvand-NOR	551	297	485
					1333			
					Ruso-CZE	551	242	523 1317
					Thomas-IND	440	242	507 1190
					Khandini-RSA	374	165	396 937
					165 lbs.			
					Anttila-FIN	622	352	573 1548
					Khosravi-IRN	562	385	573 1521
					Schmidt-RSA	540	358	611 1510
					Braca-USA	523	341	573 1438
					Oksanen-FIN	529	363	540 1433
					Konita-JPN	457	308	573 1339
					Nakane-JPN	529	341	463 1333
					Rykov-RUS	556	220	507 1284
					Urban-CAN	440	303	468 1212
					Mathias-FRA	402	314	451 1168
					181 lbs.			
					Garofalo-USA	639	413	661 1714
					Becker-CAN	655	407	622 1686



Greg Simmons - first time cham

FOR REVIEW ... "Brad Gillingham on Deadlift Training"

DVD. There are few lifters in the United States who have earned broader respect, over the past decade and half, than Brad Gillingham. He's been a national champion numerous times, IPF World SHW Champion twice, and he has accumulated a remarkable total of forty one 800+ deadlifts in competition. Footage of several of those competition deadlifts is included in this DVD, including some misses, which underscores the analytical approach Brad takes in this effort. While a successful attempt is the



fundamental it can only re-read you know a failure might into what you veal a path to-provements. Brad maps out his pre-com-cycle, sixteen and his twelve cycle, which is 1974 Russian It must hardly son, since he's three times a regimen, but tough out all

goal of competition, affirm what you al- about the lift, while provide you insight don't know, and-reward future im- in this DVD, Big in extensive detail petition training weeks in length, week off season actually based on a front squat routine. seem like off sea- front squatting raw week. A rugged after you watch him those upright front squat sets, you can literally 'see' how that effort directly converts to the fortitude necessary to fight through a deadlift sticking point. This DVD doesn't consider the deadlift as an entity unto itself. Brad's approach is an amalgamation of squat and deadlift training, because in a practical sense you're going to have to work them both together, if you are to be a legit three lift man/woman. Brad is very well spoken throughout the presentation, and you can confidently sense his complete sincerity. These are the life-lessons of Powerlifting that he's learned through hard work and clearly reasoned analysis. He has proven to himself what is effective, at the highest of international levels, and he's got other people on this program with considerable success to show for it. It is visually stunning to witness someone so large physically, so athletic, and so fiercely strong. If you have ever deadlifted a single with 500 lbs., or thereabouts, you know what is involved. Imagine the kind of effort it takes to deadlift 600 or better for a set of ten reps, like Brad does. Even with exercises like bent rows, he manhandles extraordinary poundages, just whipping that bar up to his chest and visibly bending it around his torso. He goes over every exercise in practical detail, emphasizing the key points regarding performance and form. The 'five by five' squat program is the basis of what Brad does during the sixteen week pre-competition cycle. It's tough, but if you do it, you're are unavoidably going to get stronger, both in the squat and deadlift. Brad has determined and marked that fine line between overtraining and getting in productive work sets. This is not a glitz and glamor production, it is some of the most solid training advice you'll ever come across. The workout footage is awe-inspiring. I have never seen a human being handle close to 1000 lbs. in deadlift lockouts the way Brad does. He makes that bar 'dance' on the rack pins. The competition lifts document how remarkable an athlete Brad is, starting at a world class level and improving steadily over time. This DVD encapsulates the weight training philosophy of a man who has done things according to a steady personal compass heading, and he has a lot to show for it. Consequently, there's a lot for you to gain from checking it out. This DVD will be available through Powerlifting USA at the price of \$25.95 plus \$6.00 shipping and handling, for a total of \$31.95. Orders can be sent to Powerlifting USA, Box 467, Camarillo, CA 93011 or call 1-800-448-7693 with a Visa or MasterCard.

Mike Lambert, PL USA

Adewale-GBR	551	341	617	1510	198 lbs.			
Carlot-FRA	518	341	595	1455	Gunnarss-ISL	666	440	650 1758
Yamaguc-JPN	551	330	534	1416	Jones-USA	672	440	644 1758
Rasmuss-DEN	496	418	496	1410	Encinas-FRA	617	479	584 1681
Harada-JPN	485	385	529	1399	Mauchos-FRA	617	429	606 1653
Eposito-FRA	507	347	540	1394	Frank-NZL	584	479	573 1636
King-NZL	540	292	512	1344				
Jacobs-RSA	534	325	485	1344				

(results continued on page 78)

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I heard the news that Anthony Clark passed away at age 38 and thought how young he was and how sad it was that another strongman had died prematurely. I can't say I was shocked the way I was shocked when I'd heard Jon Paul Sigmanson had keeled over in his thirties. Jon Paul was fit and athletic, agile and gregarious, at the top of his game and the last power athlete anyone would have predicted to check out so early. Anthony, on the other hand, did not look healthy the last time I saw him at the Mountaineer Open a few years back. I didn't know him personally, but had seen him lift on four occasions and had always marveled at how thick he was in relation to his height. I suppose that which made him a lifting machine – density per inch of height – likely caused him health problems. Thirty-eight years old is awfully young age to die from natural causes. I remember it like yesterday when Larry Pacifico announced in this magazine that he'd seen the future of bench pressing and it was a teenage lifter and his name was Anthony Clark. That was at a time when only Arcidi had bench

STRAIGHT BAR TALK

The Premature Death of Anthony Clark as told to Powerlifting USA by Marty Gallagher



The Late Anthony Clark loved and missed by many

pressed 700, and Pacifico unequivocally stated that Clark would be the first man to bench press 800. Who would have imagined that Larry – who'd already had a series of heart attacks when he made his pronouncement – would outlive this teen phenom with his whole life in front of him? What a cruel and unpredictable irony.

The untimely demise of yet another top lifter makes one wonder if something is going on that needs to be addressed. The list of elite power athletes to die early is a long one: Jerry Jones, Matt Dimel, Bob Dempsey, O.D. Wilson, Jon Paul Sigmanson, Dawn Reshel, Tamara Grimwood, Luke Iams, Roger Estep, Doyle Kenady Paul Anderson was relatively young when Bright's Disease took him and I'm sure I've forgotten a few names we'd all recognize. Any connection? Who can say, with any degree of certainty, but I personally doubt there's any single identifiable characteristic. On the other hand, I can't think of a sport so small that has had such a large proportion of its elite so decimated by early death. Some of our deceased elite were overweight, but more than a few were quite fit in appearance. Bodyweight can be problematic for anyone regardless of the individual once squatted 900 or if they never lifted anything heavier than a TV remote. If the human body is the size of a 1966 Cadillac Eldorado and the heart muscle is the size of a 61 cubic inch Volkswagen Beetle engine, sooner or later health is bound to suffer. Most lifters sneer at aerobic activity, but perhaps this needs

rethinking. A high calorie/high saturated fat/high refined carbohydrate diet, unchecked for years on end, ultimately results in massive weight gain. Zero cardio activity and being 100 pounds overweight seems a surefire recipe for disaster.

Any young lifter worth a damn purposefully adds size through big eating and hardcore powerlifting: this combination makes a man monstrously strong and separates him from the rest of mankind. The acquisition of bulk, size, power and raw strength are what powerlifting is all about. We don't take up competitive powerlifting to improve our golf swing; we do it to grow immense and transform ourselves from Average Joe into a Man amongst men. In our teens and twenties, in order to achieve the density necessary to leverage the really big poundages, we eat big, we lift big, we rest big, and as a direct result we grow big. Problems crop up when a lifter retires and stops going to the gym yet retains massive eating habits. Not all heart problems can be laid at the feet of obesity: it was reported that the great Jerry Jones died of a massive heart attack while lean and in great shape, riding an exercise bike midway through an intense cardio workout. Genetics play a huge part in the mortality equation. I knew a really good local lifter who'd placed high at the National Masters powerlifting championships. He was a vegetarian and a fanatic aerobic enthusiast who could run ten miles anytime, anywhere and thought nothing of doing 500 free weight squats in a row, every rep

well below parallel – it took him 45 minutes and once he hit 700 in sixty minutes. The man was a human locomotive, lean as a steel post. He watched what he ate to the point of fanaticism. He was shocked when his doctor informed him during a routine checkup that he needed an immediate quadruple bypass. He died within eight months due to a variety of cardiovascular complications; a victim of genetic predisposition, pure and simple.

At the other extreme are those who subscribe to the "live fast, die young, leave a great looking corpse" philosophy. In every generation there exist a contingent of unapologetic, smoker/drinker/substance abuser/party animal types that just don't care – at least when they're in their twenties and thirties. When the forties and fifties roll around this type usually slows down on account of health complications. After a couple decades of Marlboros, beer for breakfast, and Jack Daniels every night these guys often end up with the curse of the elder party crowd: emphysema, high blood pressure, and diabetes related to excess bodyweight. I can name a dozen elite athletes crippled with one health ailment or another, all directly attributable to the uninterrupted party lifestyle. A lot of great athletes (and musicians) like to get into altered states of consciousness and that carries a cumulative price tag: the usual retort is, "what the hell, we're all gonna die sooner or later and I could get run over by a bus crossing the street tomorrow." That sounds macho on the front end, but lame when we pass fifty. Performance-enhancing drugs can be psychologically addicting and I know many top athletes who never touch booze and would no more do recreational drugs than they would leap off a speeding train, yet think nothing of ingesting toxic cocktails of oral and injectable steroids, week in week out, year in year out, unbroken and uninterrupted.

Nowadays a lot of elite athletes stay on the "gas" year round. I did nearly 100 training interviews of professional bodybuilders a few years back and a lot of Olympia level pro bodybuilders quite candidly told me that "going off" roids was "a waste of

time" and "stupid." They felt that their competitors who never went off would gain a competitive advantage if they took periodic sabbaticals. In the pro bodybuilding world spending \$30,000 per year for chemicals is hardly unusual and this incredible sum is more amazing considering this is the cut-rate price the top guys get when purchasing their drugs – the street value would be double. Can ten years of uninterrupted steroid use contribute to health problems? It's hard to see how it wouldn't. The list of professional bodybuilders that have had serious health issues is dreadfully long and the names are well known to those who follow bodybuilding. It would be interesting to see some studies done on whether bodybuilders/powerlifters are at any more at risk for their age and bodyweight than the general populace of the same weight and age. Perhaps we are overly sensitive because of the relatively small population of our community. Perhaps lifters are no more at risk, statistically speaking, than a comparable segment of the general population. Based on anecdotal evidence, it seems to inside observers that a disproportional percentage of retired powerlifters are at greater risk when compared to the general population. We'll never know with any scientific certainty, but it sure seems that a hell of a lot of great lifters are dying young – are we overly sensitive because we know the players – or is there fire where the smoke is pouring out?

Anthony Clark's heart gave out on him. Who can say "why" with any degree of certainty? Perhaps if he'd never touched a barbell he still would have passed away early. Look around. Obesity is epidemic (defined as 30% bodyfat) and I suppose a case could be mounted that Anthony might have passed away early regardless of his habits and practices. It seems likely that had he shaved off 100 pounds of bodyweight and developed moderate diet and exercise habits he could have extended his life span. I never got a sense of wellness from Anthony Clark; I saw him lift at the USPF Nationals years back and remember how profusely he was sweating after the squats as he peeled off his suit and wraps. At the Mountaineer Open the word was that he'd dropped 50-60 pounds for "health reasons" and though lighter and less powerful, he said he felt better. He seemed melancholy and withdrawn, almost sad, and was on the downside of his career. He reminded me a bit of Mountain Rivera, the fighter at the end of his career in the classic movie *Requiem for a Heavyweight*. I believe it was one of his final (if not his final) competitive outings. He was nice as he could be and he really lit up when Ultimate Fighting Championship legend Dan Severn recognized him in the restaurant and knew exactly who Anthony was and treated him with great respect. It was nice to see. Damned sad that this nice man died so young. My sincere condolences to his kin.



970 POUND DEADLIFT... by Benedict Magnusson of Iceland at the WPO Semifinals held with the WPC World Championships in Finland. Report in next issue. (Kari Hyvonen)

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JASON BECK'S IPF WORLDS TRAINING CYCLE



Good Buddies ... Jason Beck (above, left) and Travis Werner (right, in glasses) have been Brothers In Iron since 1994, and both have gone on to great achievements in the sport. For Jason, the latest accomplishment was his performance at the 1995 IPF Men's World Championships where he finished 2nd in the 220 lb. class, with lifts of 788 in the squat, 529 in the bench press (missing 540), and 766 in the deadlift, for a 2083 total. Those lifts were produced by the training program you see detailed below, courtesy of Travis W.

"I had been training on my Sears 110 lb. barbell kit since the previous summer and was sure I was destined for success when I bought a subscription to PL USA in December of 1994. In January of 1995, I recruited my fellow football teammate, good buddy, and nearby neighbor Jason Beck to join me on my journey to becoming a beast. He agreed and since we were both only 15, our parents took us to the local YMCA (about 15-20 miles away). I was the one with the magazine subscription so therefore I knew the most and was allowed to design the training program. When April of 1995 came around, we were primed for our first meet, the AAU Central Pennsylvania Bench Press Extravaganza! We were all set until the day before the meet when the latest edition of PL USA came to my house. Much to our surprise, there was an article on bench pressing that said you were supposed to arch your back and squeeze your shoulder blades inward. Dang, we didn't know that! So, with the latest PL USA in hand, we critiqued each other's new form in the warm-up room. Luckily we mastered it in our three warm-up sets (135, 185, 225). Beck was 16 at the time and pushed 259 @ 178, and I showed him true power with 275 @ 218 at the age of 15.

Later, I taught him the deadlift and even with a year of pulling before he joined me, he out-pulled me on Day One. I eventually moved to Louisiana and at the age of 18, Beck went into the Army with the biggest quad to calf ratio ever (still a modest lifter at best). When he came out of basic training, he started to design his own training without my help and decided to follow the Westside Barbell program as if it were the Holy Scripture. He did well, breaking the Collegiate American Total Record and placing 5th at IPF Worlds. Then, just before he graduated college, the Army hauled him off to Iraq! After a year of serving his country and not training, they built a make-shift gym in the desert. With minimal equipment, Westside was not as much of an option and Beck began performing primarily the basic three lifts. Others followed him and soon Beck was forming a whole group of soldier powerlifters, all under his tutelage. I believe it was this experience that really taught Beck to not only coach others, but coach himself as well.

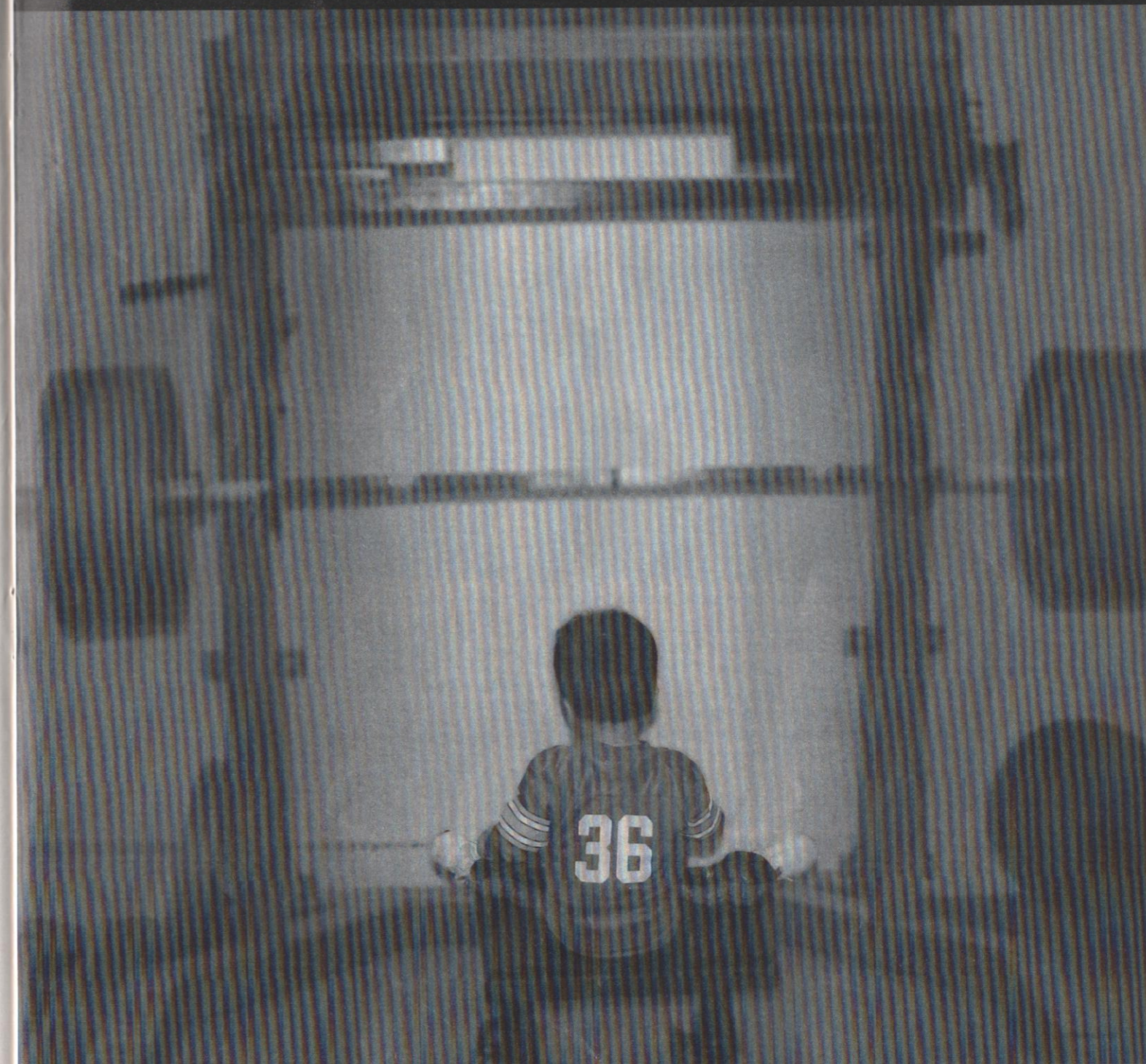
Three months after returning from Iraq, he was following the same basic principles that he had used in Iraq and he won the 2004 USAPL Men's Nationals at 198. A year later, he had bulked to 220 and using his very own style of training (so little volume that it made me nervous), he set the USAPL total record at 220! Two weeks out from Worlds, he can be seen destroying record weights at this site: <http://www.jusspress.com/pwrlftr50>. Beck is lifetime drug-free and among the most dedicated lifters you will ever meet!

TRAVIS WERNER

	RAW MAX					EQIP MAX						
	SQUAT	BENCH	DEADLIFT	SQUAT	BENCH	DEADLIFT	SQUAT	BENCH	DEADLIFT	SQUAT	BENCH	DEADLIFT
	585	425	655	777	545	740						
	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8	WK 9	WK 10	WK 11	WK 12
TUESDAY	RAW	RAW	RAW	RAW	RAW	RAW	RAW	GEAR	GEAR	GEAR	GEAR	COMP
DEADLIFT	425.75	491.25	458.5	524	491.25	556.75	458.5	592	703	666	OPENER	COMP
	3X6	2X6	2X6	2X6	2X5	2X5	2X5	2X3	1X2	2X1	1X1	COMP
MANTA RAY SQUAT	3X5	2X5	2X5	2X5	3X5	2X5	3X5	2X5	2X5			COMP
LAT PULLDOWNS	5X10	5X10	5X10	5X10	5X10	5X10	5X10	5X10	5X10	5X10		COMP
DIMMEL DEADLIFTS	3X15	3X15	3X15	3X15	3X15	3X15	3X15	3X15	3X15	3X15		COMP
THURSDAY	RAW	RAW	RAW	RAW	RAW	RAW	RAW	GEAR	GEAR	GEAR	GEAR	COMP
BENCH PRESS	276.25	318.75	297.5	340	318.75	361.25	297.5	490.5	517.75	545	OPENER	COMP
	3X10	2X8	2X6	2X6	2X5	2X5	2X5	2X3	1X2	2X1	1X1	COMP
BOARD PRESSES	2X6	3X6	2X6	3X6	2X5	2X5	2X5	2X3	2X2	2X1		COMP
CLOSE GRIP BENCH	2X5	3X5	2X5	3X5	2X5	2X5	2X5	2X3	2X2	2X1		COMP
ABS/ROTATOR CUFF												COMP
SATURDAY	RAW	RAW	RAW	RAW	RAW	RAW	RAW	GEAR	GEAR	GEAR	GEAR	COMP
SQUAT	380.25	438.75	409.5	468	438.75	497.25	409.5	699.3	738.15	777	OPENER	COMP
	3X6	2X6	2X6	2X6	2X5	2X5	2X5	2X3	1X2	1X1	1X1	COMP
BENCH	191.25	233.75	212.5	255	233.75	276.25	212.5	297.5	297.5			COMP
	3X5	3X5	2X5	3X5	2X5	2X5	2X5	2X3				COMP
TRICEP EXTENSIONS	3X12	3X12	3X12	3X12	3X12	3X12	3X12	3X12	3X12	3X12		COMP
LOW LAT ROW	5X10	5X10	5X10	5X10	5X10	5X10	5X10	5X10	5X10	5X10		COMP

SUNDAY
OPTIONAL RECOVERY WORKOUT & LAT/UPPER BACK EMPHASIS
- PULL DOWN, FACE PULLS, ROWS, REVERSE HYPER, S.L.D.L. ON BENCH, DB OVERHEAD PRESS LADDER.

Someday I will...



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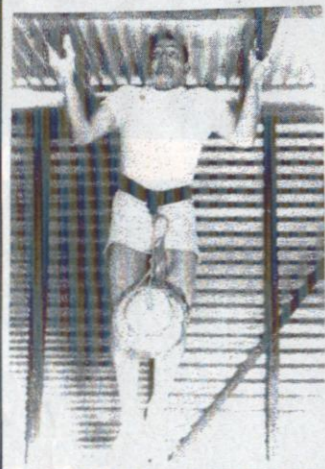
If you've read any of my previous articles, you know I always stress that proper use of any lifting gear is crucial in achieving maximum results and the bench press shirt is no different. Following the success and impact of the squat suit and knee wraps was the bench press shirt, which became popular in the early 1980s. Since then, countless bench records have been set with them with many top lifters endorsing them, but it's not just as simple as ordering one from an ad in PL USA.

Since bench shirts first became popular, many choices have been made available. Most are differentiated by thickness, which includes single and multiple ply design or material such as denim. There are also designs such as closed back, Velcro and open back. If you are a novice or intermediate lifter or if this is the first time you decided to use a bench shirt, I strongly suggest a thinner or single ply, closed back shirt to start out with. After you gain more experience feel free to experiment with different styles, materials, and thicker shirts.

I can not overstress the importance of proper sizing. For the shirt to be most effective, you must give accurate measurements when ordering. I have seen lifters wearing shirts 1 or 2 sizes too big then gripe the shirt didn't work.

Strength & Speed New! 2006 fun fact book by Dale Harder. Like *Guinness Book + Believe It Or Not* combined, this beefy encyclopedia is crammed with strength & speed records for every age 3 to 100. Do you want to see how you compare in percentile ratings by age, and by bodyweight ratings in the bench press, squat, dead lift, snatch, clean & jerk, curl, track & field events, pullups & pushups? We also have age & weight records for the above events + farmer's walk, grip feats, highland games, all-around lifting & football. Do you know the the lightest man to put the shot 70'? Which president could do a 1-arm chinup? Which 240 lb man could do chinups with 300 lb? Who was the heaviest man to run a 4:00 mile? Plus, articles on the most versatile athletes, martial arts, golf, fire walking & fittest man. 320 huge pages with 100 photos & drawings. Cover photo of Bruce White doing rafter chinups + 70 lb.

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STARTIN' OUT

A special section
dedicated to the
beginning lifter

THE BENCH PRESS SHIRT

as told to *Powerlifting USA* by Doug Daniels

Don't provide larger measurements just to make yourself feel bigger than you really are. No one will ask what your shirt size is when you lift at a meet. I've seen veteran lifters struggle to get into their bench shirts that were smaller in size than many less accomplished lifters wear. On some, the bar could not even touch their chest until they had about 400 pounds loaded. That's how tight and supportive some veteran lifters prefer their bench shirts.

Getting one on is next on tap. Closed back shirts may require a buddy's help to get it on properly. If instructions on how to put it on come with the shirt, follow them to the letter for best fit. For a closed back shirt, the optimal position to assume while wearing one between attempts is with your arms crossed at the chest or with your hands behind your head. Some bench shirts have Velcro fasteners, etc. which can facilitate putting one on

and taking it off. These will require some practice to get the right fit. Again follow the provided instructions.

Training with a bench shirt is next. Since they have the same purpose and effect as squat suits, your training should follow the same principles. Using the shirt will cause it to wear and lose its spring, so consider having one for training and one for competition. The shirt used for training could also be used as backup for a meet in the event of your good shirt tearing. You can also use a looser or less expensive shirt for training and save your good one for the contest and the last few weeks of contest preparation. I suggest training in a shirt with singles and doubles only. Using it on higher rep sets defeats the purpose, as you would be using the shirt to lift the weight and not the muscles that need to be strengthened.

When training with one, experiment hitting the bar on the chest at different areas. Some lifters may get better results when the bar hits lower on their chest (towards their waist) than without one. Readjust your shirt prior each set in training. The shirt will alter your leverage, so experimentation is a must. When you find your optimal point on your chest, hit that spot on every rep in training with your shirt. It will then be second nature at the contest. If you change to a different style shirt your leverages may change as will the optimal position to hit the bar on your chest.

Now we turn to the meet itself. Make sure you bring at least one backup shirt with you in case your main shirt tears or gets lost. Put the shirt on for your last two warm-ups. Have your buddies re-adjust the shirt just before every warm-up and

contest attempt as they can get out of line.

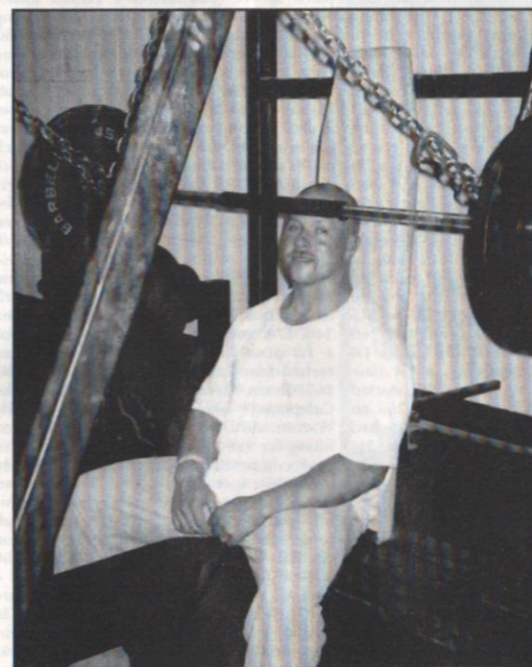
There are a few more things to think about when using a bench shirt. First, most shirts supply explosive power off the chest to the midpoint of the lift, but after that, the shirt essentially loses its effectiveness. As a bencher you must always be aware of this. If not, you will not keep up with the bar and it will stall and you could miss the lift at the midpoint. The bar should be pressed explosively throughout the entire movement to help prevent stalling later in the lift. Just like a car is easier to push after it is moving than it is to start it moving, keep the bar moving also.

Actual additional weight gained by a lifter from a bench shirt can vary considerably. Most will gain a minimum of 5-10 pounds while others could gain 30-50 pounds or more. It depends on leverages as well as a particular weakness in the bench press. If a lifter has a weak start off the chest, the shirt will partially compensate for that weakness. Even if the lifter has good drive off the chest without a shirt, he still stands to benefit. The added drive off the chest can provide additional momentum to drive the bar past a sticking point further along in the lift provided he pushes hard and explosively early in the press. Lastly, an injured lifter could benefit from the support given by the shirt.

The bench shirt is as an integral part of powerlifting as a bat is in baseball. If you as a lifter do not use all your lifting gear to its fullest, you are giving your opponents an automatic advantage. Be sure the shirt you will use is legal at the meet you will compete in. Always bring another shirt as a backup or spare. More information on each brand and style of shirt is available at many of the vendors' websites which can help you chose the best shirt for you. If you have not yet tried a bench shirt, give one a try. If you have and haven't got the results you had expected, give my suggestions a try. Always remember that a bench shirt will not make up for poor or inconsistent training. You can bet your shirt on that.

re: **SPEED & STRENGTH** by Dale Harder ... "this is the ultimate atlas of human performance ... loads of references to powerlifting icons, and strength legends of all sorts ..."

POWER SCENE

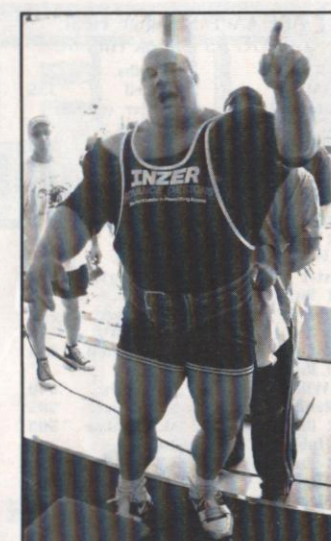


Matt LaMarque with his new invention (above) and Steve Wong hands off at the Iron Society Gym

Well, it's already coming to the end of another year. We hope it's been a good one for you.

POWERSCENE has had an active year, and recently made another trip to another PL gym. Early one Saturday morning, POWERSCENE set off with its pens and cameras, down the freeway, to Dan Smith's gym, where we encountered Dan Smith, Daniel Smith III, Jim Kanegni II, and Scott Hoekstra, not to mention lots of equipment and lots of back issues of PL USA and POWERLIFTER VIDEO.

It was Bench Press Day, and that's always fun. Between all the remarks, well-intentioned insults, compliments, tips, and support, there was a lot of good training. Dan has benched over 500, while Scott, a former Bench America competitor, has hit well into the 600's. Daniel Smith III, 62 years young and having spent over thirty years in the Marine Corps, is well into the 400's. Jim, who has very long



Scot Mendelson is coming back!

recognize and thank all the lifters we meet and shoot with during the year, and to thank all our readers and viewers for their time spent reading and seeing what we have for all of you. So, thank you all out there very much.

As we start thinking of the year ahead, we have a few things to mention. Matt LaMarque's Iron Society gym in Monterey, CA hosted us a few months ago, and it was a great group of lifters. We noted that it's a gym with two 800 lb. benchers, Matt LaMarque and Steve Wong. Will they both increase their benches enough that it becomes a gym with two 900 lb. benchers? That would be incredible.

Speaking of 900 lb. benchers, Scot Mendelson is on the mend from his accident-caused injury and surgeries, and he's aiming to be a 1000 lb. bencher. Scot has big plans, for himself and for the meets he's putting on, at February's FIT

Expo in Pasadena, CA. Check out their website for more info: www.thefitexpo.com

Just down the freeway from Scot's is the Los Angeles Lifting Club, and they've got new owners in Matt Levy and Jim Miller, but they've still got a big PL group and lots of great equipment and spirit. Call them at 818-846-LIFT.

And POWERLIFTER VIDEO's revamped website should be up by now, so try it out at www.powerliftervideo.com 'til next time, stay strong and healthy, and we wish you lots of Happy Holidays. See you on video.

Ned Low



The Dan's Gym Crew - Jim Kanegni II, Dan Smith III, Dan Smith, and Scott Hoekstra (l-r).

APF/AAPF Summer Heat
27 AUG 05 - Rock Hill, SC

BENCH	275 lbs.			
WOMEN	R. Bell	335		
Master (50-59)	Master (60-69)			
181 lbs.	165 lbs.			
B. Roby	G. Blue	220		
MEN	Open			
MJT	165 lbs.			
165 lbs.	M. Allah	315		
C. Tucker	D. McClure	210		
242 lbs.	198 lbs.			
B. Williams	B. Jones	—		
Master (40-49)	T. Roberts	305		
181 lbs.	220 lbs.			
M. Steck	J. Ramsey	—		
198 lbs.	G. Butia	—		
R. Sutton	T. Mitchell	455		
220 lbs.	242 lbs.			
K. Williams	M. Smith	640		
J. Ramsey	E. Hubbs	505		
242 lbs.	M. Cumbee	500		
E. Hubbs	308 lbs.			
308 lbs.	A. Coleman	635		
T. Shupe	T. Shupe	620		
Master (50-59)				
WOMEN	SQ	BP	DL	TOT
Master (50-59)				
181 lbs.				
B. Roby	185	140	250	575
Open				
123 lbs.				
D. Austin	325	165	300	790
148 lbs.				
L. Whitlock	215	195	260	670
MEN				
Master (40-49)				
220 lbs.				
J. Landon	500	350	485	1335
242 lbs.				
S. Hines	590	390	575	1555
J. Culliton	650	340	560	1550
B. Warren	800	—	—	800
275 lbs.				
K. Tillman	1010	505	660	2175
Master (50-59)				
220 lbs.				
M. Shealy	450	330	405	1185
275 lbs.				
R. Bell	520	335	475	1330
Master (60-69)				
198 lbs.				
T. Walters	395	155	365	915
220 lbs.				
	B. Jordan	450	265	
480	1195			
Master (70-79)				
181 lbs.				
G. Camacho	225	240	370	835

Police/Fire
165 lbs.
S. Sherriff 350 250 400 1000
Open
165 lbs.
D. McLure 365 210 375 950
181 lbs.
D. Scarborough 500 325 525
1350
K. Riddle 385 265 400 1050
P. Lathrop 400 — — —
220 lbs.
C. Hendrix 575 410 550 1535
J. Demchak 545 380 600 1525
T. Mitchell 550 455 460 1465
242 lbs.
G. Austin 815 — — —
D. McLeod 750 — — —
J. Mullens 530 385 500 1415
275 lbs.
D. Stiefel 650 390 605 1645
C. Strehlow 265 160 365 790
308 lbs.
M. Justice 800 600 600 2000
Best Female Lifter: Dana Austin. Best Male Lifter: Karl Tillman. Best Female Bench: Barbara Roby. Best Male Bench: Michael Smith. Well, Eric and Killer told me that if I scheduled a meet in Rock Hill they would make it work—and they did! We had a great meet with 44 lifters. Sixteen lifters were bench only. Twenty-five new SC State records were set, and 3 American records. Karl Tillman squatted 1010 lbs. and Michael Smith bench pressed 640 lbs. This was our first meet in a local gym and I was a little skeptical about the limited space available, but I was wrong. Between the lifters, their coaches, families, and over 100 spectators, it was perfect. The level of excitement never got below "intense". A special thanks to Cathy and Larry Wilson of Golds Gym, Rock Hill for putting up with us for a long day of Powerlifting. Wayne Pullum was again our head referee, with Lee Ray Encarnacion, Lenny Encarnacion, and Todd Shook as side refs. Jason Alderman was our platform manager, leading a team of spotters and loaders, who kept the meet safe and with no miss loads. Donnie Thompson was on hand with his equipment and support. When the lifters and spectators saw him they knew that this was serious Powerlifting. I started the meet at 10:30 by welcoming everyone to "Summer Heat" and introducing our new MC, pro-wrestling's "The International Heart Throb" Darrell Duggins. As the Hooter's card girls started their strut, he announced

our special guest lifter 9 year old, 85 lb., Russell "Moose" Hubbs. As Moose got up under a 55 lb. attempt with the bar at "4" out, he showed us the look of determination which drives this young powerlifter. Bam! He easily makes it. He followed with a solid 100 lbs. and then up to 110 lbs. for his final squat. He easily benched 55, 65 and then 75 lbs. It was his deadlifts that really got the crowd up: opening with 95, up to 110 and then a big 130 lb. final lift for a super day going 9x9, and totaling 315 lbs. He is the future of our sport. The lifting started with Barbara Roby WM 181 (50-59). She has lifted in most of our meets and keeps getting stronger every time. She is the current SC State record holder in WM 165 and WM 181. Her 2nd squat attempt with 185 lbs. was her best today. She smoothly benched 115, 130 and 140 lbs. to break her old SC State record. Her deadlift was great with pulls of 185, 200 and then 250 lbs. to break her SC record by over 50 lbs. She totaled 575 lbs. for a 1st place trophy in Powerlifting and our Best Female Bencher trophy. Laura Whitlock was up next in WO 148. This was her 2nd meet and with Donnie's coaching she was able to bump up her squat record from 155 to 215 lbs. She benched 195 and deadlifted 260 for a new record total of 670 lbs. and a 1st place trophy. Chuck Strehlow, a 1st time lifter from Hampton, VA in MO 275, started easy with 185 and was able to hit 265 on his 3rd attempt at the squat. He benched 160 but could not get 175 lbs. to go. He deadlifted a respectable 365 to total 790 lbs. and earn a 2nd place trophy. Not bad for his very first time on the platform. Our next lifter was George Camacho, the current South Carolina, American and World Record holder in MM 181 (70-79). George has been lifting with us since we started and he is always a crowd favorite. A little unsteady with his squat today his best was only 225. He bench pressed 240 lbs., deadlifted 370 on his 3rd attempt and totaled 835 lbs. to set two new SC State

records in his age and weight category. Dana Austin, at WO 123, really worked hard for her lifts this day, with lots of encouragement from her husband and coach, Grant. Her 1st attempt at the squat with a big 300 lbs was good, 325 did not go on her 2nd but she came back to make it on her 3rd setting a new PR by 50 lbs. She benched 165 on her 1st attempt but could not get 180 on her next 2 tries. A deadlift of 300 lbs. brought her total to 790 lbs; 1st place in WO 123 and Best Female Lifter. She's a strong lady at 123 lbs. Paul Lathrop MO 181 from Waites Fitness, Lexington SC was our next lifter. This is Paul's 2nd time competing with us. His opening squat of 315 was equal to his best at the last meet. He moved up to 400 lbs. and made it, but it was heavy. A 3rd attempt with 430 was too much. He just could not get his bench on track today and went out after 3 attempts at 275. Paul works out with a great coach, Brantley Waites. We know he'll be back. Up next was Donald McClure from Christiansburg, VA, in MO 165. He had nice squats of 320, 340, and 365 lbs. He benched 210 for his opening attempt and then up to 285 which proved to be too much for his 2nd and 3rd attempts. He deadlifted 340, 370, and then 375 to total 950 lbs. for a 1st place trophy. His bench press also earned him 2nd place in Bench Only MO 165. Shaun Sherriff, a new lifter from "The Compound" where he is coached by Billy Warren and Donnie, was next. He has been lifting for only 4 months and this was his first competition lifting in P/F 165. He made his opening squat of 350 lbs., but could not get 385. He struggled with his first bench attempt of 250 but came back to get it on his 2nd attempt. Three good deadlifts of 300, 350 and then 400 gave him a 1000 lb. total, a 1st place trophy and 4 new SC State records in P/F 165. I'm sure that we will see a lot more from Shaun in the future. In MO 181 Kenneth Riddle was our next lifter. This being his first competition he made sure that there was

One KILOGRAM equals 2.2046 Pounds
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Natls., 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
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 Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFP Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP

100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
Sep/94... ADFPA Men's, USPF Men/Women's Sr., 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, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Women's, United We Stand, TOP 100 165s
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s
Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams

705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds,

Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reacts" by Louie S., Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jan/97... J.M. Blakley, Dream Team Pt.

no question about the depth of his first squat attempt. Deep and solid he pushed up 385 lbs. easily. Maybe feeling a little too confident, he moved way up to 435 which was a little too much, but he sure tried hard. Three better planned bench presses of 225, 245, and 265 were smooth and solid. The same with his deadlifts of 345, 370, and 400, with no problem. His total of 1050 was good for a 2nd place trophy in his category. We know that he is ready for USC, but are they ready for this intense competitor. Next up was Tom Walters in MM 198. At 67 yrs. young, Tom is a Pan-Am Olympic weightlifting champion and current SC State record holder. His first squat of 395 lbs. was enough for him today, he only took the one attempt. He benched up to 155 and deadlifted 365 for a total of 915 lbs. and a new record in the deadlift. He earned a 1st place trophy in MM 198 (60-69). Next lifter was Bill Jordan, the leader of the Virginia Rat Pack, in MM 220 (60-69). Bill has lifted in three of our meets, and nobody works harder at becoming a record holding powerlifter. He opened with a perfect form squat of 425 lbs. up to 450 on his 2nd attempt, but the magic 500 was too much for him on his 3rd attempt. His 265 bench was all he could handle today. He finished with 3 solid deadlifts of 425, 450, and 480 lbs. besting his PR by 65 lbs. A total of 1195 lbs. earned him a 1st place trophy and was 2nd runner up to Karl Tillman as Best Male Lifter. Doug Scarborough, a new lifter with us, from Anderson, SC was up next. He trains at G-7 in Clemson, which is the Powerlifting place to be in the upstate. He nicely made his 1st squat attempt of 440, moved up to 465, and then a big 500 on his 3rd. He benched 325 but could not get 340. Three strong deadlifts of 475, 505 and then 525 rounded out a good day of lifting to total 1350 lbs. in MO 181 for a 1st place trophy. The final lifter in the first flite was Michael Shealy from N. Augusta, SC. A 53 year old MM 220, Michael is one of our biggest supporters and even when he's not lifting he is always there to help other lifters as well as our team. He opened with a good 450 lb squat but was stopped just short of one of his goals, the 500 lbs. squat. He'll get it next time. His opening bench attempt of 350 got stuck near the top, but he came back to get it on his 2nd attempt. He deadlifted 405 to break all of his previous SC State records totaling 1185 lbs., and

earning a 1st place trophy. During our first short break I took the MIC to thank all of our many sponsors who helped make this meet possible. The second squat flite started with Jon Landon, a first time competitor from Marc Bartley's Total Gym in Columbia SC. He had a good day. The first squat attempt was a little short, but he came back for his 2nd attempt with 475 and made it! Up to 500 for his third and a new PR for him. He bench pressed 350 lbs. and then had 3 solid deadlifts of 435, 465, and

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485 to total 1335 lbs. for a 1st place trophy and 3 SC State records in MM 220 (40-49). Our next lifter was Terry Mitchell MO 220, a strength and conditioning coach from Christiansburg, VA. He lifted in full power and bench only today. His squats were 455, 500 and 550 lbs. He opened in the bench with 315 and made it easily. Up to 455, again good, but he was stopped with a 500 lb. attempt. Three big deadlifts of 365, 410, and then 460 gave him a total of 1465 lbs. for 3rd place in our most competitive

division, MO 220. His 455 lb. bench also earned him a trophy in bench only. Robert Bell, lifting in MM 275 today, from Waites Fitness in Lexington, SC, was our next lifter. He is the current SC State record holder in MM 242 (50-59). He had 3 good squats up to 520 lbs. Not able to get his 1st bench attempt of 335, he came back and nailed it the 2nd time. Solid deadlifts of 435, 455, and 475 lbs. contributed to his 1330 lb. total for a 1st place trophy in Powerlifting His 335 bench press was also

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, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s
Mar/00 ... USAPL Women's, 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, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00 ... Dennis Cleri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP 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 114s
Aug/00 ... USAPL Men's, APF Sr. Pt. I, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
Sep/00 ... USPF Sr., IPA Worlds, WABDL

good for a trophy in Bench Only. And here comes "The Beast". Twenty one year old Jason Mullens, from Rock Hill. At 242 he is the newest of our upcoming powerlifters. This is his 2nd time lifting with us and at this meet he beat all of his previous PR's. An opening squat of 530 lbs. was a good start but his 2nd attempt with 600 caused him to grimace in pain with what seemed like a hamstring pull. He tried it again after lots of ice, but no good. Maybe next meet. Back to bench press he got good lifts of 310, 350 and 385 lbs. He deadlifted up to 500 but could not get 550 today. His 1415 lb. total was good for a 1st place trophy. Thanks for all of your help, Jason. Another new lifter with us was Dr. John Demchak of Rock Hill. John, at 38 in MO 220, has been working out for 14 years, and it shows. His first and only squat of 545 was enough for him today. He benched up to 380 lbs. and had 3 nice deadlifts of 535, 575, and a big 600 lb. pull, to total 1525 lbs. and a 2nd place trophy in a tough division. Jeff Culliton, the "best looking powerlifter" in VA. is an accomplished bodybuilder and powerlifter. This is his 4th time competing with us and he just keeps getting stronger and more confident at each meet. He had a perfect day. His squats of 550, 600 and 650, bench presses of 315, 335 and 340 and deadlifts of 500, 530 and 560 lbs. all smooth and solid (with more left in the tank). 9x9, "How sweet it is". I'm sure you had a great drive home. His 1550 lb. total was good for a 2nd place in MM 242 by just 5 lbs. Also in MM 242, and the man to beat today was Stewart Hines from Hilton Head, SC. He is the current SC State record holder in MM 242 (40-49). He squatted 590 lbs. on his 2nd attempt. His 390 lb. bench press and 575 lb. deadlift, brought his total to 1555 lbs. for a 1st place trophy and 2 new SC State records. Our next lifter was Chris Hendrix from Maximus Barbell in Columbia. He has lifted in 3 of our previous meets and holds 3 SC State records. He missed his opening squat attempt of 525 but came back on his 2nd attempt to get it. His final attempt with 605 lbs. was a little too heavy. His 1st attempt bench press of 410 lbs. was his best today. Three solid deadlifts of 500, 525, and 550 lbs. were enough to total 1535 lbs., a new SC State record total and a 1st place trophy in MO 220, well earned. Dale Stiefel MO 275 from Ducks Gym in Simpsonville, SC was competing for the 1st time and did well, racking up the 3rd highest total pounds lifted in this meet. He opened with a 615 lb. squat, just missed his next attempt of 650, but came back to get it on his 3rd. He benched 390 but could not get 425 to go. He deadlifted 605 lbs. to total 1645 for a 1st place trophy. We look



Chad Justice trying a 650 bench press in the 308 lb. class. (photographs are courtesy of Will Millman)

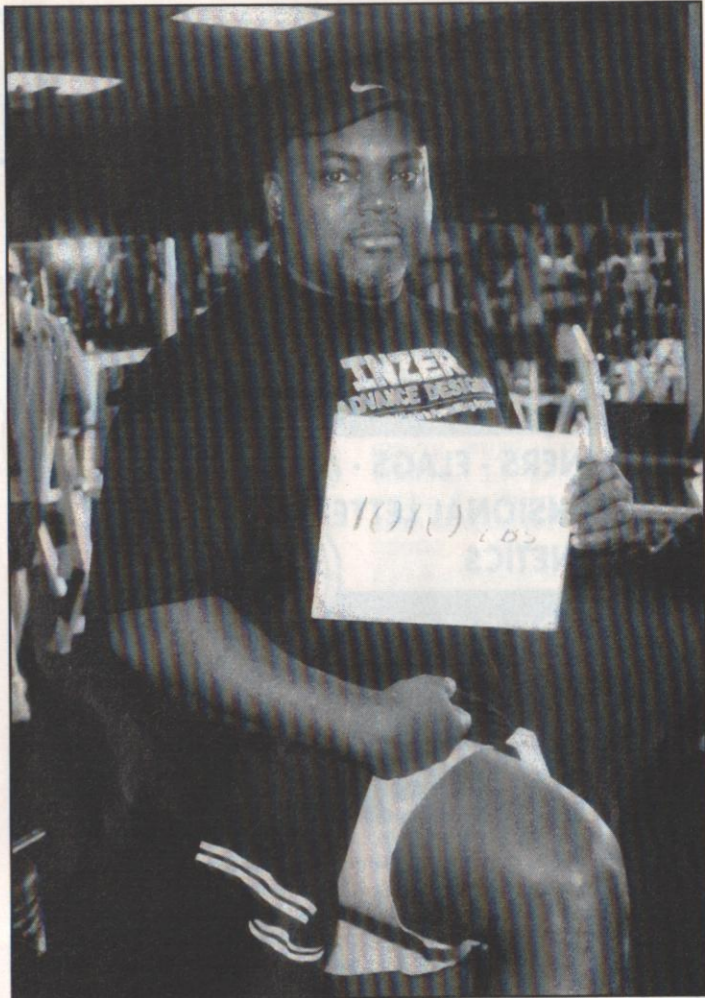
forward to seeing him again. David McLeod from Sumter SC was up next. This is David's first full power meet, and he is now training at "The Compound" in Columbia. Opening with a big 700 lb. squat attempt, he makes it! Up to 750 lbs., also good! His 3rd attempt with 800 lbs. would not go. His 580 lb. bench attempt was 80 lbs. over his PR and proved to be too much. He just could not get it, and went OUT after three hard attempts. He will be back! Grant Austin, weighing in at 241.5 lbs. just under the wire for MO 242. He opened with 775 lbs., 65 lbs. over his previous best squat with us. He just missed it. Up to 810 lbs. on his 2nd attempt. A gain a miss. He was not to be denied a 3rd attempt with 815 lbs. was his. He could not get his bench press on track today and went out after 3 hard attempts. Grant is a strong lifter. I'm sure we'll see him again. Thanks for the mono-lift, Grant. Officer Billy Warren was up next calling for 800 lbs. for his 1st attempt at the squat. Lifting in MM 242 this attempt is almost 3-1/2 x his body weight. He is currently the

P/F SC State record holder. He makes his 1st big squat but cannot get 830 on his 2nd or 3rd attempts. Two bench press attempts @ 460 lbs. were enough for him today and he bowed out. He is a great lifter and we look forward to seeing him on the platform again. Our next lifter Marion Justice @ 296.4 lbs was the only lifter in MO 308. He trains at Waites Fitness in Lexington and we were ready for some big lifts. He opened with an 800 lb. first attempt at the squat and got it. 850 just would not go. He benched 600 lbs. and deadlifted 600 lbs. for a 2000 lb. total and a 1st place trophy. He was 2nd only to Karl. And then we heard it. Our next lifter, "big" Karl Tillman, was going to open with a 950 lb. squat attempt. Wow! The crowd was on their feet. Karl had lifted with us before, currently held 3 SC State records and had recently squatted 1003 lbs. at the Sr. Nationals for a new MM APF records. We knew that something big was in the works. Karl solidly pushed up 950 lbs. but we knew there was more to come. As his 2nd attempt

was announced 1010 lbs., we all got crazy! We have never seen a 1000 lb. squat at any of our meets. As he got under the bar, with Donnie behind him, the music and the crowd began to rumble in anticipation. He took the bar from the rack and in one power move he squatted down and stood up with 1010 lbs. on his shoulders and 3 white lights screaming what we already knew, "good lift". He passed on his 3rd attempt but that was OK. I don't think that we could have taken any more excitement at that level. He benched 505 lbs. and deadlifted 660 for a winning total of 2175 lbs., 1st place in his division, 3 new SC State records, 1 new American record, and our Best Male Lifter. Thanks, Karl. We took a break as the guys took the mono-lift off the platform to make room for the bench. A team of pro arm wrestlers from the Rock Hill Barbell Club put on a demonstration of power arm wrestling which also included challenging the audience. It was a great success. I took some time to thank our members and present a plaque of our

appreciation to Cathy and Larry of Golds Gym. We were able to weave the Bench Only competition in with the Bench press portion of the Powerlifting competition. We started with Ronald Sutton, lifting with us for the 1st time, from Lexington, SC in MM 198. He opened with 200 lbs. and made it easily, up to 235 for his 2nd and got that also, but 275 on his 3rd was too much. He won a 1st place trophy in his division. Up next was a Rock Hill favorite, Andrew Gene Blue, the 67 year old MM165 they call "Mean Gene". He works out right here in Golds Gym and this is his first meet with the APF. Making his opening attempt with 205 lbs. easily, he moved up to 220 lbs. for his 2nd attempt, which he also easily made. An attempt at 235 was no good. He won a 1st place trophy and set a new SC State record in his age and weight division. Burton "Lil Killer" Williams was our next lifter in J/T 242. From Rock Hill and training here at Golds he was one of the team that helped put on this meet. His 250 lb. bench press was his best today and good enough for a 1st place trophy, a bump up of his SC State record Bench, and a new American record. In MO 165, 29 year old Master Allah, from Charlotte, NC was our next lifter. His opening attempt with 270 was good. Next attempt with 315 lbs. was tough but good. A 3rd attempt with 345 was a little too much today. He won 1st place in his division. Troy Roberts, a Marine from Charlotte in MO 198 was next on the bench. An opening attempt of 305 lbs. was the best he could do today; 330 just would not go. He earned a 1st place trophy. The next lifter was Michael Steck from Columbia, SC in MM181. Michael has competed in all of our previous meets and is the current SC State record holder in all the lifts in his division. He normally powerlifts but today lifted in bench only due to an injury. His opener of 305 lbs. was his best today, for a 1st place trophy. Chad Tucker from Monroe, NC at 19 years old was our next competitor lifting in J/T 165. He is an Iron Boy arm wrestling and bench press record holder. Today was not his day. Attempts of 345 and 400 were too tough for him and he bowed out. Here comes "Johnny B. Good". Killer Williams, co-coordinator of the great team responsible for this meets success. At 45 years old in MM 220, Killer is the current SC State record holder in the bench press. Just missing 425 on his 1st attempt he came back to make it on his 2nd. His 3rd at 445 lbs. would have broken his own SC State record, but not today. He earned a 1st place trophy in his division. Mike Cumbee, an experienced lifter with many Virginia State and National

records to his credit in MO 242, was next up. An opener of 475lbs. was smooth and solid. His 2nd attempt with 500 was tough, but he made it. A 3rd attempt with 510 was too much. Lifting in a very competitive division, he earned 3rd place. Next up "Big Daddy" Eric Hubbs lifting in MO and MM 242 was our other meet co-coordinator from Rock Hill. He is the current SC State and American record holder in MM 242 bench press. Eric has lifted in most of our meets and is one of our biggest supporters. He was here today to break his record of 501.5 lbs. A nice opening lift of 485 got him in his groove and on his 2nd attempt, he did it, 505 lbs. An attempt at 525 got stuck near the top, but still a great day for him; 1st place, 2 new SC State records, and 1 new American record. Jon Ramsey, all the way from Bethlehem, PA, made the long trip down to try to qualify for the "Bench Bash for Cash". Jon, in MO/MM 220 is a champion ranked bench presser, but today was not his day. Opening with a big 555 lbs., he just could not get it on track. Another hard attempt at the 555, a grimace in pain, and no go. He went out after 2 attempts. Thanks for making the drive Jon, we know you'll get it next time. Up next was Geoff Butia from Blacksburg, VA, in MO 220. Geoff has been lifting for 8 years and is a SPF National champion. Unfortunately Geoff had trouble today Three attempts at his previous PR at 565 lbs. just did not go. He tried and tried but it was too much. He was OUT but I'm sure he'll be back. Also from Virginia, Brian Jones in MO 198 had similar problems. His attempts with 565 kept getting stuck. He bowed out after 3 very hard, hard tries. Come see us again, we know that you can do it. Next up was A.J. Coleman, the biggest man at the meet, 297.6 lbs. lifting in MO 308. A.J. is from Charlotte, NC and this was his first time lifting with us. He easily pushed up his 1st attempt of 585 lbs. His next attempt of 635 lbs. was heavy but he muscled it up. A 3rd attempt with 645 was not to be. He earned a 1st place trophy in his division. A muscular Michael Smith in MO 242 was our next lifter. A 25 year veteran lifter from VA he was competing in his 1st APF meet. After a loud exciting psyche-up courtesy of his wife, Michael blew up his 1st attempt of 600 lbs. His 2nd attempt with 625 was also good, as was his 3rd attempt with the biggest bench we have ever seen, 640 lbs. Wow! Going 3x3, he earned a 1st place trophy and our Best Male Bench. Our last bench only lifter "Big T" Tom Shupe, also from VA lifted in MM/MO 308. He opened with 600 lbs. and made it! Up to 620 for his 2nd good lift. A mighty try at 640 lbs., but



BEST LIFTER - KARL TILLMAN 1010 squat and 2175 total @275 lbs.

no go. His 620 lb. bench was good for 2nd place in MO 308 and a 1st place in MM 308. We just witnessed some heavy bench pressing with these last few guys. Additional thanks to Marge, Scott, Scarlett, Zandra, Lauren, Chris, Jason, Ed, Jessie, Dennis, Maurice, Darrell, spotters and loaders,

the "Hooters" girls, Warren, Jeff, Katie, Golds Gym staff, Special Olympics of South Carolina, and anyone we might have inadvertently missed. (Thanks to Will Millman, APF/AAPF SC State Chairman, for providing these meet results to Powerlifting USA)

BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Emie Frantz Insights, Rick Weil BP, TOP 100 132s
Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bzl Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC Worlds Pt. 1, IPA Nationals, 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 Nats, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, 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 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals., 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., TOP 100 123s
Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno, 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 S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich

Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perotta Interview, Training the Lockout, TOP 100 198s
Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNP Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s
Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Nats, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman, 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, TOP 100 148s
Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s
Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subj. Worlds, Fred Hatfield, 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 Paterra, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back,

Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Jul/03 ... IPF Women's Worlds, APF Nationals, Bill Kazmaier Pt. 2, APF Nationals, DL on the Rise by Louie S., Best Male PLers, TOP 100 SHWs.
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs
SEP/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware Workout, Siouz-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s

Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04 ... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs
Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s

Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.
Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s
Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s
Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s
May/05 ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists
Jun/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad S. Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s.

Jul/05 ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s.
Aug/05 ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.
Sep/05 ... IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s.
Oct/05 ... Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Worlds, TOP 123s
Nov/05 ... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.

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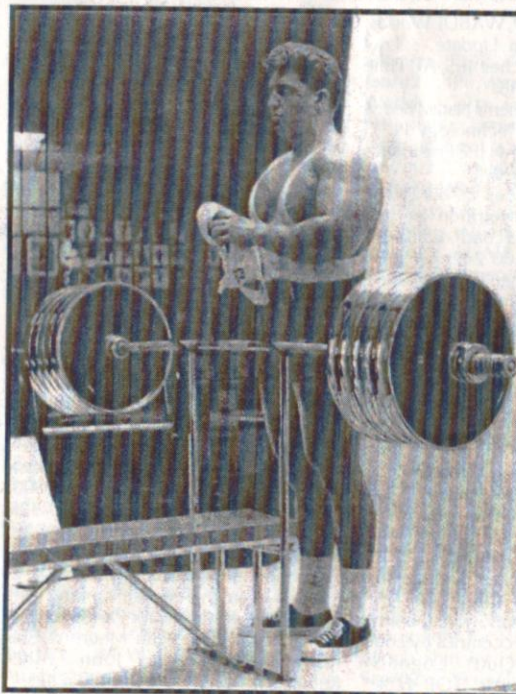
BENCH	198 lbs.
WOMEN	Open/Raw
165 lbs.	Ross 350
Master (50-59)	Rolls 310
Raw	Metz 285
Cox	150* Scullion 185
SHW	Submaster
Open	Raw
Nutter!	215 Ross 350
MEN	Metz 285
114 lbs.	Master (70-79)
Youth (11-12)	Raw
Dantzler	60 Rosenfield 290*
148 lbs.	220 lbs.
Junior (20-23)	Teen (17-19)
Raw	Raw
Bender	280 Kent 320
Open	Junior (20-23)
Mueller	320 Tsvetanov 385
Master (40-49)	Open/Raw
Mueller	320 Hess 265
Open/Raw	Sceppe
Wilson	315 Master (40-49)
Mueller	315 Raw
Master (40-49)	Stalica 350
Raw	Master (60-69)
Wilson	315 Raw
Mueller	315 Davis 275
165 lbs.	242 lbs.
Master (40-49)	Open
Raw	Brown! 485
Snow	295* Haley 445
181 lbs.	Master (40-49)
Open/Raw	Haley 445
Lara	350 Master (40-49)
Submaster (35-39)	Raw
Raw	Erb 315
Lara	350 Master (50-59)
Master (40-49)	Raw
Caliguri!	370 D'Allessandro 325
Master (60-69)	Master (50-59)
Raw	Glenney 425
Freed	315 275 lbs.

Open/Raw	Open
Behari	425 Dupont 425
Lifetime/Raw	Master (40-49)
Behari	425 Dupont 425
Submaster (35-39)	Master (50-59)
Raw	Adler 235
Behari	425 SHW

Open/Raw	470	Slaybaugh!	600	Junior (20-23)		
Ramos!	470	242 lbs.		Raw		
Submaster (35-39)	Open	Cooper	600	Summerville	250 335 585	
Nutter	95	Master (40-49)		Open		
Master (40-49)	Raw	Archello	395 390 785	Alongi		
Raw	500	198 lbs.	310 380 690	Teen (17-19)		
Summers	335	Master (50-59)		Fernandez	350 500 850	
DEADLIFT		Raw		Open/Raw		
MEN		Adler	325	Scullion	185 360 545	
114 lbs.		PWRCURL		Master (50-59)		
Youth (11-12)	140	MEN		Raw		
Dantzler	140	148 lbs.		Mascio	300 450 750	
Teen (13-16)	Raw	Open	120	Master (50-59)		
Raw	200	Powell		Scaranda	215 500 715	
Zambelli	200	Mosier		Master (70-79)		
148 lbs.	495*	165 lbs.		Raw		
Open/Raw	Master (40-49)	Master (50-59)	110	Rosenfield	290* 325 615	
Wilson	495*	Hoxworth	110	220 lbs.		
Master (40-49)	181 lbs.	Open		Teen (17-19)		
165 lbs.	Open	Wilhelm!	170	Raw		
Open	Kim	Master (40-49)	170	Lobue	315 505 820	
Kim	455	Wilhelm	170	Kemble	345 435 780	
Neary	450	198 lbs.		Master (40-49)		
Open/Raw	455	Open		Sadiv	330 635 965	
Neary	455	Carr	170	Slaybaugh	300 600 900	
Junior (20-23)	455	Haley	130	Open/Raw		
Kim	455	Master (40-49)		Sherman	295 550 845	
Master (50-59)	Master (40-49)	Open		Open		
Raw	Hoxworth	Famiano!	170	Cathie	520 575 1095	
181 lbs.	475	Haley	130	Haddaway	385 500 885	
Teen (13-16)	Raw	Master (50-59)	110	275 lbs.		
Raw	Erb	Scaranda	110	Open/Raw		
198 lbs.	315	Open		Velluci	360 600 960	
Open/Raw	Open/Raw	Famiano	160	Open		
Haley	375	242 lbs.		Malmgren	515 470 985	
Scullion	360	Open		Fishbein	360 440 700	
Master (40-49)	360	Reichin	150	Master (50-59)		
Raw	Master (40-49)	275 lbs.		Adler	235 325 560	
Haley	375	Open		SHW		
220 lbs.	375	Fishbein	135	Master (40-49)		
Teen (17-19)	Raw	Master (40-49)	125	Wanner	315 445 760	
Raw	Kent	440		Wanner		
Master (40-49)	Ironman	114 lbs.		BP	DL	TOT
Youth (11-12)	Raw					
Dantzler	60	140	200			
148 lbs.						
Open/Raw						
Wilson!	315	495	810			
Mosier	170					
Powell						
Master (40-49)						
Raw						
Wilson!	315	495	810			
Master (40-49)						
Wilson!	315	495	810			
181 lbs.						

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MALE	Law Enfrmnt.
148 lbs.	148 lbs.
Z. Perkins	370 J. Ruble 240
242 lbs.	Raw
T. Keim	370 242 lbs.
Teen (16-17)	B. Kirk 375
148 lbs.	
M. Knoff	250
(Thanks to Paul Sutphin for these results)	



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9-11 DEC (REVISED NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu
9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rhk@verizon.net, (954) 384-4472, www.purepowerlifting.com

10 DEC, APF PowerQuest Strength Ironman Classic (must lift APF to be eligible for cash prize, non APF lifters welcome, BP-DL single event and Ironman Push Pull - Days Inn, Fremont, OH) Rob Twining, Meet Director, (419) 552-2063, outlawbarbell@yahoo.com, Mention PowerQuest to receive \$45 room rate

10 DEC, USAPL Indiana State Meet, Mike Robertson, 9636 Ladson St., Fishers, IN 46038, (765) 713-5462

10 DEC, 7th Immaculate Heart of Mary Holiday BP/DL/Ironman, Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, (330) 792-6670

10 DEC, APA/Sam Houston Open, Tom McCullough tom_mccullough@txpowerscene.com, Sam Houston High School, 9400 Irvington Blvd., Houston TX, 77076

10 DEC, 18th Annual Elkhart BP Classic, Jon Smoker, 30907 CR 16, Elkhart IN, 46516, (574) 674-6683

10 DEC, 5th Annual Pocket Samson's Christmas BP (men's & women's classes/divisions) Island Athletic Club, 448 Kent Narrows Way N., Grasonville, MD 21638, (443) 340-8918 (9-11 pm EST)

10 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, (402) 687-4182, timanderson@hntel.net, www.usapl-ne.com

10 DEC, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, (610) 948-7823

10 DEC, NASA Missouri

COMING EVENTS

Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, (405) 527-8513, SQBPDL@aol.com

10 DEC (date change), WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, (678) 817-4743, wnpf@aol.com

10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

10 DEC, 100% Raw Powerlifting Federation Holiday Cash Bench Bash (Power/Reps - Irving Park YMCA, 4251 W. Irving Park Rd., Chicago, IL 60641) Shawn "Bud" Lyte, IL State Chairman, (312) 494-5865, rawlifting@bmfssports.com, www.bmfssports.com

10 DEC, FIB World Bench Press Championships, Brasilia/DF - Brasil, Ginasio do Cruzeiro Novo, Quadra 609 Cruzeiro Novo, Brasilia DF, Caramello (61) 3032-2992, 9627-9668, 8146-8290, www.supino.com.br

10,11 DEC, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, (559) 658-5437, (559) 322-6805, www.calapc.net

11 DEC, SLP Turner Classic BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

17 DEC, USAPL Fife Power Company BP & DL Classic, Steve Slavens, 5616 20th St. E., Tacoma, WA 98424, 253-517-1100

17 DEC, APF South Carolina Championship (full power and bench - Irmo, SC) Will Millman, APF/AAPF SC Chairman, (843) 886-5366, Shelter223@aol.com, www.worldpowerliftingcongress.com, www.sorinex.com

17 DEC, USAPL Eastern USA PL/BP/Ironman/Raw/Assisted (Holiday Inn, Culpeper, VA) John Shifflett, P.O. Box 9941, Stanardsville, CA 22973, (424) 985-3932, valifting@aol.com or Will at (434) 985-6858

17 DEC, 3rd Annual BP/DL Classic (Leighton, PA) Robert Eckhart, (610) 377-5852, lucykan@enter.net

5 2 0 - 8 7 7 3 , snakeriver@yahoo.com

31 DEC, SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

DEC, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com

7 JAN, APF/AAPF Windy City Ironman (Velocity Sports Performance, Willowbrook, IL) Eric S t o n e , thestone@chicagopowerlifting.com

7 JAN, Florida Police/Fire (Full power, push-pull, BP - Lake Mirror Complex, Lakeland, FL) FL Police/Fire Hdqtrs. (800) 354-3536, Jim Gaczewski (813) 782-7965, Jack or Debbie at Deb's Gym (863) 683-9300, jana@lawgames.org, alert@tampabay.rr.com, debsgym@verizon.net

14 JAN, APF Michigan Bench for Cash, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, (313) 610-2019, Jimharborne@comcast.net

14 JAN, USAPL Nor Cal Winter Classic, Jason Burnell, 2327 Alva

14 JAN, ISS Heavy Metal Open Bench Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

21 JAN, 5th Iron Boy Push Pull Championships (Mocksville, NC) Keith Payne, keith@ironboypowerlifting.net

21 JAN, Iron Chamber Gym BP/DL (open, masters, police/fire, high school, 1st-5th place trophies - East Canton, OH) Chane Cline (330) 323-1811 or ironchambergym@hotmail.com

21 JAN, PPL Augusta Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym

21 JAN, USAPL 28th annual LA Tech Invitational High School PL, Zac Cooper, 309 E. Colorado Ave., Ruston, LA 71270, 573-999-1600

27-29 JAN, 2005 AAU Worlds (3 lifts) and International Bench Press Contest (Holiday Inn, Richmond, VA) VA PL Assoc., 1811 Southcliff Road, Richmond, VA 23225, raupower@aol.com

28 JAN, USAPL Wisconsin Open & State Meet, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402,

Ave., El Cerrito, CA 94530, 510-232-4755

15 JAN, ISS Heavy Metal Open Bench Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

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28 JAN, USAPL Wisconsin Open & State Meet, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402,

APF/AAPF/WPO Schedule

25,26 March 06, APF Junior National & Maine State PL/BP, Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393

12,13,14 May 06, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

Dates subject to change Call 386-734-3128 for info.

(worldpowerlifting.org) (worldpowerliftingcongress)

262-639-3210
29 JAN, Winter Classic BP/DL (Granger, IN), www.e-normous.biz, Anson Wood, info@e-normous.biz, 574-903-4586

29 JAN, USPF 1st Open Powerlifting Championships (Middletown Mall, Fairmont, WV) Matt McCasle, 210 Gilbob St., Fairmont, WV 26554, (304) 376-2432, www.uspf.com, mcase@yahoo.com

4,5 FEB, USAPL Florida State Powerlifting Championship, James Dundon, 10501 FGCU Blvd. S, Ft. Meyers, FL 33965, 239-303-9561

11 FEB, 1st USPF Ohio State BP/DL Championships (Warren High School, Vincent, OH) Matt McCasle, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

11 FEB, 100% Raw World Powerlifting Championships (Raleigh, NC) Paul Bossi, (252) 339-5025, rawlifting@aol.com, www.rawpowerlifting.com

11 FEB, New Castle's 15th Annual BP Championships (open, masters, raw, teen, women) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, (724) 658-7529

11 FEB, NASS Braggin' Rights District 5 & 6 High School Strongman Championships (teens - Samford University, Birmingham, AL) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (gym) (205) 823-4745

11 FEB, APC Bench Press Nationals (Holiday Inn, Warner Robbins, GA) L. B. Baker, (770) 725-6684 or (770) 713-3080, www.americanpowerliftingcommittee.com

11,12 FEB, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RRI Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com, www.vhpower.com

12 FEB, Cooper Classic Push/Pull (24 hour weigh-in rule - Mountaineer Racetrack & Gaming Resort, Chester, WV) Rob Cooper, 740-283-3447, rwcooper2@juno.com

18 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships World Qualifier (Beaver Falls, PA) Charles Venturella (724) 654-4417

18 FEB, AAU Meet (NY) Steve Rogers, 315-365-3377, Seeper67@tds.net

18 FEB, APF/AAPF Full Power/Ironman/Single Lift (Tribes Hill, NY) Sandi McCaslin, 581-858-7002, candyazz@ironasylumgym.com, www.ironasylumgym.com

18 FEB, Lewiston Red Brick Bench Press Championships (Lewiston, NY - to benefit our men and women fighting in Iraq and their families here in New York. Last year we

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raised \$3900 for the families of troops and over \$1000 worth of goods were sent to the troops in Iraq) Dennis Brochey, 716-200-3533, cdbrochey@adelphia.net

25 FEB, NASA Youth Nationals (5-12, Sheboygan, WI) Job Hou-Seye, 920-451-9097

25 FEB, APF Indiana State & Hawg Farm Open/BP (Evansville, IN) Larry Hoover, (812) 385-9932, quad4hoov@peoplepc.com

25 FEB, APC Central California Open & novice Powerlifting/BP Championships (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

25 FEB, APF Northeastern Open BP (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows & Dave Follansbee, 865 Second St., Manchester, NH 03102, (603) 626-5489, www.americanpowerlifting.com, nhbodybuilding@yahoo.com

4 MAR, USAPL S. Dakota PL/BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, (605) 201-2411

4 MAR, APC Southeastern High School Powerlifting Invitational (teen - Birmingham, AL) Jeff Green, Birmingham Barbell/Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (205) 823-4745 (gym)

4 MAR, NASA Illinois State High

UPCOMINGSLPCOMPETITIONS

10 DEC, SLP Arkansas Christmas Open (Glenwood, AR)

11 DEC, SLP Turner Classic BP/DL (Sallisaw, Oklahoma)

31 DEC, SLP "The Last One:" BP/DL (Tuscola, Illinois)

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sonlight@netcare-il.com

School Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@bspeedy.com

11 MAR, ISS Industrial Strength BP Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

18 MAR, 2nd APF/AAPF Alabama Open PL/BP (open to any APF/AAPF lifters, larger warm-up area - Econolodge Conference Center, Attalla, AL) Buddy McKee, AL Chairman, (256) 442-4002 or (256) 613-2753 or Stace Beecham at Gold's Gym Rainbow City, (256) 413-0055

18 MAR, All Church Powerlifting Contest (men, women, ages 12 and up) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, (973) 584-7410, pamerman@hillsidebc.org

18 MAR, APC West Coast Open & Novice BP Championships, John Ford (650) 303-7518

18,19 MAR, USAPL Pennsylvania State (Ramada Plaza Hotel, Clarks Summit, PA) Janel Brown, (570) 585-5260, janelbrown@brownsgym.net

19 MAR, Lawrence Co. Super BP/DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee (free meet t-shirt), Charles Venturella, 718

Mabel St., New Castle, PA 16101, (724) 654-4117

25 MAR, ADAU Maryland State Raw & Drug Free Single Lift Championships (drug tests, awards for best SQ, BP, DL, age, weight - Hagerstown, MD), Kevin Prosser (301) 573-7853, jkprosser@yahoo.com, www.angelfire.com/pa/bigal

25 MAR, USAPL Washington State, Richard Schuller, 12916 475th Ave. SE, North Bend, WA 98045, (206) 280-8122

25 MAR, AAU Bench Press Nationals (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbf.net

25 MAR, AAU Maryland State Bench Press (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbf.net

25 MAR, AAPF Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268

25, 26 MAR, USAPL 2006 Bench Press Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366

25, 26 MAR, APF Junior & Nationals & Maine State PL & BP Championships, Chris Weirs, 14 Fern St., Auburn, ME 04210, (207) 777-3393

26 MAR, Cabin Fever BP/DL (Granger, IN), www.e-normous.biz, Anson Wood, info@e-normous.biz, 574-903-4586

26 MAR, MCI (Norfolk, MA) Dan Pino, Norfolk Prison, 14 Taylor St., Waltham, MA 02452, (781) 894-9386

26 MAR, USPF Rhode Island State PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net

26 MAR, USPF Rhode Island High School PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net

26 MAR, USPF Rhode Island Police & Fireman PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net

MAR, Mass State Open High School Powerlifting Championships. Greg Kostas, (781) 447-6714 and Rene Moyan, (401) 934-2040 or (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com

MAR, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rhk@verizon.net, (954) 790-2249

31 MAR - 2 APR, USAPL High

School Nationals (Omaha, NE) James C. Hart, 4418 NW 50th St., Lincoln, NE 68524, call between 7:30-9:30 AM or 5:00-6:30 PM (402) 470-3672, jmsht@aol.com

1 APR, ADAU 43rd Great Lakes Powerlifting Championships, Joe Oreglia, 4319 W. 26th St., Erie, PA 16506

1 APR, ABA Arkansas State Bench Press (Little Rock, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

1,2 APR, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell (740) 704-4747, www.ironhousezanesville.com

2 APR, 7th Pittsburgh Area Monster BP/DL (men, women, all divisions/classes, cash prizes) Mike Baravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 264-9996

8 APR, NASA Bigger One (Green Bay, WI) Job Hou-Seye, 920-451-9097

8 APR, APC Georgia State Open PL & BP, National Qualifier, LB Baker (770) 713-3080

8,9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, (610) 948-7823

9 APR (REVISED DATE), New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401) 952-9166, joemusclehead@cs.com, www.reevesnutrition.com

13-16 APR, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

15 APR, 1st USPF Maryland State BP/DL Championships (Hotel Gunther, Frostburg, MD) Matt McCasle, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

15 APR, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

15 APR, APC Illinois State Open PL & BP, APC/UAPC National Qualifier, Jim Rouse (815) 727-9147 or Brandon Williamson (815) 325-3365

15 APR, USAPL Richmond Open PL & BP Championship (60 lifter limit, open to all out of state lifters) Phillip Battle, P.O. Box 9713, Richmond, VA 23228, (804) 301-2196, P_Battle@hotmail.com

19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.ipfworlds.com

19-23 APR, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 384-

4472, www.ipfworlds.com

21,22 APR, IBP Red Swaim Memorial DL & Iron Boy Raw BP Championships (Winston Salem, NC) Keith Payne, keith@ironboypowerlifting.net

22 APR, Iowa Open State Championships (BP/DL/Trap DL, teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, (641) 673-5240

22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268

29 APR, APC State PL & BP (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

APR, PPL Georgia Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym

APR, USAPL Illinois State/Great Rivers Open (powerlifting, BP, open, raw - Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881

APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

6 MAY, APC Excalibur Classic Powerlifting & Bench Press Championships (open, novice, masters, teens, women - Birmingham, AL) Jeff Green, Birmingham Barbell, Andrews Sport & Fitness, 700 Montgomery Hwy.,

Suite 100, Birmingham, AL 35216, (205) 817-6811, (205) 823-4745 (gym)

6 MAY, Erie Community College Football's 5th Open BP/DL Championships (near Buffalo - Orchard Park, NY) Dennis Green (716) 851-1748

12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turizer, ME 04282, (207) 225-5070

13 MAY, APA Fit For Life Day/Baddest Bench In The South (BP only - Expo Hall, Shreveport, LA) Ryan Cidzik (315) 794-1836, RCidzik@yahoo.com, www.apa-wpa.com

13 MAY, USAPL Florida State HS PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl

14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl

20 MAY, APC Southern California PL & BP (San Diego, CA) James Kegrice at www.kegricegym.com or Bob Packer (559) 332-6805 or (559) 658-5437

21 MAY, ISS Big Bench Open, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

26-28 MAY, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu

MAY, New England States Open Powerlifting Championships. Greg Kostas, (781) 447-6714 & Rene Moyan, (401) 934-2040, (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com

10 JUN, 1st USPF Pennsylvania State BP/DL Championships (Waynesburg High Schools, Waynesburg, PA) Matt McCasle, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

25 JUN, ISS Wisconsin Bench Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

JUN, Joe's Gym "We Don't Need No Stinkin' Drugs" Bench Press Contest, Joe Oreglia, 4319 W. 26th St., Erie, PA 16506

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889, usapl@fwi.com

7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

7 JUL, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl

7-9 JUL, APC National PL & BP Championships (Sacramento, CA) Al Garcia

8 JUL, USAPL Men's US (Open)



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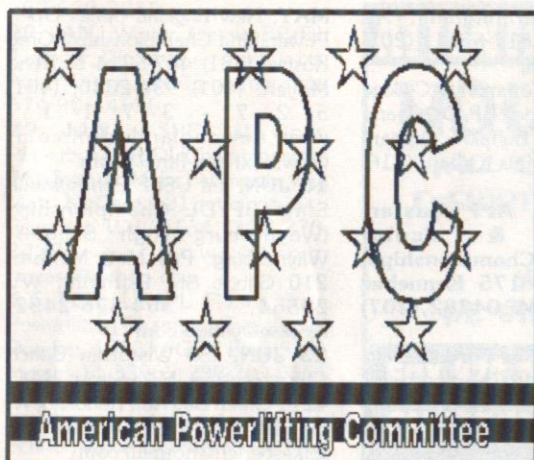
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NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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 _____



The APC is actively seeking qualified meet directors and state Chairmen
Call L B Baker 770-725-6684 or cell 770-713-3080

UPCOMING MEETS

- February 11, 2006 APC Bench Press Nationals, L B Baker, 770-713-3080
- March 4, 2006 APC Southeastern High School Invitational P L & Bench Press Championships, Birmingham, Al.
- April 8, 2006, Georgia State Open Powerlifting and Bench Press Championships
- April 15, 2006 Illinois Powerlifting and Bench Press Championships
- July 7, 8, 9, 2006, APC National Powerlifting and Bench Press Championships, Sacramento, Ca.
- May 6, 2006 Excalibur Alabama Powerlifting and Bench Press Championships, Birmingham, Ala.

For more information; www.americanpowerliftingcommittee.com
IronDawg Power; www.irondawg.com

Invitational Bench Press Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/floridausapl
15,16 JUL, AAU National Powerlifting Championships (Oklahoma City, OK) Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, (405) 275-3689, rcrain@charter.net
15-22 JUL, Gay Games Powerlifting (register by 15 JUL 05 for out of competition testing program - Chicago, IL)
info@GayGamesChicago.org, www.GayGamesChicago.org
26 JUL, NASA Tri-State Regional Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@bspeedy.com
JUL, PPL Southeastern Drug Free (BP/DL/PP/Full Power/Body

Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym
JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl
12 AUG, USPF National BP/DL Championship in conjunction with the 2nd US Open Strength Challenge (Parkersburg South High School, Parkersburg, WV) Matt McCas, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccas@yahoo.com
19 AUG, NOVA Raw BP (Sterling, VA) John James, (703) 475-

9 8 8 5, www.northernvirginiarawpower.com
3 SEP, USAPL Florida Qualifier Contest (Ft. Lauderdale, FL) Robert Keller, (954) 790-2249, rhk@verizon.net
10 SEP, United We Stand BP-DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies Mabel St., New Castle, PA 16101, (724) 654-4117
16 SEP, 6th Iron Boy BP Classic & IBP Curl Championships, (Winston-Salem, NC) Keith Payne, keith@ironboypowerlifting.net
16 SEP, ISS KAC Bench Press Classic, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
16 SEP, APC Northern California Open & Novice PL & BP, John

Ford (650) 303-7518
7 OCT, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe Oreglia, 4319 W. 26th St., Erie, PA 16506
14,15 OCT, WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu
15 OCT, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4 (Robert C. Byrd High School, Bridgeport, WV) Matt McCas, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccas@yahoo.com
OCT, PPL USA Powerlifting Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym
OCT, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, (239) 590-7709
1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com
4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com
10-12 NOV, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu
19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047
9,10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

MEET DIRECTORS ... there are HUNDREDS of meets for the readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for full details. We will even do the typesetting for you ... FOR FREE!!

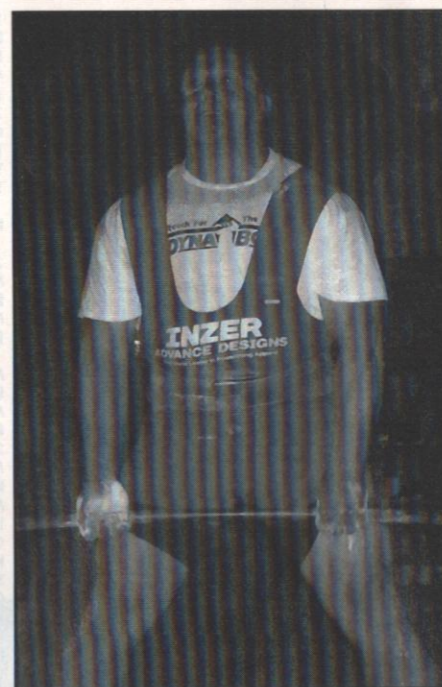
The Night of the Living Dead II
29 OCT 05 - Elizabethton, TN

Lifter	Age	Bwt	DL	Pts.
Tee Meyers	49	191	725	435
C. Williams	21	150	595	429
Mike Nease	43	360	800	384
Rees Burt	15	207	625	357
Greg Hicks	42	299	570	341
A. Campbell	27	196	560	330
Paul Sulphin	55	215	565	317
Mark Phillips	40	298	605	308
Josh McCoury	28	179	470	295
A. Sizemore	16	168	425	295
Daniel Price	15	144	390	292

The second annual Night of the Living Dead went down on October 29th in Elizabethton, TN. This year saw a huge leap in quality of lifters and also the number of fans. This year saw 11 entrants competing for \$800 in prize money. \$500 went to the person with the best pull per bodyweight according to the Schwartz formula. Another \$300 went to any person that could break Pete Tregloan's 875 master's world deadlift record. The pullers were fired up and ready to roll, determined to go for the cash and lots of PRs along the way. An added benefit was that all proceeds went to the Happy Valley High School Weightlifting Club to help members attend future competitions.

This show has to be the best professional deadlift only meet of its kind in the whole nation. The crowd of several hundred was ready to do their part. Their faces were painted like skulls, several had their chests painted, there were noise makers, and home made signs too. This had to be the greatest crowd in powerlifting history. The house lights were down, just the spotlights were on the floor, and the fog machine was rolling. The huge overhead projection screen let the crowd know who the lifter was and how much they were lifting through the loud metal music. By the time Demetrius "Big D" Maury got through with his bench press clinic the crowd was about to explode with anticipation.

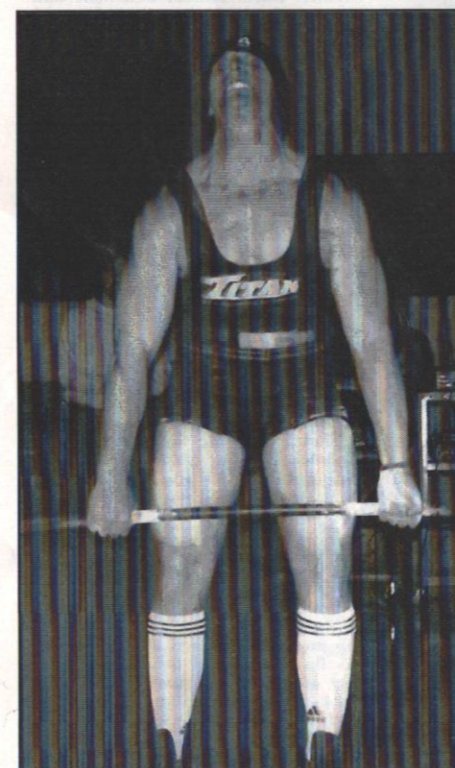
What makes the NOTLD so different is it has plenty of national and world level talent, but also allows anyone, despite their abilities, to share the platform with these DL heroes. This year was another good mix of local and state level talent with some of the greatest pullers on the planet.



Mike "THE BULL" Nease ... pulled 800 @ 361 bodywt. & 43 years old and twice tried 876

Even with several last minute cancellations due to injury and extenuating circumstances there were 11 lifters there to battle it out. Daniel "Pit Bull" Price, only a 144 pound high school sophomore, was there and pulled 390 with a close miss at 415. That was a good effort for a young lifter that has much more ahead of him, especially with a coach like Mike Nease training him. Adam "Mad Man" Sizemore also came out of high school football season to try his hand. He pulled 425 at a long and lean 168 pounds as a junior in high school. He has good genes because he is Mike Nease's nephew and also has a bright future. Josh McCoury, 179 pounds, is a local guy that had been a good puller in high school and decided to re-enter the fray after some layoffs. He was able to pull 470, but just missed the elusive 500.

Those local young guys did a great job and paved the way for some impressive lifting by the next crop of lifters. The remarkable Mark Phillips from Murfreesboro, TN weighed in at 298 and had a nice 605, but he just couldn't manage his two tries with 650. Paul "The Powerhouse" Sulphin came in at 55 years old and ready to do some damage for the masters guys. He traveled all the way the way from West Virginia and wasn't about to let all the fun of the young guys have all the fun. He has totaled elite in 4 weight classes in his 35 years of lifting. He came away with an easy 565 at 215 pounds of bodyweight. He just didn't have the 605 on his final try, but had a good performance considering his illness the week of the meet. Alex Campbell, the meet director, also chose to lift because he just couldn't miss an opportunity to share the stage with such pulling greatness. He had done a 3X bodyweight a few months ago and was ready to break the 600 barrier. He tipped the scales at 196 pounds and finished with a 560. The 600 just wasn't in the cards



REES BURT ... with 625 @207, 15 years old!

this night. Greg "Hercules" Hicks lifted like a champion. Hicks used to be a 6'3" 165 pound basketball star in high school, but he wisely up and has grown in to a 299 pound man-mountain. He had driven in from Murfreesboro and crushed a 620 opener. He let his 670 get away from his body, but came back like a true powerlifter and pulled it nicely.

The final group of lifters is full of some of the nation's and world's best pullers. Rees "the Beast" Burt is a 15 year old phenom from Bristol, TN. He has only been powerlifting for 1 year and this was only his third meet. He weighed 207 and pulled an incredible 625 with his first triple bodyweight. He had just broken the USAPL Teen 1 American record on the DL about 10 weeks prior with 547. Putting almost 80 pounds on a lift in less than three months is incredible, and he is ready to make his assault on the national stage next year. Remember the name, Rees Burt.

Mike "the Bull" Nease came in ranked the #16 SHW puller of all time and the #3 master's puller of all time with an 866 this past spring. He is a former professional football player and current highland games and strongman competitor. He already holds the American record for the biggest strongman pull of 1015. He smoked an easy 800 and was ready to assault the all-time master's world record of England's Pete Tregloan on his second. He pulled it above his knees until it hit the sticking point. Just when you thought he was going to have to set it back down the bar shook and it rose another three inches to within 2 inches of lockout. The crowd went berserk as it inched closer to lockout.

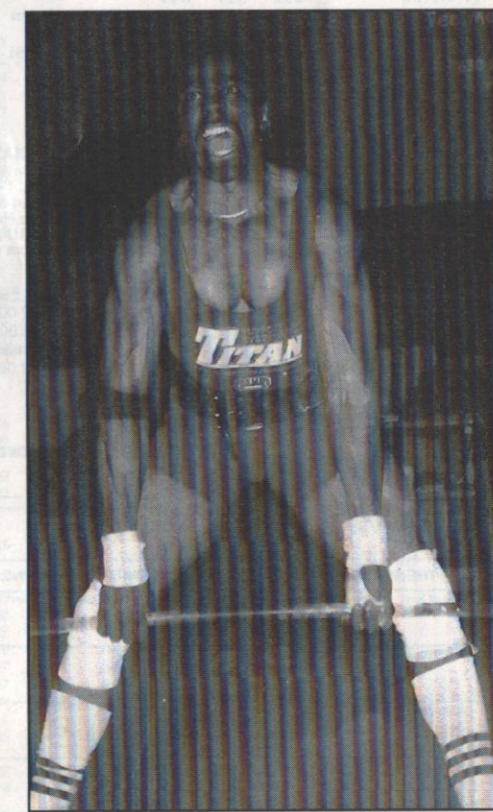
However, the bar began to swivel and his right hand moved away from his body and he had to drop it. His calluses were ripped down into the meat and the blood covered his hands from the bottom of his fingers to the wrists. He shook it off and returned for a second try. Again it rocketed to his knees but he was spent and his hands were trashed as he had to drop the bar. The crowd went crazy in approval of his hard work. I told Mike I would put his name on the \$300 and put it in the account for next year. Not bad for a guy that refuses to focus on breaking that record. He did two highland's games meets in the four weeks prior to the competition.

Caleb Williams is one of the world's finest full meet lifters. He has been a USAPL teen and open champion, an IPF junior and sub-junior world champion, a World Games competitor, an American record holder and a world record holder. The amazing part is he has done all of this before he was 21. He came into this meet on three days notice, but was ready to unleash his deadlift firepower. He weighed in at an undieted 150 and opened with 535 so eas-

ily I thought he was going to do it for reps. He jumped to 585 for a smooth and easy lift, but it popped out of his grip right before the ref's signal. He bumped it to 595 on his third. He had a smooth pull off the ground and slowed some at lockout, but still a strong, technical pull. The world needs to watch out for this rising star of powerlifting.

The winner of the \$500 for the best pull was Augusta, Georgia's Tee Meyers. He has been pulling for decades, and at 49 years old is still going strong. He also decided to come last minute, because he had his eyes on a world championship in two weeks. He decided to come anyway and maybe pull some training numbers. He was down for 600 opener, but his ego got the best of him when he saw a 300 pounder put down an opener of 620. He said "I ain't no chump! Put me down for 630." He ripped it up easy and smooth and progressed to 700. He smoked it and did a few one leg pushups to show he was game for more. On his third he picked just enough to edge out Caleb Williams if he was successful. He stroked 725 and gave a few heady nods of approval before returning it to the floor to let everyone know it.

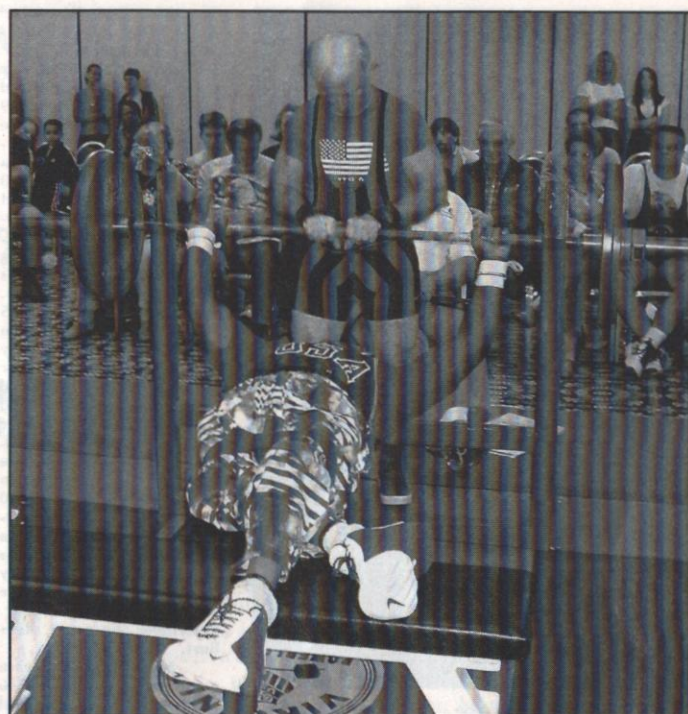
As the winner was announced, the crowd gave all the lifters a standing ovation. Tee showed his true side when he encouraged the kids to stay drug free and work hard and donated two instructional videos to the Happy Valley High School Weightlifting Club. Over \$1,200 was raised for the high school lifters and everyone enjoyed the great display of power from the athletes. After the show, Sherman Ledford from Quest Nutrition and many of the lifters said that it was the most exciting meet ever with the best crowd. I even had a man come up and give me a twenty dollar bill because he said the two dollar entry fee just wasn't enough for what he saw. For everyone looking for the most exciting deadlift show in America with no cards and politics, make plans for next Halloween. Next year I hope to bump the prize money up to \$1,000 and I will be looking for help from anyone that wants to get in on the most exciting DL event in the country. It is time the "dead" came back to life. (thanks to Meet Director Alex Campbell for results)



Tee "SKINNYMAN" Meyers ... pulled 725 @191 and 49 years old. (photos courtesy A. Campbell)

(continued from page 18)

Master (50-54)			
E. Stein	137	330	468
148 lbs.			
Military/Open			
D. Grimes	110	242	352
Master (50-54)			
A. Henderson	148	253	402
4th-DL-259			
181 lbs.			
Open			
J. Langdon	176	325	501
198 lbs.			
Military/Master (50-54)			
L. Hawkins	126	209	336
4th-DL-220			
Military/Open			
L. Hawkins	126	209	336
4th-DL-220			
198+ lbs.			
Submaster (35-39)			
Y. Perrello	148	303	451
MALE			
Assisted			
165 lbs.			
Law/Fire/Open			
C. Neville	314	474	788
198 lbs.			
Lifetime/Master (70-74)			
T. Trevorah	275	402	677
220 lbs.			
Master (40-44)			
M. Bennett	402	705	1107
Master (55-59)			
R. Coppins	308	490	799
242 lbs.			
Law/Fire/Master (40-44)			
K. James	319	600	920
4th-DL-611			
Law/Fire/Open			
B. Rochefort	369	562	931
Military/Open			
J. Reape	523	617	1140
Open			
J. Reape	523	617	1140
275 lbs.			
Law/Fire/Open			
J. Hicks	363	518	881
Master (45-49)			
M. Bradley	501	600	1102
Open			
J. Wright	352	501	854
308 lbs.			
Master (55-59)			
P. Wrenn	292	551	843
Raw			
114 lbs.			
Kids (10-11)			
C. Dantzer	66	149	216
4th-DL-160			
123 lbs.			



Joseph Singleton, a disabled lifter, who lifted raw and in the regular category. Barb Beasley singled him out for being a wonderful person.

Kids (10-11)			
M. Hughes	99	231	330
4th-DL-104			
132 lbs.			
Master (55-59)			
L. Christ	192	413	606
148 lbs.			
Lifetime/Master (45-49)			
D. Wilson	314	512	826
R. Houle	220	479	700
Lifetime/Master (55-59)			
L. Eggleston	203	391	595
4th-DL-407			
Lifetime/Open			
D. Wilson	314	512	826
Master (45-49)			
D. Wilson	314	512	826
Open			
D. Wilson	314	512	826

198 lbs.			
Lifetime/Master (55-59)			
F. Sumner	286	352	639
Master (55-59)			
T. Smith	264	573	837
220 lbs.			
Open			
T. Brightwell	435	628	1063
Youth (12-13)			
T. Proctor	126	209	336
4th-DL-237			
P. Collins	121	214	336
4th-DL-237			
242 lbs.			
Master (40-44)			
R. Williams	314	429	744
Master (45-49)			
J. Goodie	385	463	848
4th-DL-474			
Military/Master (40-44)			
R. Williams	314	429	744
Military/Open			
R. Williams	314	429	744
275 lbs.			
Master (55-59)			
R. Cross	303	440	744
Military/Open			
D. Wiegardt	303	534	837
Open			
K. Barnard	358	578	937
308 lbs.			
Open			
K. Studevant	429	733	1162
4th-DL-760			

Best Female Raw Open Bench: Delores Grimes. Best Female Raw Master Bench: Avis Henderson. Best Male Raw Open Bench: Marshall Peck. Best Male Raw Master Bench: Tom Newnam. Best Female Assisted Open Bench: Barbara Beasley. Best Female Assisted Master Bench: Ellen Trevorah. Best Male Assisted Open Bench: Frank Schueltz. Best Male Assisted Master Bench: Michael Bradley. Best Female Raw Open Deadlifter: Barbara Beasley. Best Female Raw Master Deadlifter: Barbara Beasley. Best Male Raw Open Deadlifter: David Wilson. Best Male Raw Master Deadlifter: Tom Smith. Best Female Assisted Open Deadlifter: Barbara Beasley. Best Female Assisted Master Deadlifter: Barbara Beasley. Best Male Assisted Open Deadlifter: Kenny James. Best Male Assisted Master Deadlifter: Tom Trevorah. Best Female Raw Open P/P Lifter: Jamie Langdon. Best Female Raw Master P/P Lifter: Ellen Stein. Best Male Raw Open P/P Lifter: David Wilson. Best Male Raw Master P/P Lifter: David Wilson. Best Female Assisted Open P/P Lifter: Barbara Beasley. Best Female Assisted Master P/P Lifter: Ellen Trevorah. Best Male Assisted Open P/P Lifter: Jack Reape. Best Male Assisted Master P/P Lifter: Tom Trevorah.

Champs Special Olympics
5 OCT 05 - Shamoxin Dam, PA

WOMEN	BP	DL	TOT
J. Ziegler	75	165	240
M. Henry	95	200	295
K. Walker	75	225	300
A. Swazey	85	225	310
MEN			
Lightweight			
R. Hillyard GL	400	—	400
R. Huber	195	285	480
L. Osman	190	300	490
G. Scholl	150	315	465
B. Shotzberger	115	200	315
D. Antel	85	175	260
L. Davis	85	165	250
R. Masser	85	175	260
Heavyweight			
R. Herron	125	205	330
J. Barsh	155	205	360
D. Osman	180	315	495
N. Kalchick	165	350	515
J. Brown	180	400	580
M. Border	225	475	700

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____
Parent/Guardian Signature _____

(continued from page 19)

Germany with 145kg over countryman Konstantin Sotov who had 115kg. In the open 67.5kg Uwe Werner of Germany benched 170kg for the win followed by Aliyev Bayram of Azerbaijan with 150kg and in third place is Captain Canada, Gary Bobrovitz with 115kg. The masters 67.5kg 40-44 had Phillippe Herzog of Switzerland alone with 200kg. Kurt Hooch of Germany led the 45-49 with 172.5kg over Uwe Werner with 170kg. The 50-54 group was won by Hans-Jurgen of Germany with 117.5kg followed by Gary Bobrovitz of Canada with 115kg. Hans Klein had a bad day missing all three attempts with 120kg. The 75kg and 82.5kg classes were loaded with talent. In the 82.5kg class Marcel Hackbarth of Germany won with 227.5kg over Jeffrey Podzuweit with 210kg and in third place open Doug Van Affelen of the USA with 200kg. In the 40-44 Doug Van Affelen of the USA won his class with 200kg over Aleksandrs Miglans of Latvia who had a bad day missing all his attempts with 170kg. The 82.5kg masters 50-54 was won by Risto Leskenmaa of Finland with 200kg over Scott



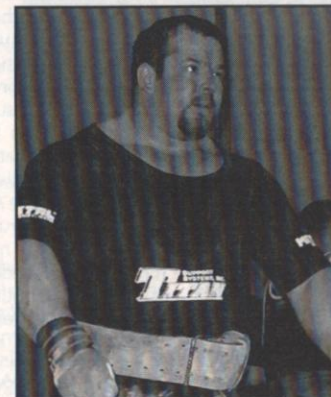
Mike Lanier pulling for the USA

Lee of the USA who had 197.5kg. Peter Rogers of South Africa won the 60-64 class with 115kg and Konrad Hogg of Austria took the 65-69 class with a strong 155kg bench. The open 90kg class was loaded with heavy lifters. Vusal Mardarov of Azerbaijan took first with 220kg followed by Russell Laitres of the USA with 197.5kg and in third place Dirk Peters who didn't manage to have a bench passed in the 90kg 40-44 class. Herbert Hutter of Germany finished with 195kg ahead of Kendall Dean of the USA with 102.5kg. In the 65-69 class L B Baker of the USA won the gold with 130kg followed by Ian Morris of South Africa who had 110kg and in third place Juris Lavrovs of Latvia with 80kg. The depth of the 100kg class was staggering. The open 100kg was won by Ibrahim Ibrahimov of Azerbaijan with 250kg followed by Mark Driggers of the USA. Mark had intended to compete at 90kg but was a few ounces over so decided to go ahead with the 100kg class and had a strong second place with 245kg followed by Jari Rintala of Finland with 237.5kg. Jan Howah of the USA won the masters 50-54 class with a strong 205kg

Rilke GER	485	297	529	1311	Blosch GER	595	363	523	1482
Musajev AZR	429	264	440	1135	Rowland GB	507	264	474	1245
Adams GB	—	—	—	—	Brooks GB	578	—	—	—
Haaparanta FIN	—	—	—	—	Master (40-44)				
McNamara IRE	716	413	562	1692	Morgan IRE	584	352	545	1482
Master (45-49)					Master (45-49)				
Rooch GER	529	330	479	1339	Dunne IRE	551	319	573	1444
Riedel GER	507	347	418	1234	Miglans LAT	507	391	529	1427
Master (60-64)					Vich CZE	507	264	529	1300
Mullan GB	—	—	—	—	Master (50-54)				
165 lbs.					Latter GB	—	—	—	—
Teen (16-17)					Master (60-64)				
VanHuss USA	264	181	281	727	Peters SA	385	242	396	1025
Teen (17-18)					Master (65-69)				
Probst GER	253	242	341	837	Morris SA	396	231	396	1025
Junior					Hogg AUT	319*	330*	352	1003
Smith GB	518	297	468	1284	Master (70-74)				
Bernard FRA	474	286	496	1256	Tschierschk GER	385	253	451	1091
Dryvers BEL	485	242	507	1234	198 lbs.				
Schurle GER	396	253	396	1047	Teen (13-15)				
Bartsch GER	496	—	—	—	Fujitak SVK	523*	349*	529*	
Open					1402*				
Brdok GER	589	385	562	1537	Teen (18-19)				
forutan GER	518	341	507	1366	Parkins IRE	650*	347	661	1659
Kutuzov GER	451	308	451	1212	Engles SA	—	—	—	—
Master (40-44)					Junior				
Moldeyger GER	496	308	518	1322	Grange GB	628	374	485	1488
Masson BEL	358	264	407	1030	Open				
Master (45-49)					Evans CAN	749	573	606	1929
Mantering GB	644	418	551	1613	Cross GB	694	396	705	1796
1548					Newell GB	749	374	622	1747
4th-SQ-617					Lehmann GER	584	424	639	1647
Nzdok GER	589	385	562	1537	DeWannmaeker BEL	496	292	463	1251
Master (50-54)					Kraus GER	617	—	—	—
Geipel GER	402	270	396	1069	Master (40-44)				
Master (55-59)					Nonis GB	672	385	688	1747
Ingold CH	369	198	418	986	Master (45-49)				
Master (65-69)					Rathke GER	551	446*	600	1598
Fasolin GER	275	220	308	804	Kutzsch GER	551	374	688	1614
181 lbs.					Master (60-64)				
Junior					Rouse USA	523	369	523	1416
Riedel GER	485	319	440	1245	Bohrisch GER	325	237	424	986
Open					Master (65-69)				
Clement FRA	705	440	661	1807	Baker USA	407	286	407	1102
Podzuweit GER	628	468	562	1659	Lavrovs LAT	242	176*	325*	744*
Krause GER	595	396	573	1565	220 lbs.				
Humpries GB	617	363	529	1510	Junior				

Biggest Total - by Dietmar Zint

Day 3, October 19. Day 3 starts at 10:00 AM with 4 flights of benchers beginning with the 110kg class. In the masters 40-44 110kg. Gvido Kohs of Latvia won the gold with 217.5kg over Andy Williamson of the USA finishing with 200kg. In the 55-59 masters class Joachim Eulenstein of Germany won with 150kg over Tim Daley of the USA who finished the day with 102.5kg. Mario Piattelli of Canada in the open 140kg class had the highest bench of the day with 295kg which was his opener winning the class. Second place went to Jan Rosendahl of Finland with 250kg and third went to Edmunds Andrup of Latvia finishing with 240kg. Joe Majors of the USA was alone in the 140+ 50-54 class winning with 140kg. Day 3 continues with the women in the full powerlifting meet. The perennial winner from Great Britain, Leslie Watson, led the charge with 85kg squat, 65kg bench and a 105kg deadlift for a total of 255kg to win the 48kg open women's division. In the 50-54 52kg division Sevtlana Nefjodova of Latvia won with a 65kg squat, 40kg bench and an impressive



Biggest Total - by Dietmar Zint

110kg deadlift without wraps or belt for a total of 215kg. In the teenage division 13-15 age group 56kg class Kimberly Elwyn of Belgium won with 102.5kg squat, 45kg bench, 115kg deadlift for a total of 262.5kg. Impressive for a 15 year old in her first meet. Maybe she had good coaching from her father Wim Elwyn. Leslie Thomas of Great Britain had a good day winning her 56kg open class with 195kg squat, 90kg bench, and 160kg deadlift totaling 445kg for the win over Angela Debudley of Germany who had an 80kg squat, 45kg bench, and 105kg deadlift for a second place total of 230kg. Wendi Michiels of Belgium was unchallenged in the open 60kg winning her class and claiming best lifter over all the women. She had a squat of 195kg, bench 105kg, and deadlift 185kg for the winning total of 485kg. Shelia Rouse of the USA had a good day in the 60kg 55-59 class with a squat of 107.5kg, bench 52kg, and deadlift of 117.5kg to total 277.5kg winning her class. Marite Kazmere of Latvia had a good day winning her 45-49 class with a 75kg squat, 45kg bench, 115kg deadlift and

Goovaerts BEL	584	341	474	1399	Slossarek GER	661	418	567	1647
Bevill USA	507	402	474	1383	Master (50-54)				
Heiremans BEL	507	374	—	—	Gunther GER	617	474	551	1642
Open					Pollendorfer AUT				



Zachary Dugger ... a prospect

a total of 235kg. Evangeline Kersey of the USA had a banner day winning her 67.5kg 60-64 class and best lifter over the master women with a 135kg squat and making a fourth attempt 140kg squat for a world record. She went on to bench 80kg, deadlift 172.5kg for a total of 392.5kg. Marie-Jacques Burrick of Belgium won her 45-49 67.5kg class with a 122.5kg squat, 65kg bench, and 132.5kg deadlift for the total of 320kg. A battle was brewing in the 67.5kg 40-44 class. Lee Stegges of Great Britain settled the matter with a squat of 200kg, 115kg bench, and 180kg deadlift for a strong total of 495kg, the highest of the day for the women. The silver medal went to Olga Miglane of Latvia. With a 135kg squat, 60kg bench and a 135kg deadlift for a total of 350kg. Su Ward of Great Britain was alone in her 75kg open class and had a very strong squat of 170kg, 120kg bench, 175kg deadlift for a grand total of 465kg. In the 50-54 67.5kg class Hildegard Utecht of Germany won her class with a squat of 135kg, bench, 80kg, deadlift 140kg for a total of 355kg. From the USA Kim Packer had a new personal record total in the 82.5kg master 40-44 with a 195kg squat, 92.5kg bench, and a deadlift of 167.5kg for the pr total of 455kg winning the gold medal.

Day 4, October 20. We start with Zack Dugger of the USA, a more intense lifter has never existed. If this young man sticks with the sport he will go far. Winning the 13-15 teenage 52kg class he had a 120kg squat, 50kg bench, followed by a 3 x bodyweight deadlift of 150kg for the total of 320kg. Reno Karkuschke of Germany won the open 52kg class with a total of 477.5kg. Gary Bobrovitz of Canada in the 60kg class lifted as open and master winning both classes with a squat of 172.5kg, bench of 115kg, deadlifting 170kg for a winning total of 457.5kg. Taking second place to Gary was Barrie Borwin in the master 50-54 class with a squat of 142.5kg, bench 82.5kg, and deadlift of 130kg for a total of 355kg. The 67.5kg and 75kg classes were loaded with talent. I can't say enough about Gerry McNamara of Ireland who went for the open and master 40-44 67.5kg classes. Gerry squatted 325kg, benched 187.5kg, and deadlifted 255kg for the win in both classes with the total of 767.5kg. Outstanding in the teenage 16-17 75kg class was Stephen Van Huss of the USA who had a great day winning the gold with a 120kg squat, an 82.5kg bench, and 127.5kg in the deadlift for a total of 330kg.

Day 5, October 21. If a reader who was at the meet scrutinizes these

pages carefully he may realize that he didn't lift on the particular day this article mentions his name. For reasons known only to the meet promoter, the weight classes were scattered about over the six day meet not necessarily in chronological order. The computer printed out the results in chronological order so that is the way they are reported. This scattering of the weight classes didn't go well with most lifters. As a result, at the AGM, a new rule is written into the rule book that states that a meet must be run in chronological order with the lightest classes first. Continuing with 2 flights in the 82.5kg class the best total in that group was made by Yannick Clement, in the open division, of France with 820kg followed by Jefferey Poduswett of Germany with 752.5kg and Norman Krause also of Germany with 710kg. In the 65-69

class Ian Morris of South Africa edged out Konrad Hogg of Austria with 465kg to Konrad's 455kg. The 82.5kg class was followed by 2 flights of 90kg lifters. Outstanding in the teenage 90kg division was Cornelias Parkins of Ireland with a squat of 295kg, bench of 157.5kg, and deadlifting 300kg for the winning total of 752.5kg. The open category was dominated by Corey Evans of Canada with a strong 340kg squat just missing 370kg on depth. Evans had a strong 260kg bench followed by 275kg in the deadlift. The 275kg wouldn't go on the second attempt so he took it over and made it losing his right biceps in the meantime winning the gold with a total of 875kg. In second place was Anthony Cross of Great Britain with a squat of 315kg, bench of 180kg, and deadlift 320kg for a total of 815kg. The bronze went to Paul

Newell also of Great Britain, squat 265kg, bench 170kg, deadlift 282.5kg, with a total of 792.5kg. James Rouse of the USA won the 60-64 class with a squat of 237.5kg, bench 167.5kg, deadlift 237.5 for a total of 642.5kg. Taking the silver in the 60-64 was Lothar Bohrisch with a total of 447.5kg. L B Baker of the USA rounded out the master 65-69 class with a total of 500kg over Juris Lavrov of Latvia who totaled 337.5kg. In the 100kg Junior Class Peter Goovaerts of Belgium had a squat of 265kg, bench 155kg, deadlift 215kg for the winning total of 635kg. Taking the silver medal was Lucas Bevil of the USA with a squat of 230kg, bench 182.5kg, deadlift 215kg totaling 627.5kg. Rounding out the junior class was Michael Heiremans of Belgium who bombed on the dealift. P J Maguire of Great Britain had a

good day winning the gold with a total of 910kg in the 100kg open class. Frank Schoele of Germany took the silver with a total of 820kg followed by Brian Johnston of Canada with 795kg. Sam Graham of Ireland led the way in the masters 40-44 100kg class with a squat of 300kg, bench 170kg, and a deadlift of 305kg passing his third attempt for the total of 775kg for the gold medal. Brian Johnston of Canada took the silver medal with lifts of 322.5kg squat, 172.5kg bench, and 250kg deadlift for a total of 745kg. Patrick Verbiljdt of Belgium took home the bronze medal with a total of 570kg. Day 6, October 22. We begin day six with 2 flights in the 110kg class. The teenager from Belgium, Dries Willart had a great day winning the gold with a 290kg squat, 175kg bench, and 280kg deadlift for a great total of 745kg. In the open 110kg

Michael Weiler of Austria won the gold medal with a 400kg squat, 220kg bench, and 300kg deadlift which was his opener, for a total of 920kg. Some of the big boys had a problem with the deadlift bar which had very thin knurling. Or you could say it was a little slick. Taking the silver medal was Delroy McQueen of Great Britain with 390kg squat, 190kg bench, 330kg deadlift totaling 910kg. Rounding out the medal winners was Bakhtiyar of Azerbaijan with the bronze with a 315kg squat, 230kg bench, and 355kg deadlift for a total of 900kg. The 125kg class had a few surprises. Charles Bailey of the USA bombed in the squat with 432.5kg. The first one was a little high and he lost his balance on the second attempt and lost the bar down his back on the third. Mike Camlin of the USA didn't waste any time taking the lead with a 365kg

squat, 237.5kg bench, 345kg deadlift for the gold medal total of 947.5kg. Following up with the silver medal was Ian Rutherford of Great Britain with a 345kg squat, 232.5kg bench, and 322.5kg deadlift for a total of 900kg. The bronze went to Jani Ihalainen of Finland with a squat of 345kg, bench of 265kg, deadlift of 280kg and a total of 890kg. The top master lifter of the day was Lee Marshall of Great Britain in the 45-49 class who had a great day with a squat of 340kg, bench, 350kg deadlift to total and a fourth attempt world record 365.5kg deadlift to total



Sam Graham - Rep. of Ireland.

895kg. The 140kg class was loaded with talent with Dietmar Zint, the German strongman, taking the gold medal. Zint missed his opener of 370kg on depth and looked like he was struggling to make it on his second attempt. Maybe he was just warming up because he made a determined third attempt with 400kg. All three of his benches looked easy finishing up with 292.5kg. He finished with a 340kg deadlift with the bar slipping out of his hands on his third attempt 352.5kg for a winning total of 1032.5kg. Mario Piattelli of Canada won the silver with a 380kg squat on his third attempt after missing 370kg on his second attempt because of depth. Piattelli had an easy opener 290kg on the bench, changed shirts and went to 325.5kg which he missed on his stomach on the third attempt. Piattelli finished with 970kg for the silver win. Mike Lanier of the USA took home the bronze medal with a squat of 385kg missing 400kg on his third attempt, had an easy opener 242.5kg bench and like Piattelli changed shirts and took 277.5kg for his second and third attempts which failed to touch his chest. The too tight to touch shirt is a delusional strategy known only to those who use those shirts designed for failure. Lanier finished the day with a deadlift of 320kg on his third attempt after missing his first two deadlifts on technicalities for a total of 947.5kg. Not bad considering Lanier sat out most of last year with a torn and reattached biceps tendon. Brian Meek of the USA mastered the 55-59 140kg class with a squat of 227.5kg, bench of 172.5kg, and a deadlift of 265kg for the winning total of 665kg. Last but not least big Joe "Hoss" Majors of the USA suffering from a pec tear on his last workout before Dessau coasted through the 140+ masters 50-54 class with a squat of 140kg, bench of 140kg and deadlift of 102.5kg for a total of 382.5kg. Following the contest on Saturday evening the meet director, Andreas Mrosek provided a gala banquet at the NH Hotel Dessau with a buffet dinner and entertainment followed by awards presentations. Thanks go out to all the judges, spotter/loaders, table crew, computer operator and countless others who pitched in to make this one of the most successful World Championships to date. The 2006 Global Powerlifting and Bench Press Championships will be hosted by the GPC Belgium Team in the beautiful city of Gent, Belgium. I hope to see all of you there. It can only get better.

L. B. Baker

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(article continued from page 33)

Note too, that if the person is loosely connected to a team, the impression management techniques of BIRging and CORFing can be used. But, if the fan is closely linked to his team, that individual will, in the face of defeat, still view his team just as positively ... like the Notre Dame fans I just mentioned. This is rather typical behavior of sports fans who are totally vested in their team, because of the threat a defeat presents to his own self image now that he has identified with the team and other people have affiliated him with the team. This phenomenon of viewing a person's favorite team just as positively in the face of defeat is usually followed by rationalization ... which is a defense mechanism to protect one's ego. In other words, they have to rationalize why their team stinks to maintain their sanity.

After a loss the fan will then find some reason to explain the team's defeat and place the blame everywhere besides on the team itself ... the referees cheated, the weather was bad, they were lucky, yatta, yatta. The Chicago Cubs are a prime example of what I am talking about here. They have the most loyal fans in the world, but for the last two hundred years, they have been making ridiculous excuses for their team's ineptness. Actually, they have run out of

worldly excuses so now they are blaming it on metaphysical reasons ... THE CURSE. It is not their fault that they are cursed. The responses show how deeply rooted some fans' identities are in intertwined with their team's success or failure. A fan will stop at nothing to defend his or her favorite team. Yes, he will even blame the loss on God.

Also, if the person is loosely connected to a team, he has the ability not only to BIRg or CORF, he can up-grade ... you know, identify with a better team and slip away quietly from the losing team when no one is looking.

I have witnessed this firsthand almost on a mass scale. When I first moved to Georgia, everyone in the state was a Bulldog fan. All you ever heard about were "Them Dawgs". On a Saturday afternoon during football season, the entire province wore Georgia red. Why? Because Georgia's football team was typically going through the SEC and the rest of the nation like Sherman went through Atlanta. Then Jan Kemp, a professor at the University, kicked the Dogs' butts good. She turned the football program in for ... well ... let's just say inappropriate and illegal behavior. Georgia went on probation; the football team took a twenty-five year tail spin, and the next thing I knew everyone in the state was wearing a Florida State or Miami T-shirt. In short, Georgia

fans up-graded.

Actually, this type of behavior, which is a product of BIRging, can backfire. Christian End, a psychology professor at Xavier University who conducted a prolific amount of research on BIRging, found that "People who do bask in the reflected glory of others aren't perceived as any more successful than those fans who are loyal fans of unsuccessful teams." "The research that we did shows that someone who tries to reap the benefits of a successful group, and stress those associations with a successful group, is actually perceived to be a lesser fan than fans who show that loyal behavior or who associate with an unsuccessful group." In other words, some times it pays to be a loser ... or rather it pays to root for a losing team.

Of course, the questions arise, "Why do some individuals identify with losing teams in the first place? Why don't fans just pick out the best teams and go with them?" Of course, a lot of fans do. The New York Yankees' baseball team and Notre Dame's football team have fans literally all over the world. Obviously, people have witnessed their tremendous success over the years and latched on to them. That is easy to explain.

But why root for the Chicago Cubs or the Boston Red Sox? That is easy to explain also. Through no

fault of their own these poor fans have been socialized to root for such teams. First of all, they may have been born in the wrong place. Don't you find it strange that 95% of Chicago Cubs fans were born in Chicago? You don't see many fans around the country trying to identify with the Cubs, do you? If they were winners ... well, that would be a different story. There is also the possibility that they were born to the wrong family. You know the 'son like father' thing. I once asked a friend of mine why he rooted for Kentucky football when he lived in Georgia. His answer was simple ... "My great grandfather rooted for them; my grandfather rooted for them; my father rooted for them and now I root for them". In other words, bad genetics or more accurately bad conditioning is the problem. If everyone around you told you to root for a particular team, like the Cubs, when you were a little kid, there is a good chance you will root for that team, because you were just a little kid and you were too dumb to know any better ... it's not your fault ... you were just dumb at the time.

What does all this boil down to? Well, if you are a sports fanatic whose team loses more than they win, and you can't handle their losses ... you lose sleep, weight, and self-esteem ... there is still hope ... THERAPY! Get in it as soon as possible.

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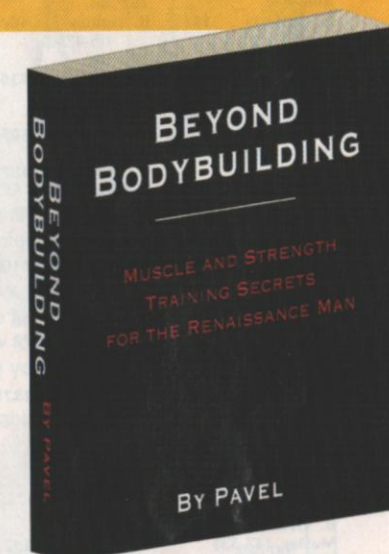
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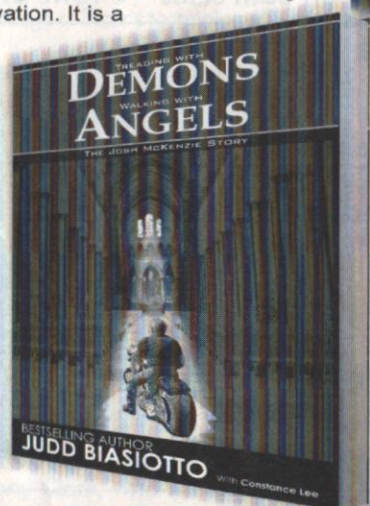
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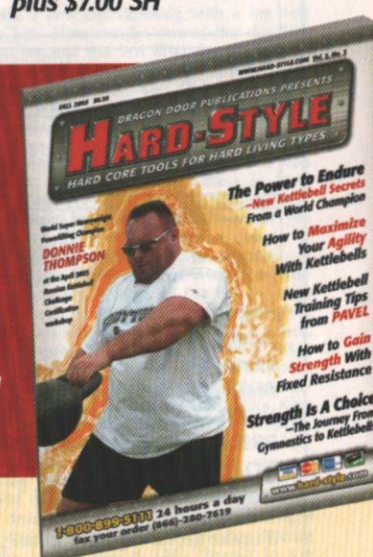
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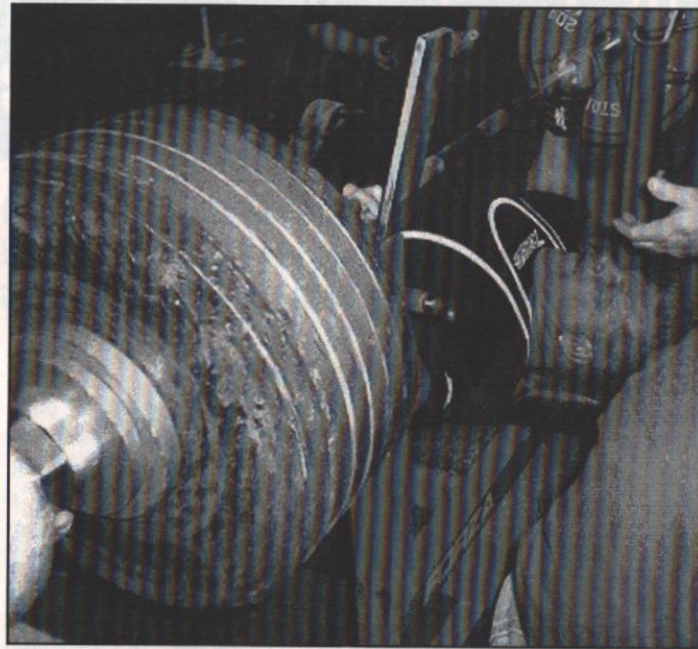
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DEADLIFT	242 lbs.	D. Davidson	699
WOMEN		B. Driskill	600
Master (40-46)	114 lbs.	Submaster (34-39)	
T. Rivers	236	165 lbs.	
132 lbs.		R. Anderson	402
D. Hogg	220*	220 lbs.	
UI		J. Ray	661*
K. LaMonica	347*	242 lbs.	
Master (54-60)		D. Brown	523*
165 lbs.		Teen (13-15)	
M. Coffey	203	198 lbs.	
T. Siddle	170	M. Gacek	330*
Master (61-67)		Teen (16-19)	
105 lbs.		181 lbs.	
B. Lafferty	181*	B. Holton	468*
4th-187.5		4th-479.5	
MEN		220 lbs.	
Class I		G. Smith	435
165 lbs.		4th-446	
R. Anderson	402	259 lbs.	
220 lbs.		R. Brown	507*
A. Mellow	529	275 lbs.	
Disabled		C. McDuffie	457
242 lbs.		BENCH	
C. Siddle	402	WOMEN	
Junior (20-25)		Master (40-46)	
198 lbs.		132 lbs.	
S. MacGillis	600*	D. Hogg	110*
220 lbs.		Master (54-60)	
J. Leftwich	507	165 lbs.	
Law/Fire		M. Coffey	88
Master (48+)		T. Siddle	77
220 lbs.		Master (61-67)	
S. Norton	501*	105 lbs.	
Law/Fire		B. Lafferty	137*!
Open		4th-143	
259 lbs.		MEN	
J. Rinaldo	485*	Class I	
4th-507		Junior (20-25)	
Master (40-46)		220 lbs.	
242 lbs.		Master (61-67)	
B. Driskill	600	165 lbs.	
Master (47-53)		C. Senese	523*
242 lbs.		259 lbs.	
D. Davidson	699	R. Zareck	435
275 lbs.		Master (68-74)	
B. McKee	622*	181 lbs.	
Master (68-74)		M. Green	567*
242 lbs.		259 lbs.	
J. Longwell	110	R. Anderson	281*
Master (80-84)		220 lbs.	
181 lbs.		M. Green	567*
D. Dreyer	253	4th-314	
Open		275 lbs.	
220 lbs.		B. Snyder	429*
J. Ray	661*	105 lbs.	



Buddy McKee's 600 BP at the WABDL Emerald Coast Bench/Deadlift

Disabled	B. Butler	424	220 lbs.	K. Overbey	551*
242 lbs.	Master (54-60)		M. Green	567	Teen (13-15)
C. Siddle	181 lbs.		275 lbs.	198 lbs.	
Junior (20-25)	R. Jones	308*	B. McKee	600*	J. Fain
220 lbs.	Master (61-67)		308 lbs.		M. Gacek
J. Leftwich	451		165 lbs.	K. Overbey	551
242 lbs.	B. Nussear	248*	Submaster (34-39)	165 lbs.	Teen (16-19)
C. Senese	523*		259 lbs.	165 lbs.	165 lbs.
Master (40-46)	R. Zareck	435	R. Anderson	281*	M. Pindzola
132 lbs.	Master (68-74)		220 lbs.	259 lbs.	220
A. Mellow	402		181 lbs.	M. Green	567*
242 lbs.	R. Garcia, Jr.	308*	259 lbs.	4th-314	
T. James	462*		198 lbs.	275 lbs.	
B. O'Gwynn	358		N. Nash	462*	B. Snyder
259 lbs.	L. Phillips	479	308 lbs.		
N. Nash	462*	SHW			
T. Sullivan	479*	C. Cent	435		
R. Zareck	435*	Master (47-53)	259 lbs.		
275 lbs.	D. Prevatt	402	275 lbs.		
B. Snyder	429	B. McKee	600*!		
308 lbs.	B. McKee	424	600*!		
D. Dreyer	253	T. Sullivan	479		
Open		308 lbs.			
220 lbs.					
J. Ray	661*				

three world records and 39 various state records were broken. Not even the simultaneous arrival of a tropical storm could derail these warriors from their battles with steel. With "Seanzilla" Katterle on the microphone and Heavy Metal music sounding from the P.A., the crowd cheered and applauded as the bench pressers started the competition. Richard Champion of Alabama won the 165 Class I division with a gutsy comeback after missing his first two lighter attempts. He raised the weight for an Alabama state record third attempt of 375.8 pounds, and ground it up for three white lights and the win! Andy Mellow won the Class I 220s with a bench of 402.2 lbs. Timothy James of Florida won at 242 with a state record 462.7 lbs. Brian O'Gwynn took second with 358 lbs. Alabama's Tom Sullivan was first at 259 with 479.5 lbs. and a state record. Nathan Nash of Florida was second with 462.7 lbs., and Florida's Richard Zareck took third in this good three way battle! Brad Snyder of Alabama won the 275s with 429.7, Bradley Butler of Louisiana was first at 308 with 424.2, and Florida's Chris Cent took the supers with 435.2 lbs. Charles Siddle of Louisiana was the 242 disabled division with a 341.5 lbs. press. In junior men 220, it was Alabama's Jonathan Leftwich in first with 451.7 lbs. Alabama's Chris Senese won the 242s with a 523.5 lb. easy press, later just missing at 600.7. In master's men, it was Ruben Garcia Jr. of Florida in first at 132 with a state record 308.5 lbs. Spanish Fort, Alabama's Charles Phillips won the 40-46 division with a 479.5 lb. state record. Chris Cent took first at 40-46 super heavy with 435.2 lbs. At 47-53, it was Florida's Daniel Prevatt first at 259 with 402.2 lbs. Six time World Champion Buddy McKee broke his seventh world record with a 600.7 lb. press. This also makes him the third all-time 275 master's bench in WABDL history. Second at 275 was Alabama's Tom Sullivan with 479.5 lbs. Winning at 308 was Bradley Butler with 424.2. Alabama's Ron Jones won the 54-60 181s with a 308.5 state record. Florida's Richard Zareck broke a world and state record with a 435.2 winning press at 259. David Boyes of Louisiana won at 68-74 181 with a state record of 132.2 lbs. Florida's Bill Remley won the 198s with 295 lbs. James Longwell won the 242s and set a Louisiana record with 143.2 lbs. Dr. Donald Dreyer of Louisiana won the 80-84 181s with a 148.7 lb. press. In master women 40-46, Donna Hogg of Louisiana was first at 132 with a state record 110 lbs. Mary Louise Coffey, also of Louisiana, won the 54-60 165s with 88 lbs. Trudy Siddle was second with 77 lbs. Alabama's Betty Lafferty won the 60-67 division in the 105 class with 137.2 lbs., a world record! In open men Richard Anderson of Alabama won the 165s with 281 lbs. He is also a law and fire division world champion. Michael "Gunny" Green of the U.S. Marine Corp set a Florida record to win the 220s with a big 567.5 press. Buddy McKee, of Rainbow City, Alabama, made the biggest bench press of the day with a 600.7 state open record to go with his master's world record at 275. He is 49 years old. Gadsden, Alabama's Ken Overbey won at 308 to continue his impressive string of wins and PR's with a new PR of 551 lbs. In submaster men, it was Richard Anderson winning again at 165, with a 281 lb. Alabama record. Michael "Gunny" Green's big 567.5 lb. push also won the 220s here. Florida's Nathan Nash took the 259 win with a 462.7 lb. state record press. Big Ken Overbey's 551 bench also landed him the 308 submaster win and an Alabama state record. In teen men 13-15, Georgia's Jesse Fain won the 198s with a 308.5 state record while Alabama's Michael Gacek took second with 203.7 lbs. At 16-19 165s, Michael Pindzola of Alabama won with 220.2 lbs. The 259 winner was Florida's Robert Brown with 253.5 and the state record fourth attempt, good at 314 lbs. And wrapping up the bench pressing was teen 16-19 275 winner Brad Snyder with an Alabama record 429.7 lbs. The deadlift began with Richard Anderson taking the 165 Class I with 402.2 lbs. Andy Mellow won the 220 Class I's with 529 lbs. In the disabled division 242s, it was Charles Siddle in first

with 402.2. In junior men 198, the winner was Steve MacGillis with a Florida record 600.7 lbs. Jonathan Leftwich was first at 220, breaking the 500 mark with a PR 507 lbs. Sandy Norton of Louisiana won at law/fire men master 48+ with a state record 501.5 in the 220 class. Joe Rinaldo of Florida won the 259 law/fire open with a 507 lb. state record. Fort Payne Alabama's bobby "House" Driskill is a WABDL world champion and still nursing a hip injury. He pulled raw here, just to re-qualify for this year's worlds. Bobby eased through three safe lifts for him, ending with a ridiculously easy 600.7 lbs. Then he smiled and waved to the crowd. He's done 705 in competition! His token lifts still won him the master 40-46 242 title! The winner at 47-53 242 was Big Dan Davidson of Alabama, with the biggest pull in the meet at 699.7 lbs. He's a WABDL world champion and former 40-46 world record holder. Buddy McKee was first at 47-53 275s with a state record 622.7 lbs. James Longwell won at 68-74 242 with a 110 lb. pull. Dr. Donald Dreyer took the 80-84 181s with 253.5 lbs. In master women 40-46 114s, Tara Rivers won with 236.7 lbs. Donna Hogg was first at 132 with 220.2 lbs. and a state record. Kristin LaMonica of Louisiana was the unlimited class winner with 347 lbs. Mary Louise Coffey was first in the 54-60 165s, pulling 203.7 and Trudy Siddle was second with 170.7 lbs. Betty Lafferty took the 61-67 105s with a state record 187.2. In open men deadlift, Alabama's Jeff Ray had a big day pulling 661.2 for an Alabama record and the win at 220. Big Dan Davidson matched his masters win with an open at 242 with his big 699.7 lb. pull. Bobby "House" Driskill pulling raw and wounded, placed second and accomplished his goal of re-qualifying with his "no strain" 600.7 pull! Alabama's Buddy McKee won at 275 open with 622.7 lbs. Richard Anderson took first at submaster men 165s with 402.2. Florida's David Brown took the 242s with a state record 523.5 lbs. Jeff Ray duplicated his open win with the 220 submaster win at 661.2, another state record. In teen men 13-15 198s, first was Michal Gacek with 330.5 and a state record. At 16-19 181s, Florida's Bill Holton pulled a big state record 479.5 fourth attempt after pulling his winning 468.2. Gary L. Smith of Florida took first at 220 with 435.2, then pulled a state record 446.2 on a fourth attempt. Another Florida native, Robert Brown set a state record at 259 with a pull of 507 to win. Chris McDuffie, a nephew of 308s "Rise of the Dead" champion, J.D. McDuffie, kept the family tradition going with a win at 275 with a 457.2 pull. The guest lifter for the meet was monster benchner Tiny Meeker, who put on an impressive show of power. Weighing in at the 308 class, but under 300 lbs., he shoved 860 up like a rocket but it didn't touch. Then 903 wouldn't touch and he threw it up also! Still no lift. He changed shirts and took 903 again. This time it touched and on the press command the bar flew off his chest as the crowd screamed, and then moaned as the weight stalled just short of locking out. Frustrating for Tiny, but insanely fascinating for the crowd who showed it with thunderous applause! Great show of power, Tiny. 900 will come, I'm convinced! Well, that's a wrap on the 2005 WABDL Emerald Coast from beautiful Destin, Florida. And ironically, as soon as the meet was over, so was the storm, but not the memories. Promoter Rich Hagedorn's crew put on a fun, well run meet and M.C. Seanzilla Katterle is one of the best in the world at the microphone. He is knowledgeable, entertaining, and very respectful of the lifters and the sport. Powerlifting would draw bigger crowds if we had more M.C.s like him! Thanks to the spotter/loaders: Adam Hix, Richard Champion (when he wasn't lifting), and Aaron Turner (Dad of Tampa Bay Buc's RB, Cornell Williams), great job with a light staff. They busted it all day long! Thanks to the judges, who did a great job by: Ken Anderson, Jim Snodgrass, Bobby Meyers, and Rick Hagedorn. There was a professional deadlift super flight for cash prizes held after and not part of the WABDL meet, but that is another story. Thanks to all who lifted in both. See you next meet. (Buddy McKee)

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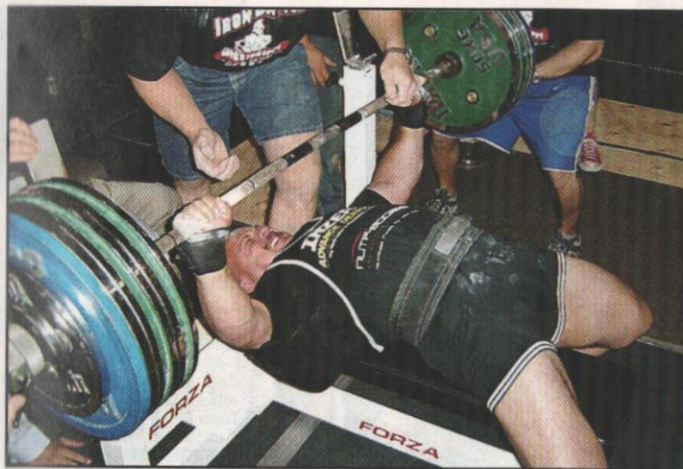
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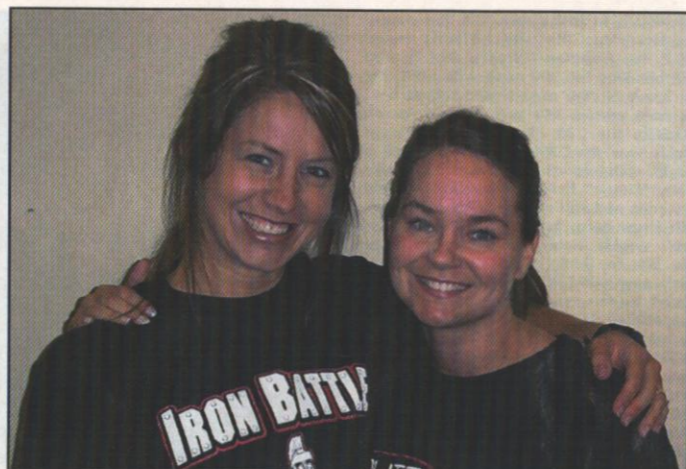
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In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Endless Summer BP/DL		28 AUG 05 - Granger, IN	
BENCH	181 lbs.	M. King	565
WOMEN	F. Stokes	Novice	181 lbs.
165 lbs.	Master (45+)	A. Tayahua	450
L. Boshoven	260	242 lbs.	
UNL	198 lbs.	C. Mow	600
S. Downs	215	148 lbs.	
UNL	(60+)	M. Wider	465
J. Streib	90	Best Lifter BP: Steve Jarausch. Best Lifter Deadlift: Chad Dailing. Special thanks to: Anson Wood, Mike Wider, Larry Boynton, Al and Rob Reed, and Jon Gabriel Smoker. The stars of this meet, as they have been many times lately, were Steve Jarausch and Chad Dailing. It's good to see them making hay while the sun shines, because a couple of decades down the road it will be too late. But this way they won't have to sit around and wonder what would've happened if they'd given it their all, because that's just what they're doing. And where they wind up is anybody's guess because right now there's just no stopping them. I can't remember the last time Steve went to a meet and didn't make a pro He is just really on a roll right now. This meet was no exception as he registered a whopping 655 on his 2nd attempt. A jump to 675 was a bit greedy. 665 would've been there. At any rate he has probably cracked the top 50 for the first time with the 655. Chad was the 3rd best bench of the day,	
Teen (14-15)	123 lbs.		
A. Vrabel	175		
Novice	123 lbs.		
A. Vrabel	175		
275 lbs.			
S. Mahl	315		
Natural	181 lbs.		
D. Whitehead	450		
E. Aquinaga	455		
C. Dailing	520		
SHW	655		
S. Jarausch	655		
Master	220 lbs.		



Rob Luyando benching 711 at the APF Iron Battle of the Mississippi, where Amber Kuphal and Teresa "Little T" Putchio bench pressed



**APF Iron Battle of the Mississippi
10 SEP 05 - Dubuque, IA**

BENCH	198 lbs.	Junior	242 lbs.	J. Sorrell	451	369	391	1212
APF	Open	R. Goldstone 446	Teen (16-17)	D. Dickey	622			
WOMEN	J. Kuphal 451	Submaster	APF	DEADLIFT				
114 lbs.	C. Koffler 584	P. Harris 677	APF	308 lbs.				
Open	Junior	C. Maylone 413	APF	220 lbs.				
T. Putchio 165	L. Lacy 457	J. Baker 545	APF	Open				
132 lbs.	Submaster	J. Leach 722	APF	242 lbs.				
Open	S. Reiger 479	E. Armstrong 523	APF	Open				
A. Kuphal 203	Master II	M. Sissel 622	APF	242 lbs.				
165 lbs.	M. Nichols	M. Sissel 622	APF	Open				
Teen (18-19)	Open	J. Cravatta 661	APF	242 lbs.				
A. Houston	Open	C. Wolter 440	APF	Open				
UNL	Open	A. Acome 650	APF	198 lbs.				
Open	APF	J. Lane 562	APF	132 lbs.				
L. Miller 325	WOMEN	R. Luyando 711	APF	Open				
UNL	198 lbs.	R. Simnick 341	APF	132 lbs.				
Teen (18-19)	Junior	H. Redmond	APF	115	226	341		
M. Dudley 330	Submaster	MEN	APF	297	374	672		
165 lbs.	R. Briggs	198 lbs.	APF	545	584	1129		
Teen (16-17)	Submaster	Open	APF	540	705	1245		
Scharfenkamp 226	J. Lane 562	242 lbs.	APF	457	661	1118		
Master II	R. Luyando 711	Open	APF					
S. Dement 203	Master II	D. Christophersen	APF					
181 lbs.	B. Gunn	242 lbs.	APF					
Open	Open	D. Gross 551	APF					
Derengowski 413	Open	P. Harris 677	APF					
B. Heck	Open	J. Graafls	APF					
A. White 418	Open	B. Leisinger	APF					
Junior	Open		APF					
Derengowski 413	Open		APF					

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lbs, having just moved up to the 198s this meet. That lighter body weight came in handy for Tony in the best lifter standings—Tony actually lost to Chris Belshe in the 198 open class. But, Tony took home first in the 198 junior class (he entered both divisions), and was able to take the best lifter award based on his lower body weight. Not to be outdone by their Iowa counterparts, BIG brought some of their strongest lifters in the full power as well. BIG's own Jim Grandick took back to Nebraska the Best Heavyweight Powerlifter award. Jim posted the huge lifts of a huge 1003 lbs. in the squat, another huge 749 on the bench press for an APF record, and rounded out his day with a solid 727 on the deadlift. Jim went home with a 2480 lb. total in the 275 lb. class. With these lifts, Jim broke an APF American total record held for years by the late, great Dave Pasanella. Even with these great lifts from Jim, he was closely followed in the best lifter rankings by teammate Shawn Frankl. Shawn recently served our military in the desert in Iraq, and was injured this summer while competing the Chicago Summer Bash. Today, though, Shawn was right on his game, totaling 2270 lbs. in the 220 lb. class. Deb Widdis and Randall Ward also put up huge weights for two more best lifter awards for BIG. Deb Widdis took home the Best Overall Female Bench award with a 314 lb. bench press in the 198 lb. class. Deb's lifting didn't end with the bench press though. She also posted the big lifts of 578 lbs. in the squat and 485 lbs. in the deadlift for a 1377 lb. total, breaking years-old APF masters records held by APF Illinois State Chair Maris Sternberg. Another masters lifter from BIG, Randall Ward won the Best Overall Deadlift award with his 705 lb. deadlift in the 220 lb. class. Randall also put up great numbers in his other lifts, 810 lbs. in the squat and 501 lbs. in the bench press for an over 2000 lb. total as a master 220 lifter. In the bench press, it was no surprise that Bill Carpenter's team took home one of the awards. Bill's bench press prod g. Rob Luyando walked away with the Best Heavyweight Bench Press award in the bench only division. Rob benched a huge 711 lbs. in the 242 lb. class. And that weight was only opener. Rob had close misses at 727, and looks to do much more very soon. Bill had better watch it, the student is getting close to the strength of his teacher! In lightweight benches, Craig Koffler was awarded the Best Lightweight Bench Press in the bench only division. Craig was able to press 584 lbs. in the 198 lb. class. Outside of the best lifters, we saw some great lifting from the rest of the Big Iron and Carpenter teams. Young Machia Dudley from Big Iron put up 330 lbs. on the bench press as a teenager. The biggest bench of the day came from Carpenter's Jeff Leach, who put up a huge 722 lbs. in the 308 lb. class. The Carpenter women looked strong as well with a 165 lb. bench from Teresa Putchio in the 114 lb. class, and a 203 lb. bench from Amber Kuphal in the 132 lb. class. It was "all in the family" with the three young Rivera brothers all competing on this day. Their father, long time powerlifting Manny Rivera, was coaching all three at once. Elijah, Joshua, and Michael all had nice days, all competing in the teenage class. Manny is really breeding these young men in his own image as great powerlifters! As with any meet, Bill had a great deal of help putting this meet on. At the score's table, APF Illinois State Chairman Maris Sternberg announced all day, keeping the platform in order, and the crowd into the lifting. Maris also came over to Iowa on Thursday night and ran the weigh-ins and set up the cards on Friday. Jackie Ebben was the silent workhorse of this meet. Jackie ran the table with Maris, taking attempts, organizing the cards, and also did the all the scoring on the computer at the same time. Jackie had the lifters' subtotals announced at the break between bench and deadlifts so they could keep with their competition,



Tony Runde squatted a National Record 749 in Dubuque (Stone)

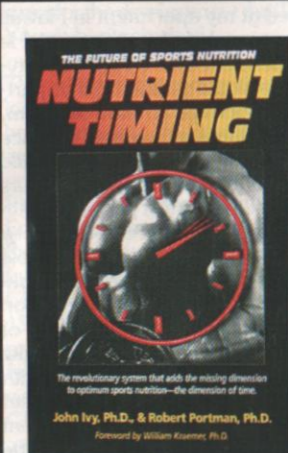
and had the placing ready almost as soon as the meet finished. She and Maris really made this meet one of the best run we have seen. Bill Carpenter's wife, Molly, also helped at the table, running the computerized scoreboard program used at the meet, Barload. It showed the audience what the lift was in kilo and pounds, showed the loaders what plates to put on the bar, and even had the one minute clock to keep the lifters going at a quick pace. On the platform, veteran judge and WPC Executive Chairman Mike Sweeney took the head judge position during the meet. He kept the platform organized and lifters informed on what was going on. On the sides, Eric Stone judged a good portion of the day, on the squats and bench press. For the deadlift, he took Jackie's spot on the table running the card so that she could concentrate on getting all of the computerized scoring done. Gary Reichert also judged a lot of the day, even though he was coaching a lifter. Carpenter team member Jeff Baker also stepped into judge later in the meet. Even Becca Swanson and Jackie Ebben stepped up to judge for a few lifts here and there. A couple others may have stepped up to judge a lift or two that I may have forgotten. If I have, I apologize, but thanks for your help. The judging all day was very fair and consistent for the lifter. In addition to all the judges and table help, we would like to especially thank all the spotters and loaders for their good work all day long. They really saved the lives of the lifters, especially on the squat set-up that almost had the monolift ending up in the crowd. Also a special thanks to the YMCA and to Big Iron Gym for providing the high quality equipment used at the meet. APF Iowa would also like to thank the following sponsors of the meet as well: Hawkeye Boat Sales, Becwar Tile and Marble, Nutribodies.com, Chiro Care Plus, Traci Cooley Personal Trainer at TheIFactor1@aol.com, Westside Orthopedics, Runde Custom Upholstery INC, Big Iron Gym, Coliseum and Arena Bar, Dubuque Glass Company, Bricktown Bar and Restaurant, Inzer Advance Designs, Heartland EMS, Bill Carpenter's Champion Personal Training (563)599-1390, YMCA. Thanks to all the lifters who participating in the 2005 APF "Iron Battle of the Mississippi" and thanks to all those people who helped put it together, especially meet director Bill Carpenter. Stay tuned to APF-Iowa.com for upcoming news and meets in Iowa. Bill Carpenter's next great APF Iowa meet will be February 4, 2006 in Dubuque, IA. The meet will be his third annual APF/YMCA Midwest Championships, held again at the fabulous Grand Harbor Center. If you are looking for a WPO qualifier in the Midwest next year, Bill will be holding a WPO qualifying meet in Iowa next August. Stay tuned to APF-Iowa.com and worldpowerlifting.org for detailing on that exciting meet. Thanks again to everyone involved in the meet, we look forward to seeing you in February! (Meet results by Eric Stone)

**Ashtabula YMCA BP
15 OCT 05 - Ashtabula, OH**

BENCH	B. Smock	410	
MALE	J. Cross	340	
Youth (0-14)	220 lbs.		
J. Kelly	155	M. Keyser	500
J. Anderson	110	D. Mangino	450
Master (40+)		D. Franz	370
R. Cooper	475	242 lbs.	
B. Smock	410	S. Prozy	540
McLaughlin	465	C. Dinardo	475
L. Anderson	480	R. Cooper	475
R. Manes	315	275 lbs.	
165 lbs.		D. Swope	610
T. Solomon	360	T. Gibson	610
R. Manes	315	C. Manes	605
D. Dessau	310	308 lbs.	
181 lbs.		L. Anderson	480
J. Burke	410	D. Willaman	475
Goodemote	385	N. Rolle	425
R. Sardella	330	SHW	
198 lbs.		C. Hall	445
R. Vanek	480	M. Miller	430

Outstanding Lifter: Dan Swope. Most Weight Benched: Dan Swope. Furthest Distance: Rob Cooper, from Steubenville, OH. Most Improved: Chris Manes, with 480 lbs. in 2004 and 605 lbs. in 2005. Team Awards: 1st Southside Barbell, 26 pts. 2nd Ashtabula YMCA, 21 pts. 3rd Iron Chamber Gym, 8 pts. At this year's event, we had 38 lifters. This Year's Outstanding Lifter was Dan Swope with a 610 bench (2.34 times his body weight) and Dan also took home the Most Weight Benched award with the same 610 bench. The Most Improved lifter this year was Chris Manes, in 2004 Chris benched 480 and in 2005 he benched 605. Believe it or not, Chris took home the third place trophy with the 605 bench. This year's 275 lb. class was awesome. All three lifters benched over 600 lbs. Actually all the lifter's this year contest were top notch, with most of the classes being very close to each other in the way of weight benched. A new weight class was added this year (youth) to accompany the young men (age 14 & under). Also something new added this year was a DJ. John Kelly of Wadsworth,

Ohio, was our DJ this year. John played various rock tunes to get the lifters even more motivated than what they were, great job John. And also something new was the addition of a 51" flat screen TV and a DVD recorder (donated by Rent-a-Center) so the audience could watch the actual lift up close. There were two sponsor awards given out this year to sponsor's that have gone above and beyond. One of those being Steve Wychock. Steve owns and operates Wychock Physical Therapy, and has sponsored our T-shirts for the past two year's, and the other sponsor is Gene Anderson, owner and operator of Anderson Enterprises. Gene (my father), has sponsored our contest for the past 18 year's. There were two more awards handed out, one for the Furthest Distance, which was given to Rob Cooper. Rob came all the way from Steubenville, Ohio (about three hours away). Rob also received \$10.00 for gas to make it back at least part way home (eye right, at \$3.00 a gallon). The other award went to Mr. and Mrs. Steve Sardella. Steve and his wife Lynn, got married on the first of October, so us guy's from the YMCA wanted to give the new couple an award (trophy) to help celebrated their new life together. Best wishes to Steve and Lynn from us guy's at the Ashtabula YMCA gym. I would like to thank Powerlifting USA, Inzer Advance Designs, House of Pain and State Farm Insurance for the free handouts they sent me to pass out to the lifter's. And I don't want to forget all the other sponsors that have supported the contest over the years. (a total of 40 + sponsors since 1999) I could never put on this event on without their help and support, that also goes for the individuals that help before, during and after the contest. In closing I would like to add that we dedicated this contest to three people that past away in the last year, two of them were members of the YMCA and part of the weight room crew, and the other was a contestant in our annual bench press contest for the last several year's. We'll miss them a lot. (Results Lonnie Anderson)



cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into

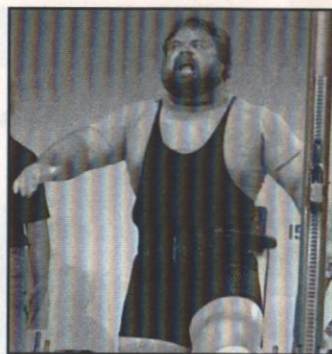
(article continued from page 26)

two minutes rest. McCormick had finished at 788 and his 804 from the Worlds was the World Record. Kuc needed 837 to tie McCormick, and 843 to beat. He originally called for 815 for his first attempt. He raised it to 843, whereas most lifters lower their opener. The stage was four feet high and was draped in red bunting. I was standing next to the stage, watching Kuc from his left side. I had seen him lying on a Bellman cart after he warmed up, and he didn't blink for five minutes.

Now for the big moment. Was this \$3,500 package going to be worth it? His form was a little wide, in my estimation, and he used too much back. But, what a back it was, and totally raw. He didn't even wear a belt. He bent over and pulled 843 like a normal lifter would pull 450! No effort, none. I had chills up and down my spine! At that moment, I became more the promoter and less the lifter. Then Kuc took 854 and made that easy. Then he did 903, weighing 239. He easily pulled it to his knees and then it stopped. No fanfare, no theatrics, just the greatest deadlifting performance in history, all things considered, and it was done in a singlet. Nobody, but nobody, would ever beat him in the deadlift, face to face! Again, not even a belt!

In a nutshell, the 1978 and 1979 Record Breakers were the two most exciting meets ever put on anywhere.

Lifters from all over the world, coming to an island paradise at the biggest hotel in the world at the time, right on Waikiki, the most famous beach in the world. Lifters from cold weather states and countries couldn't believe all the women wearing bikinis, walking through the hotel, right from the beach. And speaking of bikinis, the 1979 version of the Miss Aloha State Bikini contest probably wasn't as good as the 1978 version, but still had the most beautiful women in the world. They each did a 30 second dance routine and a few were wearing thong bikinis that inspired many and also upset many. Well, they would have been even more upset, or inspired, if they knew what took place in the front row of the audience. Luke Iams, a lifter and undertaker from West Virginia, was the leader of one of the best lifting teams of all time: "The Wild Bunch" with Roger Estep, Chuck Dunbar, Paul Sutphin, etc. None was wilder than Luke. He was a great guy and we kept in touch, until his death a few years ago. He was 5'8" and 340 lbs., had a big bushy beard, and he had a voice that sounded like it came from an amplified echo chamber. Mike Scott, the owner of The Power Pit, and I saw him for the first time at the 1977 Seniors, at the Santa



Luke Iams charges the squat bar

Monica Civic in Los Angeles. Before he came out from behind the curtains, there was a low roar that kept getting louder and louder, non-stop, and then he appeared with his face as red as a brand new candy apple red Corvette, and his neck veins bulging. He approached the squat racks like an enraged bear, only Luke was more intimidating. Try to yell nonstop for two minutes. It can't be done. You have to breathe. Well, Luke was different. What made this all the more amazing is that he had a heart attack three weeks before this meet. He proceeded to smoke 800+ in the squat. Mike Scott and I looked at each other and said, "This is our kind of guy." He wasn't the strongest lifter at the 1977 Seniors, but he was definitely the most colorful.

Back to the "front row" at the 1979 World Record Breakers. Luke stayed at my apartment in Hawaii for two weeks before the meet. He said he spent over \$10,000 partying. He would get back to my apartment, which had an extra bedroom, at 4-5:00am and proceed to lie face down in the living room. He would sleep for maybe four or five hours and get up and start partying again at 9-10:00am. He obviously met a lot of women and he personally sold tickets to over 200 people. Hookers would walk the streets on Kalakaua Ave., the main drag of Waikiki 24 hours a day. Luke made friends with tourists, and with anybody. He promoted the meet nonstop for two weeks. The front row had 40 chairs. Tickets for the first two rows were \$30, and keep in mind this was 1978. The next six rows were \$20. They would all sell out the first day they went on sale. Luke found the 40 most beautiful women you could imagine and bought their tickets at \$20 each.

On two different occasions, 40 women, who wore high heels and mini skirts, crossed and uncrossed their legs twice in perfect unison, like the Rockettes. I knew none of what Luke had done until after the meet was over. The next day at my apartment I said, "did you see that front row?" He said, "I know, I got them there." He had given them each \$100 to show up. That's \$4,000. Some were mod-

els, dancers, hookers, and aspiring actresses who had parts in local movies or Hawaii 5-0. The "front row", on a scale of one to ten, was a ten, and the bikini contestants were a seven.

On to the lifting. At 114 lbs., Luke Iams was coaching Chuckie Dunbar, going up against Hideaki Inaba of Japan, who would go on to win 17 Men's World Championships in the IPF. Dunbar missed his first and second attempt squats, and finally got 479 on a third. Chuckie set a World Record bench of 297, but his deadlift was only 363 and he got an 1140 total. Inaba made four attempts out of 12, but he went 468, 248, and a 485 deadlift, for 1201. And, after each deadlift, he would jump up in the air about 2-1/2 feet yelling, "Banzai."

At 123, Precious McKenzie of New Zealand came out of retirement and was unbelievable with an easy 507 World Record squat, a 286 bench, and a 545 deadlift. Then he broke Mike Cross's World Record with 551, and he jumped at least three feet in the air and clicked his heels twice before he came down. Keep in mind, he's in the Olympic lifting hall of fame and it's probably from that sport that he got his explosive leaping ability.

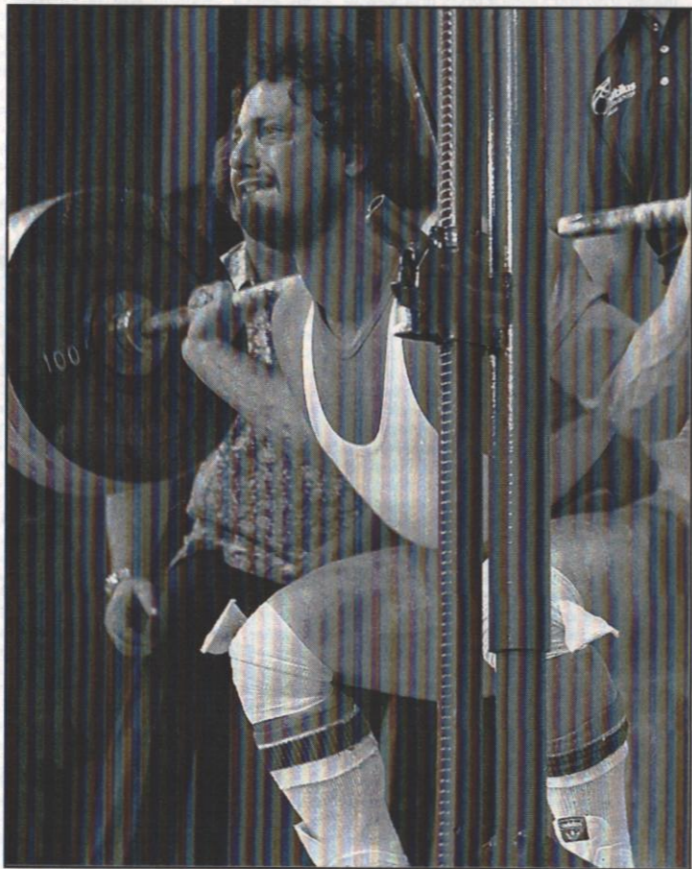
At 132, Eddie Pengelly of England set a World Record in the squat with 529. He jumped from an 507 opener in the deadlift to 611, and almost made it. He had shoul-

der length hair and did not have big legs, which made his lifting seem implausible. He was half crazy, and there were reports that he kicked butt on many unsuspecting bigger men, in bars in England. Ray Verdock of Hawaii came in second. In 1975, Ray was only totaling about 800. Here he did 1207 via 457, 286, and 462. In 1980 he tied for second place at the IPF Worlds.

At 148, local Hawaii lifters Bret Medeiros and Blane Chong battled it out. Bret was only 18 and already owned his own gym, where many Marines and Army personnel trained. Blane was in pre med, and is now a MD. Bret went 479, 308, and 501, for a 1289 total. Blane Chong went 485, 264, and 479. Blane would go on to deadlift 617 at 165 in the future.

At 165, Rickey Crain from Oklahoma set a World Record squat with 683. Before he went down with each attempt he would yell "Bird Weight". He went 1686 in total with 683, 358, and 644. He came close with a 683 deadlift to break Mike Bridges total record, but couldn't quite do it. In second place was Kevin McClaverty with 518, 336, and 573, for a 1427 total. I must mention that on Crain's flight, the airplane was damaged in an Oklahoma tornado, and he was rather shook up.

At 181, Mike Navares, my training partner in Hawaii, went 562, 363, and 562, for a 1488



Jack Sideris ... prevailed in the 198 lb. class (photograph by Dussia)

total, just missing 617.

On to the 198s. It was a great battle between Walter Thomas, who won numerous IPF world championships, Jack Sideris, Jerry Jones, and Eamon Toal of England. Thomas had been tripling 700 in the squat, benching 470 and tripling 700 in the deadlift. Jones had been hinting 800 in the squat, and had done an easy 750 at the Minnesota state meet. Sideris, out of Ohio and Black's Health World, had tripled 700 in the squat. Walter was on the same flight as Crain and had very little sleep and he only weighed 186. Jerry Jones had collapsed in the hotel lobby after taking 17 Lasix to drop 15 pounds. Sideris missed a 722 squat on depth and gutted out a 744, which put him in the driver's seat. The weight loss did not affect Jones in the squat, as he did a 782 World Record. His arms were three times better looking as far as size and development than Mike MacDonald, another Minnesota lifter, but Jones only benched 402, and MacDonald, the greatest bencher of all time all things considered, put up 551 in a t-shirt with 17" arms and a 48" chest. When he benches, his eyes are like burning coals. And he's as spacey. I asked Mike what he thought about Hawaii and he said, "I'm going to have a great bench." Huh! Walter Thomas only squatted 705 and totaled 1879. He tried 771 to beat Sideris, but only got it half way. Sideris went 744, 462, and 705 for a 1912. Jones went 782, 402, and 666 for a 1851. Eamon Toal of England went 666, 429, and 661 for a 1758. Eamon Toal and Eddie Pengelly went to a local nudist camp on the north shore of Oahu and created quite a stir. Evidently their back, legs, chest, and arms were impressive.

Jan Todd was the only woman in the meet, and she set an all time high deadlift for women with 462. She would go on to appear on the Johnny Carson Show and repped 405 six times. That was the most coverage any lifter in the world had gotten to that point.

At 220, Ray Yvander of Sweden, Unto Honkonen of Finland, and Epelli Ligairi of Fiji battled. Yvander won with 744, 418, and 683, for a 1846 total. Honkonen went 672, 451, and 639, for a 1763 total, and Ligairi did 600, 391, and 611, for a 1603 total.

At 242, we already talked about Kuc and McCormick. In third place was Ulf Morin of Sweden with 722, 496, 661 and 1879. Marv Phillip came to squat a World Record at 242 and very nearly did. He got 793 and tried 816, but was turned down for depth.

At 275, Larry Kidney, with a walrus moustache and shaved head (before it became popular) was huge. Out of Samson's Gym in Southern California, he went 804 for a World



The Mighty KAZ... just starting his reign in the Superheavyweights.

Record in the squat. The 275s had just been approved as a new weight class in the IPF. He benched 529 and set a World Record deadlift of 760, and a World Record total of 2094.

Dave Shaw, a very muscular black man with 23" arms and a bodybuilders bicep, was second with 2033, going 760, 512, 760. He locked out 810 on the deadlift, but got turned down for hitching. Doug Young of Texas was third with 1951. He was a three time IPF World Champion at 242 in 1975, 1976, and 1977. He set a World Record bench of 584 and got turned down for 600. Doug was a huge specimen. I think the lifters back in the 70s and 80s looked more muscular than anybody today. Wayne Bouvier was fourth. Usually 320, he dieted down to 275. At 6'2", he squatted 777, benched 540, and bombed in the deadlift.

At Super, this was basically an introductory meet for Bill Kazmaier. At the 1978 Seniors he was 275, but now he was 325 with a small waist, an awesome spectacle. When he squatted, his eyes bulged maniacally, making the front page of both Honolulu papers. He was 6'2" 325, and no fat. Kaz went 848, 589, 832, 2270, but Doyle Kenady, the Oregon Mountain Man, was his competition and he toyed with Kaz. He opened at 882 in the squat and jumped to a World Record 937 and almost made it: single ply squat suit, no erector shirt, no groove briefs, and no power pants! Doyle benched 562 and then on the deadlift he proved that he was the best superheavy deadlifter ever. His best ever was 903. On this day he did 859 and almost made a World Record 887. So Doyle went 2303. Kaz came close on an 864 deadlift.

I was third with 804, 512, 810, 2127. I tried an 859 deadlift, but only got it to my knees. I was wasted, with probably only 20 hours sleep in the prior week. Five months prior to this meet, 859 would have gone with room to spare. Preparing for this meet, getting sponsors (\$30,000 worth including George Zangas and Marathon), making numerous international phone calls, undertaking three months of solid preparation and another six months of approaching lifters and waiting for their answers, was an insane proposition. Lars Hedland of Sweden, who finished third in the World's Strongest Man contest in 1978, was fourth here with 793, 573, 683, 2050. He had done a 635 bench in training and came close with 617 here. He had a very beautiful Swedish wife which added to the window dressing of the meet. The audience had more beautiful people than the Academy Awards. Luke Iams lifting suffered. Simply put, way too much partying! He did a 799 squat, and he bombed on a 600 bench. Taito Haara of Finland, the IPF World Champion in 1977 in Perth, Australia, squatted 793 and then tore his quad on an 882 squat attempt. He went back to Finland in a cast from hip to toe.

I had bodybuilding legend Frank Zane and his wife Christine at the event, along with guest poster Dave Johns. They were all very impressed by the lifters, and Zane particularly expressed a lot of respect for the development that Doug Young had achieved.

Terry Todd helped with the TV, but it was my connection with a local sportscaster, Les Keiter, that helped me get CBS Sports. Les had announced the two Clay Liston fights on TV and had been the voice of the Philadelphia Phillies. He was also Eddie Einhorn's good friend and Einhorn was the head of CBS Sports. I was also instrumental in getting CBS to cover the IPF Worlds in 1978 in Turku, Finland. As noted previously, I had a chance to get my first World Record Breakers televised in March of 1977. However, Clay Patterson, of the IPF, wouldn't approve it. Because of my groundwork with Clark Gable's stepson who knew Larry Lindberg, the independent producer who did surfing events for ABC, the IPF signed



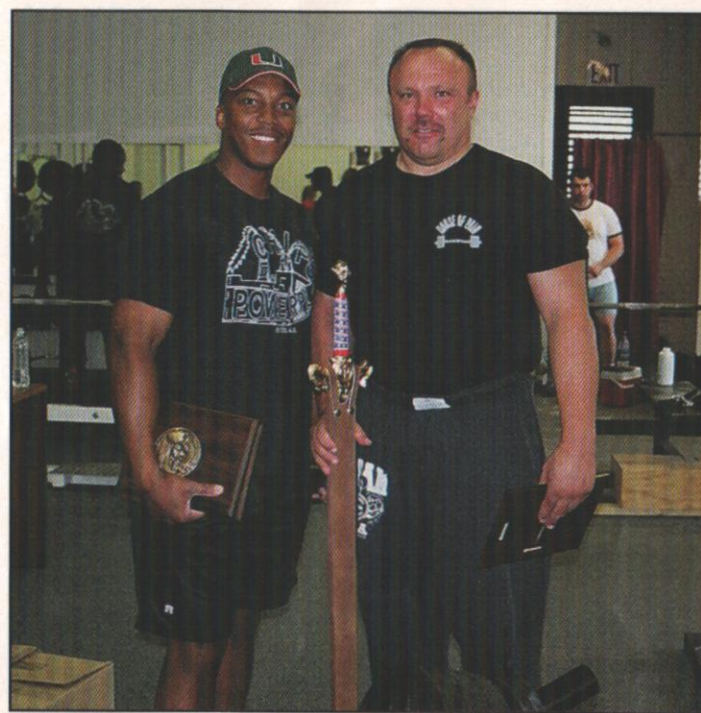
IPF Approved!!! ... General Secretary Arnold Bostrom was a judge

a three year deal to televise the World Championships in 1977, 1978, and 1979 on NBC. However, NBC didn't have a crew in Finland to produce the 1978 Worlds in Turku, Finland. They were going to pass even though they paid \$7,500 in rights. Les Keiter talked to Einhorn and Einhorn said CBS would buy the rights from NBC. Dick Auerbach, the head of NBC Sports, refused at first, but with Dr. Terry Todd doing some great negotiating, CBS brought the rights from NBC and the rights fees went up from \$10,000 for the 1979 IPF Worlds to \$50,000 after CBS bought out NBC's rights. On top of that, in 1979 and 1980, the IPF Worlds for women and men were televised and the USPF Nationals for both women and men were televised and with my 1979 World Record Breakers televised there were a total of 5-1/2 hours specials devoted to powerlifting in 1979 and 6-1/2 hour specials in 1980 with the average viewing audience of 20 million. That's a grand total of 220 million viewers watching powerlifting on TV. By 1981 all that was gone. In my estimation, 1977-1980 was the golden era of powerlifting. It's never been the same since. I did get an hour special on ESPN for my World Record Breakers in 1988 that was aired nine times and I have a letter from ESPN that said it was one of the highest rated shows of the year.

As far as the World's Strongest Man contest, Kazmaier won in 1980, 1981, and 1982. He came in second in 1979. Starting with the 1977 version and up through the 1983 version, four out of ten contestants on the Strongest Man contests were powerlifters. I still say that at 6'4" and 340, and concentrating on my lifting and with no contest promoting, Bill Kazmaier, Don Reinholdt, and myself would dominate the strongman contests today. A good superheavyweight powerlifter with athletic ability (I ran a five second flat 40 at 340) would beat any of the strongmen specialists of today, if it was just pure strength and not endurance. Wayne Bouvier was not an arm wrestling specialist, but his powerlifting made him among the best. Powerlifting is the core of all strength. My one last stat to back up 1977-1983 as being the "golden era" of powerlifting, when the four powerlifters were competing in the World's Strongest Man contest from 1977-1983, the worlds strongest man contests were viewed by 20 million to 34 million people on a Saturday at 1:00 pm, for ten Saturdays in a row. Ten events, and only one per Saturday for a half hour. There's a difference between then and now. Nowadays, the World's Strongest Man contest is on ESPN with a viewing audience of one million and is shown at 10:00 pm on a weekday.

APA Upstate Carolina
17 SEP 05 - Williamston, SC

BENCH	Drug Free	Master (40-44)	275 lbs.	515!
MEN	E. Hubbs			
165 lbs.				
Open				
Drug Free	Drug Free	Teen (16-17)	275	
W. Brothers	295	B. Williams		
220 lbs.				
Drug Free	SHW	Drug Free		
Teen (13-15)		Open		
A. Moore	275*	S. Cantrell	505	
242 lbs.		BP	DL	TOT
Push/Pull				
MEN				
148 lbs.				
Open/Drug Free				
R. Lewis			330	330
181 lbs.				
Open				
Drug Free				
S. Moore	410	450	860	
Master (60-64)				
J. Shoaf	275	350	625	
198 lbs.				
Junior/Drug Free				
R. Eller	355	425	780	
220 lbs.				
Drug Free				
Open				
J. Ryerson	365	425	800	
Submaster				
A. Davis	415	625!	1040!	
Master (50-54)				
C. Davis	325	550	875	
242 lbs.				
Junior				
Drug Free				
G. Rollins	350	405	755	
Submaster				
M. Joseph	425	500	925	
275 lbs.				
Open				
Drug Free				
C. Liles	405	585	990	
Submaster				
W. Lewis	390	525	915	
308 lbs.				
Submaster				
Drug Free				
M. Free	475	600	1075	



Upstate Carolina Best Lifters: Anthony Davis & Eric Hubbs (Taillon)

with a 500 deadlift. Special congrats to teen lifters Axl Moore and Burton Williams. Axl set a state record with a bench of 275 at age 15 at a bwt. of 201. Burton, 17 years of age, set a state record and tied for the WR! Burton benched 275 at a bwt. of 258. Eric Hubbs was our best lifter in bench with a sweet 515 state record. He did this at a bwt. of 239 in the Masters 40 class. 555 will be there soon! Chip's Power Plant stole the show. Best lifter in the deadlift and Best lifter in the Push/Pull belonged to Anthony Davis (AD) 415 bench, 625 deadlift for a SC state record and a winning total of 1040. Upon receiving his awards for best lifter AD dedicated his awards to his lifting partners Chip Davis (AD's Dad) and Willis Lewis. Chips Power Plant is the gold standard of what a powerlifting team should be. Thank you Becky Rollins for helping out. You would never have known it was your first time working a table! Special thanks to Brad and

Bart Kelley for announcing, judging, set-up, transportation and clean up. I couldn't ask for better training partners and friends! Thanks to Mikki Free and his Survivor's Crew for the great spotting, loading and use of the gym. Thanks to Shannon Pole-Summers and Carl Stanley for helping out at the last minute spotting and judging. Thanks to sponsors PLUSA and Karin's Xtreme Powerwear. (Results by Kate Taillon)

NASA Hillbilly Classic (kg)
West Virginia - NOV 04

BENCH	148 lbs.
FEMALE	
114 lbs.	
Int	
C. Ramsey	85
Natural	
C. Connell	70
High School	
132 lbs.	
C. Ramsey	85
Pure	
S. Cooper	40

C. Ramsey	85	275 lbs.		
Int		Teen		
C. Ramsey	85	D. Thomas	152.5	
Natural		308 lbs.		
C. Ramsey	85	Submaster-1		
198+ lbs.		A. Shields	290	
High School		CURL		
A. Sears	95	MALE		
Teen		165 lbs.		
A. Sears	95	SM		
Natural		P. Sholes	45	
A. Sears	95	198 lbs.		
MALE		Master-1		
114 lbs.		D. Smith	60	
Youth		DEADLIFT		
T. Odell	30	FEMALE		
148 lbs.		123 lbs.		
High School		Master-1		
C. Saunders	77.5	M. Nunley	92.5	
J. Kecsker	110	148 lbs.		
198 lbs.		PND		
Master-1		C. Taylor	92.5	
B. Gabbert	145	M. Riffle	70	
Int		MALE		
DumrongKie	157.5	148 lbs.		
PN		High School		
DumrongKie	157.5	C. Saunders	90	
E. Parker	100	165 lbs.		
Natural		Master-1		
DumrongKie	157.5	E. Pettit	110	
Master-1		PN		
D. Smith	147.5	L. Cutlip	137.5	
High School		SMP		
M. Duncan	120	P. Sholes	97.5	
220 lbs.		181 lbs.		
High School		PN		
M. Maddow	112.5	B. Keiper	130	
SMP		MALE		
M. Morrison	185	181 lbs.		
242 lbs.		High School		
High School		M. Anderson	152.5	
D. Kipp	145	PN		
G. Ferrell	120	D. Taylor	152.5	
D. Davis	112.5	D. Moore	177.5	
Junior		242 lbs.		
S. Sebok	185	Master-1		
PN		D. Bloxton	227.5	
D. Burnette	175	275 lbs.		
Master-5		High School		
J. Barker	152.5	E. Thacker	137.5	
Law/Fire		308 lbs.		
M. Runyon	—	Law/Fire		
Master-1		D. Morton	200	
M. Davis	142.5	BP	DL	TOT
FEMALE				
High School				
123 lbs.				
J. Miller	52.5	92.5	145	
165 lbs.				
H. Neal	37.5	102.5	140	
181 lbs.				
Master-3				
S. Pack	87.5	110	197.5	
198+ lbs.				
High School				
A. Sears	95	140	235	
Teen				
A. Sears	95	140	235	
MALE				
High School				
132 lbs.				
K. Hale	85	147.5	232.5	
148 lbs.				
M. Corvin	100	150	250	
B. White	67.5	142.5	210	
165 lbs.				
High School				
G. Ballengee	162.5	130	292.5	
D. Lester	97.5	160	257.5	
J. Renn	70	147.5	217.5	
PN				
P. Sholes	97.5	150	247.5	
181 lbs.				
Master-2				
T. Ballangee	150	145	295	
198 lbs.				
High School				
S. Stovall	102.5	125	227.5	
D. Vealey	162.5	182.5	345	
220 lbs.				
R. Elm	90	160	272.5	
M. Dye	92.5	150	242.5	
I. Comer	125	182.5	307.5	
Pure				
S. Chattin	200	212.5	412.5	
C. Mullens	160	252.5	412.5	
242 lbs.				
High School				
J. Woods	130	190	320	
K. Poff	82.5	192.5	315	
J. Lemaster	82.5	160	242.5	
K. Smith	62.5	160	227.5	

J. Critchlow	60	87.5	152.5	
308 lbs.				
Submaster-1				
A. Shields	290	255	545	
MALE	CR	BP	DL	TOT
242 lbs.				
Master-1				
D. Bloxton	601	125	227.5	412.5
Pure				
M. Dotson	75	175	242.5	492.5
(Thanks to Richard Peters for these results)				

NASA Virginia State (kg)
5 FEB 05 - Wytheville, VA

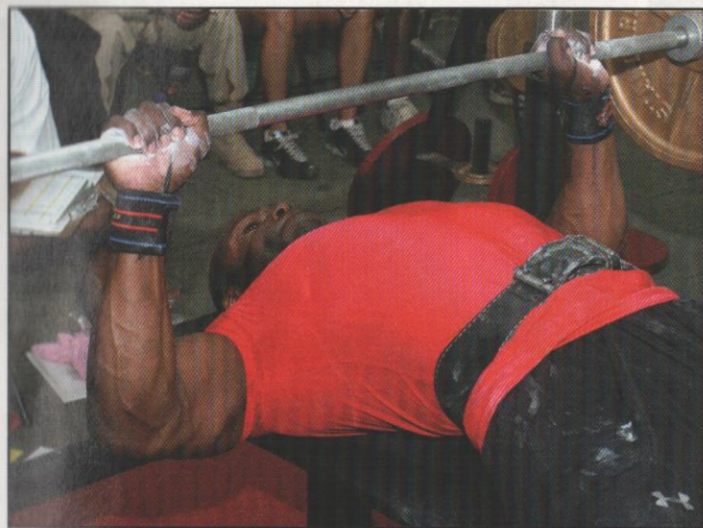
PS BENCH	HSP			
114 lbs.	M. Duncan	112.5		
Pure	220 lbs.			
A. Mamola	55	Nat		
165 lbs.		D. Taylor	182.5	
Master-3		Master-1		
P. Miller	77.5	M. Maddow	92.5	
220 lbs.		Pure		
Master-1		W. Ferguson	160	
J. Shifflett	—	Master-5		
Pure Natural		R. Mitchum	160	
R. Mitchum	150	W. Ferguson	160	
PL BENCH		CURL		
WOMEN		MEN		
148 lbs.		220 lbs.		
Nat		Master-1		
C. Ramsey	80	J. Shifflett	52.5	
Pure		R. Mitchum	67.5	
C. Ramsey	80	SQUAT		
Int		MEN		
C. Ramsey	80	181 lbs.		
MEN		J. Renn	117.5	65
181 lbs.		198 lbs.		
Pure		S. Stovall	115	87.5
A. Mamola	200	D. Vealey	150	112.5
MEN	CR	R. Elm	132.5	92.5
123 lbs.		242 lbs.		
C-HSP		M. Dye	120	95
C. Stiltner	46	J. Woods	137.5	112.5
B-HSP		A. Harvey	127.5	82.5
		K. Poff	142.5	120
		SM-2		

C. Stiltner	46	76	—	122
165 lbs.				
Master-3				
P. Miller	45	76	—	121
181 lbs.				
Master-2				
Butterworth	42.5	95	175	312.5
198 lbs.				
Submaster	Pure			
R. Maggi	55	140	190	385
275 lbs.				
Master-1				
M. Lester	57.5	120	205	382.5
WOMEN	SQ	BP	DL	TOT
148 lbs.				
Int				
C. Ramsey	—	—	—	—
MEN				
SM-1				
181 lbs.				
R. Maggi	135	282.5	180	462.5
HSP				
K. Miller	47.5	35	95	177.5
114 lbs.				
M. Carden	95	52.5	125	272.5
132 lbs.				
K. Hale	95	67.5	137.5	300
148 lbs.				
B. White	102.5	65	132.5	300
M. Corvin	97.5	87.5	147.5	332.5
165 lbs.				
T. White	82.5	60	140	282.5
D. Lester	137.5	95	147	377.5
P. Miller	127.5	77.5	156	361
181 lbs.				
J. Renn	117.5	65	145	327.5
198 lbs.				
S. Stovall	115	87.5	180	382.5
D. Vealey	150	112.5	152.5	415
220 lbs.				
R. Elm	132.5	92.5	182.5	407.5
242 lbs.				
M. Dye	120	95	147.5	362.5
J. Woods	137.5	112.5	187.5	437.5
A. Harvey	127.5	82.5	160	370
K. Poff	142.5	120	170	432.5

J. Adkins	100	215	125	440
275 lbs.				
PN				
M. Newman	—	—	—	—
PN				
M. Newman	—	—	—	—
SMP				
M. Newman	—	—	—	—
(thanks to Richard Peters for these results)				

APA Mid-Western Power Day
22 OCT 05 - Cedar Falls, IA

BENCH	Open	181 lbs.	140
WOMEN			
S. Ulmer	—	B. Grell	145
K. Franklin	—	198 lbs.	
(40-49)		C. Herbert	145
K. Franklin	—	242 lbs.	
MEN		S. Taylor	130
Open		Master II	
M. Fitzgerald	325	S. Taylor	130
4th-335		DEADLIFT	
Submaster		M	



CSM Jim Pegues attempting a 420 pound bench press at Camp Taji.

Camp Taji's Bench Press
2 OCT 05 - Camp Taji, Iraq

BENCH WOMEN	J. Jordan	185	SFC Phillips	300	W01 Taheny	300	
127-151 lbs.	152-177 lbs.	SSG Wiggs	350*	Maj. Gray	290	Sgt. Pompey	245
Sgt. Johnson	152-177 lbs.	SFC Guido	345	T. Roayakkels	275	Sgt. Freeman	—
SSG Smith	165*	SFC Wood	285	CW2 Peaphon	—	Sgt. Reynolds	—
Sgt. Stubbs	—	Sp. Kline	285	E. Goins	—	SFC Thurman	425
178+ lbs.	Pv2 Ash	260	CSM Pegues	400	SSG Martin	300	
Sgt. Brown	160*	1Lt. Camacho	245	CW1 Matiella	375	Sgt. Nelson	250
Sgt. Figgs	—	SSG Williams	225	Sp. Adkisson	365	Sgt. Charles	240
MEN	Sgt. Stroupe	180	SSG Harris	360	255+ lbs.	—	
101-125 lbs.	S. Remoto	—	Maj. Boston	355	Sgt. Stanley	330	
Sgt. Irvin	200*	178-203 lbs.	CW2 Matelle	350	Sgt. Fairchild	330	
126-151 lbs.	L. Hayden	335*	SSG Stull	425*	Sgt. Welcome	325	
PFC Ellis	250	SSG Evans	335	J. Crenshaw	325	Sgt. Fairchild	—
SSG Tayao	235	Sp. Freeman	325	—	—	—	

*Records. Meet Director: CSM Jim Segues. The final bench press competition hosted



Camp Taji Best Lifter SSG John Stull receives award from LTC Lambert

by the 87th Corps Support Battalion was held at building 546 MWR Base Warrior's Gym. The event featured over forty lifters, five of which were females. This was the last weight lifting event that the 87th CSB will host during this deployment. The event was dedicated to SGT Jude Ralph Jonaus of the 550th ASMC, who lost his life performing duties as a member of the brigade's personnel security team. A moment of silence was observed before the event kicked off. SGT Jonaus had participated in every weight lifting contest hosted by the 87th CSB, and he had entered to participate in the men's 152-177 pound weight class for this contest. CSM Jim Pegues presented his first place trophy to a member of SGT Jonaus's unit in his honor. The female best lifter of the contest was SSG Natasha Smith, HHC 4-3 Aviation. SSG Natasha finished with a best lift of 165 pounds in the females 152-177 pound weight category. SSG Smith also set a meet record with her lift of 165 pounds. The male best lifter of the contest was SSG John Stull, 94th Maintenance "Hard Chargers". SSG Stull finished with a best lift of 425 pound in the males 178-203 pound weight category. SSG Stull also set a meet record with his lift of 415 pounds and 425 pounds respectively. He was given a fourth attempt to break his own record of 425 pounds but failed short of making 435 pounds. This was still a remarkable feat for his body weight at 200 pounds. Both Smith and Stull participated in April's bench press contest as well. Other first place finishers were; SGT Paris Johnson, 632nd Maintenance Company, with a best lift of 145 pounds in the female's 125-151 pound weight category. SGT Kelly Brown, 2nd Detachment 3rd Signal, finished with a best lift of 160 pounds in the female's 178-and above weight category. SGT Matthew Irvin, 23rd Maintenance, finished with a best lift of 200 pounds in the male's 101-125 pound weight category. SGT Irvin also set a meet record with his lift of 200 pounds. SGT Lawrence Hayden, HHC 2-3 Aviation, finished with a best lift of 335 pounds in the male's 126-151 pound weight category. SGT Hayden, also set a meet record with his lift of 335 pounds. SSG Terrence Wiggs, Bravo Company, 603rd Aviation finished with a best lift of 350 pounds in the male's 152-177 pound weight category. SSG Wiggs, also set a meet record of 350 pounds. CSM Jim Pegues, HHD 87th CSB finished with a best lift of 400 pounds in the male's 204-229 pound weight category. SPC Kyle Adkisson, 632nd Maintenance Company, finished with a best lift of 365 pounds in the

No Drugs No Gear Push-Pull
22 OCT 05 - Pittsburgh, PA

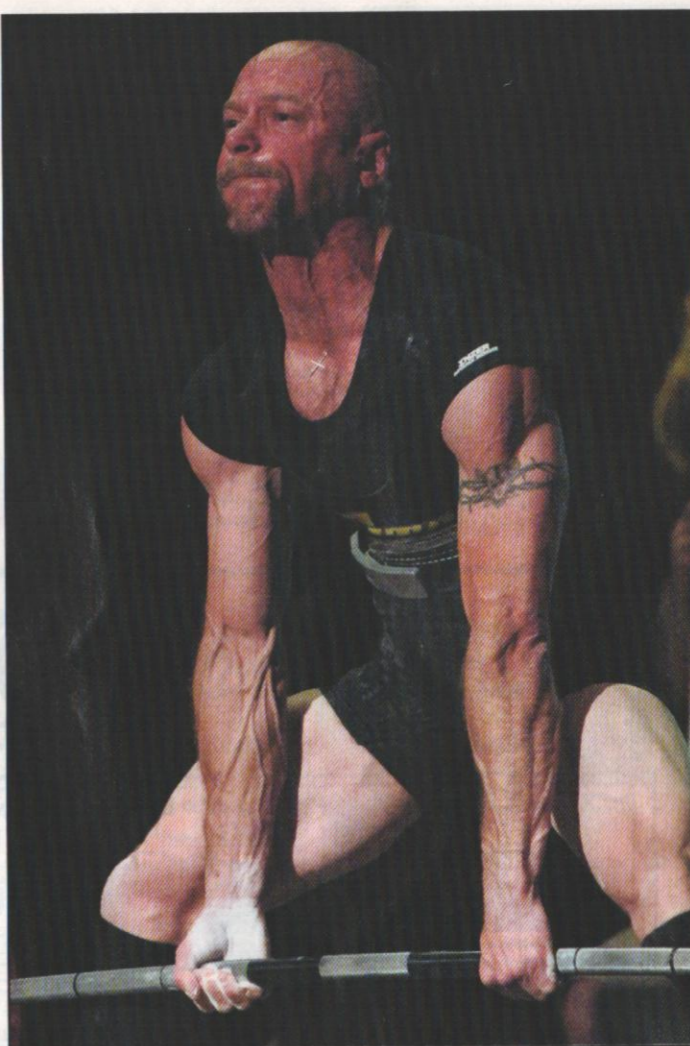
DEADLIFT	BP	DL	TOT
MEN			
Youth (7-9)			
R. Neurohr	85*		
Youth (10-12)			
E. Hart	120*		
MEN			
Teen (13-15)			
A. Short	110*	250*	360*
Open			
R. Neurohr	230	440	670
165 lbs.			
M. Hart	275	530	805
242 lbs.			
S. Palucka	380	—	—

this was our first year hosting a meet at Hart's Gym, and we had a great turnout. All the lifting as usual was done raw. This meet welcomed two first time lifters to the sport of powerlifting, Ricky Neurohr and Alex Short. Little Rick went 3 for 3 in the deadlift, ending with a 85 lb. pull, weighing 52 lbs. Eric Hart competed in his third meet and achieved a pr 120 dead at 62 lbs. Alex Short had a tremendous first meet with a nice 250 pull, but looked good for more. In the push-pull portion of the meet, Rick Neurohr just missed the mark in the bench and couldn't quite get 485 going in the deadlift. Meet Director

and competitor, Michael Hart, continues to struggle in the bench, ut reeled in an easy 530 pull fo best lifter honors. 585 proved to be too much for the 165er on this day. Scott Palucka had a touch time with his pet lift, and managed only an opener of 380 lbs. in the bench. Scott was unable to get a deadlift in, but this seasoned veteran will surely be back next year. All in all, the meet went well and saw some new comers with good potential. I want to thank Rick and Scott for their help in running the meet, Rhonda for getting the video, and my wife Lori for supporting my obsession. Also, I would like to give a special thanks to Kelly, Steve, and local firefighter Brian Krull, for their moral support. As always, no drugs, no gear, just me. (results by Michael Hart)

USAPL DL/SQ/PP Nationals
16 OCT 05 - Denver, CO

DEADLIFT	Teen (16-17)	G. Estenssoro	330
WOMEN			
114 lbs.	J. Posey	286	
Open	Master I	540	
H. Patel	165		
Master I	165 lbs.		
B. Walzel	248	Teen (16-17)	
123 lbs.	Z. Beikmann	418	
Master III	S. Estenssoro	319	
J. Harms	253	Junior	
132 lbs.	B. Kim	496	
Open	Open		
J. Rey	402	D. Flagg	606
M. James	341	M. Sigala	567
148 lbs.	B. Kim	496	
Master I	Master II		
B. Walzel	248	T. Leins	435
165 lbs.	Master VI		
Open	J. Ochs	319	
H. Geersen	380	181 lbs.	
181 lbs.	Teen (14-15)		
Teen (16-17)	S. Devlyn	402	
J. Keele	237	A. Cross	358
198+ lbs.	Teen (18-19)		
Open	S. Oakley	518	
L. Schaefer	424	N. Meyer	468
MEN			
114 lbs.	B. Beikmann	523	
Teen (14-15)	Master II		
J. Rein	286	T. Cencich	374
A. Wax	242	198 lbs.	
123 lbs.	Junior		
Teen (14-15)	C. Singleton	534	
M. Carter	231	Open	
132 lbs.	C. Singleton	534	
Teen (14-15)	M. James	518	
L. Prudea	341	Master I	
Master V	G. Rendino	507	
R. Trujillo	418	Master III	
148 lbs.	R. Keele	451	242 lbs.
Teen (14-15)	S. Harms	402	275+ lbs.
K. Dinkel	319	220 lbs.	
V. Scavuzzo	270	Master II	



Casey Brown has placed high in recent USAPL National competition.

C. Bradley	501	Master II	M. Windom	501	WOMEN
Master IV	R. Geller	451	Master I	123 lbs.	
D. Worley	540	Master III	M. Ricker	611	Master III
148 lbs.	F. Baja	573	Master III	181	J. Harms
Teen (14-15)	S. Harms	402	275+ lbs.	H. Willis	600
K. Dinkel	319	220 lbs.	A. Knight	573	Open
V. Scavuzzo	270	Master II	D. Greiss	600	SQUAT

MEN	Master I	G. Redino	507
114 lbs.	198 lbs.		
Teen (16-17)	Master III	R. Keele	402
R. Maestas	297	S. Harms	402
148 lbs.	220 lbs.		
Teen (16-17)	Master II	C. Bradley	474
G. Estenssoro	308	Master IV	
Master I	165 lbs.	D. Worley	551
C. Brown	501	Master III	
275 lbs.	440	F. Baja	600
Junior	440	275+ lbs.	
B. Kim	440	Open	
Open	281	M. Windom	501
B. Kim	440		
Master VI	181 lbs.		
J. Ochs	281		
181 lbs.	347		
Teen (18-19)	Junior		
N. Meyer	347		
Junior	617		
B. Beikman	617		
WOMEN	BP	DL	TOT
114 lbs.			
Open	165	292	457
H. Patel			
123 lbs.			
Master III	159	253	413
J. Harms			
165 lbs.			
Open			
H. Geersen	270	380	650
MEN			
148 lbs.			
Master I	308	540	848
C. Brown			
165 lbs.			
Teen (16-17)	214	418	633
Z. Beikman	165	319	485
S. Estenssoro			
Master VI	176	319	496
J. Ochs			
181 lbs.			
Teen (18-19)	286	468	755
N. Meyer			
Junior	314	523	837
B. Beikman			
Master II	374	374	749
T. Cencich			
198 lbs.			
Master III	352	402	755
S. Harms			
220 lbs.			
Master II	264	501	766
C. Bradley			
242 lbs.			
Master I	424	573	997
A. Knight			
275 lbs.			
Master III	264	573	837
F. Baja			
Best Lifer SQ Women: Jeanne Harms. Best Lifter DL Women: Jennifer Rey. Best Lifter DL Men: Darren Flagg. Best Lifter PP Women: Holly Geersen. Best Lifter PP Men: Casey Brown. (courtesy of Rocky Mountain Lifting Club)			

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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

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Address: _____ City: _____ State: _____ Zip Code: _____

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Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

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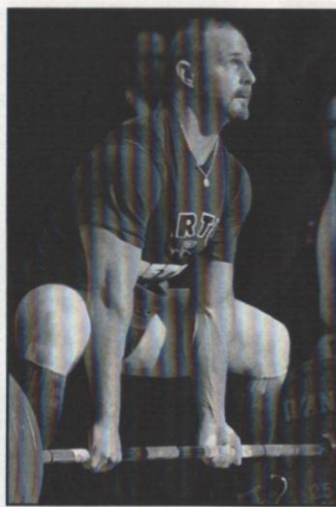
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(results continued from page 41)

Marente-CAN	589	407	595	1592
Stover-GER	485	363	617	1466
Allen-RSA	540	396	496	1433
Timonen-FIN	496	363	529	1388
Julius-RSA	496	336	529	1361
220 lbs.				
Roberts-USA	700	429	639	1769
Kalic-FRA	650	440	650	1741
Torres-PHI	650	391	677	1719
Hagfors-FIN	606	446	666	1719
Hall-RSA	584	418	622	1625
Kinghorn-GBR	540	507	523	1570
Anderson-NZL	551	380	523	1455
Rao-IND	529	341	529	1399
Prakash-IND	374	220	374	970
Schoonru-RSA	589	352	—	—
242 lbs.				
Rodney-GBR	727	418	683	1829
Henders-NZL	666	429	683	1780
Callahan-USA	688	463	628	1780
Coertze-RSA	694	429	606	1730
Charvoz-FRA	617	418	595	1631
Kampi-AUT	595	363	666	1625
Strong-CAN	584	385	644	1614
Flett-GER	507	463	518	1488
Toora-IND	573	264	551	1388
275 lbs.				
Sidenko-RUS	705	545	639	1890
O'Hallo-CAN	727	540	595	1862
Aalto-FIN	661	490	683	1835
Ryder-USA	622	529	677	1829
Collins-USA	661	490	644	1796
Lee-GBR	551	451	600	1603
Balachan-IND	518	275	440	1234
275+ lbs.				
Hulbakv-NOR	771	540	705	2017
Rogers-USA	711	457	738	1907
Hanninen-FIN	705	418	666	1791
Chekush-UKR	760	418	606	1785
Girralat-GER	606	529	639	1774
Smith-RSA	661	374	551	1587
Knudsen-DEN	562	363	584	1510
Lahteen-FIN	—	220	—	—
Masters-2				
123 lbs.				
Shishkin-RUS	363	253	385	1003
132 lbs.				
Kavarnos-USA	374	226	418	1019
Mashimo-JPN	363	226	396	986
Isagava-JPN	490	496	—	—
Vyas-IND	308	—	—	—
148 lbs.				
Rohan-USA	374	319	518	1256
McBride-GBR	440	253	518	1212
Cuveller-FRA	463	275	463	1201
Chesnaix-FRA	363	292	413	1069
Torma-FIN	374	220	396	992
165 lbs.				
Guyon-FRA	507	308	518	1333
Moore-CAN	507	303	496	1306
Couturier-FRA	457	308	496	1262
Macrow-GBR	440	330	451	1223
Chauhan-IND	242	132	264	639
181 lbs.				



Ron Garofalo .. lighthheavy star.

Glinin-RUS	589	391	617	1598
Schurich-GER	562	385	529	1477
Tachibana-JPN	518	396	474	1388
Hundert-GER	485	330	490	1306
Arendse-RSA	474	275	512	1262
Amey-GBR	407	253	485	1146
Booyesen-RSA	308	198	396	903
198 lbs.				
Sochans-POL	628	391	611	1631
Herman-GER	562	308	578	1449
Seguin-CAN	518	314	562	1394
Cormier-CAN	567	369	418	1355
220 lbs.				
Givens-USA	606	429	683	1719
Melzig-GER	606	363	683	1653
Buchs-FRA	595	336	551	1482
McNama-RSA	463	242	545	1251
Musto-USA	—	—	—	—
242 lbs.				
White-GBR	595	341	694	1631
Stepanen-RUS	661	308	617	1587
Lefevre-GER	540	407	628	1576
Ramirez-VEN	595	341	606	1543
Taylor-USA	584	358	584	1526
Sindelar-USA	556	374	573	1504
Georg-GER	529	474	485	1488
Platzer-GER	540	336	589	1466
Fuglsang-DEN	440	418	551	1410
123 lbs.				
Oshiro-JPN	385	270	352	1008
132 lbs.				
Alita-JPN	374	209	429	1014
Nivault-FRA	374	121	440	937
148 lbs.				
Diter-DEN	446	220	463	1129
Yamai-JPN	319	176	330	826
165 lbs.				
Sato-JPN	507	297	507	1311

Talli-FIN	424	319	424	1168
Anders-SWE	385	242	507	1135
Leggett-GBR	407	237	440	1085
Sainati-USA	303	192	424	920
Goodwin-USA	214	181	314	711
Stensgaa-DEN	—	154	308	—
Liosa-FRA	—	275	396	—
181 lbs.				
Bouchak-FRA	485	308	507	1300
Schuller-USA	380	253	440	1074
Lyons-USA	413	248	407	1069
Thomas-NZL	374	275	407	1058
Malkavaa-FIN	363	253	396	1014
Burlakov-RUS	—	242	319	—
198 lbs.				
Mattila-SWE	507	336	573	1416
Battison-GBR	485	341	562	1388
Behne-GER	286	198	385	870
Pal-DEN	297	226	319	843
220 lbs.				
Helmich-USA	446	363	573	1383
Wissing-DEN	485	297	485	1267
Chazelle-FRA	474	220	551	1245
Jaffa-RSA	402	297	474	1173
Comelli-ARG	451	253	463	1168
Isagulov-RUS	429	253	451	1135
Puhakka-FIN	374	292	468	1135
242 lbs.				
Kristens-NOR	540	369	512	1422
Chatis-USA	440	341	490	1273
Vierthan-GER	374	264	440	1080
Naude-RSA	330	209	468	1008
275+ lbs.				
Morris-USA	556	440	518	1515
Grisham-USA	512	314	463	1289
275+ lbs.				
Sandelin-FIN	446	396	418	1262
Heyman-USA	463	253	463	1179
! = World Records. Women Masters-1:				
Champion of Champions: 1st Bechar				
Sylvaire, France. 2nd Blasbery Jackie,				
Great Britain. 3rd Brightwater-Wharf,				
New Zealand. Nations: 1st USA, 63 pts.,				
2nd Great Britain, 30 pts., 3rd Russia, 29				
pts., 4th Germany, 21 pts., 5th Philippines,				
France, both 19 pts., 7th South Africa, 17				
pts., 8th New Zealand, 12 pts., 9th India,				
8 pts., 10th Finland, 6 pts., and Japan 0 pts.				
Women Masters-2: 1st Viitasaari Vuokko,				
Finland. 2nd Fomina Tatyana, Russia. 3rd				
Daumas Lucienne, France. Nations: 1st				
Finland, 52 pts., 2nd USA, 35 pts., 3rd				
France, 32 pts., 4th Germany, 24 pts., 5th				
India, 15 pts., 6th Great Britain, Brazil,				
and Russia, all 12 pts., 9th Japan, Denmark,				
both 9 pts. Men Masters-1: Cham-				



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Champion of Champions: 1st Garofalo Ronald, USA, 2nd Hulbakviken Knut Olav, Norway, 3rd, Gunnarsson Jon, Iceland. Nations: 1st USA, 62 pts., 2nd Great Britain, 46 pts., 3rd France, 46 pts., 4th Finland, 43 pts., 5th South Africa, 43 pts., 6th Japan, 39 pts., 7th India, 33 pts., 8th Canada, 29 pts., 9th New Zealand, 21 pts., 10th Norway, Philippines, both 20 pts., 12th Russia, 15 pts., 13th Germany, 13 pts., 14th Iceland, 12 pts., 15th Iran, 9 pts., 16th Denmark, 9 pts., 17th Czechia, Ukraine, both 7 pts., 19th Austria, 5th. Men Masters-2: Champion of Champions: 1st Ivanenko Volodymyr, Ukraine, 2nd Glinin Vasily, Russia, 3rd Givens Floyd, USA. Nations: 1st USA, 56 pts., 2nd France, 51 pts., 3rd Germany, 46 pts., 4th Russia, 45 pts., 5th Great Britain, 33 pts., 6th South Africa, 26 pts., 7th Canada, 24 pts., 8th Japan, 17 pts., 9th Venezuela, 14 pts., 10th Poland, Ukraine, both 12 pts., 12th India, 12 pts., 13th New Zealand, 8 pts., 14th Finland, 6 pts., 15th Denmark, 2 pts., 16th Sweden, 1 pt. Men Masters-3: Champion of Champions: 1st Sato Toshihiko, Japan, 2nd Oshiro Shinjun, Japan, 3rd Mattila Kari, Sweden. Nations: 1st USA, 60 pts., 2nd Japan, 45 pts., 3rd Finland, 31 pts., 4th France, 29 pts., 5th Denmark, 28pts., 6th Sweden, 20 pts., 7th Great Britain, 16 pts., 8th Germany, 16 pts., 9th South Africa, 14 pts., 10th Norway, India, both 12 pts., 12th New Zealand, 7 pts., 13th Argentina, 6 pts., 14th Russia, 5 pts. (Meet results by IPF)

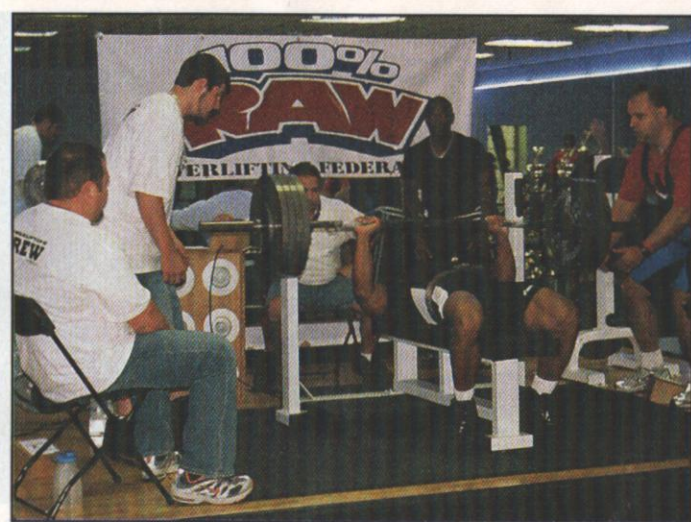


Will Morris .. more gold medals

100% Raw Raleigh BP
22 OCT 05 - Raleigh, NC

BENCH FEMALE	
105 lbs.	Police/Fire 235
Open	G. Couch 198 lbs.
D. Perry 60	Junior M. Wilson 275
115 lbs.	Open J. Wilson 295
Open	S. Myers 145 Summerfield 300
Master (40-44)	V. Bartee 300
M. Omokaize 160	4th-320
181 lbs.	220 lbs.
Submaster	Master (45-49) D. Campbell 335
K. Stone 170	D. Campbell 335
4th-180	Master (60-64) R. Avery 250
198 lbs.	Open C. Kennedy 340
Open	A. Green 145 C. Powell 350
MALE	132 lbs. C. Pickett 405
Open	Teen (18-19) L. Starr 300
M. Perry 275	242 lbs.
Teen (12-13)	Master (55-59) K. Groves 340
J. Reeves 115	(25-29)
165 lbs.	K. Mallory 455
Master (55-59)	Open
R. Fecteau 185	C. Balance 275
Open	B. Edwards 305
C. Balance 275	S. Harris 350
B. Edwards 305	J. Brown 325
J. Brown 325	Open
Open	Teen (18-19) J. Kane 335
Teen (18-19)	Submaster S. Deuel 335
M. Franklin 300	275 lbs.
Teen (18-19)	Open
K. Holroyd 265	F. Banks 405
L. Gagnoy 270	B. Jones 540
181 lbs.	C. Elliott 500
Junior	J. Riddick 335
D. Nelson 235	Teen (16-17) S. Mitchell 345
J. Riddick 335	Open
Open	W. Lynch 460

This contest was held at Beyond Fitness Center. (Thanks to Paul Bossi for results)



Will "The Chill" Lynch benches 460 at 181 for a new North Carolina State Record at the 100% Raw Raleigh Bench Press meet. (P. Bossi)

C. Am	365	181 lbs.	L. Skalski	170*	125*	250*	535*			
242 lbs.	F. Rohrer	215	Submasters							
C. Debartolo 555*	198 lbs.		198 lbs.							
275 lbs.	R. Salter	480*	R. Heinen	460	350	430	1240			
B. Batista 440	J. Amaral	320	275 lbs.							
220 lbs.	B. Batista	430	440	500	1370					
Masters	Connell, Jr.	415	D. Monty	490	275					
198 lbs.	242 lbs.		Masters							
Mioduszewski 285	C. Debartolo! 555*		220 lbs.							
220 lbs.	275 lbs.		Montebault	575	375	550	1500			
Connell, Jr. 415	Lazzaresch, Jr 560		242 lbs.							
Lazzaresch, Jr 560	Bourgault, Sr. 470		S. Papas	500	365	585	1450			
Open	P. Andrick 465		275 lbs.							
114 lbs.	308 lbs.		R. Dame	415	405	490	1310			
L. Skalski	B. Tucker	500	Open							
148 lbs.	M. Gerrard	500	114 lbs.							
T. Roselli	355		L. Skalski	170*	125*	250*	535*			
165 lbs.			148 lbs.							
Lazzareschi! 300			T. Roselli	460	355					
165 lbs.			165 lbs.							
MEN	SQ	BP	DL	TOT						
Teen										
165 lbs.	Lazzareschi	475	300	475	1250					
Lazzareschi	475*	300*	475*	1250*	B. Ducharme! 685*	420	595	1700		
B. Barner	415	245	500	1160	M. Kluth	450	225	525	1200	
A. Papas	220 lbs.				220 lbs.					
242 lbs.	B. Barner	425*	405*	600*	1405*	Montebault	575	375	550	1500
A. Vargas	350				C. Parisi	475	325	500	1300	
D. Parisi	310				242 lbs.					
Submasters					A. Vargas	405	350	440	1195	
148 lbs.	198 lbs.				114 lbs.					
N. Bianco	215				S. Papas	500	365	585	1450	
165 lbs.	R. Salter	480*								

USPF Rhode Island State
20 MAR 05 - Cranston, RI

BENCH WOMEN	
148 lbs.	Lazzareschi 300*
Open	B. Barner 245
M. Janike 185	A. Papas 225
242 lbs.	Lazzareschi 475*
MEN	B. Barner 415
220 lbs.	245
A. Vargas	500
350	1160
D. Parisi	310
Submasters	J. Robertson 425*
148 lbs.	242 lbs.
N. Bianco	215
165 lbs.	A. Vargas 405
	350
	440
	1195

100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

AGE: _____ SEX: _____ E-MAIL ADDRESS: _____

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	One Year From The Date of Application.

LIFTERS SIGNATURE: _____ PARENTS SIGNATURE IF UNDER 18 YRS. OLD _____

DATE OF APPLICATION: _____ (This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

www.RAWPOWERLIFTING.com

275 lbs. Bourgault, Sr. 570 470 540 1580 P. Andrick 685 465 600 1750 *RI state records. !=Best Lifters. As always, I would like to thank all my sponsors, Spine Tech, a.k.a. Dr. Robert A. L'Europa, Ocean State Gym, Reeves Nutrition, TJI Construction, Coventry Physical Therapy & Sports Medical, Inc., Mark D'lorio MetLife, Elmwood Countertop, DeCesare Landscaping/Concrete, and Supplements Plus. As always, without the continued support of my sponsors, I would not be able to put on this contest each year. I would like to also thank all my judges, spotters, loaders, scorekeepers and my announcers who are always a huge help each year. I would like to personally thank Bob Connell, my co-meet director, for all his help with putting this contest together and maintaining our new website, www.ripl.org. Thanks a lot my friend. This year was a little disappointing for we had our smallest lifter turn out in years. However, even with the small competitor turn out, we still had a great show. As always we had a number of lifters going after state records with a strong representation of teenage, submaster and masters divisions lifters. Unfortunately we did not have any women compete in the powerlifting segment of our contest. Hopefully we will next year. In our teenage division, we had four rookies competing this year, all of which who just started powerlifting this year. It was good to see some new faces and a growing interest in the teenage group. One of our first rookies was Lee Skalski competing as a first ever 114 lbs. competitor. Lee came into this meet all pumped up and ready to go and it showed. His lifting was right on with an 8 for 9 day, along with taking two 4th attempts for a total of 9 for 11 day. He set the first ever records in this class and I am sure this will not be his last record. In the 165 lbs. class Sloan Lazzareschi, was back again this year, moving up a weight class to make another assault on the teenage records. Like last year, Sloan broke all the 165 lbs. records on his way to an 8 for 9 day, winning the teenage division overall and along with a first place finish in the open division and best lifter for the lightweight division. Another one of our rookies was Joe Robertson in the 220 lb class. Joe just started powerlifting this year, but his numbers would not reflect that. He had a little trouble in the squat, but still broke the 7-year-old record. After that, there was no more trouble. Joe went on to crush the old bench record by 135 lbs and the old deadlift record by 125 lbs. This also gave him the total record of which he broke that by 260 lbs. Not to bad for a beginner. Another stand out rookie was Anthony Vargas competing in the 242 lbs. class. He too had a little trouble in the squat, but still was not far of the state record mark. He came back with a strong performance in the bench, tying the bench record and was just short 15 lbs in the deadlift. Anthony is a tall and big young man with a lot of muscle growth that can be pack on his big frame. A little more time and muscle development, he will be a force to be reckoned with. In the submaster divisions we had Robert Heinen, 35 in the 198's, come up from New Jersey and Bryan Batista, 35 in the 275's, come down from Massachusetts to join us for the day. They both had a great lifting day and I hope to see them again next year. In the Masters division we had my old buddy, Dennis Montebault, back again in the 220 lbs. class. Like me last year, Dennis was looking to get the monkey off his back and squat 700 lbs. Dennis day started out rough. He had some problems in the squat and things went down hill from there. Even with Dennis not having a good day, he still came out of this meet with a first place finish in the Masters and Open division. He'll be back next year and take a run at it again. We again had Tom Roselli in the 148 lbs. class, who had made some really good gains in his training this year, again using some more new gear. He was looking to break some records, especially the squat record which has been unchanged since 1995. However 10 lbs.

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with Maggie Greenwood-Robinson

POWER EATING... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA

weights lose and other issues throw a monkey wrench in his day. Tommy had problems in the squat, which followed him into the bench where he bomb out of the meet. I know he has learned from his mistake and will be back next year. In the 198 lbs. class, Bob Ducharme returned, after taking a year off, to make a run at his own squat record and a 700 lb squat. Bob had a few problems at the end of his training, but started his day with a 620 lbs. opener. He made his next jump for the record, with a 685 attempt. He just broke the depth plain and got his record with 2 out of 3 white lights. He then went on to bench his personal best with his new metal shirt and finished the day with a strong pull. This gave him his best ever total, first place in his class and best lifter for the heavyweights. In the 275, Jimmy Bourgault was back, thank God after having a heart attack a year ago. I was extremely happy and over come with emotion to see my old weight class buddy back in powerlifting gear, hanging and banging again. The RI state meet would not be the same if Jimmy were not there with Dennis Montebault and me. They both have been there with me from the beginning and I want them both there with me until the end. Jimmy had a solid day of lifting; creeping is way back to his old form. His squat was not to far off his personal best of 625 lbs. from 2003. His bench was right there, but his deadlift was a little off. His day was great all around. He was back and he won his weight class too. I am just very grateful that he was here with us that day. We also had Pete Andrick in the 275's, who came up from

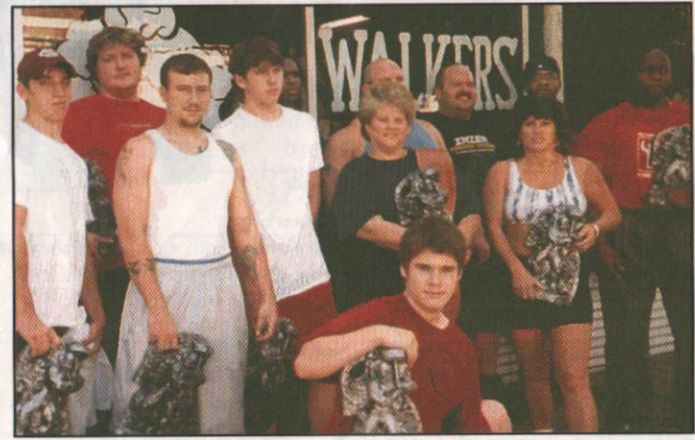
Maryland to compete. He put up some strong numbers for he class on his way to a second place finish. In our bench press portion of the contest, we had another rookie competing for the first time, in the women's division. Mary Jankie, age 45, came in to the contest raw as raw could be in regards to powerlifting. I had talk with her husband a few time before the meet to give him an idea of what was going to happen during the meet. Mary came to the meet in great shape and after watching the squat portion of our contest, was ready bench some weight. Mary lifted raw and pushed up an impressive second attempt bench of 185 lbs., just missing with a third attempt of 205 lbs. Mary told me she would be back next year to compete in the full meet because she had so much fun competing with us. In the Teenage division, we had a little shot out going on. We had 6 teenagers got at it for the biggest bench title. It was a close battle, but Sloan Lazzareschi just edge out Anthony Vargas for first place. Sloan bench also gave him first place in the Open division and Best Lifter for the lightweights. In the 198's submasters and open division we had Robert Salter making a return to the contest and looking for a big bench. The state record in his class, of 465 lbs., has been around since 1994. Well he made quick work of that with a 470 lbs. opener, breaking the record right off the bat. He then went on to break it again with a 480 lbs. second. He tried one more time to bump it up just a little more to a 485 lbs. third attempt, but he was out of gas. It was nice to see one of the old records go down. He won his class in

impressive fashion. In the 242 lbs. class in the bench, we again had Craig DeBartolo back, looking to break his own bench record, of 530 lbs., that the set last year. Craig bought a new bench shirt this year and put it to good use this day. He smoked his 520 lbs. opener, jumping right to 540 lbs. for his next attempt. After making this one even easier than his opener, he broke his own record by 10 lbs. He then went for 555 lbs. on his third attempt, making this one also with a slow lockout. Craig bumped his record up by 25 lbs. this day. Not to bad for a guy with skinny legs (hahaha). This gave Craig first place in the submaster, the open division and best lifter for the heavyweights. In the 275 lbs. class, George Lazzareschi, Jr. was looking for a big day. He opened with an easy 540 lbs., going right after a 560 lbs. third attempt. When he was done making that look easy, we went for a 580 lbs. third attempt. He quickly blew the weight off his chest, but went back to far hanging himself out to dry, just missing the weight by inches. There is still a lot of bit in this old dog. George finished out his day with first place in his class. In the 308 lbs. class we had a few boys going for number. First Billy Tucker was back and looking to bench a nickel plus. He opened with a strong 480 lbs., going right to 500 lbs. on his second attempt. He made strong work with that and figure he would go for a little more with 510 lbs., but it was not in the cards that day. Billy went on to finish first in his class with that strong performance. Mike Garard came into this meet a rookie, competing for the first time, but he came with a bench. He opened with a 500 lbs. attempt, but had some technique problems. The weight was ridiculously easy for Mike, but he had a small problem with his butt just lifting off the bench a little. However, this problem plagued him throughout his attempts, be called on all three and bombing out of the meet. I hope he tries again next year, for he has some strong potential. I want to thank all my competitor for coming out and putting on another putting on a show for all the spectators that came to watch. As always, we had great contest with some really great lifts. I hope to see you all next year bigger, better and chasing more records. Have a great year. (Results by Ted Isabella)

Walker's Gym BP classic
15 OCT 05 - Hopewell, VA

BENCH MEN	
Open	J. Preskar 210
198 lbs.	220 lbs.
S. Holden	400
C. Tiller	—
220 lbs.	D. Mason 385
J. Neiman	405
c. Rowsey	380
275 lbs.	L. Mason 350
J. Mize	425
SHW	B. Green 330
M. Lilly	570
Master (40-49)	J. Moody 165
275 lbs.	181 lbs.
J. Jackson	530
C. Tiller	500
Master (50-59)	A. Cox 140
R. Barley	—
Teen	131+ lbs.
(0-148)	M. Cox 135
Waterford	205
Raw	G. Pruet 115

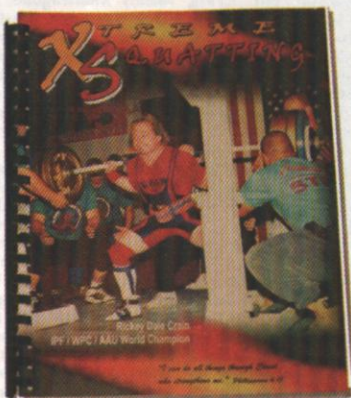
(Thanks to Walker's Gym for the results)



@ Walker's Gym: front row - Aaron Cox, 2nd row - Jason Moody, Jeff Preskar, Mike Wilson, Mickie Cox, Gayle Prevett, 3rd row - John Mize, Deranda Mason, Scott Kuzma, Brian Green, Larry Mason. (Barry W.)

FOR REVIEW ... Xtreme Squatting by Ricky Dale Crain.

This book is an update of Rickey Dale's previous book, "To Squat or Not to Squat." The structure is similar to the previous work, but with additional chapters and updated information all around. This is more than just a course in how to squat, although that is the primary focus. Rick's been hefting iron for forty years and has reached the highest levels of achievement in powerlifting, so he has the wherefore to know what he's talking about. He discusses squat form,



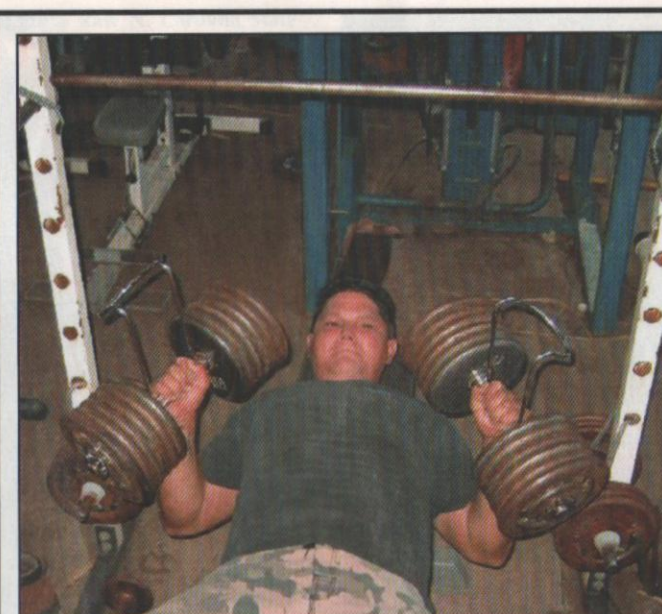
Throughout the book much homage is paid to Rick's illustrious lifting family, father Don, sister Gayla, and brother Randy. At one time Don, Gayla, and Rick all held IPF records simultaneously. He also gives credit to his many training partners over the years, to his faith, and to his wife and children. Humor is richly sprinkled throughout the book, and there are cartoons by Randy Crain, Robert O. Smith, and others. Underlying the information that Rick provides in each chapter, are his four decades of the common sense application of scientific training method. If you're new to powerlifting, or just don't have all the answers yet, this book is going to be most valuable. Rick has been up, down, and all around the powerlifting learning curve, and if you take advantage of his expertise, you can jump start your progress. XTREME SQUATTING is an impressive and interesting compilation of everything you ever wanted to know about the squat and a lot of information about powerlifting in general. If you're intrigued by either, give this book strong consideration. It is available for \$24.95, and you can call Rickey at 1-800-272-0051, contact him at 3803 N. Bryan Rd., Shawnee, OK 74804, visit his web site at www.crainsmuscleworld.com, or e-mail him at rcrain@charter.net for further information.

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ISS Wisconsin BP 31 JUL 05 - Kenosha, WI			
Open	181 lbs.	S. Delaney	395
J. Duvall	390	S. LaMothe	410
J. Steinhoff	335		
220 lbs.			
Open			
Best Lifter: Jason Duvall. (Thanks to Mike Strom for providing these contest results)			
100% Raw Southern Open 8 OCT 05 - Currituck, NC			
BENCH		C. Harmon	225
MALE	88 lbs.	4th-250	
220 lbs.			
Youth (10-11)		Open	
G. Marshall	70	Master (40-44)	
123 lbs.		R. Berry	320
Teen (16-17)		Open	
M. Willis	135	Submaster	
132 lbs.		T. Bean	315
Submaster		275 lbs.	
S. Tipton	105	Master (45-49)	
165 lbs.		J. Lewis	335
Submaster		Open	
R. Steele	205	G. Combs	385
Teen (12-13)		4th-405	
C. Sears	95	SHW	
181 lbs.		Teen (16-17)	
Submaster		S. Mitchell	345
E. Tipton	315		
198 lbs.			
Teen (18-19)			
(Thanks to Paul Bossi for providing results)			
Cornhusker State Games 16 JUL 05 - Lincoln, NE			
BENCH		Master-3	
Women		S. Marshall	236
Equipped		Goodwin Sr.	181
105 lbs.		198 lbs.	
Teen-2		Master-3	
M. Hampton	104	J. Putz	297
123 lbs.		275 lbs.	
Teen-2		Master-3	
K. Thernes	137	M. Ruhler	319
Teen-1		Equipped	
L. Probst	593	132 lbs.	
181 lbs.		Teen-2	
Teen-2		J. Ottens	170
M. Kennedy	126	148 lbs.	
MEN		Teen-2	
Raw		J. Holmquist	176
165 lbs.		Teen-1	
Open		B. Bird	137
S. Bohn	325	165 lbs.	
S. Marshall	236	Open	
R. Graus	319		
181 lbs.			
T. Vrba	176		
220 lbs.			
Master-1			
J. Probasco	374		
Teen-2			
C. Hoferer	341		
242 lbs.			
Master-1			
WOMEN			
Equipped			
105 lbs.			
Teen-2			
M. Hampton	104		
123 lbs.			
Teen-1			
L. Proust	93		
148 lbs.			
Open			
R. Carlson	143		
330			
473			
Master-3			
R. Carlson	143		
330			
473			
181 lbs.			
Teen-2			
M. Kennedy	126		
259			
385			
MEN			
Raw			
165 lbs.			
Master-7			
D. Goodwin Sr.	181		
303			
485			
275 lbs.			
Master-3			
M. Coe	303		
369			
672			
308 lbs.			
Open			
B. Bader	137		
303			
440			
Equipped			
148 lbs.			
Teen-2			
C. Spilker	170		
352			
523			
J. Holmquist	176		
236			
413			
B. Bird	137		
231			
369			
Master-2			
M. Lofing	264		
440			
705			
220 lbs.			
Teen-1			
S. Wiborg	126		
—			
—			
242 lbs.			
Master-4			
J. Cash	—		
—			
—			
WOMEN			
Equipped			
105 lbs.			
Teen-2			
M. Hampton	159		
104			
220			
485			
123 lbs.			
Teen-2			
K. Thernes	253		
137			
270			
661			
132 lbs.			
Teen-1			
E. Ludlow	270		
132			
302			
704			
Teen-3			
R. Sorenson	143		
93			
209			
446			
148 lbs.			
Master-3			
R. Carlson	303		
143			
330			
777			
Open			
R. Carlson	303		
143			
330			
777			
Teen-2			
B. Jones	176		
93			
242			
512			
181 lbs.			
Teen-3			
K. Sharp	292		
159			
336			
788			
Teen-2			
M. Kennedy	214		
126			
259			
600			
198 lbs.			
Open			
R. Wilson	231		
126			
286			
644			
UNL			
Teen-1			
A. Maltos	253		
170			
286			
457			
MEN			
Raw			
88 lbs.			
Youth-1			
A. Huffman	99		
60			
121			
281			
97 lbs.			
Teen-1			
C. Worden	126		
99			
198			
424			
105 lbs.			
Youth-1			
T. Turek	82		
60			
154			
297			
148 lbs.			
Open			
S. Ulrich	225		
187			
303			
716			
165 lbs.			
Open			
R. Wright	330		
209			
363			
903			
Master-7			
Goodwin Sr.	181		
181			
303			
666			
181 lbs.			

Open			
D. Huffman	347	297	—
Master-1			
T. Baker	253	181	248
683			
Master-5			
G. Gemar	270	170	319
760			
198 lbs.			
Master-2			
D. Rader	259	187	308
755			
220 lbs.			
Master-2			
B. Galvin	473	281	440
1196			
Master-4			
C. Toney	325	253	501
1080			
Open			
K. Daily	214	137	303
655			
B. Bishop	187	126	225
540			
242 lbs.			
Master-1			
G. Boulay	341	242	418
1003			
S. Caniglia	—	220	402
—			
Master-2			
R. Bellows	501	330	418
1251			
J. Zindel	347	231	330
909			
Open			
J. Bostock	248	143	358
749			
SHW			
Open			
R. Carper	—	165	303
468			
Equipped			
132 lbs.			
Teen-2			
J. Ottens	181	170	242
595			
148 lbs.			
Teen-2			
H. McFarlane	336	203	385
925			
C. Spilker	242	170	352
766			
J. Holmquist	231	176	236
644			
Teen-1			
B. Bird	214	137	231
584			
Teen-3			
N. Beran	220	181	303
705			
Master-2			
M. Lofing	446	264	440
1151			
165 lbs.			
Youth-2			
C. Turek	203	198	292
694			
198 lbs.			
Teen-1			
Urbanovsky	281	181	341
804			
Teen-3			
C. Hackler	325	170	407
903			
J. Weers	314	176	341
832			
220 lbs.			
Teen-2			
C. Hoferer	451	341	380
1173			
275 lbs.			
Teen-2			
W. Ludlow	468	270	468
1207			
Location: Lincoln Christian School. Director: Howard Huffman. (Thanks to Howard Huffman P.E. for these results)			



Country Power, Inc. wants to congratulate David Silva, of Makaha, HI, for winning its 2005 "10 Rep Contest." David received \$1,000.00 for bench pressing 10 reps with total dumbbell weight 256 lbs at 175 lbs. body weight. Training with Power Hooks for over 5 years, he said that when he first seen the product and purchased it, he knew it was a no-brainer. He knew he could press heavier dumbbells but could not

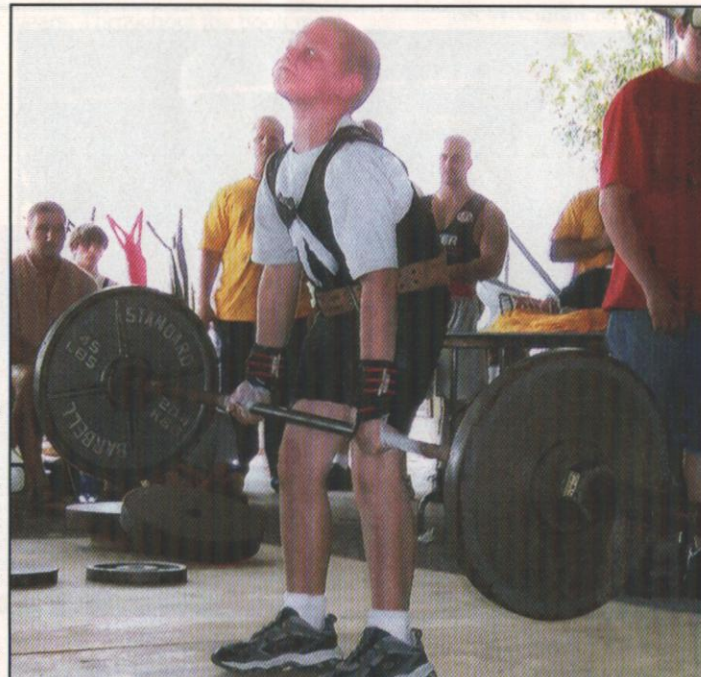
clear the dumbbell weight. Using Power Hooks solved all his problems training with dumbbells. David has never entered any type of weight lifting contest. He liked the idea of this contest because he could do it any time in his own gym. His wife videotaped his 10 rep lift in July of this year. She submitted the video tape to us when we called her and said that we wanted to view the tape. David's video will be shown at the Arnold Classic next year, 2006. David, an diesel specialist, is just a guy who loves weight training and train in his own garage. He doesn't follow any training guru advise: he does what comes naturally. David trains drug-free and has been injury free for the past five years. Information and rules on the contest is provided with each set of Power Hooks purchased also on are web site www.powerhooks.com.

BACK ISSUE OF THE MONTH

Tony Conyers is on the cover of the October 1996 Powerlifting USA. Feature articles include the WDFPF World Championships, held in Chicago, Illinois. Winners among the women were Judy Gedney and Betsy Ojanen. In the men's there was Dave Weiss, Tony Conyers, Martin Beavers the 165s. Ray Benemerito the 181s, Joe McCauliffe the 198s, Jim Morton the 220s, Bull Stewart the 242s, Nick Best the 275s, pro strongman Mark Phillipi the 319s, and Beau Moore took the SHWs. Also in this issue Ed Coan and Kirk Karwoski were simultaneously interviewed by Marty Gallagher, with lots of strong words about lifting equipment and judging standards. Ned Low's POW!ERSCENE column had word of the planned comeback of Ted Arcidi (the FIRST MAN to bench 700). Anthony Clark was interviewed by Chris Lydon MD and commented about the IPF ruling disallowing the reverse grip bench press

SLP Illinois State Fair
21 AUG 05 - Springfield, IL

BENCH		Open	
WOMEN		165 lbs.	
Open	B. Bunch	405	
123 lbs.	A. Bunch	350	
J. Lockhart	J. Gause	350	105
MEN		181 lbs.	
Novice	T. Rgusa	455	
165 lbs.	S. Bunch	400	
H. Borough	R. Leverton	375	210
198 lbs.	A. Gallagher	365	
R. Morris	198 lbs.		405*
242 lbs.	J. Carson	450	
J. Smith	R. Young	450	405
308 lbs.	S. Hedger	400	
F. Brackett	J. Lanzy	400	540*
Teen (16-17)	220 lbs.		
148 lbs.	J. Bunch	450	
J. Forbis	B. Bunch	425	185
181 lbs.	275 lbs.		
W. Liesen	T. Harrison	705*	245
Teen (18-19)	308 lbs.		
181 lbs.	O. Jackson	510	
G. Skocaj	SHW		320
K. Clark	R. Vick	700*	275
DEADLIFT			
WOMEN		Master (40-44)	
181 lbs.	132 lbs.		
T. Seats	L. Ashley	265*	370
275 lbs.	MEN		
D. Burns	Novice		490
R. Walsh	97 lbs.		
Master (45-49)	R. Roesch	150*	
148 lbs.	198 lbs.		
M. Evans	R. Morris	500	235
165 lbs.	242 lbs.		
C. Weihmeir	J. Smith	550*	205
198 lbs.	308 lbs.		
M. Filter	F. Brackett	620*	250
242 lbs.	Teen (13-15)		
T. Ashley	148 lbs.		
Master (50-54)	B. Baldwin	315	455
242 lbs.	275 lbs.		
E. McGee	C. Batefeld	350	
Master (55-59)	Junior		
181 lbs.	242 lbs.		
R. Carlson	E. Powers	530	305
275 lbs.	Submaster		
C. Barnett	181 lbs.		400
Master (60-64)	T. Lamberti	500	
198 lbs.	Master (45-49)		
J. Hussey	148 lbs.		360
242 lbs.	M. Evans	430*	
G. Morgan	198 lbs.		400
Police/Fire	M. Filter	330	
Master (60-64)	242 lbs.		
198 lbs.	T. Ashley	575	
J. Andres	Open		310*
Police/Fire	97 lbs.		
Open	R. Roesch	150*	
181 lbs.	148 lbs.		
A. White	M. Evans	430*	390
275 lbs.	198 lbs.		
T. Harrison	S. Hedger	560	705*



Reed Roesch, 8, 90 lbs. bdwt., pulled an SLP Novice and Open 97 lb. State Record 150 lbs. at the State Fair. (photo courtesy T.C. Roesch)

Randy Egli, T.C. Roesch and Stephen Webb. In the bench press event, lone women's competitor Janelle Lockhart set the Illinois state record for the open women's 123 class with 105. For the men's novice division it was Bradley Borough with 210 at 165 while Robert Morris set the state record for the 198 class with 405. John Smith won at 242 with the same 405 while Frank Brackett set the state record at 308 with a personal best 540! In the teenage men's 13-15 age division Josh Forbis won at 148 with 185 while Weston Liesen took the 181 class with 245. Grant Skocaj won at 18-19/181 over Kyle Clark 320 to 275 while Patrick Marler won at 220 with 300. In the submaster division it was Tim Seats at 181 with a great 370 raw lift! David Burns won at 275 with 490 after Ron Walsh bombed with his 705 final attempt. Ron had no problem locking out the weight, but failed to get it all the way down to his chest. Mark Evans came all the way from Kentucky for the win at 45-49/148, finishing with 235. Chris Weihmeir, lifting in his first meet, won at 165 with 205. Mike Filter won at 198 with 250 while Tony Ashley did the same at 242 with 455. A final attempt with 500 was just short of lockout. For the master men's 50-54 group it was E.Z. McGee with 350 for the win. At 55-59 Richard Carlson won at 181 with 305, after a close call with his 320 final attempt. Clay Barnett won at 275 with a strong 400 final attempt. Jim Hussey looked strong at 60-64/198, finishing with 360 while Gerald Morgan looked good at 242 with 400. John Andres dropped down to the police & fire 60-64/198 class for the win and a new state record of 310. Then at police & fire open/181 it was Anton White with 390 for the win there. In the open division we had some full

a great 620 pr pull! Brad Baldwin won at 13-15/148 with 315 while Cody Batefeld won at 275 with 350. Eric Powers took the title at junior 242 with 530 while submaster Tom Lamberti won at 181 with his first 500! For the 45-49/148 class it was Mark Evans, who also won at open 148, breaking the state record for both at 430. Mike Filter won at 198 with 330 while Tony Ashley pulled a strong 575 at 242. In the open division best heavyweight lifter Starkey Hedger won with a personal best 560. Mark Evans was awarded the best lifter award for the lighter lifters. Thanks to my sons D.C. and Joey for doing another great job loading and spotting. See you all again next year! (via Dr. Darrell Latch)

NASA Unequipped Nationals
22 OCT 05 - OK City, OK

PS BENCH	S. Tully	330		
MEN		Junior		
Master III	308 lbs.			
G. McGuire	J. Brown	468		
Master V	Open			
308 lbs.	T. Stuart	374		
J. Phillips	308 lbs.			
SHW	J. Ayers	402		
J. Ray	474			
Submaster Pure	SHW			
220 lbs.	J. Ray	474		
J. Newberry	336			
PS CURL	Submaster			
220 lbs.	J. Hou-Seye	275		
MEN		Submaster Pure		
Master I	242 lbs.			
181 lbs.	J. Watchborn	341		
M. Benton	121			
Master Pure	Master I			
308 lbs.	198 lb.			
J. Phillips	G. Martin	352		
Master II	242 lbs.			
165 lbs.	M. Stumbo	418		
T. Bowland	B. Wilson	374		
140	Master II			
G. McGuire	198 lbs.			
132	B. Welker	363		
PS DEADLIFT	Master III			
198 lbs.	W. Smith	253		
MEN		308 lbs.		
Master III	J. Ayers	402		
148 lbs.	Master V			
G. McGuire	165 lbs.			
292	T. Hedrick	281		
BENCH	198 lbs.			
Raw	W. Smith	253		
WOMEN	220 lbs.			
Master V	R. Hedrick	104		
123 lbs.	E. Krieser	330		
R. Hedrick	SHW			
104	J. Ray	474		
MEN				
Raw				
Novice				
308 lbs.				
J. Brown	468			
SHW				
Push-Pull	BP	DL	TOT	
Raw				
High School				
148 lbs.				
J. Hoy	192	402	595	
Junior				
242 lbs.				
E. Reed	231	485	716	
Open				
198 lbs.				
C. Droegemeier	286	413	700	
T. Stuart	374	512	887	
Submaster				
198 lb.				
C. Droegemeier	286	413	700	
220 lbs.				
J. Hou-Seye	275	402	680	

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Pure				
181 lbs.				
T. Kennedy	369	501	870	
198 lbs.				
C. Droegemeier	286	413	700	
Master I				
242 lbs.				
N. Eddins	402	622	1025	
Master II				
198 lbs.				
J. Thomas	275	396	672	
PowerSports	CR	BP	DL	TOT
MEN				
Youth				
55 lbs.				
S. Hou-Seye	22	33	60	115
High School				
148 lbs.				
J. Hoy	148	192	402	744
Junior				
198 lbs.				
T. Peters	121	231	402	755
242 lbs.				
R. Cannon	137	352	501	992
Pure				
198 lbs.				
T. Peters	121	231	402	755
242 lbs.				
R. Cannon	137	352	501	992
Submaster Pure				
220 lbs.				
J. Rocker	176	407	463	1047
J. Newberry	132	336	556	1025
Master I				
181 lbs.				
M. Benton	121	237	374	733
242 lbs.				
D. Harris	192	424	641	1258
Master II				
198 lbs.				
J. Thomas	110	275	396	782
J. Vogt	132	231	413	777
220 lbs.				
J. Fickel	148	314	385	848
242 lbs.				
G. Clock	143	385	558	1088
(Thanks to Richard Peters for the results)				

100% Raw N. Carolina State
24 SEP 05 - Jacksonville, NC

BENCH	Open	
FEMALE	H. Brown	325
181 lbs.	(30-34)	
Open	S. Perez	400
J. Kocher	242 lbs.	180
MALE	Submaster	
105 lbs.	S. Deuel	310
Teen (16-17)	Master (55-59)	
J. Martin	K. Groves	355
181 lbs.	SHW	
Submaster	Open	
G. Couch	H. Canada	440
225		
Master		
M. Leibacher	300	
Open		
Police/Fire		
Gardner IV	315	
220 lbs.		
(Thanks to Paul Bossi for sending results)		



NPA Lifters: bottom - Adrian Gutinez, Richard Lee, Jamar Guess, Barry Folgate Jr., Matt Bardenero, top - Rick Kline, Paul Mercado, Jonathon Miller, Joel Miller, Adam Miller, Corey Redke. (courtesy Burlingame)

NPA Nationals
17 SEP 05 - Freeport, IL

BENCH	SHW	
MALE	A. Miller	335
Teen	DEADLIFT	
148 lbs.	MALE	
A. Gutinez	Teen	
205	148 lbs.	
M. Bardenero	A. Gutinez	375
275	165 lbs.	
198 lbs.	B. Folgate	405
C. Redke	Junior	
315	198 lbs.	
Junior	L. Cross	510
198 lbs.	Master	
L. Cross	259 lbs.	
315	R. Kline	365
Master	Open	
259 lbs.	242 lbs.	
J. Miller	J. Guess	420
475	308 lbs.	
Master	J. Miller	450
165 lbs.		
R. Lee		
240		
220 lbs.		
S. Coogan		
500		

The 2005 NPA Nationals had lifters from three states competing for some awesome awards and self worth. A big thank you to Titan Support Systems, Powerlifting USA magazine, and Monster Muscle magazine. Also, thank you to our judges, spotters, and loaders. Seth Spangler, Barry Folgate Sr., Mike Pettinger, Dave Underhill, and Duane Burlingame. Adrian Gutinez started the meet with a 205 lb. to win the teenage 148 class. He was followed by Matt Bardenero who won the 165 class with a lift of 275. Corey Peke took the 198 class with a strong 315. In the junior 198, Landon Cross had an off day but got his opener of 315 to take the win. In the 242 open, Paul Mercado beat out Jamar Guess, to take the win with a PR of 435. Jamar was close behind with 420 lifting in his first meet. Joel Miller took the 308 open with a PR 450 press, he had 20-30 more in him. His brother Adam took the SHW class with an easy 335. Rick Kline took the 259 master class with an easy 365 lifting in his first meet. He has a lot of potential. In the deadlift, Adrian Gutinez won the 148 teenage with a pull of 375. Barry Folgate won the 165 teenage with a PR 405 pull. That's a fifty pound improvement from his meet in May! Landon Cross took the junior 198 title with a solid 510 pull. Jonathon Miller charged the bar in the submaster 275 class to pull 475 winning the class. Richard Lee, 68 years young, won the master 165 class with a big pull of 240. Stuart Coogan only got his opener of 500 to take the master 220 class. Next year he should nail that elusive 600, as he has been close before. A big thank you to all that helped and our sponsors of the event. Until next time, train hard and please do something to amke the world a better place for our children. (results by Duane Burlingame)

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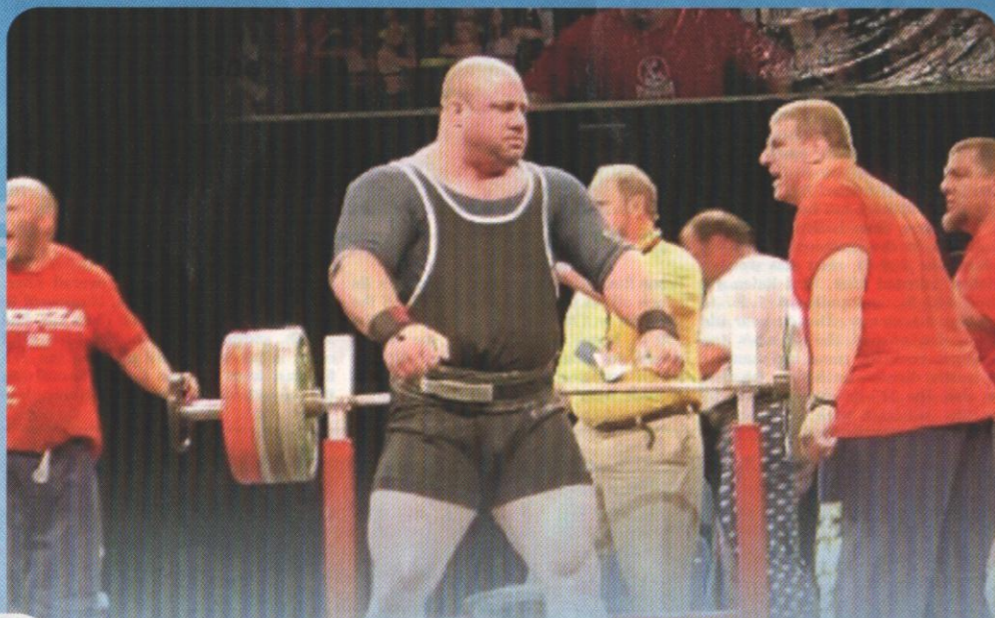
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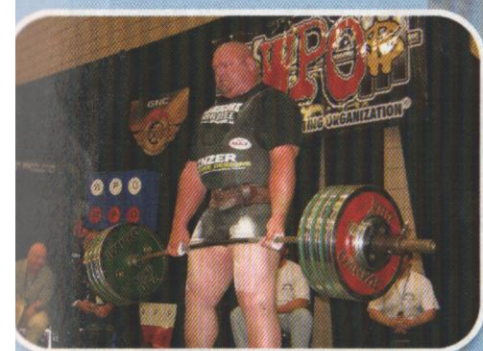
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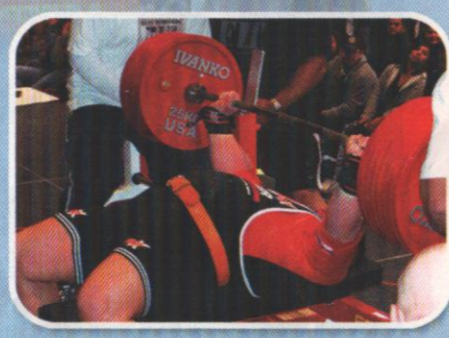
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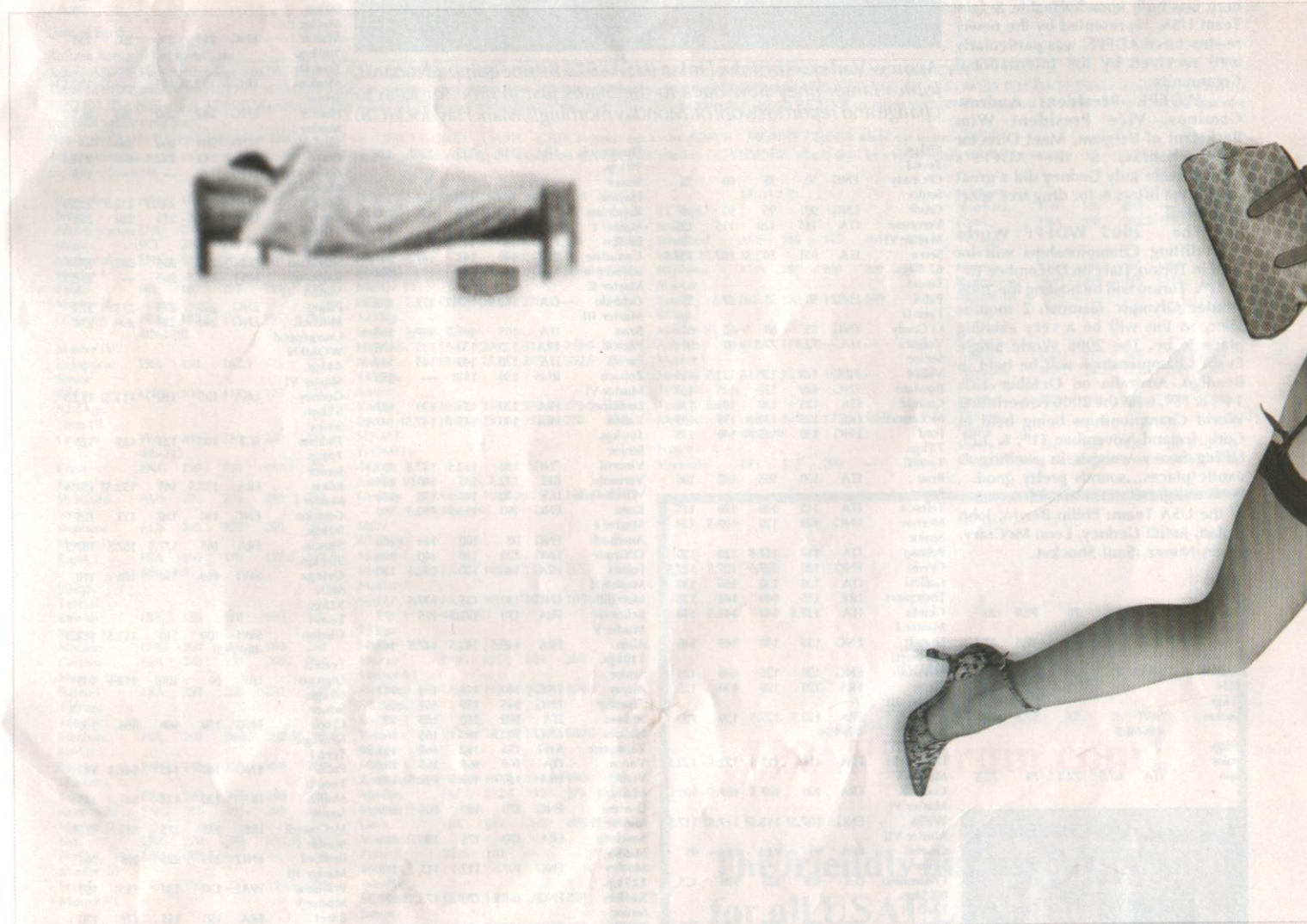
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(article and results continued from page 5)

France=11; Russia=1; Wales=2; Cyprus=2; Ireland =11; Scotland=0; USA=28.

A total of 99 world records were set during the competition between 244 drug-free athletes.

This was my 4th consecutive Single Event World Championships, the first two being held in Italy (Capiago & Como), while last years Worlds was held in Antwerp, Belgium. This meet, as the others, was well planned & executed. The heart & soul of a successful Power Meet directly revolves around the competency & fairness of the judging & to my view, the judging here was both knowledgeable & fair. Team USA, represented by the newly re-structured ADFPF, was particularly well received by the International Community.

WDFPF President Andrew Cominos, Vice President Wim Backelant of Belgium, Meet Director Neil Thomas, & the ADFPF's indefatigable Judy Gedney did a great job for the lifters & for drug free sport in general.

The 2005 WDFPF World Powerlifting Championships will be held in Torino, Italy on December 10th & 11th. Torino will be hosting the 2006 Winter Olympic Games 2 months later, so this will be a very exciting place to be. The 2006 World Single Event Championships will be held in Bendigo, Australia on October 13th, 14th, & 15th, with the 2006 Powerlifting World Championships being held in Cork, Ireland November 11th, & 12th. Lifting heavy weights in exciting & exotic places...sounds pretty good.

Congratulations to each member of the USA Team: Philip Berrio, John Dolan, Judith Gedney, Leon McCrary, Kevin Nunez, Saul Shocket.

70 kgs. Senior	Bradley	ENG	65	70	72.5	70
Master VI	Sage	ENG	42.5	45	47.5	47.5
90+ kgs. Courtiois MEN	Bizon	FRA	75	80	85	85
52 kgs. Giscion		SWI	50	55	57.5	57.5
4th-60.5						
56 kgs. Senior	Lupo	ITA	67.5	72.5	75	72.5



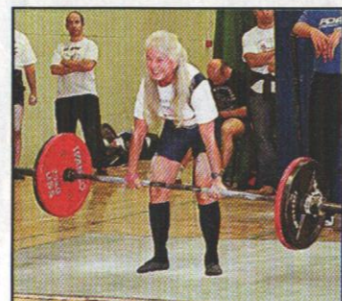
Mark Haydock (GB) (1st with 688), Gareth Meyer (GB) 2nd in the Raw DL, 275 lb. class. (Mark H.)



Andrew Varley (GB), John Dolan (USA - 573 BP unequipped record), John's father (they flew back to the States just in time for John to change and report for work on Monday morning!), Mark Haydock (GB)

60 kgs. Teen I	O'Grady	ENG	50	55	60	55
Senior	Crook	ENG	90	95	95	90
Veronese	Veronese	ITA	115	120	125	125
Master VI	Serra	ITA	95!	102.5!	107.5!	107.5
67.5 kgs. Teen I	Patel	ENG	50	55	57.5	55
Teen II	O'Grady	ENG	55	60	65	65
Volgare	Volgare	ITA	72.5	77.5	80	80
Senior	Vallee	FRA	115	120	122.5	115
Bowlam	Bowlam	ENG	120	120	125	120
Cosmai	Cosmai	ITA	125	130	132.5	130
McConnell	McConnell	IRE	125	130	135	135
Ford	Ford	ENG	130	135	140	135
75 kgs. Teen II	Braun	ITA	100	105	105	100
Junior	Telesca	ITA	115	120	120	115
Morren	Morren	ENG	120	120	127.5	120
Senior	Pelusso	ITA	110	117.5	120	120
Orwin	Orwin	ENG	120	127.5	127.5	127.5
Galletti	Galletti	ITA	120	130	135	130
Thompson	Thompson	IRE	135	140	140	135
Glunta	Glunta	ITA	137.5	140	142.5	140
Master I	Linnest	ENG	135	140	145	140
Master II	Meredith	ENG	120	125	130	125
Bizon	Bizon	FRA	120	120	130	125
Master III	Roucou	FRA	122.5	127.5	130	130
4th-134						
Master IV	Delaporte	FRA	110	117.5	122.5	122.5
Master V	Cartois	FRA	100	107.5	107.5	100
Master VI	Wallis	ENG	107.5!	115.5!	117.5!	117.5
Master VII	Charbit	FRA	90	92.5	95	95
Junior	Credendino	ITA	120	125	130	125
82.5 kgs. Teen III	Cook	ENG	105	115	120	120
Langiet	Langiet	FRA	120	125	130	130
Junior	Stratford	AUS	100	110	117.5	117.5
Senior	Smet	BEL	115	122.5	130	130
Parkin	Parkin	ENG	122.5	130	135	135
Nunez	Nunez	USA	130	137.5	137.5	130
Tempest	Tempest	ENG	140	140	140	140
Marroru	Marroru	ITA	145	150	155	150
Roche	Roche	IRE	160	170	175	175
Joseph	Joseph	ENG	180	187.5	192.5	192.5
4th-198!						
Master I	Tushov	RUS	125	130	130	125
Master II	Mathieu	FRA	137.5	142.5	142.5	137.5
Master III	Mulin	RUS	152.5	152.5	160*	160
4th-163						
Master II	Edwards	ENG	130	137.5	137.5	130
Leprovost	Leprovost	FRA	140	145	150	145
Master IV	Rigot	FRA	107.5	110	112.5	112.5
Rioland	Rioland	FRA	120	125	130	125
Master VI						
145+ kgs. Senior	Rees	WAL	210	220	227.5	220
Fitzhenry	Fitzhenry	IRE	220	230*	235	230
DEADLIFT						
WOMEN						
44 kgs.						

Master VI	Gedney	USA	110!	115!	117.5	115
MEN						
67.5 kgs.	Master I	ENG	180	195	202.5	195
Bevan	Bevan					
Master V	Shocket	USA	210	225	252.5	252.5
4th-255!						
Master X	See	FRA	100	105	110!	110
4th-115						
75 kgs.	McCrary	USA	145	145	165	165
82.5 kgs.	Senior	AUS	240	255	262.5	255
Stephens	Stephens					
Master I	Verbeke	BEL	283	300	300!	300
Master II	Troulis	CYP	260!	275!	285	275
Master V	Murray	AUS	205!	215!	220!	220
90 kgs.	Master I	ENG	215	230	235	235
Madden	Madden					
100 kgs.	Teen II	IRE	192.5!	195	—	192.5
Meehan	Meehan					
Senior	Hunter	ENG	240	260	265	265
Hunter	Hunter					
Master I	Sinclair	SCT	200	200	200	—
Corre	Corre	FRA	245	252.5	260	252.5
Auerbach	Auerbach	ENG	185	—	—	185
Master II	Cope	ENG	210	222.5	232.5	232.5
Berrio	Berrio	USA	182.5	210	220	220
110 kgs.	Senior	IRE	270	285	285	270
Shanahan	Shanahan	SWI	252.5	265	—	252.5
Rajtmajer	Rajtmajer					
Master III	Pilling	ENG	260	275	275!	275
Mitchell	Mitchell	ENG	240	250	260	250
Unequipped						
WOMEN						
44 kgs.	Master IV	FRA	150	162.5	175	175
Delaporte	Delaporte					
Senior	Ritson	ENG	100	115	125	125
82.5 kgs.	Teen III	WAL	200	210	220	220
Graddon	Graddon	ENG	190	205	212.5	205
4th-225						
44 kgs.	Master I	FRA	165	177.5	187.5	187.5
Sausois	Sausois					
90+ kgs.	Ortega	SWI	110	120	120	110
Ortega	Ortega					
MEN						
52 kgs.	Teen I	SWI	100	110	112.5!	112.5
Gisdon	Gisdon					
4th-115!						
Teen II	Dignam	IRE	80	100!	112.5	100
60 kgs.	Senior	ENG	150	160	160	150
Crook	Crook					
67.5 kgs.	Teen I	ENG	140	145	147.5	145
Patel	Patel					
Teen II	Mullen	IRE	120	135	145	145
Senior	McConnell	IRE	175	185	185	175
Master I	Bedford	ENG	205	225	225	205
Master III	Williams	WAL	130	150	155!	155
Master V	Baret	FRA	150	155	170!	170
Master VI	Menard	FRA	1360	130	152.5	152.5
75 kgs.	Teen III					



Judy Gedney - one of the winners

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Bernadin	FRA	175	185	195	185	Bennett	ENG	190	205	215!	215	4th-167.5!	Master I	Auerbach	ENG	180	205	—	180	
Senior	Abd-Erahman	ENG	220	240	240	220	Senior	Shaw	ENG	210	232.5	240	232.5	Foire	FRA	180	202.5	240	202.5	
110 kgs.	Shaw	SCT	200	225	230	230	Stratford	Stratford					110 kgs.	Senior	Ortega	SWI	195	195	200	200
Medronal	Medronal	ENG	180	195	200	195	Master II	Mansell	ENG	237.5	242.5	245	242.5	Rajtmajer	SWI	205	215	215	215	
Master I	Coyle	IRE	180	195	200	195	Master III	Pilling	ENG	260	270!	—	270	Master III	Pilling	ENG	240!	260!	275	260
Coyle	Coyle						Master III	Pilling					90 kgs.	Senior	Zobach	RUS	185	—	—	185
Master II	D'Heilly	FRA	182.5	193	195	195	125 kgs.	Haydock	ENG	290	312.5!	322.5	312.5	Master III	Tribble	ENG	225	245	252.5	225
Haydock	Haydock						Senior	Meyer	ENG	255	275	282.5	275	Master V	Haydock	ENG	252.5	272.5!	290!	290
145 kgs.	Varley	ENG	255	272.5	272.5	255	Senior	Varley	ENG	255	272.5	272.5	255	Master II	Murray	AUS	125!	142.5!	—	142.5
Byrne	Byrne	IRE	230	252.5	270	270	100 kgs.	Meehan	IRE	160	175!	185!	185	Teen II	Meehan	IRE	160	175!	185!	185
Graddon	Graddon						4th-200!						Senior	VerMOTE	BEL	185	200	—	200	
4th-200!							WOMEN						145 kgs.	Senior	Varley	ENG	205	220	227.5	227.5
44 kgs.	Master VI	Gedney	USA	105	110	112.5!	112.5	44 kgs.	Master VI	Gedney	USA	102.5!	105!	107.5!	107.5	1=World Records. *=European Records. (Judy Gedney)				
4th-110!																				



Phil Berrio - pulled 485 for 2nd.

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TOP 100 For standard 148 lb./67 Kg. USA lifters in results received from Oct/2004 through Sep/2005

SQUAT	BENCH	DEADLIFT	TOTAL
1 755 Hoerner, T.J. 4/23/05	520 Ceklowsky, J. 2/19/05	606 Hoerner, T.J. 4/23/05	1763 Schwab, B. 10/8/04
2 735 Hatch, N. 10/8/04	503 Schwab, B. 10/8/04	600 Schwab, B. 10/8/04	1724 Hatch, N. 10/8/04
3 661 Schwab, B. 10/8/04	485 Hatch, N. 10/8/04	600 Williams, C. 5/6/05	1703 Hoerner, T.J. 4/23/05
4 661 Williams, C. 5/6/05	462 Matsumoto, D. 11/12/04	584 Weinstein, L. 12/11/04	1499 Layman, S. 2/19/05
5 606 Green, J. 6/11/05	462 Smith, J. 9/30/05	584 Kupperstein, E. 3/20/05	1455 Simmons, G. 5/21/05
6 584 Layman, S. 2/19/05	457 Collins, T. 9/30/05	573 Ruiz, M. 1/29/05	1421 Bohigian, K. 10/8/04
7 575 Rogers, C. 3/05	446 Clark, A. 3/5/05	560 Bayiha, L. 3/5/05	1421 Brown, C. 2/13/05
8 573 Scisney, K. 5/6/05	424 Harmon, K. 2/26/05	560 Wilson, T. 4/2/05	1421 Bahchevanov, K. 4/2/05
9 565 Weisberger, A. 4/16/05	420 Knight, E. 4/23/05	551 Simmons, G. 5/21/05	1410 Weinstein, L. 12/11/04
10 562 Brown, C. 2/13/05	415 Venturilla, C. 9/11/05	551 Brown, C. 7/13/05	1410 Green, J. 6/11/05
11 556 Simmons, G. 11/10/04	408 Evangelista, A. 11/12/04	545 Ribic, P. 12/11/04	1406 Scisney, K. 5/6/05
12 555 Heath, D. 7/16/05	402 Layman, S. 2/19/05	545 Derstine, M. 3/12/05	1400 Rogers, C. 3/05
13 551 Marshall, J. 5/14/05	402 Imamura, J. 6/11/05	540 Chiodo, K. 11/12/04	1400 Weisberger, A. 4/16/05
14 551 Morse, C. 7/30/05	402 Williams, C. 9/30/05	540 Bahchevanov, L. 12/11/04	1400 Heath, D. 7/16/05
15 547 Edmondson, 2/13/05	400 Strucinski, J. 6/26/05	540 Medina, O. 4/2/05	1388 Ribic, P. 12/11/04
16 534 Bohigian, K. 10/8/04	396 Vallee, A. 9/30/05	540 Lamando, T. 4/9/05	1377 Edmondson, 2/13/05
17 530 Hadley, E. 4/2/05	392 Crawford, C. 11/12/04	535 Hadley, E. 4/2/05	1377 Mashall, J. 5/14/05
18 529 Weinstein, L. 5/21/05	385 Bohigian, K. 10/8/04	530 Polk, M. 4/2/05	1370 Hadley, E. 4/2/05
19 525 Josaitis, L. 4/3/05	385 Romanello, M. 3/19/05	529 Hatch, N. 10/8/04	1365 Romanello, M. 3/19/05
20 523 Perry, R. 8/13/05	385 Bahchevanov, K. 4/2/05	529 Whigham, A. 5/6/05	1361 Kupperstein, E. 3/20/05
21 520 Taylor, H. 4/2/05	380 Albano, T. 6/25/05	529 Rihan, B. 5/21/05	1350 Taylor, H. 4/2/05
22 512 Ribic, P. 12/11/04	380 Heath, D. 7/16/05	525 Ponce, M. 3/12/05	1345 Medina, O. 4/2/05
23 507 Kupperstein, E. 3/20/05	374 Scisney, K. 5/6/05	525 Taylor, H. 4/2/05	1339 Matsumoto, D. 5/21/05
24 507 Bahchevanov, K. 4/2/05	370 Perkins, Z. 10/16/04	523 Holloway, W. 6/18/05	1325 Olcsvary, J. 11/6/04
25 505 Medina, O. 4/2/05	370 Roselli, T. 2/27/05	518 Layman, S. 11/12/04	1322 Perry, R. 8/13/05
26 505 Price, M. 4/2/05	365 Love, J. 6/25/05	518 Edmondson, 2/13/05	1315 Bayiha, L. 4/2/05
27 505 Netterville, K. 4/2/05	363 Simmons, G. 5/21/05	518 Whitney, D. 4/2/05	1311 Josaitis, L. 6/4/05
28 501 Sumner, B. 10/13/04	363 Chiodo, K. 5/28/05	518 Scisney, K. 5/6/05	1306 Ruiz, M. 1/29/05
29 501 Ortega, M. 10/15/04	363 Josaitis, L. 6/4/05	518 Green, J. 6/11/05	1306 Holloway, W. 6/18/05
30 501 Whitney, D. 4/2/05	360 Olcsvary, J. 11/6/04	515 Lewis, D. 4/2/05	1305 Price, M. 3/12/05
31 500 Olcsvary, J. 11/6/04	358 Mansourian, N. 12/11/04	510 Rogers, C. 3/05	1295 Ortega, M. 10/15/04
32 500 Gann, C. 4/2/05	355 Weisberger, A. 4/16/05	510 Walford, K. 3/05	1295 Wilson, T. 4/2/05
33 500 Paradez, H. 4/2/05	352 Judge, T. 10/13/04	510 Witcher, R. 4/2/05	1295 Morse, C. 7/30/05
34 490 Carrasco, A. 4/2/05	352 Land, J. 6/11/05	510 Rangel, H. 4/2/05	1289 Whigham, A. 5/6/05
35 490 Liggett, M. 4/16/05	352 Holloway, W. 6/18/05	507 Kaneshiro, D. 11/12/04	1284 Judge, T. 10/13/04
36 485 Polk, M. 4/2/05	352 Fry, R. 6/26/05	507 Mikulecky, S. 1/29/05	1280 Netterville, K. 4/2/05
37 485 Witcher, R. 4/2/05	350 Zerbe, S. 4/23/05	507 Flagg, D. 4/3/05	1280 Naynes, M. 6/11/05
38 485 Matthews, E. 4/2/05	350 Jackson, A. 5/7/05	507 Wilson, D. 8/20/05	1278 Whitney, D. 4/2/05
39 485 Whigham, A. 5/6/05	350 Reeves, J. 8/13/05	503 Phillips, J. 2/1/05	1270 Derstine, M. 3/12/05
40 480 Herr, J. 11/19/04	347 Santarone, D. 11/12/04	501 Bohigian, K. 10/8/04	1265 Rohan, B. 11/20/04
41 480 Romanello, M. 3/19/05	345 Revels, 12/4/04	501 Tanabe, V. 10/13/04	1265 Polk, M. 4/2/05
42 480 Wilson, T. 4/2/05	345 Locklear, K. 9/3/05	501 Hinson, B. 11/20/04	1260 Gann, C. 4/2/05
43 480 Catlin, C. 4/2/05	341 Hoerner, T.J. 4/23/05	501 Payne, T. 4/2/05	1256 Hinson, B. 11/20/04
44 480 Follis, K. 4/2/05	341 Yarbrough, T. 5/22/05	501 Marshall, J. 5/14/05	1255 Witcher, R. 4/2/05
45 480 Smith, J. 4/2/05	341 Edralin, A. 6/11/05	501 Haynes, M. 6/11/05	1250 Houston, M. 11/6/04
46 479 Judge, T. 10/13/04	341 Silva, S. 6/11/05	501 Harrop, J. 8/20/05	1240 Robinson, M. 7/30/05
47 475 Gallegos, M. 2/12/05	340 Byrnes, C. 11/6/04	500 Houston, M. 11/6/04	1235 Petrarca, M. 5/21/05
48 473 Tanabe, V. 10/13/04	340 Krumrey, C. 11/21/04	500 Wolfe, 11/21/04	1223 Stroh, F. 2/13/05
49 473 Stroh, F. 2/13/05	340 Tsuda, S. 3/19/05	500 Revels, 12/4/04	1223 Smoker, J. 7/30/05
50 470 Caster, D. 4/2/05	340 Majewski, C. 3/19/05	500 Romanello, M. 3/19/05	1220 Catlin, C. 4/2/05
51 465 Ruiz, M. 11/6/04	336 Harrison, J. 4/23/05	500 Netterville, K. 4/2/05	1218 Sumner, B. 10/13/04
52 465 Felder, J. 3/12/05	335 Romanelli, B. 10/2/04	500 Jackson, A. 5/7/05	1215 Paradez, H. 4/2/05
53 462 Hinson, B. 11/20/04	335 Bricker, E. 10/16/04	500 Petrarca, M. 5/21/05	1215 Carrasco, A. 4/2/05
54 462 Robinson, M. 7/30/05	335 Donley, R. 3/26/05	490 Holloway, W. 6/18/05	1210 Wolfe, 11/21/04
55 462 Smoker, J. 7/30/05	335 McNeil, F. 6/25/05	490 Perry, R. 8/13/05	1201 Payne, T. 4/2/05
56 460 Roselli, T. 2/27/05	331 Ribic, P. 12/3/04	485 Matsumoto, D. 5/21/05	1201 Albana, T. 5/21/05
57 460 Bayiha, L. 4/2/05	330 Arthur, M. 11/12/04	485 Robinson, M. 7/30/05	1201 Land, J. 6/11/05
58 460 Rangel, H. 4/2/05	330 Nakovich, J. 1/15/05	480 Gann, C. 4/2/05	1201 Baldwin, S. 7/9/05
59 460 Trejo, E. 4/2/05	330 Porter, M. 1/29/05	480 Carrasco, A. 4/2/05	1200 Rangel, H. 4/2/05
60 455 Derstine, M. 3/12/05	330 Petrarca, M. 5/21/05	480 Weisberger, A. 4/16/05	1200 Liggett, M. 4/16/05
61 455 Thompson, J. 4/2/05	330 Kunkel, B. 6/4/05	479 Ortega, M. 10/15/04	1190 Herr, J. 11/19/04
62 454 Haynes, M. 6/11/05	330 Haynes, M. 6/25/05	479 Clark, B. 4/2/05	1184 Mikulecky, S. 1/29/05
63 451 Petrarca, M. 12/11/04	330 Hadad, J. 9/10/05	475 Gaona, J. 3/12/05	1173 Wilson, D. 8/20/05
64 451 Matsumoto, D. 5/21/05	325 Cottman, G. 3/12/05	475 Jordan, 3/12/05	1170 Thompson, J. 4/2/05
65 451 Baldwin, S. 7/9/05	325 Adams, 3/12/05	475 Paradez, H. 4/2/05	1168 Tanabe, V. 10/13/04
66 451 Scelfo, V. 7/30/05	325 Marshall, J. 5/14/05	475 Russell, H. 4/2/05	1168 Wagoner, Z. 4/23/05
67 450 Houston, M. 11/6/04	325 West, D. 6/4/05	475 Schwartz, J. 4/30/05	1168 Rodriguez, V. 7/30/05
68 445 Hammer, R. 4/2/05	320 Panzarella, M. 11/21/04	473 Reyes, J. 11/12/04	1168 Harrop, J. 8/20/05
69 440 Medrano, M. 3/12/05	320 McCoy, T. 12/4/04	473 Uyeoka, B. 11/21/04	1165 Cottman, G. 3/12/05
70 440 Vasquez, A. 3/12/05	320 Olsen, A. 4/2/05	473 Imamura, J. 3/5/05	1165 Matthews, E. 4/2/05
71 440 Rodriguez, V. 7/30/05	320 Mueller, 8/6/05	470 Catlin, C. 4/2/05	1165 Perez, E. 4/2/05
72 435 Squire, W. 3/5/05	319 Edmondson, 11/12/04	470 Kim, B. 5/14/05	1165 Schwartz, J. 4/30/05
73 435 Compean, H. 3/12/05	319 Pellegrino, J. 12/11/04	470 Schwalbach, R. 6/25/05	1160 Gaona, J. 3/12/05
74 435 Schwartz, J. 4/30/05	319 Greenman, T. 2/26/05	468 Stanley, J. 5/21/05	1160 Felder, J. 3/12/05
75 435 Christensen, J. 5/14/05	319 Deitrick, T. 3/12/05	468 Kunkel, B. 6/4/05	1160 Follis, K. 4/2/05
76 430 Hill, J. 4/2/05	319 Flowers, C. 4/9/05	468 Rodriguez, V. 7/30/05	1157 Alghamdi, L. 1/29/05
77 430 Gengo, J. 7/16/05	319 Rohan, B. 5/21/05	465 Olcsvary, J. 11/6/04	1155 Jordan, 3/12/05
78 429 Lofing, M. 5/21/05	319 Morse, C. 7/30/05	465 Herr, J. 11/19/04	1155 Medrano, M. 3/12/05
79 429 Holloway, W. 6/18/05	315 Guthrie, M. 11/19/04	465 Martucci, J. 6/4/05	1155 Tsuda, S. 3/19/05
80 429 Wider, M. 7/30/05	315 Foley, T. 12/4/04	465 Heath, D. 7/16/05	1155 Smith, J. 4/2/05
81 429 Harrop, J. 8/20/05	315 Dessau, D. 3/13/05	465 Wider, M. 8/28/05	1151 Joseph, M. 5/22/05
82 425 Rohan, B. 11/20/04	315 Rogers, C. 3/05	462 Labarbera, N. 4/2/05	1150 Gengo, J. 11/19/04
83 425 Ramirez, M. 3/5/05	315 Wilson, 8/6/05	460 Roselli, T. 11/7/04	1142 Compean, H. 3/12/05
84 425 Najera, A. 3/26/05	315 Aldag, T. 8/13/05	460 Corsi, D. 1/8/05	1140 Blunttschi, R. 4/23/05
85 425 Perez, E. 4/2/05	314 Sumner, B. 10/13/04	460 Perez, E. 4/2/05	1140 Christensen, J. 5/14/05
86 425 Estes, 9/17/05	314 Ortega, M. 10/15/04	460 Smith, R. 4/9/05	1135 Jenks, M. 1/29/05
87 424 Mikulecky, S. 1/29/05	314 Sills, J. 4/9/05	460 Glass, R. 4/23/05	1135 Trejo, E. 3/5/05
88 424 Mason, M. 2/19/05	314 Martinez, A. 7/9/05	460 Hirsch, D. 6/4/05	1130 Vasquez, A. 3/12/05
89 424 Payne, T. 4/2/05	310 Hood, 10/30/04	457 Joseph, M. 5/22/05	1130 Walford, K. 3/05
90 424 Sato, B. 7/30/05	310 Medina, O. 4/2/05	455 Ramirez, M. 3/5/05	1125 Russell, H. 4/2/05
91 420 Wolfe, 11/21/04	310 Crissey, D. 4/2/05	455 Bell, J. 3/11/05	1125 Lewis, D. 4/2/05
92 420 Gaona, J. 3/12/05	308 Golba, J. 11/6/04	455 Felder, J. 3/12/05	1120 Lopez, B. 4/2/05
93 420 Russell, H. 4/2/05	308 Burrello, J. 7/2/05	455 Medrano, M. 3/12/05	1120 Hill, J. 4/2/05
94 420 Lopez, B. 4/2/05	308 Brown, C. 7/13/05	455 Vasquez, A. 3/12/05	1120 Hammer, R. 4/2/05
95 418 Murawski, M. 11/4/04	308 Perry, R. 8/13/05	451 Judge, T. 10/13/04	1120 Kim, B. 5/14/05
96 418 Ruiz, G. 11/6/04	308 D'Angelo, A. 9/17/05	451 Blunttschi, R. 11/6/04	1115 Morales, F. 4/2/0

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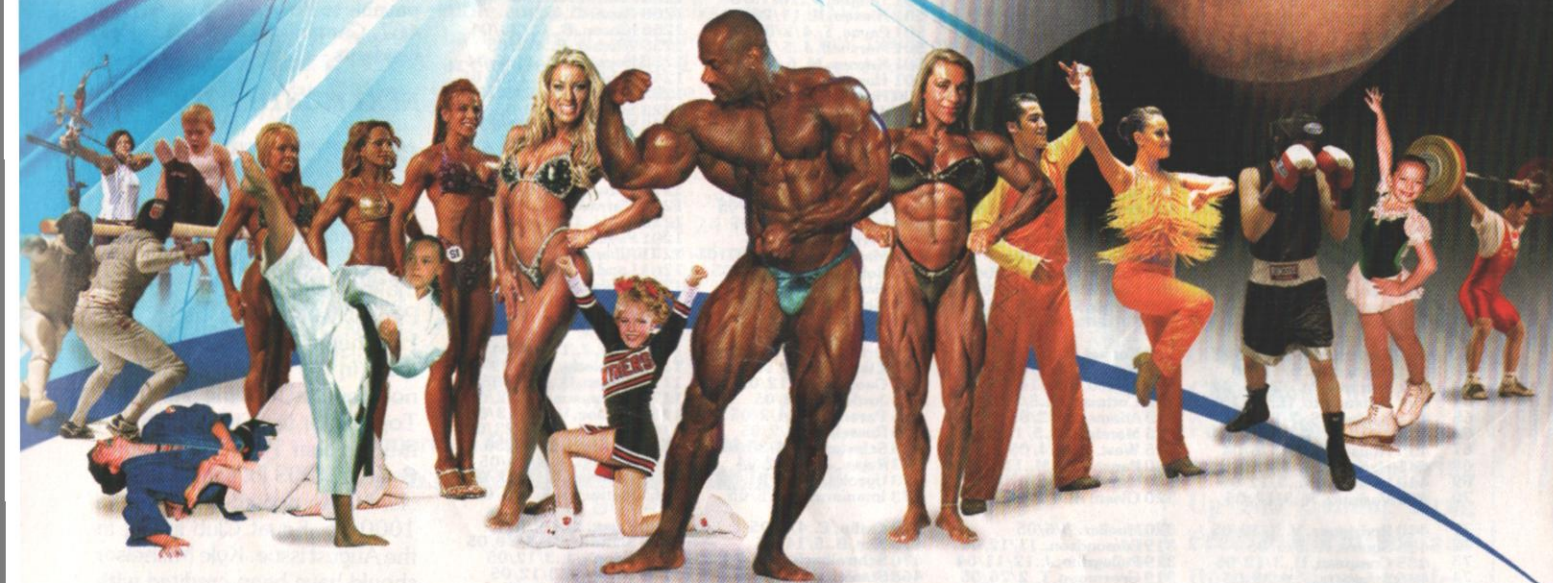
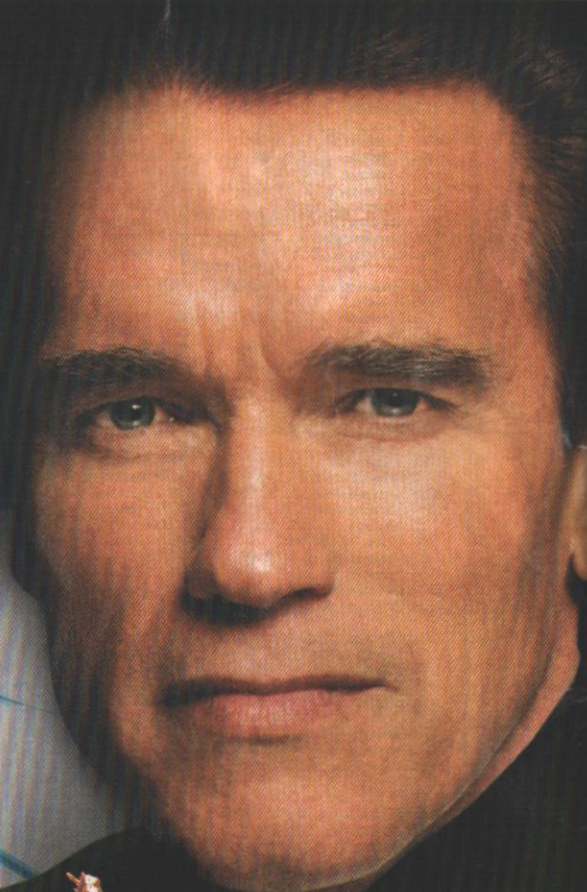
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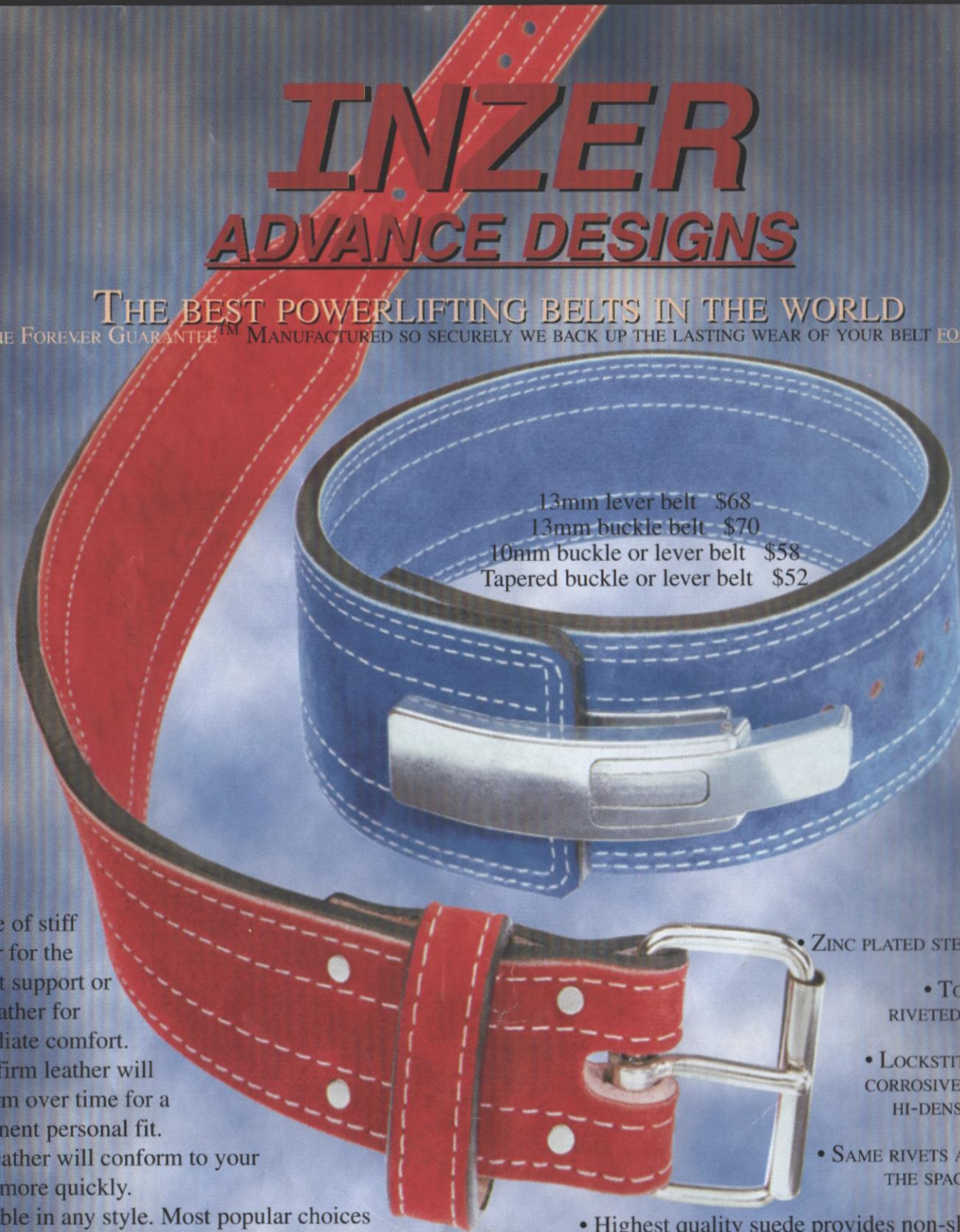
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